



# School News

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No. 1

5th September 2024

Welcome back and what a busy start to term 1 we have had already! It's been great to see so many happy faces and children excited to learn. A special welcome to new members of our school family including Miss Jemma Page teacher of year 3.

We've started looking at our new school vision based on the bible verse: Jesus says "love one another as I have loved you." we look forward to sharing more of that vision in action with you.

## DATES FOR YOUR DIARY

### Friday, 6th September - Year 6 Class Worship at 9.00am in the School Hall

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

### Monday, 9th September - Partnership with Parents Meeting at 9.00am in the school hall

Our next Partnership with Parents Meeting will focus on our new vision - 'how can you help?'. These meetings are held periodically throughout the year and are a great way for us to meet with parents and for you to share your ideas with us. We hope to see you there.

### Thursday, 12th September - Kent Test

### Friday, 13th September - Year 5 Class Worship at 9.00am in the School Hall

Parent and carers of children in Year 5 are invited to join us for their class worship at 9.00am in the school hall.

## OTHER SCHOOL NEWS

### New Nursery and Wrap Around Care

A new nursery and wrap around care provision is opening on the old Bubbles site in January 2025. Find out more on their website including how to register your interest

<https://www.littleexplorereastry.com/?>

[fbclid=IwZXh0bgNhZW0CMTEAAR2mrMFLECBgEFR0ra30QXE8kcg7Jcbvq\\_diUr2RKiNuE\\_zvC3r8GL8YcjMaem\\_qM2XkREhuE0zFhcZFuOPkQ](https://www.littleexplorereastry.com/?fbclid=IwZXh0bgNhZW0CMTEAAR2mrMFLECBgEFR0ra30QXE8kcg7Jcbvq_diUr2RKiNuE_zvC3r8GL8YcjMaem_qM2XkREhuE0zFhcZFuOPkQ) or follow them on their socials.

### After School Clubs

Details of our after school clubs running in Term 1 will be sent out next week. After school clubs will start week commencing 16th September 2024.

## HEALTH ADVICE/ONLINE SAFETY SECTION

### Supporting Children Going Back to School

Please see the guide sheet below with some tips you might find helpful in supporting your child as they return to school after the summer holidays.

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

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

#### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

#### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

#### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

#### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

#### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

#### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

#### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

#### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

#### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

#### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

#### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and an ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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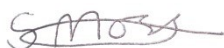
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Kind regards



Mrs Sarah Moss  
Headteacher

## COMMUNITY EVENTS

# OPEN COCKPIT WEEKEND 2024

14TH AND 15TH SEPTEMBER | 10AM TO 4PM  
RAF MANSTON HISTORY MUSEUM CT12 5DF



Fire Engine Rides



Market Garden



Tank Rides



Climb in the Cockpits



Museum Entry

USUAL MUSEUM ADMISSION PRICES APPLY | RIDE ADMISSION SEPARATE

[events@rafmanston.co.uk](mailto:events@rafmanston.co.uk)

[www.rafmanston.co.uk](http://www.rafmanston.co.uk)

What Three Words - [remarried.mornings.pave](https://www.what3words.com/what-three-words-remarried-mornings-pave)

Refreshments available

**NO NEED TO BOOK**

Subject to change due to unforeseen circumstances including, but not limited to, weather conditions, mechanical breakdowns and shortage of volunteers and/or exhibitors.

EAST KENT  
FOOTBALL  
CLUB

**GIRLS ONLY**

**FRIDAYS 4.30-5.30pm**

**INVITING ALL GIRLS  
current Y3, Y4, Y5 & Y6  
who would like to play for a team...**

Sir Roger Manwood Playing Field  
(behind St George's Rd)  
Sandwich CT13 9JX

**More Information From:**

Richard Parker, Girls Development Lead

07850 225592

(CALL.TEXT.WHATSAPP)

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