

# School News

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

No. 32  
23rd May 2024

## DATES FOR YOUR DIARY



### Friday, 24th May - Proms on the Playground at 2.15pm

Following the success and positive feedback from the last two years Proms on the Playground, we are pleased to announce that we will be holding this year's prom on Friday, 24th May. We hope, weather permitting, this will again be held outside. However, should this not be the case, it will be held in the school hall with performances being recorded and added to Clasdojo for parents to watch. Please can we remind children to bring a sun hat. School gates will open at 2.05pm with the concert starting at 2.15pm. Each class, our singing group, harmony group and cheerleading team will perform at the prom.

At the end of the concert the children will return to the class to collect their belongings and will then be dismissed by their teachers.

We look forward to seeing you there!

### Friday, 24th May - Last Day of Term 5

### Monday, 3rd June - First Day of Term 6

### Monday, 3rd to Friday, 7th June - Year 4 Multiplications Checks

### Tuesday, 4th June - Year 4 Anglo Saxon Workshop

### Friday, 7th June - 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.

## WEBSITE SECTION

### Clubs for Term 6

Details of clubs running in term 6 were emailed and sent home yesterday. Copies can also be found on the school website under the 'Parents' tab.

## OTHER SCOOOL NEWS

### 'Grab a Bag'

Whole School Meals will again be arranging a 'Grab a Bag' for lunch on Sports Day. Details were emailed and sent home with your child last Friday. A copy of the letter and reply slip can also be found on the school website on our 'Letters' page under the 'Parents' tab.

### 15% Off of School Uniform

Brigade, our uniform supplier, are pleased announce one **final offer** this academic year for parents ordering school uniform:

**Date: Saturday 1<sup>st</sup> June – Midnight Monday 3<sup>rd</sup> June**

**Offer: 15% Discount on all orders**

Please use code '**FINAL24**' at checkout to receive 15% off.

## **PTFA News**

### Calling all Crafters & Green Fingereed Gardeners!

The PTFA are pleased to announce the return of the Summer Fayre. This will be held after school on Friday, 12th July. Further details regarding the event will be sent in due course.

In the meantime we would really like to run a Craft Stall at the fayre selling home made gifts donated by children or adults. These could be keyrings, knitted or crochet items, bracelets, plants, bookmarks or any other home made craft.

So if you, or any member of your family, love crafting and have some spare time to be creative between now and July we would love to receive some donations for the stall.

Thank you for your support.

## CONGRATULATIONS!



Many congratulations to Mrs Gleave, Mrs Inglis, Miss Leishman, Mrs Sampson and Miss Bowers who successfully completed the Moonwalk Marathon overnight at the weekend. As promised here is a photo of them having just passed the finishing line!

The team would like to sincerely thank all those who very kindly sponsored them. So far they have raised a total of £3214.00 for this very worthy cause.

## St. Mary Church, Eastry News

### Saturday, 1st June - Teddy Bear Zip Line Event

On Saturday, 1st June at 2pm we will be having our Teddy Bear Zip Line Event at the Church Tower. This is always great fun, completely safe and all Teddy Bears will have a lovely adventure before being reunited for cuddles after their bravery!

### Sunday, 9th June - Special Informal Service - Starfish Malawi

On Sunday, June 9<sup>th</sup> we are having a special informal service in the Church Hall at 10.00am to which all are invited as the church welcome Chris Knott, the founder of Starfish Malawi, who just returned from a trip to Malawi. The school are developing their links with a school in Kaphatenga, Malawi.

# HEALTH ADVICE/ONLINE SAFETY

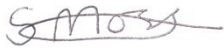
## SECTION

### School Avoidance

As parents and carers you will know the importance of regular school attendance. However, we recognise that occasionally some children may find it more difficult coming to school for a variety of reasons. We would encourage you to talk to us if your child is upset or not wanting to come to school so that we can support them to overcome their worries.

We have also included below, a guide that you may find useful giving practical advice on how to support your child.

Kind regards



Mrs Sarah Moss  
Headteacher

AFTER SCHOOL CLUBS	
Week commencing 3.6.24	
MONDAY	
<b>Cheerleading &amp; Dance (3.30-4.15pm)</b>	<b>YES</b>
<b>Creative Station (3.30-4.30pm)</b>	<b>YES</b>
TUESDAY	
WEDNESDAY	
<b>Netball (3.30 to 4.15pm)</b>	<b>YES</b>
<b>Archery (3.30 to 4.30pm)</b>	<b>YES</b>
THURSDAY	
<b>Football Club (3.30-4.30pm)</b>	<b>YES</b>
FRIDAY	

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](http://nationalcollege.com).

## What Parents & Educators Need to Know about SCHOOL AVOIDANCE

School avoidance refers to reduced attendance or non-attendance at school by a child or young person. In 2022-23, more than one in five children in England were found to be absent from school over 10% of the time. This guide focuses on school avoidance with an emotional basis, offering expert mental health advice. However, it's important to remember that school avoidance is a hugely subjective experience which requires a tailored, individual approach.

### UNDERSTANDING SCHOOL AVOIDANCE

### IMPACT OF SCHOOL AVOIDANCE

### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

### PATTERNS OF ABSENCE

You may notice patterns in regular absences, or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include tummy aches, headaches, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity making them anxious – increasing their desire to stay at home.

### Advice for Parents & Educators

### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

### MANAGE OVERWHELMING FEELINGS

Acknowledge the child's worries, listen and discuss coping strategies together to help them manage difficulties. These could include mindfulness, deep breathing or going for a walk. This helps them understand that you are working together towards a common goal, and that these strategies can be used when bigger feelings arise.

### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and apart away from screens can also give children much needed predictability and familiarity. Schools can help create a timeslotted routine for the child's school day, if required.

### RECOGNISE POSITIVE STEPS

Drawing attention to a child's successes – be they big or small – can help to give them some much-needed confidence and motivation. Celebrate these daily victories – such as getting out of bed on time or completing school work – and don't hesitate to let the child know when you're impressed or proud of them. Such an approach can go a long way.

### 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.






Source: See full reference list on guide page at: [nationalcollege.com/guides/school-avoidance](http://nationalcollege.com/guides/school-avoidance)

 @wake\_up\_weds
  /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: 17.05.2024