



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

School News



No. 6

9th October 2025

DATES FOR YOUR DIARY



Friday, 10th October - Wear Yellow for World Mental Health Day

On Friday, 10th October we will be celebrating World Mental Health Day. We will be talking to the children about what mental health looks like, how we can help each other and ourselves. We will also be making pledges to support good mental health. Children are encouraged to wear yellow on Friday, 10th October and there will be a collection bucket on the gate for a suggested donation of £1.00 for the charity 'Youth Minds'.

Monday, 13th October - Year 1 to 6 Alternative Sports Day

On Monday, 13th October Years 1 to 6 will be having an alternative Sports Day. They will take part in two separate sporting events one run by Elite and the other Boxercise led by Miss Ward our PE Lead and Year 5 teacher. All children in Years 1 to 6 should wear PE Kit on Monday.

Monday, 13th October - Year 6 Cake Sale on the Playground at 3.15pm

Each year the children in Year 6 run fundraising events to raise money towards an end of year treat, and to help them understand budgeting and finance. The first of their fundraising events will take place on Monday, 13th October with a cake sale after school on the playground. Don't forget your pennies at pick up!

Tuesday, 14th and Wednesday, 15th October - Individual and Sibling School Photos.

On Tuesday, 14th and Wednesday, 15th October our school photographer will be visiting to take sibling and individual class photographs. The photographer will be available from 8.00am both mornings to take sibling photographs of any children who have younger brothers or sisters not yet in school. Children who have siblings in school will have their photographs taken during the school day.

Thursday, 16th October - Year 6 visit to Down House

Friday, 17th October - Inspire Day 'Multi Faiths'

On 17th October our inspire day will be 'multi-faith creation day' whereby the children will be learning about a creation story from a different faith. At the end of the day the children will share their learning with the rest of the school. Whilst we would usually invite parents in at the end of an inspire day, on this occasion, as all the children will be in the hall, we do not have the capacity to invite families in to watch too. Therefore, we will film and photo our event and share it with you on class dojo. We look forward to welcoming you in later in the year.

Friday, 17th October - Last Day of Term 1

Monday 27th October - First Day of Term 2

OTHER SCHOOL NEWS

New Menu

Whole School Meals will be introducing their winter menu when we return after the October half-term break. This will run until the Easter holidays. The full menu, including dairy and gluten free alternatives, is available to view on the school website under the 'Parents' section and 'School Meals' page. On the menus you can also view what week we are currently on so you can plan ahead if necessary.

Nut Free School

Please can we remind parents and carers that children must not bring nuts or food containing nuts in to school as we have a child with a severe nut allergy. This includes items such as Nutella. Thank you for your cooperation.

Flu Vaccination In School 28th October

Further to our email sent earlier in the week, we have the school immunisation team visiting on 28th October to administer the flu vaccine to children whose parents have consented to this.

Parents need to consent by **23rd October** by visiting <http://www.kentimmunisations.co.uk/> and quote the school code 'KT118685'.



Anti-Choking Medical Device

A big thank you to everyone who kindly donated towards the Life-Vac Anti-Choking device we would like to purchase for the school. We are pleased to let you know that we have now received enough donations to be able to order this as well as a travel kit to take on school visits. These kits have been approved to be used in incidents of choking and further information, including smaller devices for your home, can be found at [Lifevac Europe Ltd](http://www.lifevac.co.uk/). **Thank you for your generous donations.**



Love in a Box

We will again be collecting filled shoe boxes for those parents who would like to donating a box of toys and small gifts for under privileged children in Eastern Europe. Each year Mustard Seed send 30,000 boxes to children in Eastern Europe. Each box is individually received by a child. Further information about what to include can be found at [Mustard Seed Relief Mission](http://www.mustardseed.org.uk/). Boxes can be brought to the school up to **30th October** - thank you.

PTFA News

Christmas Artwork Gifts and Cards—DEADLINE 10TH OCTOBER 2025

Children recently brought home a form for the PTFA Christmas Artwork Gifts and Cards. If you and your child would like to take part they need to draw their art work in the box provided on the form. The form then needs to be completed with their name and class details before returning this to the school. The deadline to return forms is Friday, 10th October 2025.

BY RETURNING THE FORM YOU ARE CONSENTING TO YOUR CHILD'S DRAWING, NAME AND CLASS BEING SUBMITTED TO SCHOOL FUNDRAISING LTD. School Fundraising Ltd will then produce an image of your child's art work on to an order form with a selection of cards and gifts than can be ordered in time for Christmas.

Friday, 14th November - PTFA Bonfire and Fireworks Night

Tickets for our bonfire and fireworks night are now on sale, please see the posters below for further information about tickets and how you can help. **Please be advised that if we meet our maximum capacity, ticket sales will close and will not be available on the night.**

FIREWORKS NIGHT



Picture by Isla-Rose Year 3

FRIDAY 14TH NOVEMBER

EASTRY PRIMARY SCHOOL

GATES OPEN AT 5.30PM, FIREWORKS 7.00PM.

ADULT TICKETS - £7 PRE-SALE, £8 ON-GATE

CHILD TICKETS - £3 PRE-SALE, £4 ON-GATE

UNDER 5'S GO FREE

TICKETS ON SALE VIA THE SCHOOL OFFICE (8AM - 5PM) OR

BICKERS NEWSAGENTS (CASH ONLY).

BONFIRE, REFRESHMENTS, BBQ, CANDY FLOSS, CAKES, TOMBOLA

AND MUCH MORE!

Sponsored by:



RENEWABLES

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THE PTFA NEED YOUR HELP!

On the 14th November we are hosting the Eastry School fireworks display.

If you think you can help support us with this event we are looking for help in the following areas:

- Volunteers to help on the night
(all volunteers get free entry with their children)
- Crafts to sell on craft stall
- Cakes & treats for refreshments
- Teddies for Teddy Hoopla

If you think you can help please contact the School Office.

HEALTH & SAFETY ADVICE/ONLINE SAFETY SECTION

At The National College, our Multi-agency working 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. Recently delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalonline.org.uk.

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

- 1 A PREDICTABLE ENVIRONMENT**
Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. The predictable where resources and helps children feel more in control of their surroundings.
- 2 USE LANGUAGE THAT MATCHES THEIR AGE**
If you're not sure how to explain something, avoid overloading them with too much information at once. Offer simple, honest explanations and avoid over-reassurance, especially when talking about difficult or sensitive subjects.
- 3 TRAUMA AND THE BODY**
Children believe that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or in physical aches and pains. Consider this when talking about behaviour as 'difficult' or 'silly'. Some children may become withdrawn, while others may be more outwardly challenging. It's right that there's no 'one size' children respond.
- 4 AVOID RETELLING OR RELIVING TRAUMA**
Children sometimes get asked to explain or repeat their experiences multiple times. Striving to be honest to them and others is good, but it can help to avoid unnecessary re-traumatization. Acknowledge, but don't probe or dwell on issues surrounding previous events.
- 5 AVOID DISMISSING OR MINIMISING FEELINGS**
Downplaying well-meaning comments like "it's not that bad" or "you're okay" may shut down children's emotional experiences and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotional feelings shows that you care and encourages open communication in future.
- 6 UNDERSTAND HOW THEY'RE FEELING**
Many children don't have the words to express their emotions, especially during difficult times. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion cards, drawing, or story-telling can help externalise feelings in a safe, manageable way.
- 7 BE AWARE OF YOUR OWN RESPONSES**
Children pick up on adult reactions and reactions often mirror them. Staying calm, even in challenging situations, helps children feel more secure. Reflecting your own self-regulation is an important way to model healthy stress management and encourages children to do the same.
- 8 SEEK PROFESSIONAL SUPPORT**
While many children benefit from our peer-reviewed support, some will need more specialist help. If symptoms persist, worsen, or change their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.
- 9 MAINTAIN CONNECTION**
Isolation can worsen the impact of trauma. Encourage involvement in group activities, clubs, and sports, and ensure they feel like a valued part of the school or family community. Maintaining connections with trusted adults and peers builds resilience and a sense of belonging.
- 10 BE PATIENT – HEALING TAKES TIME**
There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert
This guide has been written by Anna Matthews, Anna is passionate about supporting professionals at the heart of every school by bringing trusted, evidence-based advice on safeguarding, school culture, and systems. She has been a member of the advisory group for the Department for Education, working on their mental health green paper.

Wake Up Wednesday
The National College

[@wake_up_weds](https://twitter.com/wake_up_weds) www.thenationalcollege.org.uk [@wake_up_wednesday](https://www.instagram.com/wake_up_wednesday) [@wakeupweds](https://www.facebook.com/wakeupweds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.10.2025

AFTER SCHOOL CLUBS

Week commencing 13.10.2025

MONDAY	
Football Club—Elite (3.15 to 4.15pm)	Yes
TUESDAY	
Football Club—Mrs Ward (3.15 to 4.15pm)	Yes
WEDNESDAY	
Dance Club—Elite (3.15 to 4.15pm)	Yes
THURSDAY	
Harmony Club (3.15 to 4.00pm)	Yes
FRIDAY	

Kind regards

Sarah Moss

Mrs Sarah Moss
Headteacher

OTHER COMMUNITY NEWS

Road Closures

We have kindly been given a copy of a letter from a parent regarding road closures near the school taking place between now and 24th December 2025. These are;

- Full road closure at the junction of Foxborough Hill and Drainless Road from 29th September to 24th November 2025
 - Road closure from Woodnesborough Lane from the junction with Foxborough Hill to outside 2 Peak Drive. Eastry from 18th October to 24th December.
- You may like to give a little extra time on your journey to school.

ELITE COMMUNITY Coaching UK Limited
 email: elite_office@aol.co.uk
 Tel: 07885 982 598
 www.elite-coaching-uk.co.uk

2025 OCTOBER HALF TERM COURSES
 EARLY DROP OFF £2 from 8.30am.

ALL COURSES HAVE LIMITED PLACES AVAILABLE, SO BOOK EARLY TO AVOID DISAPPOINTMENT

We are excited to be running our Multi Sports Courses & Football at fantastic venues where we will provide various activities such as:
ATHLETICS CRICKET DANCE FOOTBALL TRI-GOLF BASKETBALL
SCOOTERS DOODGE BALL INFLATABLES OUTDOOR ADVENTURE BIKES

ALL COURSES ARE NOW BOOKED ON-LINE or USE QR LINK
 www.elite-coaching-uk.co.uk/holiday-club-bookings

ALL COURSES START AT 9am until 4pm
 All Courses are for Primary School Children (Year 1- Year 6)
 EACH CHILD WILL NEED TO BRING FOOTBALL BOOTS / SHINPADS (Football Only) AND APPROPRIATE CLOTHING, PACKED LUNCH
 AND AT LEAST 1 LITRE OF STILL DRINK (NO - FIZZY) >> INDOOR AND OUTDOOR FACILITIES AT ALL OUR VENUES <<

DOVER Shepherdswell Primary Coldred Road, Shepherdswell, Dover, Kent, CT15 7LF Multi-sports & Football All Week with Monday Dance & Wednesday Inflatables MONDAY 20th TO THURSDAY 23rd OCTOBER	FOLKESTONE Stella Maris Catholic School Parkfield Road, Folkestone, Kent, CT19 5BY Multi-sports & Football All Week with Tuesday Dance & Friday Inflatables MONDAY 20th TO FRIDAY 24th OCTOBER
ASHFORD Julie Rose Stadium Willesborough Road, Kennington, Ashford, Kent, TN24 9QX The Stour Centre Station Approach, Ashford, Kent, TN23 1ET Multi-sports & Football All Week with Monday Dance & Tuesday Inflatables JULIE ROSE MONDAY 20th & THURSDAY 23rd OCT THE STOUR TUESDAY 21st & WEDNESDAY 22nd OCT Clip & Climb - Wednesday £5 Extra	HYTHE Saltwood C of E Primary Grange Road, Saltwood, Hythe, Kent, CT21 4QS Multi-sports & Football All Week with Monday Dance & Tuesday Inflatables MONDAY 20th TO THURSDAY 23rd OCTOBER

JUST ONE DAY £25 MIX & MATCH ANY 2 DAYS for £45
 3 DAYS JUST £60 / 4 DAYS FOR ONLY £70
 THE WHOLE WEEK FOR ONLY £80

DISCOUNTS FOR SIBLINGS USE CODE: SIBLINGS2025

ALL COURSES START AT 9:00am until 4:00pm

PLEASE NOTE YOU ARE REQUIRED TO BRING YOUR OWN SCOOTER/BIKE AND HELMET (which must be worn) *Inflatables day subject to change due to weather conditions

Book your FREE workshops now

PARENT SEND INFORMATION DAY

- Get help and advice
- Learn ways to support your child
- Talk to people from schools, health, and charities

Book here



forms.office.com/e/veetxmvSg

16th October 2025 10am - 4pm
 Kent Showground, Detling, Maidstone, Kent ME14 3JF



Dover Library is moving!

This library will close from 4pm on Saturday 11 October 2025.

- All loans will be extended, no late fees until reopening
- Extra registration appointments available at Deal Library
- Dover mobile library will run as usual
- Use our eLibrary for eBooks and audiobooks

Dover Library will reopen at 10am on Monday 27 October 2025.

New location: Dover Discovery Centre, Market Square, Dover, CT16 1PH

We look forward to welcoming you back to the new look Dover Discovery Centre!



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October Football Fun camps

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