



School News

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No. 19

30th January 2025

DATES FOR YOUR DIARY

Friday, 31st January - Year 6 Class Worship at 9am in the School Hall

Parents and carers of children in Year 6 are invited to join us for their class worship at 9.00am in the school hall.

Monday, 3rd to Friday 7th February - Kindness Week

Wednesday, 5th February - Year 6 Leaver's Party Parents Meeting at 2pm in the Library

Parents and carers of children in Year 6 are invited to the first parent's meeting to arrange the Year 6 leaver's party.

Thursday, 6th February - Founders Day Service at St. Mary's Church at 9.30am

Parents and carers are warmly invited to our Founders Day Service which is linked to our Kindness Week. This year we will be sharing how each class has shown kindness in the community. We hope to see you there!

Friday, 7th February - NSPCC Numbers Day

On Friday, 7th February we will be celebrating the NSPCC Number's Day. Children and staff are invited to dress up in a job that involves using numbers and there will be certificates for the best costume. There will be a number of maths related activities taking place throughout the day, with many fun, jelly bean challenges! Children are also encouraged to bring to school any silver coins for a competition to see which class can collect the most. All coins donated will be given to the NSPCC.

OTHER SCHOOL NEWS

Parent Governor Required

We are currently looking for a new Parent Governor for the school. Full details were sent out to parents on Monday and further information is available from the school office. Applications need to be received by 4pm on Tuesday, 11th February.

PTFA NEWS



Wonka Chocolate Fundraising Event

We are excited to let you know that we are organising a new fundraising event in March. Children will have an opportunity to buy a bar of chocolate with some of them containing hidden tickets to win special prizes. Further details will be released nearer to the time but we wondered whether any parents, family or friends have a business that might like to sponsor this event by buying any of the chocolate? If you think you may be able to help please contact Mrs Evans at samevans_24@yahoo.com or the school office on 01304 611360 or office@eastry.kent.sch.uk.

Staff Changes

Sometimes we have to move staff to best meet the needs of the children across the school, or to cover absence. We will endeavor to communicate longer-term changes with you when they happen.

Our current staff is:

| | |
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| Headteacher | Mrs Sarah Moss |
| Assistant Headteacher & SENCo | Miss Stacey Gillmore |
| Fledglings | Miss Beth Riggs (EYFS Lead and Class Teacher) Mrs Ginny Harvey (Class Teacher) Mrs Tina Williams (Teaching Assistant) Mr Ben Cockram (Teaching Assistant) Miss Christa Rumsey (Teaching Assistant) |
| Year 1 | Miss Charlotte Thomas (Class Teacher) Mr Evan Kemp (Teaching Assistant) Mrs Kasie Rogers (Teaching Assistant) Miss Christa Rumsey (Teaching Assistant) |
| Year 2 | Mrs Kelly Foley (Class Teacher) Miss Chloe Morris-Hill (Teaching Assistant) |
| Year 3 | Miss Jemma Page (Class Teacher) Mr Ben Cockram (Teaching Assistant) Mrs Lisa Wood (Teaching Assistant) Miss Phoebe Sola (Teaching Assistant) |
| Year 4 | Mrs Lucy Gleave (Class Teacher) Mrs Rosemary Harrison (Teaching Assistant) |
| Year 5 | Mrs Jackie Davies (Class Teacher) Mrs Tracey Perry (Teaching Assistant) |
| Year 6 | Miss Maria Leishman (Class Teacher) Mrs Marcelle Kemp (Teaching Assistant) |
| Forest School Leader and Teacher Cover | Mrs Jessica Prestleton |
| Family Liaison Officer | Mrs Tracy Inglis |
| Bursar | Mrs Kim Sampson |
| Administrator | Miss Karen-Jane Bowers |
| Caretaker | Mr Dave Young |
| Cleaners | Mrs June Robinson Mrs Maria Bullock Miss R Easter |
| School Dog | Maddie |
| School Guinea Pigs | Oreo and Gingerbread |

HEALTH ADVICE/ONLINE SAFETY SECTION

Supporting Children to Understand and Express Feelings

All children experience challenging feelings sooner or later whether this be losing a game, a sibling taking one of their toys or struggling in class. Emotions are a natural part of growing up and, while children should be allowed to express their feelings, it is important they learn how to process these in a mindful way.

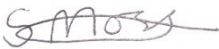
This week in our School News we have included a useful guide to help support children to handle their emotions.

AFTER SCHOOL CLUBS

Week commencing 3.2.2025

| | |
|--|-----|
| MONDAY | |
| Poetry Club (3.30-4.00pm) | Yes |
| Football Club (3.30 to 4.30pm) | Yes |
| TUESDAY | |
| WEDNESDAY | |
| Singing Club (8.00 to 8.30am) | Yes |
| The Big Dane Off Club (3.30 to 4.30pm) | Yes |
| Art & Craft Club (3.30 to 4.30pm) | Yes |
| THURSDAY | |
| Harmony Club (3.30 to 4.15pm) | Yes |
| FRIDAY | |

Kind regards



Mrs Sarah Moss
Headteacher

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

- #### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.
- #### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.
- #### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.
- #### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.
- #### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.
- #### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.
- #### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.
- #### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.
- #### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.
- #### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert
Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.

#WakeUpWednesday
The National College

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The team at Kent Life magazine, in partnership with Eclipse HR, is giving the county's children the chance to have their poem published in our spring issue of the magazine.

We are inviting Kent youngsters to send us in a poem celebrating their mum - or the person who is like a mother to them.



Suggested entry titles include: Why I love my mum; Why you are so important to me; and Why I'm thankful for you this Mother's Day.

Each entry must include the young poet's first name, age and school and should be sent as a word doc or PDF.



The Prize!

Our favourite entry will win a Buyagift Family Fun Gift Experiences Voucher, worth £49.99. The voucher offers a wide range of experiences, from solving escape room clues to bouncing at trampolining parks. A selection of entries will appear in our Mother's Day edition of Kent Life magazine.



Entries should be sent to: KentLifePoet@newsquest.co.uk no later than Friday, February 21.



Offering HR services for organisations in the education sector, Eclipse HR can alleviate the difficulties of navigating HR matters by offering expertly tailored solutions for all your staffing needs. Eclipse HR's CIPD qualified HR consultants are well placed to provide employment advice and support, assisting with a range of HR issues.



TERMS AND CONDITIONS: Poems to be included in the magazine will be selected from the entries by the Kent Life team and an Eclipse HR representative. The prize is given at the editor's discretion and contact information for the prize's distribution will be provided by the school of the winning child (subject to parental consent). The competition is open to all children living in Kent and closes at 11:59am on Friday, February 21, 2025. The editor's decision is final. [Newsquest terms and conditions apply please visit newsquest.co.uk/prize-competition-rules](https://www.newsquest.co.uk/prize-competition-rules)

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ASH R.F.C.

Come and have fun playing RUGBY with Ash Minis Under 7s and Under 8s

We meet every Sunday morning throughout the season, from 10.00am at Ash Recreation Ground, Queens Road, Ash.

- Fun training sessions
- Fully trained coaches
- Matches (home & away)
- Mixed teams
- No experience necessary

To find out more just come along, email russ.timpson@crisisboardroom.com or see website or facebook (see below)



www.ashrugbyclub.co.uk

