



School News

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No. 3

19th September 2024

DATES FOR YOUR DIARY

Friday, 20th September - Fledglings Welcome Service at 1.15pm in the School Hall

Friday, 20th September - Year 4 Class Worship at 9.00am in the School Hall

Parent and carers of children in Year 4 are invited to join us for their class worship at 9.00am in the school hall.

Thursday, 26th September - Harvest Festival at 9.30am at St. Mary's Church, Eastry

Parents, carers, family and friends are invited to join us for our Harvest Festival taking place at St. Mary's Church, Eastry at 9.30am. As in previous years we will be collected for the Deal Area Foodbank. Contributions can be brought to the school any time during next week. The Foodbank are unable to accept fresh food but would particularly welcome the following items and we thank you for your support;

- Tinned meat for heating such as mince, hot dogs, meat balls and meat in sauce
- Tinned meat for eating cold such as ham, chicken, corned beef
- Pasta or curry sauce
- Rice
- Rice pudding or custard
- Sponge puddings and jellies
- Spreads such as jam, marmalade, peanut butter, chocolate spread
- Mayonnaise or brown sauce
- Small coffee jars or teabags
- Squash
- Chocolate
- Baby wipes
- Deodorant
- Shaving foam
- Cleaning products
- Washing powder/capsules (Small bottles or Boxes)
- Washing-up liquid
- Toilet rolls



Thank you in advance for your generous donations for the amazing work this charity does to support people in the community.

PTFA News

Firework Night Poster Competition

The PTFA are again holding a competition to design the poster for their Fireworks Night being held on Friday, 8th November. Entry forms were sent home with the children yesterday. Please let us have your entries by Wednesday, 25th September ready to be judged by Mrs Moss. The winner will receive a £10 Amazon gift voucher.

HEALTH ADVICE/ONLINE SAFETY SECTION

Support Your Child with Anxiety and Worry

Starting a new term can often leave children feeling a mix of emotions including excitement, worry and anxiety. Please see this week's useful guide which may provide some tips or guidance to help support your child. As always, please do speak to us if there is anything worrying your child so that we can support them in school.

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.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

X @wake_up_weds

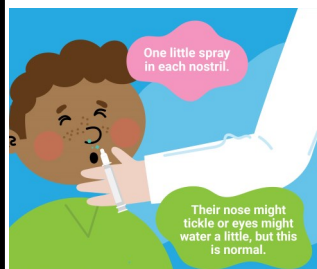
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OTHER SCOOOL NEWS



Flu Vaccine

Further to our letter emailed to parents on Friday, the immunisation team will be in school on Wednesday, 20th November to provide the flu vaccine. This is administered via a simple nasal spray. Further information was provided in our email where you will also find the link to give consent to the immunisation team for your child to have the vaccine. Further copies are available on the school website's 'Letters' page or paper copies from the school office

OTHER COMMUNITY NEWS



Cash For School

Asda's new campaign, Cashpot for Schools, is inviting customers to join them with fundraising for their local primary school by shopping at the supermarket either instore or online. All you need to do is download the Asda Rewards app, opt-in, choose the primary school you want, then shop and scan your app at checkout. Asda will donate 0.5% of the value of its customers shopping to a primary school of their choice every time they shop using Asda Rewards.

Adult Education Free Courses

Kent Adult Education are running a number of free Online courses during September and October which can be booked by visiting www.kentadulthoodeducation.co.uk. The courses available are;

- Family First Aid
- Managing Children's Behaviour
- Supporting ADHD in the home
- Keeping up with the children—English
- Who's pulling the strings
- Autism Awareness
- Supporting Your Child's anxiety
- Introduction to Working in the Leisure Industry
- Fathers Matter
- Strategies to support your child with Maths 7-11yrs—Webinar

Kind regards

Mrs Sarah Moss
Headteacher

AFTER SCHOOL CLUBS	
Week commencing 23.9.24	
MONDAY	
Poetry Club (3.30-4.30pm)	YES
Football Club (3.30 to 4.30pm)	YES
TUESDAY	
WEDNESDAY	
Singing Club (8.00 to 8.30am)	YES
Homework Club (3.30 to 4.00pm)	YES
Multi-Sports (3.30 to 4.30pm)	YES
THURSDAY	
FRIDAY	

Folkestone Model Railway Club

MODEL RAILWAY EXHIBITION

Leas Cliff Hall, Folkestone, CT20 2DZ
Sat 5th & Sun 6th October 2024, 10am-5pm

Supported by:
BACHMANN Europe plc
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ADULT (16+): £8
CHILD(5-15): £3 FAMILY: £21

www.folkestone-mrc.com