



Friday 27<sup>th</sup> January 2023

## TERM DATES FOR THE DIARY

### Next Week:

1<sup>st</sup> February – Teacher Strike Day – school partially closed  
3<sup>rd</sup> February - Swimming 4WK and 4KD

6<sup>th</sup> February to 10<sup>th</sup> February – Children's Mental Health Week  
7<sup>th</sup> February – Safer Internet Day  
7<sup>th</sup> February – Parents Evening YEAR 6 ONLY  
8<sup>th</sup> February – Parents Evening YEAR 6 ONLY  
8<sup>th</sup> February – Art Day (for Mental Health Week)

### 10<sup>th</sup> February – End of Term 3

Many people comment on how long the month of January feels after the excitement of Christmas – me included - yet strangely, the last four weeks of school have flown by and we are nearing the half-way point of the school year! It's at this point where we really see the development of the children through the curriculum and in their learning. Having visited most classrooms over the last few weeks, myself and the leadership team are pleased with the progress the children are making and have been inspired by the strong and engaging lessons that we have observed.

All classes have now undertaken their CPR training. I feel proud to know that our school community have obtained the skills that would be vital to a person in cardiac arrest. Following, it would be worth encouraging your child to remind themselves of the procedure at timely intervals. Further information can be found on the British Heart Foundation website [Learn how to do CPR](#) | [British Heart Foundation - BHF](#)

Next Wednesday, national teacher strike day, the school will be partially open for a limited number of children. By now, if your child is able to access the school's childcare provision, you will have spoken to a member of the school team. However, if you are unsure whether your child is eligible, please contact the school office on Monday.

For those children in receipt of Free School Meals, please complete the google form to order a packed lunch for collection: <https://forms.gle/p2HxRgEgYcwd8s9A7>

### ATTENDANCE

Our whole school attendance this week is 93%. Overall attendance to date is 93.63%.

Well done to 3AR and 6ALT for achieving 97+% attendance this week. These two classes continue to model superb attendance every week – well done!

75 children remain in the 100 club with 100% attendance. 152 pupils currently have attendance of 98% or above.

181 late codes have been recorded this week. Please ensure that your child arrives at school **by 8:45am** each day.

### HOUSE POINTS

**Yellow** House are the winners this week with 253 points – well done!

**Green** House – 199 points

**Blue** House – 199 points

**Red** House – 185 points

### LEARNING NEWS AND INFORMATION

On this day in 1756, Wolfgang Amadeus Mozart was born. His compositions are some of the most easily recognisable pieces of classical music, but can music help with learning? Research certainly suggests it can benefit. Listening to music can improve mood, increase motivation, boost concentration, improve memory and allow better management of pain and tiredness. All of these create a better context for learning. However, research also suggests these benefits are dependent on the type of music. Instrumental music with no lyrics to distract is favoured. This could be classical pieces like Mozart, but electronic music has shown to aid studying. The music should be slower in tempo, avoid abrupt changes of rhythm and be played at a lower volume. Try to avoid songs with strong associated feelings because they can be distracting. Listening to music doesn't work for everyone when they're studying, but it's worth having a go to see how it feels. Try experimenting with different styles of music. Taking time each day to listen to music can be great for our wellbeing too. Why not take some time this weekend to talk about the music/songs you like and don't like? Talk about positive experiences you've had listening to music or about songs that

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trigger a particular memory. Try doing some homework whilst listening - did it help or hinder? Experiment, explore and discuss - it's what makes learning fun and engaging. Here's a great piece by Mozart you can start with: [Mozart - Piano Sonata No. 11 in A major, K. 331 - I. Andante grazioso - YouTube](#)

*Footnote (by Mrs Kingman) – I used this while I was compiling the newsletter and found it relaxing. The music was moderately lively but not intrusive. Thank you, Mr Thomas!*

## SEN TEAM NEWS

### SEN Surgery

Our SEN surgery is designed for parents and carers to have a more in-depth discussion about their child and the difficulties they present with. Strategies used in school are shared with parents with the hope that this brings consistency across home and school for the child. For some families, time it taken to discuss the need for a referral for assessment and the stages and time involved.

To book a slot, call the school office and ask to speak to Sammy Black or Tracey Hewitt.

### ADHD medication

It's useful to know if your child's medication has changed or if you've struggled to secure a new prescription. Please speak to an adult at drop off if there's been a change for your child that might affect the way they'll present in school. We will pass the message to the adults in class so that support for your child holds this in mind.

We are aware that pharmacies have stated to some families that prescriptions are delayed at the moment.

### Dyslexia Support

The East Kent Dyslexia Association's drop in is on 11<sup>th</sup> February at Beltinge Hall on Reculver Road, 2-4pm. The local group is designed for people with dyslexia of all ages. They provide information and resources to enable all to reach their potential. You can find out more here: [Dyslexia East Kent Support \(dyslexia-east-kent.org.uk\)](#)

## MENTAL HEALTH AND WELLBEING NEWS

### Understanding Autism in Children: Online Parent Workshop

Do you have questions about Autism? If your child has received a diagnosis, or they are awaiting assessment, the Emotional Wellbeing Team are inviting you to come and meet with other parents and carers to discuss helpful strategies and how best to support your child.

The workshop will be held on Teams on Thursday 2<sup>nd</sup> February, 5.30-7.30pm. If you would like to join, click the link in the poster attached to this newsletter.

### Disordered Eating Webinar

Following a rise in presentations of disordered eating, Healthy London Partnership worked closely with a group of experienced clinicians and experts by experience to develop a set of guiding principles for how to best support and meet the needs of this group. The Children and Young People's mental health team at Transformation Partners in Health and Care (formerly known as Healthy London Partnership), will be running a webinar series on Disordered Eating in February. This webinar will explore the key principles and learning from their recently published Disordered Eating Guidance in more detail. The webinar will take place on Thursday 2<sup>nd</sup> February, 2.30 -4pm. If you would like to attend, please register here: [Disordered Eating Webinar: Improving referrals and supporting young people Tickets, Thu 2 Feb 2023 at 14:30 | Eventbrite](#)

## INCLUSION BEAR

### **Nominated:**

Millie nominated Daisy in 4OS. Milly said that when she was playing uni-hoc (hockey), she hurt herself and Daisy supported her and helped to complete the rest of the activities.

Mia and Lacie in 6SE nominated Izzy, Elsie, Sienna and Paige in Year 3 for always checking they are ok and giving them hugs at lunch when they do the sports shed.

Josie, in 4KD, nominated Kitty, in 4JL, for sharing her text in their reading group. Josie really appreciated Kitty's kindness.

Mrs Easton nominated Mason and Suzie, in 6SE. She said, 'they always wish me a good break and ask how it was at the end. Every single day, they ask if I enjoyed my lunch. On days that are sometimes tough, their care and thoughtfulness always make me smile and I don't really think they know just how much better their kindness makes me feel. I really appreciate them.' 🍷

### **Awarded to:**

All of 6LS nominated Mr Senft and Mrs Kingsland for being so supportive through their transition to Year 6. The class said that they deserve Patch as they are helpful, kind, funny and caring members of staff.

## #WAKEUPWEDNESDAY

### How to build up cyber resilience at home

In the last couple of decades, the volume of online traffic has increased exponentially – but, by and large, people's awareness of the accompanying risks hasn't grown along with it. To illustrate the scale of the issue, consider this: **a report by the Internet Crime Complaint Centre found that, in the US during 2020, there was a successful cyber-attack every second. Yes: every second.**

Criminals continue to find new and devious ways to attempt to hijack our online transactions and harvest our private information. To them, the smart devices that many of us now use

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Healthy School



as standard at home are simply a convenient back door into our lives – and our networks. Check out our #WakeUpWednesday guide for advice on beefing up your household’s cyber resilience. In the guide attached to the newsletter, you’ll find tips on a number of potential risks such as how to use a password manager, how to back up your data and how to check for breaches.

## **ROCKING READERS**

3WH are this week’s Rocking Readers. The children are celebrating their success in achieving an average of 92% in their quizzes – the first time they have reached 90+%! Well done children – we are all very proud of you 😊

## **SPORTS AWARD**

Ronny Love in 3WH was awarded the Sports trophy in assembly today. Well done Ronny!

## **STAR OF THE WEEK**

Well done to the following children for being identified as this week’s Stars of the Week.

3AR Amity Lee-Jones  
3BW Esmee Gilbert  
3MC Lois Crowther  
3WH Larra Killick

4JL Mila Hill  
4KD Evie Wright  
4OS Imogen Mortlock-Allan  
4WK Gianluca Giannico

5BP Joseph Cloke  
5BR Alfie Watt  
5EW Bentley Gray  
5JN Logan Skinner

6ALT Zak Hillman  
6CC Leona Busby  
6LS Hollie Blackwell  
6SE Hudson Quigley

Wishing you all a relaxed and happy weekend.

With my warm wishes,



Melody Kingman  
Headteacher

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