



# School News

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Welcome back and what a busy start to term 1 we have had already! We were treated on our first morning to this beautiful rainbow over the school to welcome the new academic year in. (Thank you to parent, Miss Clark, who took this lovely photograph).

It's been great to see so many happy faces and children excited to start learning with their new teachers and in their new classroom. We also look forward to welcoming children who are starting in the Fledglings on Monday.

A special welcome back to Miss Ward who has returned from her sabbatical.

We look forward to the year ahead.

## DATES FOR YOUR DIARY

### Week's Commencing 8th and 15th September - Parent Information Sessions

Over the next two weeks we will be holding parent information sessions after school to give you an opportunity to hear about the year ahead for your child. Your child's class teacher will be in contact shortly to let you know what day this will be held.

### Thursday, 11th September - Kent Test

## OTHER SCHOOL NEWS

### After School Clubs

Details of our after school clubs running in Term 1 will be sent out next week.

## HEALTH ADVICE/ONLINE SAFETY SECTION

### Supporting Children Going Back to School

The end of the summer holidays can bring mixed feelings of excitement, nerves and anxiety, not just when starting a new school but also moving to a new class. Helping children to feel calm and prepared for their school day can make a big difference. Please see below 10 top tips for helping to support your child as they start their new school year.

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](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Returning to school after the summer holidays can be both exciting and daunting for children of all ages. Different routines, classes, schools, and academic pressures can cause anxiety or uncertainty. Parents play a vital role in easing this transition. This guide will help you support your child emotionally, mentally, and practically as they return to school.



- 1 RE-ESTABLISH ROUTINES**  
Gradually shift back to school-time routines a week or two before term starts. Regular bedtimes, wake-up times, and mealtimes can help children feel more secure and reduce the shock of change when school begins. Having a routine creates predictability and stability, helping to reduce anxiety while improving sleep and concentration.
- 2 TALK ABOUT FEELINGS**  
Encourage open conversations with children about their feelings. Ask them how they feel about returning to school, such as what they're looking forward to and anything they might be feeling unsure or worried about. Validating their emotions can help reduce anxiety and show them it's okay to talk about their emotional wellbeing.
- 3 SUPPORT WITH SLEEP**  
Children need adequate sleep for concentration, brain function, memory, and emotional regulation. Establish a wind-down routine without screens at least an hour before bed, and encourage relaxing activities like reading or listening to calming music.
- 4 LOOK OUT FOR SIGNS**  
Some children hide their anxiety. Watch for changes in their behaviour, such as withdrawal, stomach aches, and irritability. If worries persist, speak with their teacher or the pastoral team early to ensure your child receives support.
- 5 REFRESH SOCIAL CONNECTIONS**  
Help children reconnect with school friends by arranging playdates or video chats in the week before school starts. Familiar faces and social interactions help the transition and provide emotional comfort on that first day back.
- 6 CREATE A CALM MORNING**  
Mornings set the tone for the day. Plan ahead with a consistent morning routine that allows time for breakfast, getting dressed, and talking calmly about the day. Avoid last-minute rushing to reduce stress for everyone.
- 7 FOCUS ON POSITIVES**  
Talk about the fun and interesting parts of school - seeing friends, favourite subjects, or exciting activities. One simple but powerful change parents can make is swapping "How's your day been?" for "What's been good about your day?" This invites more of a positive, open response. Focusing on positives can help shift children's anxious thoughts and reframe school as a safe and engaging place.
- 8 VISIT OR VISUALISE SCHOOL**  
If possible, encourage visits to the school grounds before the first day, especially if it's a new school. Walking the route or even looking at photos of classrooms and teachers can make the environment feel familiar. The school website is always a great go-to place for this. This is particularly helpful for younger children or those with additional needs.
- 9 PLAN AHEAD TOGETHER**  
Involve children in preparing for school - buying supplies, packing their bag, or choosing lunch options. This gives them a sense of control and builds excitement. Use checklists or calendars to prepare together, helping reduce last-minute stress.
- 10 STAY POSITIVE AND PRESENT**  
Children pick up on your outlook. Stay calm, positive, and present, especially during drop-offs. Avoid lingering goodbyes, and let them know you'll be there at pick-up. A consistent, reassuring presence builds their confidence and resilience.

**Meet Our Expert**  
This guide was created by Jo Morton-Brown, an Emotional Health Practitioner with nearly 15 years' experience supporting children and young people's mental health. She produces uplifting YouTube content for pupils and trains adults to better support young people's wellbeing, with a mission to help every child feel valued and understand their emotions.

**#WakeUpWednesday**  
The National College

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## OTHER COMMUNITY NEWS

Canterbury  
Cathedral



FREE TO ATTEND - ALL WELCOME

### FREE Back to School Event

Saturday 6 September, 10:30-12:15

Whether your child is starting school for the first time or transitioning into their next school year, this event is a truly unique and unforgettable experience for all the family!



### FREE Back to School Event

Saturday 6 September, 10:30-12:15

Create your own personalised bookmark - an absolute 'Back to School' essential - and participate in a fun musical workshop with members of the Cathedral's Music Department, followed by a joyful talk and blessing.

10:30-11:00 Craft activities  
11:10-11:40 Musical workshop  
11:45-12:15 Joyful talk and blessing

*Entry to the event is via free ticket.* Booking is preferred but not essential.

All children attending the event will also be given a special Canterbury Cathedral bag tag to take away with them - kindly sponsored by The Friends of Canterbury Cathedral (Registered Charity No 1210093).

We encourage you to bring your own picnic to enjoy within one of the many gardens and green spaces around the Precincts, or you can purchase some tasty treats from the Cathedral Lodge Lounge or the Cathedral Shop.

All are welcome to attend this multi-faceted event, however it is best suited to families with children between ages 4-11.

Please note accompanying parents/carers must remain with their children at all times; children must not be left unattended during any segment of the event.



Find out more and book at

[www.canterbury-cathedral.org/back-to-school](http://www.canterbury-cathedral.org/back-to-school)



### Ash Mini Rugby Club

Ash Rugby Club run training sessions on Sunday's for boys and girls and would welcome new members. For further details please visit <https://www.ashrugbyclub.co.uk/>

Kind regards

Mrs Sarah Moss  
Headteacher