



School News

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No. 16

11th January 2024

DATES FOR YOUR DIARY

Friday, 12th January - Year 3 Class Worship at 9.00 in the School Hall

Parents, carers, family and friends of children in Year 3 are warmly invited to join us for their class worship.

Tuesday, 16th January - League Football Match home to Cartwright and Kelsey - Kick Off 3.30pm

Wednesday, 17th January - Fledglings Vision and Hearing Checks

Thursday, 18th January - School Census

Thursday, 18th January is School Census day. As part of the Census the school is required to report how many children have a school meal on this day. This information directly effects how much funding the school receives and it makes a big difference to the school if this goes unclaimed. **We would be extremely grateful if you would encourage your child to have a school dinner on this day, thank you.** If you think your child may be eligible for free school meals do speak to a member of the office staff, all enquiries will be treated confidentially.

Friday, 19th January - Year 2 Class Worship at 9.00 in the School Hall

Parents, carers, family and friends of children in Year 2 are warmly invited to join us for their class worship.

SCHOOL WEBSITE

Latest News

News about recent events at the school can be found on the school website under 'Latest News'. It is a great way to see what's going on in school and the activities some of the children have been taking part in. The 'Latest News' can be found on our home page.

OTHER SCHOOL NEWS

Family Learning Course - Creating Your Own Family Scrapbook

Kent Adult Education family learning team will be running a course 'Creating Your Own Family Scrapbook' in school in term 4. The course will run on Monday afternoons from 1.15 to 3.45pm for 5 weeks starting on 26th February and ending on 25th March 2024. The course will give parents an opportunity to explore and develop creative skills including photography. If you are interested in attending please contact Tracy Inglis, Family Liaison Officer on tinglis@eastry.kent.sch.uk or calling the school. Places are limited and will be given on a 'first come, first served' basis.

INTERNET/ONLINE SAFETY SECTION

Top Tips for Managing Screen Time

Please see the attached guide for some top tips to help you when managing screen time. We hope you will find this useful.

Netball Club Cancelled

Unfortunately it has been necessary to cancel Netball Club this term as we only had 3 children sign up for this club. We hope to bring you a new club next term.

AFTER SCHOOL CLUBS

Week commencing 8.1.24

| MONDAY | |
|--|-----|
| Fitness/Circuit Training (3.30-4.15pm) | YES |
| Home Learning Club (3.30-4.00pm) | YES |
| Creative Station (3.30-4.30pm) | YES |
| TUESDAY | |
| Ballet (3.30-4.10pm) | YES |
| WEDNESDAY | |
| Singing Club (8.00 to 8.35am) | YES |
| Multi-Sports Club (3.30 to 4.30pm) | YES |
| THURSDAY | |
| Football Club (3.30-4.30pm) | YES |
| FRIDAY | |
| | |

Kind regards



Mr Neil Garvey
Interim Headteacher

School Term and Holiday Dates 2024/2025

Term 1 (2024)

| | |
|-----------------|---|
| INSET DAY | Monday, 2 nd September 2024 |
| School starts | Tuesday, 3 rd September 2024 |
| School finishes | Friday 25 th October 2024 |

Term 2 (2024)

| | |
|-----------------|---------------------------------------|
| INSET DAY | Monday, 4 th November 2024 |
| School starts | Tuesday 5 th November 2024 |
| School Finishes | Friday 20 th December 2024 |

Term 3 (2025)

| | |
|-----------------|--|
| INSET DAY | Monday 6 th January 2025 |
| School starts | Tuesday 7 th January 2025 |
| School finishes | Friday, 14 th February 2025 |

Term 4 (2025)

| | |
|-----------------|---|
| INSET DAY | Monday, 24 th February 2025 |
| School starts | Tuesday, 25 th February 2025 |
| School Finishes | Friday, 4 th April 2025 |

Term 5 (2025)

| | |
|-----------------|--------------------------------------|
| School starts | Tuesday, 22 nd April 2025 |
| Bank Holiday | Monday, 5 th May 2025 |
| School finishes | Friday, 23 rd May 2025 |

Term 6 (2025)

| | |
|-----------------|-------------------------------------|
| School starts | Monday, 2 nd June 2025 |
| INSET DAY | Friday, 27 th June 2025 |
| School finishes | Tuesday, 22 nd July 2025 |

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY
MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE
BOX

The
National
College



National
Online
Safety

#WakeUpWednesday

@natonlinesafety

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