

# AMHERST SCHOOL NEWSLETTER

TRUST KINDNESS DETERMINATION FAIRNESS CO-OPERATION POLITENESS

## MESSAGE FROM MR REID

It has been a **busy final week of term** containing a wide range of **celebratory events**. Well done to **Year 3** for their **superb performance** of 'I am Special'. The children performed with such **confidence** and **enjoyment**. It is great to see how much they have progressed and matured since September.



### TUESDAY

On Tuesday night we were treated to an **exceptional music concert**. Children had the opportunity to perform to a large audience either as an individual or part of a group.

We also had ex-pupils perform and parents joining the choir. **Thank you to Mr Clarke** for all his hard work ensuring music continues to thrive at Amherst.



### WEDNESDAY

On Wednesday the **children enjoyed an Easter Egg hunt** facilitated by the PTA. Every child was given an Easter egg for completing the hunt. The Easter Bunny even attended! Thank you to Mrs Adams and the PTA for helping organise and prepare the hunt.



### TODAY

The term has finished today with Year 2 coming over to Amherst to **make Easter Bonnets** with their **Year 5 Buddies**. This is the beginning of their transition to Amherst and it is a wonderful annual event. Year 6 visited Riverhead to help Year 1 and Reception make their bonnets too.

I would like to **thank all staff for their hard work this term** supporting all children to be successful. **I hope you all have a great Easter holiday** and we look forward to welcoming the **children back on Monday 20th**.

*Mr Reid*

*Happy Easter!*



## REMINDERS

- 20 Apr** - First day of term
- 23 Apr** - Fire Safety Talk
- 24 Apr** - PTA Uniform Sale 3.30pm
- 24 Apr** - PTA Disco
- 21 Apr** - Swimming (5J, 5A, 5CS, 4C)
- 22 Apr** - Swimming (4SL, 4HR)
- 27 Apr** - Clubs Start

27th Edition  
2 April  
2026





2025  
September


CELEBRATING  
THIS  
YEAR

2026  
March

*to date*

Club Sessions  
Autumn 278  
Spring 323  
**601**

Sports Matches  
 **43** >>>

 **4** School Trips  
**7** Themed Workshops  
**2** Local Visits

Sevenoaks School  
Science Trips  
 **16**

**715**  
Hours of  
Teaching Time

Book Fair  
World Book Day  
Poetry Competition  
Science Week Panel  
Pantomime Performance  
Love to Dance Performance - Stag Theatre

**OTHER**

Parent Meetings **10**  
Meet the Teacher Meetings  
Parent Consultations - October  
Parent Consultations - March  
Open afternoons - Nov & March



Music Events **17**  
8 - Amherst Choir Performance  
2 - Training Choir Performances  
4 - Orchestra Performances  
1 - Annual Music Concert  
2 - Productions



Charity Fundraising **4**  
Poppy Appeal  
Children in Need  
World Diabetes Day  
British Heart Foundation



Assemblies  
Visitor Assemblies  
Singing Assemblies

Assemblies **104**



27th Edition  
2 April  
2026



MUSIC  
CONCERT



LOVE TO DANCE



ORCHESTRA



EASTER  
EGG HUNT

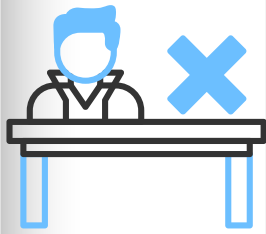


MAKING BONNETS



YEAR 3  
'I am Special'





**REPORT ABSENCE** - Please [click here](#) to 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.



## SUMMER TERM CLUBS

If you would still like to sign your child up for the summer term clubs, please click on this link: [CLUBS BOOKING FORM](#)

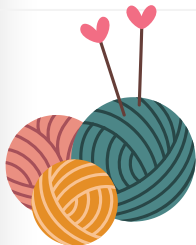
We have spaces in the following clubs:

**Little Musketeers / French Clubs / Football Year 6 / Street Dance / Mindfulness / Spanish / Mandarin / Gymnastics / Juggling**



## LETTERS SENT

· Year 4 & 5 - Swimming Letter - first day 21/04/2026



## DONATIONS OF WOOL

Mrs Fox and Mrs Mais are looking for donations of wool for a project in school. If you have spare wool lying around we will gladly take it off your hands.



## NEW MENU

Please note that we have a NEW Summer Menu from 20 April. Please ensure payments for lunches are made in advance via [www.schoolgateway.com](http://www.schoolgateway.com).



## OPEN EVENTS - Secondary Schools 2026-2027

Please [click here](#) to view the secondary school open days for 2027 intake. \*\* For your child to attend any open event, PLEASE COMPLETE our [Daily Absence Form](#) (link) before 9.00am for every day your child is off school.

Once submitted, the form automatically updates our absence reporting system and books your child's lunch (if needed).



The PTA is looking for **new volunteers** to fill the **Chair, Vice Chair (Marketing) and Secretary roles**... Perhaps volunteer with a friend and share a role if it feels too daunting - **it really is a case of the more the merrier!!**





**CALENDAR DATES 2026**

\*\* Red dates added this week

EASTER	
20-Apr	FIRST DAY OF TERM
23-Apr	Whole School - Kent Fire Safety Talk
24-Apr	PTA Uniform Sale - 3.30pm
24-Apr	PTA Disco - Year 3 & 4 - 5.00pm - 6.00pm
24-Apr	PTA Disco - Year 5 & 6 - 6.15pm - 7.30pm
21-Apr	Year 5J, 5A, 5CS & 4C Swimming at Sevenoaks Leisure Centre
22-Apr	Year 4SL & 4HR Swimming at Sevenoaks Leisure Centre
27-Apr	Clubs Start
29-Apr	Parent Coffee Morning - Resilience - 9.00am - 10.00am
01-May	PTA Event - Cheese & Wine Evening
04-May	BANK HOLIDAY
06-May	Amherst Choir - Sevenoaks Partnership Concert
11-14/05	SATS week
18-May	Author Visit: Louise Austin (Alex Abbott is [Un]Dead)
19-May	Year 5 Kent Test & Hilltop Meeting - 6.00 - 7.00pm
20-May	Year 6 Health Questionnaire - The Lancaster Model (TLM)
21-May	RE Day
22-May	PTA Cake Sale
22-May	LAST DAY OF TERM
HALF TERM	



NEW



- Main**
- Veggie**
- Pasta**
- Bread**
- Potato**
- Side**
- Dessert**

**WEEK beginning:**

- 20 April
- 11 May
- 8 June
- 29 June
- 20 July
- 3 Sep
- 21 Sep
- 12 Oct

# ASK Amherst School Kitchen

**MONDAY**

- Beef Burger in a bun** (1,8,13,14)
- Veggie Burger in a bun** (1,13)
- Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)
- Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham
- Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans
- Fresh Salad**  
Saute Potatoes  
Sweetcorn / Ketchup  
Coleslaw (7)
- Fresh Fruit**  
Yoghurt / Jelly  
Cheese Biscuits (1, 9)

**TUESDAY**

- Macaroni Cheese** (1,9)
- Macaroni Cheese** (1,9)
- Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)
- Baguette** (1,13)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham
- Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans
- Fresh Salad**  
Peas  
Coleslaw (7)
- Marble Shortbread** (1)

**WEDNESDAY**

- Roast Turkey, Yorkshire Pudding** (1,7,9)
- Roasted Vegetable Slice** (1)
- Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)
- Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham
- Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans
- Gravy Roast**  
Potatoes Carrots  
Green Beans  
Coleslaw (7)
- Apricot Crumble** (1)  
Custard (9)

**THURSDAY**

- Sticky Chicken Drumstick** (8)
- Quorn Fillet in Tomato Sauce** (1)
- Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)
- Baguette** (1,13)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham
- Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans
- Vegetable Rice**  
Coleslaw (7)
- Iced Ginger Cake** (1,7)

**FRIDAY**

- Fish Fillet** (1,4)
- Vegetable Quiche** (1,7,9)
- Pasta** (1)  
Tomato and basil sauce  
Cheese (9)  
Tuna Mayo (4,7)
- Wrap** (1)  
Cheese (9)  
Tuna Mayo (4,7)  
Egg Mayo (7)  
Salmon (4)  
Ham
- Jacket Potato**  
Cheese (9)  
Tuna Mayo (4,7)  
Baked Beans
- Chips**  
Baked Beans  
Coleslaw (7)
- Ice Lolly**

**OUR KITCHEN**

All our food is prepared in our own fantastic kitchen, cooked fresh every day subject to availability. If you need; full ingredient lists & allergen information is available on request. We are a nut free school, however some products are subject to "may contain" status in manufacturing.

**AVAILABLE DAILY: FRESH FRUIT / BREAD / WATER / SALAD**

- VG** Vegan option available
- VGF** Puddings: Yoghurt (9), Fruit available
- GF** Gluten Free option available
- DF** Puddings: Fruit, Jelly, Yoghurt available
- DF** Dairy Free option available

**ALLERGEN KEY**

- 1 Contains gluten
- 2 Crustaceans
- 3 Molluscs
- 4 Fish
- 5 Peanuts
- 6 Nuts
- 7 Eggs
- 8 Soybeans
- 9 Milk
- 10 Celery
- 11 Mustard
- 12 Lupin
- 13 Sesame
- 14 Sulphur Dioxide

Playground	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12		6A Basketball (Coach)			3WH Cricket (Coach)
1.35 – 2.30	3WH Basketball	6DT Basketball (Coach)	3B Basketball	5CS Tennis	3B Cricket (Coach)
2.30 – 3.25		6N Basketball (Coach)	3FB Basketball	5J Tennis	3FB Cricket (Coach)

Field	Monday	Tuesday	Wednesday	Thursday	Friday
9.10 – 10.10					
11 – 12					
1.30 – 2.30	4C Athletics (coach)			5A Rounders	Year 6 OAA
2.30 – 3.25	4HR Athletics (coach)			4SL Athletics (coach)	Year 6 OAA
(Extra class)					

Swimming	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1		5J Swimming			
Session 2		5A Swimming	4SL Swimming		
Session 3		5CS Swimming	4HR Swimming		
Session 4		4C Swimming			

## DANCE

Elliott H (4HR) and Penelope N (5J) entered the Sevenoaks Dance Festival last weekend, dancing a duet to 'Zero to Hero' from Hercules and were placed 1st in their category! Well done girls!



## CROSS COUNTRY

Amherst competed in the Sevenoaks Primary School District Cross Country Championships on Monday at Sevenoaks Prep School.

All of the children demonstrated excellent sportsmanship and strong determination while competing against other schools in the district.

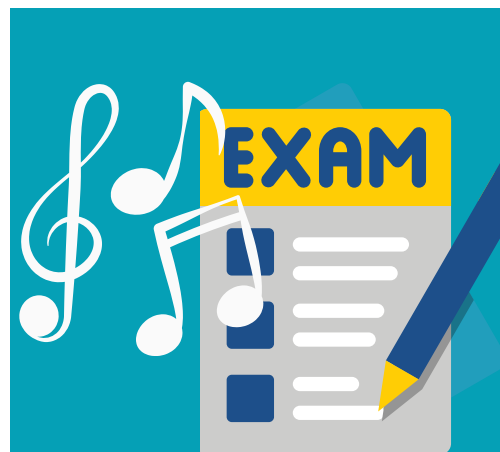
Special congratulations go to the Year 5 and 6 girls' team for securing first place, and to the Year 3 and 4 girls' team for achieving third place. Well done to Cassia D (4SL) for an impressive second-place finish in her race. Overall, it was an outstanding team effort.



## MUSIC

Congratulations to the following children with their music exam results:

- Juliet H (6A) has passed her grade 3 flute exam with distinction.
- Eleanor M (3FB) passed her piano Grade 1 with distinction.



# PARENTING CLINIC

## EMOTIONAL REGULATION & MELTDOWNS

20 APRIL

12.00 TO 12.30PM

HOSTED ON ZOOM

Come live or catch the replay

Join Anisa Lewis, Parenting Coach, for this month's Free Parenting Clinic focused on Emotional Regulation and Meltdowns.

We will explore what is really going on beneath the surface of big emotions:

- Why children struggle to regulate
- And what you can do in the moment and beforehand to support them without everything escalating

This is not about stopping emotions.

It is about understanding them, responding with confidence, and helping your child learn how to manage what they feel

Book your free place here:

<https://anisalewis.as.me/theclinic>

or

Email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link.



One minute, they are fine  
Next, they are snapping, shouting, or on the floor in a full meltdown.

Do the outbursts always seem to come at the worst possible times?

- On the way out the door
- At the end of the school day
- Right when you have nothing left in the tank

Or you can feel it building...  
You see the signs, you brace yourself... and then BOOM!

You are not imagining it  
And you are not alone...



Anisa Lewis

Parenting Coach



Please click on the images for more information.

Now in its seventh year!

SEVEN OAKS  
**welcomes**  
REFUGEES

## Voices of Welcome

Saturday 25th April 2026

Join us for an evening of extraordinary live music celebrating the talents, cultures and stories of the communities we support.

Venue: Walthamstow Hall, Holly Bush Lane, Sevenoaks TN13 3UL. Doors open: 6:00 pm

**Tickets from £25**  
Child and Couple tickets also available

Scan me to book your tickets

**Win fantastic lottery prizes!**  
Generously donated by local businesses

Scan me to enter the prize draw

Prizes include: Yoga & Pilates classes, Meals out, Coffee, Health Supplements, Cash prizes, and more. Draw held on 29th April 2026. Entrants must be 16+.

Come for the music - stay for the community!

Concert kindly supported by: Especially Health | Helen Breeze | Walthamstow Hall. With thanks to our lottery prize donors: Millie Floss The Anchor Pub | Especially Health | Mouse Vineyard | Physical Yoga Studio | Life on High | Malabar Coffee House | Zero Gravity Pilates.

Sevenoaks Welcomes Refugees | Registered Charity No. 1184720 | [www.sevenoakswelcomesrefugees.org](http://www.sevenoakswelcomesrefugees.org)

THE JPA ACADEMY

ACTING SINGING DANCING

INVITES YOU TO AN EASTER HOLIDAY...

# MUSICAL THEATRE

PERFORMING ARTS WORKSHOP

PERFORM SONGS FROM YOUR FAVOURITE MOVIE MUSICALS!

SIX \* WICKED \* MEAN GIRLS  
GREATEST SHOWMAN \* WONKA & MORE

THREE DAYS OF ACTING, SINGING, DANCING  
DRAMA GAMES, IMPROVISATION AND MORE

SESSIONS FOR AGES 7-11 AT HILDENBOROUGH VILLAGE HALL  
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STAG THEATRE, SEVENOAKS

# SUMMER GUITAR ROCK CAMP

**CAMP1**  
AUG 3<sup>RD</sup>, 5<sup>TH</sup> AND 7<sup>TH</sup>

**CAMP2**  
AUG 7<sup>TH</sup>, 19<sup>TH</sup> AND 21<sup>ST</sup>

WEEKLY COURSE CONSISTS OF 3 SESSIONS

HALF DAYS AM 9:30AM - 12:30PM  
 HALF DAYS PM 1:00PM - 4:00PM  
 FULL DAYS 9:30AM - 4:00PM

BOOK YOUR WEEK COURSE BEFORE JUNE 1<sup>ST</sup> FOR DISCOUNTED PRICE  
 PLACES ARE LIMITED

PLEASE CONTACT [TOMRMURRAY@HOTMAIL.CO.UK](mailto:TOMRMURRAY@HOTMAIL.CO.UK) FOR MORE INFORMATION!

STORM SAIL BRAZILIAN JIU-JITSU

# Kids

## JIU-JITSU CAMP

GAMES · LEARNING · WORKOUT

7<sup>TH</sup>, 8<sup>TH</sup> AND 9<sup>TH</sup> APRIL | 9 - 11AM  
 All Levels · Ages: 6 to 12  
 £25/day or **Early-Bird pay 2 get 3** until the 31<sup>st</sup> March

*Get in Touch*  
 Limited Spaces

At Oakley Fitness, Tunbridge Wells  
[contact@stormsailbjj.com](mailto:contact@stormsailbjj.com) · [www.stormsailbjj.com](http://www.stormsailbjj.com)



Please click on the images for more information.

# PURE FC TEAM TRIALS

2026/27

## CURRENT YEAR 1 - YEAR 6

Wednesday 22nd April  
 Longmead Stadium

Training and Matches at Longmead Stadium  
 Highly competitive teams and leagues  
 Pathway into Tunbridge Angels FC  
 Links with professional clubs  
 Qualified coaches

apply here or at <https://www.purefootballacademy.co/trials>



St Mary's the Virgin  
 Riverhead with Dunton Green

**New!**  
 Family Services on a Sunday afternoon!

Running to Jesus



Please come to our new fun and friendly family service.

April 26<sup>th</sup> 3.30pm. Only half an hour.

Followed by drinks and biscuits.

**Do Come!**  
 St Mary's Church Riverhead with Dunton Green