

AMHERST SCHOOL

TRUST KINDNESS DETERMINATION FAIRNESS CO-OPERATION POLITENESS

MESSAGE FROM MR REID

Hilltop

Year 6 will be away next week on their residential trip to Hilltop in North Norfolk. Hilltop is near the coast based close to **Sheringham and Cromer**. The centre provides most activities on site apart from the coastal erosion geography field trip which involves a visit to the beach. **We have continued to visit Hilltop for many years due to the high quality instruction, activities, equipment and accommodation.**

It is an **amazing week for the children** and they will **gain so much from the experience**. First and foremost, it is great fun. **Children will conquer fears and grow in confidence in different areas over the five days**. For some it may be a fear of heights or for others it will be sharing a room and being away from home. Each child will face individual personal challenges to overcome. **The week is great preparation for secondary school and will build their resilience and ability to operate outside of their comfort zone**. There will be very tired but proud children by the end of the week.

Natural Consequences

An interesting concept I have been reading about recently is letting children experience natural consequences to their actions. Natural consequences are used as there is a direct link and they are not implemented by anyone. **For example:**

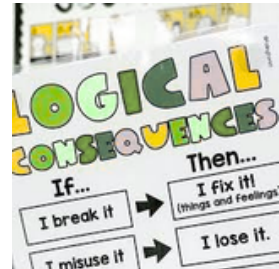
- ***A natural consequence might be if a child breaks a toy, then the toy is no longer usable. If it can be fixed the child can help fix it, or it needs to go into the bin.***
- ***An enforced consequence would be the toy being removed for bad behaviour even if the bad behaviour did not involve the toy.***
- ***If you have to think of a consequence it probably isn't a natural one.***

It is a way of helping children to connect their behaviour to a logical consequence. Over time the child realises that certain behaviours are not worth the consequence that comes with it.

As always with a concept, it makes sense when reading it but can be much harder to implement. However, it is an interesting point to consider but not in the heat of the moment!

I hope you all have a good weekend.

Mr Reid



33rd Edition
5 June
2026

REMINDERS

- 8-12 Jun - Yr6 Hilltop trip
- 8-12 Jun - Amherst's Got Talent
- 16 Jun - Yr5 Parent Consultations
- 17 Jun - Yr3 Lullingstone Trip
- 18 Jun - Yr5 Parent Consultations

EVERY 

**DAY
COUNTS!**

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.



CLUBS — WEEK beginning 8 June 2026

The following clubs are NOT running due to Hilltop Trip:

Monday - NO Football / NO Chess

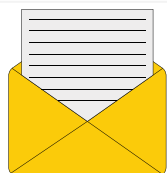
Tuesday - NO Mindfulness

Wednesday - NO Art / NO Spanish / NO Forest Sch / NO Netball

Thursday - NO Hockey Club / NO Cricket Club

Friday - NO Lacrosse Squad / NO Cricket Club

All other clubs should be running as normal.



LETTERS SENT

· Year 3 - [Intended Learning](#)

· Year 5 - Refugee Performance Letter



VACANCIES

- Teaching Position
- After School Club Assistant
- Teaching Assistant

Please visit [Kent Teach](#) to apply.



YEAR 5 PARENT CONSULTATIONS

Tuesday 16 June 2026 from 3.40 to 8.00pm and Thursday 18 June 2026 from 3.40 to 6.30pm.

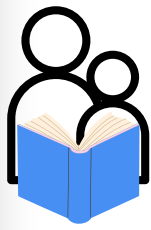
Bookings open on Monday 8th June at 4pm and close on Thursday 11th June at 2.00pm. Please log into www.schoolinterviews.co.uk and enter the event code for your class which was sent to you on 4 June 2026.



**KNOLE
ACADEMY**

KNOLE ACADEMY - Taster sessions for year 5 children

Spaces available on 16th June, 18th June, 23rd June, 25th June, 7th July, 8th July and 9th July. Only one booking per child can be made from the 18 sessions on offer to allow us to accommodate as many children as possible. For further details and booking information see our website www.knoleacademy.org



READING VOLUNTEERS - Cancelled for week 8 - 12 June

Please note that all reading sessions have been cancelled for the dates above. We look forward to seeing all volunteers back in school week commencing 15 June. Many thanks



WEALD GRAMMAR ASSESSMENT - Information for Yr 5 Parents

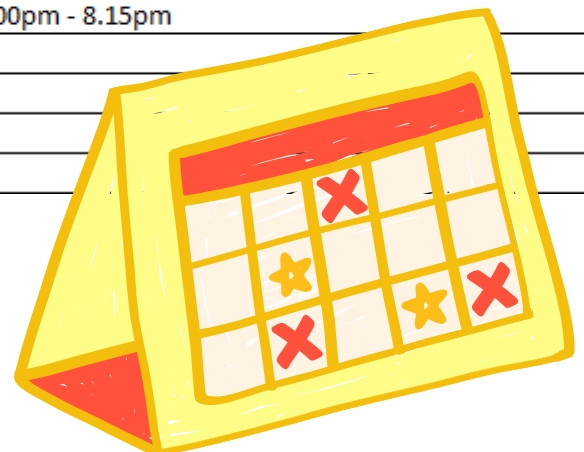
Following on from the WGA Teams meeting on Wednesday 29 April. As promised, please [click here](#) to find the slides providing information for prospective parents.

FUTURE DATES

CALENDAR DATES 2026

** Red dates added / changed this week

8-12-Jun	Hilltop 2026
8-12-Jun	Amherst's Got Talent
8-12-Jun	Year 5 Assessment Week - please avoid booking Secondary School Open Days
10-Jun	Year 6 Parents -Helping Your Child Move to Secondary School - 10:30—12:30pm
16-Jun	Parent Consultations - Year 5
17-Jun	Year 3 Trip - Lullingstone Castle
18-Jun	Parent Consultations - Year 5
20-Jun	Amherst Choir - Sevenoaks Three Arts Festival - 9.15am
23-Jun	Year 5 (5A) - Refugee Performance - Sevenoaks School
26-Jun	Year 5 (5J & 5CS) - Refugee Performance - Sevenoaks School
26-Jun	Clubs End
30-Jun	Buddy Meeting: Year 5 & 2 - Olympics Event with Riverhead
02-Jul	Kent Transition day
03-Jul	Amherst Choir - Hillview Primary Festival of Arts - 9.30am
03-Jul	Sports Day - 1.30pm
04-Jul	PTA: Amherst Summer BBQ
06-Jul	Year 6 Parents -Helping Your Child Move to Secondary School - 17:30—19:30pm
06-Jul	Year 5 - Sex & Relationship Education Talks - please avoid booking Secondary School Open Days
06-Jul	No Parent Readers for the rest of the term
08-Jul	District Sports
09-Jul	PTA: Ice Lolly Sale
10-Jul	PTA: Leavers' Disco - 5.30pm - 7.30pm
13-Jul	Summer Production - Dress Rehearsal - 1.45pm - 3.00pm
14-Jul	Summer Production - Matinee Performance - 1.45pm - 3.00pm
15-Jul	Summer Production - Evening Performance - 7.00pm - 8.15pm
16-Jul	Summer Production - Evening Performance - 7.00pm - 8.15pm
17-Jul	PTA: Ice Lolly Sale
21-Jul	Rose Clifton Cricket Match
21-Jul	LAST DAY OF TERM
SUMMER	



SUMMER AUCTION



Now Open

PLACE YOUR GROUP OR INDIVIDUAL BIDS!

The PTA is excited to announce that the Summer Auction is officially launching!

The auction features a variety of exciting school related experiences 🐶, and opportunities 👩, as well as many other lots donated by local businesses 🏪 and Amherst parents 🎂. There are two ways to participate:

👤 INDIVIDUAL BIDS

Bid on your own for any auction item that catches your eye whether it's a personal training session 🏃, tennis camp 🎾 or front row seats at the summer production 🎭.

👥 GROUP BIDS

Team up with friends, classmates, or other families to submit a joint bid on some fun experiences for the children such as the VIP class pass to lunch for a week 🍴 or enjoy s'mores by the campfire for a group of friends at lunchtime! 🔥

The auction will close at midday on Wednesday 24th June. All proceeds will contribute to the PTA's fundraising goals and directly support the school for the benefit of our children 🏠

Don't miss your chance to participate, support our school community, and win some fantastic prizes.

FOR AUCTION DETAILS AND BIDDING INSTRUCTIONS, VISIT

[HTTPS://AUCTIONOFPROMISES.COM/2026AMHERSTPTASUMMERAUCTION](https://AUCTIONOFPROMISES.COM/2026AMHERSTPTASUMMERAUCTION)

The signup process is short and no payments are made online.

We will contact all winning bids by email to take payment.

THANK YOU FOR YOUR SUPPORT, AND HAPPY BIDDING!

Calling all parents with a few hours to spare

TEAM AMHERST

ARE STILL LOOKING FOR **2** VICE CHAIRS!

PLEASE

The PTA has yet to fill all of its vacancies and cannot legally function without more volunteers. We have had a couple of parents step forward (thank you!) and they are very happy to discuss allocating responsibilities depending on who joins the team - it is meant to be a fun and rewarding experience

PLEASE, if you think you could make even a small contribution, get in touch with the school office and come and join our lead team!

RECRUIT NEW CLASS REPS FOR 2026/2027

It is time to start thinking about reps for the next year and we would like to put out a few thoughts that have worked really well in the past.

So to consider - 'SPREAD THE LOAD', TEAM AMHERST!

3

We would like to suggest that each class recruit 3-4 reps per class.

4

Perhaps volunteer with a few friends if it feels too daunting - it really is a case of the more the merrier!!

'Job description' of parent class reps:

- 1 person for social events (coffee mornings, evenings out, etc), gifts, cards, other etc
- 1 person for organising the Christmas Bazaar stall
- 1 person for organising Summer BBQ Stall
- 1 person for organising the class' "fundraising" event (each class is responsible to organise one event per year)

**** 6 x PTA meetings - we need 1 representative to attend each meeting

REMEMBER - The PTA Lead team are always there to help with:

- Information on how to run an event
- Instruction sheets on how an event has been done in the past
- and of course ... happy to be all hands on deck when you need us!

THANK YOU for considering to help **TEAM AMHERST** thrive in **2026/2027!**

STAR OF THE WEEK

3B	Samuel C
3FB	Aaron K
3WH	William G
4C	*
4HR	*
4SL	*

5A	George C
5CS	Heidi F-G
5J	Tilly W
6A	Dexter S
6DT	Adhyanviraj S
6N	Max L



FOOTBALL

Amherst footballers were brilliantly represented in the West Kent District Team competing at the Barcelona Football Festival over the weekend of 30th/31st May. Competing against teams from Denmark, Spain, Sweden, Finland and England, West Kent won their group and then picked up a bronze medal in the 1st - 4th play offs. Congrats to Linus, Tobias, Charlie, William and Amherst alumnus Coby!



CRICKET

Constance (3FB) and Suri (3B) were selected to play in the Girls' First Under 9s team for Holmesdale Cricket Club at the West Kent Under 9s Festival in Bromley on Sunday 31 May. Holmesdale won all three of their games, therefore winning the tournament and the coming home with first prize for Holmesdale and a gold medal for each of the girls!



ATHLETICS

Edward K set himself the challenge this year to complete 25 Adult 5km Parkruns by his 9th birthday (which is next week!). The biggest challenge was fitting it in before football training and finding an adult that could keep up with him! This Saturday will be his 27th and he's very excited to wear his new Milestone shirt.



TABLE TENNIS

Arthur W (6N), Maddock M (6N), Henry C (5J), Linus B (6A), Ollie P(6N) and Jake R(6N) took part in a table tennis competition on 16 May in Maidstone. Some of the boys played for Darenth Table Tennis Club and others represented Amherst School. The boys all worked really hard, playing against opponents who were often much older and did really well. It was especially lovely to see them playing as a team, showing great sportsmanship and looking after each other. Well done to you all!



ATHLETICS

On Wednesday 20th May, a group of children from **Year 3 and 4** participated in an athletics competition at Sevenoaks School. The children competed in either a field or track event and they all took part in a relay. The atmosphere at the track side was incredible and the support, which the children gave to each other when competing, was wonderful. It was a true reflection of great team work. Each member of the team displayed superb determination and strength. As a result of excellent competing, Amherst came second overall.

On Wednesday 3rd June, a team of children from **Years 5 and 6** took part in an Athletics competition at Sevenoaks school. Every member of the team performed incredibly well and represented the school superbly. The children's stamina, speed and strength was outstanding. Amherst obtained so many first and second positions in both the track and field events. It was super to observe brilliant team work, particularly in the relay races. A special mention must go to Evie A, who won both her 90 metre sprint and the 300 metre race due to her amazing speed. Additionally, the following children were also awarded first place for their event: Valentina C-G and Leo K for javelin, Lila R for long jump, Maddie K for 800m and William W-E for 300m. After adding all the points from the events, Lady Boswells and Amherst were joint first so the overall winner was decided by the relay time. Lady B beat us by just over 1 second!

Huge congratulations to the children. Many thanks, as always, for the support of the parents at this event.



UNDERSTANDING AND MANAGING ANXIETY FOR PRIMARY SCHOOL AGE CHILDREN








ONLINE WORKSHOP

Is your child feeling worried, overwhelmed, or struggling with anxious thoughts?

This supportive and practical workshop is designed for parents and carers of primary school children to better understand anxiety and learn helpful ways to manage it together.

Join Dr Rebecca Arnold for a supportive online session where you will:

-  Explore what anxiety is and how it can affect children's thoughts, feelings, and bodies
-  Recognise common triggers and patterns of anxious thinking in young children
-  Learn simple, child-friendly strategies to manage worries and feel calmer and more grounded
-  Gain practical ideas for supporting children with anxiety at home and school
-  Build emotional awareness, resilience, and self-compassion in a safe and supportive environment



Dr Rebecca Arnold
Clinical Psychologist

 26th June 2026

 Hosted by Dr Rebecca Arnold

 9.30am - 11am

 Online - Teams



Spaces are limited, secure your space via Eventbrite today

Collective Psychology

JUNE FREE PARENTING CLINIC

PARENTING ACROSS TWO HOMES

PARENTING CLINIC

PARENTING ACROSS TWO HOMES

15 JUNE

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.

This clinic is for any parent navigating life after separation, divorce or family change.

In this 30-minute session, Anisa will share:

- What children need most to feel safe after a family change
- How to support big feelings, theirs and yours
- Simple ways to create stability and connection across two homes
- How to communicate with your co-parent in a child-centred way

This is not legal advice or mediation; it is emotional and relational support to help families feel whole again.

Book your free place here:
<https://anisa.lewis.as.me/theclinic>
or
Email: hello@anisa.lewis.com for the booking link.



Parenting Across Two Homes: Supporting Your Child Through Family Change

When a family changes shape, children feel it deeply.

With the right support, parents can create calm, stability, and connection, even across two homes.

Parents often tell me:

- Things are finalised, but I still feel unsure.
- My child's behaviour has changed, and I don't know what they need.
- I want to protect them from the tension.

You are not alone. And you are not expected to know all the answers.



Anisa Lewis

Parenting Coach



Kent and Medway
Mental Health
NHS Trust

Parent Workshop

Helping Your Child Move to
Secondary School

10/06/2026 10:30—12:30pm

*Workshop
timings
change from
term to

Is your child moving to secondary school? Would you like to come and meet with other parents and carers and learn about ways to support your child with this step in their lives?

You are invited to a workshop which thinks about how to prepare and support your child with this move. We will consider challenges and concerns and discuss techniques that you can use at home to help them feel ready for the move ahead.

If you would like to join, please ctrl + click the link below or by entering the Meeting ID and Passcode within Teams:

[Starting Secondary School | Meeting-Join | Microsoft Teams](#)

Our workshops are held on Microsoft Teams. You can create an account for free. You will need access to the internet. If you have any questions please speak to your child's school. Currently, this workshop is only available to parents/carers of children attending an EWT/EST school. Please speak to your child's school or check our website for our list of schools. If you require materials in another language or have any other access needs then please email: EWTandESTenquiries@neft.nhs.uk

We look forward to meeting you



EMOTIONAL WELLBEING TEAM KENT
EMOTIONAL SUPPORT TEAM
MEDWAY

SUNDAY 28 JUNE 2026
10:00 - 16:00

VALENCE SCHOOL
 WESTERHAM
 TN16 1QN




FESTIVAL OF MOTORING

AUTOSOLO - DISPLAY
 PADDOCK - BAR
 FOOD - ENTERTAINMENT
 KIDS ACTIVITIES

ADULT SPECTATOR £7.50
 CHILD SPECTATOR (4-16) £5.00
 FAMILY (2 ADULTS AND UP
 TO 4 CHILDREN) £20.00



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£15 PER CAR
 To include up to 5 people

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friendsevalence.kent.sch.uk



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- SAFE AND STRUCTURED LESSONS
- BOOST CONFIDENCE IN THE WATER

HIGH-QUALITY SWIMMING LESSONS TAILORED TO CHILDREN AGED 4 AND UP, RANGING FROM BEGINNERS LEARNING THEIR FIRST STROKES TO SWIMMERS ADVANCING TO PRE-COMPETITIVE LEVELS

EMAIL: MEMBERSEC@SEVENOAKSSC.ORG

 Affiliated Club 

Please click on the images for more information.

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OFSTED REGISTERED



Summer at THE PARK

Wildly fun. Seriously smart.



This summer **GIVE YOUR CHILD THINKING SUPERPOWERS** at the only holiday club to blend *fun with purpose*

August | 9-4pm | Brenchley & Sevenoaks | Ages 6-13

Full team trained by Professor Wegerif, Cambridge University, world expert in how children learn to think

Reserve your kid's place at www.thepark.camp