



School News

01304 611360 www.eastry.kent.sch.uk
headteacher@eastry.kent.sch.uk

No. 30
8th May 2025

DATES FOR YOUR DIARY

Friday, 9th May - Year 1 Class Worship

Parents and carers of children in Year 1 are invited to join us for their class worship at 9.00am in the school hall.

Friday, 9th May - Year 1 attending Eastry Coffee Morning

A small number of children from Year 1 will be visiting Eastry Coffee Morning as part of the school working with the local community.

Monday, 12th May to Thursday 15th May - Year 6 Key Stage 1 SATs

Wednesday, 14th May - Year 3 and Year 4 Catch-up Swimming Lessons

Thursday, 15th May - School Census

Thursday 15th May is our School Census. It would be extremely beneficial to the school if all children entitled to Universal Free School Meals in Fledglings, Year 1 & Year 2, and also any children entitled to Free School Meals in any year groups, were to have a school dinner on this day.

If you feel your child might be entitled to Free School Meals, even if they receive a universal free school meal because they are in Reception, Year 1 or Year 2, please ask at the school office.

Friday, 16th May - Fledglings Class Worship

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

OTHER SCHOOL NEWS



We're Looking for Someone Who Enjoys Carpentry!

We would like to set up a mini library for the community where we will have a small amount of books available to swap or borrow, both for adults and children. Another local school has a similar library already up and running and we would like to use something similar. Do you enjoy carpentry as a hobby? Would you be able to make something similar to this that we could use?

We have a small budget for materials raised from our second hand book sales. If you think you might be able to help please let us know. Many thanks.

HEALTH ADVICE/ONLINE SAFETY SECTION

Cycling Safely - Advice For Parents

We arrange for children in Year 5 to take part in Bikeability each year in collaboration with Your Leisure funded by Youth Sport Trust.

Cycling is a great way for children to get exercise, spend time with family and friends, and help get them away from their screens. Many children also cycle to school protecting the environment by preventing car travel.

Of course, it is most important the children stay safe whilst using their bike.

Attached is a cycle safety leaflet which you might find useful when teaching your child road awareness whilst on a bike and other cycle related safety tips.

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

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

- 1 CONSIDER CYCLE TRAINING**
Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.
- 2 USE A SUITABLE BIKE**
Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.
- 3 TRY A CARGO BIKE**
Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.
- 4 INSPECT YOUR CYCLE**
It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.
- 5 BRING SUITABLE GEAR**
Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.
- 6 STICK TO FLAT TERRAIN**
Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.
- 7 STAY ALERT AND IN SAFE FORMATIONS**
For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.
- 8 AVOID PARKED CARS**
When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.
- 9 START A 'BIKE BUS'**
Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?
- 10 HAVE FUN!**
Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert
Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

WakeUpWednesday
The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

@wake_up_weds **f /www.thenationalcollege** **@wake.up.wednesday** **@wake.up.weds**

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.11.2024

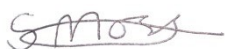
COMMUNITY EVENTS AND NEWS

Nonington Cricket Club Visit

We were lucky enough to be visited by a coach from Nonington Cricket Club this week and the children in Years 3 & 4 really enjoyed their cricket coaching session.

Nonington Cricket Club run a club for boys and girls aged 5 to 11 years every Friday evening. For more information email noningtoncricketclub@gmail.com.

Kind regards



Mrs Sarah Moss
Headteacher

AFTER SCHOOL CLUBS

Week commencing 12.5.2025

MONDAY	
Ballet Club (3.30 to 4.00pm)	Yes
Football Club (3.30 to 4.30pm)	Yes
Netball Club (3.30 to 4.15pm)	Yes
TUESDAY	
Cheerleading Club (3.30 to 4.15pm)	Yes
WEDNESDAY	
Singing Club (8.00 to 8.30am)	Yes
THURSDAY	
Harmony Club (3.30 to 4.15pm)	Yes
FRIDAY	