



10:22 AM



MESSAGE FROM MR REID **Smartphone Free Childhood**

Like me, I'm sure you have been **watching with interest the political debate** regarding the government considering children not having access to social media until they are 16 years old.

I believe that **changes to legislation is the only route that will give parents the support** they desperately need. Moving the decision away from one that is currently parental choice will address so many of the issues regarding peer pressure and the desire to fit in.

One of the **main reasons** parents get children a smartphone is because we **don't want to deny them something all their friends have**. We don't want our children to feel left out, peer pressure is real, especially around the transition to secondary school.

7 Reasons

Below are seven good reasons to delay giving your child a smartphone:

HIGHLIGHTS

Mr Reid's Message

◆
Notices

◆
Future Dates

◆
Let's Celebrate

◆
Sense & Support

◆
Community Events

REMINDERS

10 Feb - Safer Internet Day

11 Feb - Interhouse Comp

13 Feb - Crazy Hair Day

13 Feb - Term Ends

23 Feb - Term Starts

23 Feb - Yr 6 Young Voices



20th Edition
6 February
2026

1

More time - based on UK children's average usage, they could get over 35 hours a week back to use in the real world.

2

More freedom - more space to grow into themselves without pressure from likes, trends or group chats.

3

Real social skills - they build confidence and vital skills by talking, listening and laughing together face to face.

4

Better mental health - less time scrolling means less anxiety, fewer comparisons and more joy in the everyday.

5

Digital resilience - they learn to use tech intentionally - creating, thinking and questioning, not just scrolling endlessly.

6

Focussed learning - without distractions children can focus, think clearly and get in the zone in and out of school.

7

Proper sleep - no late night scrolling means deeper rest, brighter moods and a brain ready for tomorrow.

Don't forget much of the above applies equally well to us as adults. What we **model to our children** is very **powerful**.

DESKS AND CHAIRS

I pleased to be able to inform you that we will be **upgrading the desks and chairs in Year 3** over half term. **Thank you to the PTA for funding this project.**



I hope you all have a great weekend.

Mr Reid





REPORT ABSENCE - Please [complete the quick Daily Absence Form](#) on our website before 9.00am for every day your child is off school. The form should also be used for medical appointments, holiday requests and school visits.



CLUBS — WEEK beginning 9 FEBRUARY 2026

ALL clubs should be running as normal.

Gymnastics - **New venue from 11/02/26** - Building 10 Turvins Farm, TN146HB 5:30-6:15pm



LETTERS SENT

- Year 3 - [Intended Learning](#)
- Year 5 - Rainforest Roadshow & DT



AMHERST MUSIC FESTIVAL

The Amherst Music Festival will take place on Tuesday 31st March at 6.00pm. This annual concert will include all children in the Amherst and Training Choirs, the School Orchestra and individual instrumentalists chosen by the music teachers. If your child learns an instrument outside school and plays to approximately Grade 2 standard or above, they are very welcome to take part. Please sign up by completing [this form](#). We're looking forward to another fantastic evening of music and hope to see many of our talented pupils performing!



VACANCIES

Please [click here](#) to look at our current vacancies: We are looking for a Teaching Assistant to work on Thursday and Friday - there is no flexibility on days.

RECYCLING OLD SCHOOL DESKS – HALF TERM

We are giving our old school desks a second life this half term. Parents are invited to make a donation of whatever you wish via www.schoolgateway.com and collect a desk on Wednesday 18/02/2026 (9.00am - 2.00pm). This is a great opportunity to reuse school furniture while supporting the school and reducing waste. First come, first served. Desk dimensions: H= 65cm, W = 110cm, D = 45cm



CALENDAR DATES 2026

**** Red dates added this week**

10-Feb	Safer Internet Day
11-Feb	Inter House Competition (rescheduled)
13-Feb	PTA Crazy Hair Day
13-Feb	END OF TERM
HALF TERM	
23-Feb	START OF TERM
23-Feb	Year 3 Resilience Show - Shooting Stars
23-Feb	Year 6 - Young Voices 2026
27-Feb	PTA Fancy Dress Costume / 2nd Hand Uniform Sale - 3.30pm
03-Mar	PTA Meeting - 7.00 - 8.00pm (at school)
05-Mar	World Book Day
09-Mar	Year 5 - Rainforest Roadshow (workshop at school)
10-Mar	Science Day
11 - 13 Mar	Year 3 - Roman Day
13-Mar	Open Afternoon - 2.45pm
16-Mar	Year 6 - Trip to Parliament
20-Mar	Red Nose Day
20-Mar	PTA - Cake Sale
20-Mar	Clubs End
23-Mar	Year 6 Dance Troupe - Love 2 Dance Show @ the Stag Theatre
24-Mar	Parent Consultations
25-Mar	BUDDY: Riverhead Shared Books and Playtime
26-Mar	Parent Consultations
30-Mar	Year 3 - Easter Production Dress Rehearsal - 2.00pm - 3.00pm
31-Mar	Year 3 - Easter Production - 2.00pm - 3.00pm
31-Mar	Amherst Music Festival - 6.00pm
02-Apr	LAST DAY OF TERM
EASTER	



PLEASE VISIT **Classlist** FOR TICKETS / DONATIONS!



We are all looking forward to **Crazy Hair Day!**

On the last day of term, children are invited to come to school with their hair as crazy as they can make it... nothing is off limits - the crazier the better!

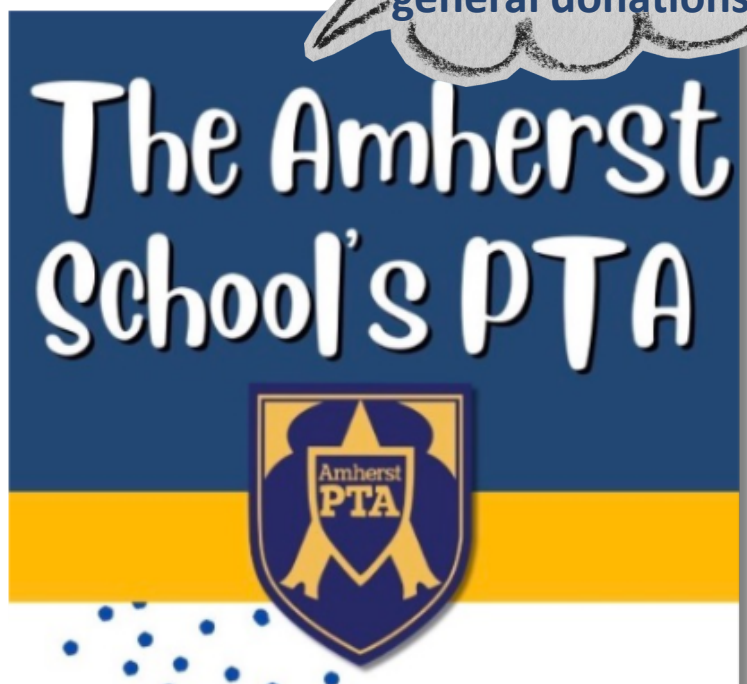
Minimum donation of £1 please, [payable via Classlist](#).

Click here for contributions to 2nd hand uniform or general donations

If you haven't yet signed up to classlist, please do so using the link below...

- [Classlist sign up](#) -

We have lots of exciting events coming up and you will need to be registered to make donations and buy tickets.



STAR OF THE WEEK

3B	Finn E
3FB	Mila J
3WH	Saoirse B
4C	Lawrie G
4HR	Luca D B V
4SL	Enoch Y

5A	Penny C
5CS	Layah W
5J	Leo K
6A	Matthew C
6DT	Rex S
6N	Ainaha A



CHEERLEADING

Gabriella P (4C) took part in her first Cheer competition at the ICC Southern Championships on Saturday and her team came 4th in their category! Congratulations Gabriella!

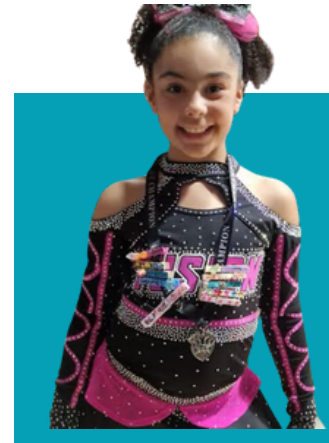


TABLE TENNIS

Congratulations to the Amherst Table Tennis club! They performed to such a high level against some seriously talented opponents across the day. What stood out above all else was their sportsmanship, behaviour and kindness throughout. While the whole team shone, a particular well done to Oliver G and Tobias W, who finished 2nd and 3rd respectively. Well done to: Oliver, Tobias, Jake, Arthur, Maddock, Max, Ollie, Jasper, Murray, Henry.



COFFEE MORNING

For Parents and Carers



**Meet our Mental Health Support Practitioner
from The Kent Emotional Wellbeing Team.**

- During the session, she will explain her role within the school and support they can offer.
- This invaluable support is available for parents and carers and children.

Where: Amherst School.

When: 4th March 9am

Refreshments provided.

Please [click here](#) if you plan to attend.

NEW

You're Invited to ... to join our **NEW** 'middle-aged' choir for able musicians who can sight-read, sight-sing and learn parts in advance independently. There would be limited rehearsals with some sort of performance at the end. Music would be classical and in 4-8 parts so not for the faint-hearted. Please let me know if you are interested and what your voice part is!

CONTACT - ANGHARAD.SALMON@GMAIL.COM

Sevenoaks Jitsu

February Half Term Holiday course now booking!

Dates: 16 to 20 February
Time: 9.30am - 12.30pm
Best price:
 📅 Early booking: £30 per morning – book & pay by 8 Feb
 📅 Book and pay after 8 Feb: £40 per morning
Flexible: Book as many or as few days as you want
Progress: Opportunity to change belt faster
Newbies welcome: No experience necessary (come and try us out!)

Contact **Chris** to book: 07914 805 339 or chris.sevenoaksjitsu@icloud.com

Members of LOCAL AUTHORITY

Fostering SOUTH EAST

We urgently need foster carers

FOSTER FOR KENT

kent fostering Kent County Council

Please click on the images for more information.

BARRACUDAS
ACTIVITY DAY CAMPS

HOLIDAY ACTIVITIES AT SEVENOAKS!

EXCLUSIVE DISCOUNT FOR AMHERST SCHOOL

USE CODE AMHPTA26 FOR £20 OFF!

*MINIMUM OF 2 DAYS

FOR EVERY BOOKING MADE, BARRACUDAS WILL MAKE A DONATION TO SUPPORT OUR SCHOOL !!!

- 🎯 4 to 14 year olds!
- 🎯 80+ Activities!
- 🎯 Choice each session!
- 🎯 Specialist Courses!
- 🎯 Flexible bookings!

OFSTED REGISTERED

barracudas.co.uk
01480 467 567

If you make a booking with Barracudas, please use the code on the flyer below to receive a £20 discount and secure a £5 donation to our PTA!

FARMYARD TRAIL

13th - 22nd February 2026

Join our trail around the farm to find the animals
Collect your prize goody box from the Tea Room
No booking needed

£5 per entry

Open daily (except Tuesday) from 1.30pm - 4.30pm

Foal Farm Animal Rescue
Jail Lane, Biggin Hill, TN16 3AX
www.foalfarm.org.uk

Local Music Groups

Kent Music - <https://www.kent-music.com/>

June 5th, 123 Anywhere St., Any City, ST 12345

West Kent Junior Wind Band grades 0-3 – Tuesdays 4-5pm at Sevenoaks Music Centre, Trinity School

West Kent Youth Orchestra grades 5+ – Fridays 4:30-6pm at Weald of Kent Grammar School, Tonbridge

West Kent Junior Voices age 8-18 – Tuesdays 4:50-5:30pm at Sevenoaks Music Centre, Trinity School

West Kent Junior Voices ages 8-14 – Saturdays 9-10am at Tonbridge Baptist Church

TYMS – [Tonbridge Young Musicians](#)

TYMS Strings grades 1-5 – Fridays 4:30-5:15pm at Judd School, Tonbridge

TYMS Winds (& Brass) grades 1-4 – Fridays 4:30-5:15pm at Judd School, Tonbridge

Lydian Orchestra - <https://www.lydian.org.uk/>

Lydian Training Orchestra grades 3-6 – 3 times a year at Judd School, Tonbridge

Tonbridge Scout Band - <https://17th.org.uk/>

June 5th, 123 Anywhere St., Any City, ST 12345

Tuesdays 7:30-9pm and Saturdays mornings 9-11am at Leigh Academy, Tonbridge



Please click on the images for more information.

SPACE ROCKS

An interactive meteorite talk for children!

Wednesday 18 February

at Bore Place, TN8 7AR

Journey back in time to a mighty supernova - long before Earth was formed - and follow the trail of cosmic events that shaped our world today.

Handle real meteorites from the Moon and Mars!

Suitable for children aged 10+

Tickets:

www.boreplace.org/whats-on



BORE PLACE