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School News



No. 25

21st March 2024

DATES FOR YOUR DIARY

Thursday, 21st March - Under 9's Mixed Kevin Edwards Trophy away to St. Faith's - Kick off 2.30pm

Friday, 22nd March - Year 5 Class Worship at 9am in the School Hall

Parents, carers, and family of children in Year 5 are warmly invited to join us for the class worship.

Friday, 22nd March - Boy's League Match away to Shepherdswell Primary School - Kick off at 3.00pm



Monday, 25th March to Wednesday, 27th March - Decorated Egg Competition

We would like to invite **children** to decorate a hard boiled egg (or if you are really adventurous use a blown one!). It could be a person, a model or just simply decorated. **Please take your eggs for display into the school hall from Monday, 25th March to Wednesday, 27th March**, so everyone can see them, remember to make a stand, and label clearly with your name and class. **There will be a chocolate prize for the winner in each class** which will be independently judged on the children's own work. All entries must be in by **Wednesday, 27th March**.

Tuesday, 26th March - Easter Service

Due to repair works taking place currently at St. Mary's Church, our Easter Service this year will take place in school on Tuesday, 26th March. All classes will take part in our service which will be led by Rev. Andrew Brown. Unfortunately our hall isn't big enough for us to invite parents, carers, family and friends but we hope to post something on classdojo later in the day for you to enjoy.

Tuesday, 26th March - Year 5 'Bold as Brass' spring concert at the Duke of York's

Thursday, 28th March - Class Easter Egg Hunt

Thursday, 28th March - Year 6 Parent's Cake Sale for the Year 6 Leaver's Party

Some parents of children in Year 6 will be selling cakes on the playground at the end of the day on the last day of term. All funds raised will go towards the Year 6 Leaver's Party. Any donations of cakes would be very gratefully received and can be brought to the school office on the morning of 28th March.

Thursday, 28th March - Last Day of Term 4

OTHER SCHOOL NEWS

School Raises £353.00 for Comic Relief

A huge thank you for supporting our fund raising at last week's Open Classroom. Together we managed to raise £353.00 for Comic Relief who provide amazing support to local communities across the UK and further afield.

Early Morning Club

Earlier in the week we sent you a letter advising you of some changes we are making to Early Morning Club. Registration for a place at Early Morning Club for Term 5 and 6 is now open. Please note that **ALL** parents and carers are asked to let us know if they would like a place regardless of whether they have used the club before. Places cost £1.20 per day which must be booked and paid for in advance. If **your child does not attend when a place has been booked you will still be charged unless your child is unwell and unable to attend school.** For full details please refer to our letter sent on Monday.

Change of Menu - Last Day of Term

On Thursday, 28th March Whole School Meals will have a change to their menu and will be serving fish fingers and chips.

PTFA News

Mother's Day Gift Shop

Thank you for your support at this year's Mother's Day Gift shop which raised a fabulous £255.75.



Easter Raffle and 'Guess the Number of Eggs in the Jar'

We will be running an Easter raffle and a 'Guess the Number of Eggs in the Jar' with entries to both costing £1.00 each. These will be available on the school playground at the end of the day and the school office during lunchtimes - Good Luck!

Bags2School

If you are having a sort out this Easter holiday please keep any clothes for our Bags2School collection which is on Tuesday, 23rd April.

HEALTH ADVICE/ONLINE SAFETY

SECTION

Starting a Conversation

It can be difficult to start a conversation or maintain discussions at home where children feel they can be open and honest with you. This becomes even trickier as children get older.

Attached we have included some ideas that might help you to promote and maintain open conversation and discussions in the home.

WEBSITE SECTION

New Menu

Whole School Meals have a new menu when we return after Easter. This is available to view on the school website under the 'School Meals' page of the 'Parent' tab. You can also find all their 'Free From' menus together with allergy and carbohydrate information.

Cheerleading & Dance Club

Mrs Wood will take
Cheerleading and Dance Club
next week as a week was missed
this term due to Parents'
Evening.

AFTER SCHOOL CLUBS

Week commencing 25.3.24

MONDAY	
Cheerleading & Dance (3.30-4.15pm)	Yes
Creative Station (3.30-4.30pm)	YES
TUESDAY	
Ballet (3.30-4.10pm)	NO
WEDNESDAY	
Singing Club (8.00 to 8.35am)	NO
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

GREEN GANG Easter 2024

Children's Activities



SAMPHIRE HOE EGG ASSAULT COURSE

SAT 30TH MARCH – 13:00-15:00PM

Join Ranger George as we go on a gentle walk along the sea wall to the wacky egg rolling challenge slope. Then test your skills on the egg assault course. (We provide the eggs and spoons).

SUGARLOAF HILL EGG ROLLING

MON 8TH APRIL – 10:00-12:00

Join us on the summit of Sugarloaf Hill, Folkestone Downs, for an egg-citing egg rolling race!



RIVER DIPPING

THURS 11TH APRIL – 10:00-12:00

Come along to explore the incredible underwater world of our very own River Dour!



MEET THE MAMMALS

FRI 12TH APRIL – 09:30-11:30

Ever heard the squeak of a shrew or the rustle of a mouse in the undergrowth but never got a chance to see them? Well now is your chance to meet some small mammals!



All bookings via the website:
www.whitecliffscountryside.org.uk/events/whats-on



WHITE CLIFFS
COUNTRYSIDE PARTNERSHIP



SAMPHIRE HOE
COUNTRY PARK

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College