



# School News

01304 611360 [www.eastry.kent.sch.uk](http://www.eastry.kent.sch.uk)  
[headteacher@eastry.kent.sch.uk](mailto:headteacher@eastry.kent.sch.uk)

No. 9

9th November 2023

## DATES FOR YOUR DIARY

Firstly, on behalf of the PTFA and School, please can I start by thanking all of you who supported this year's PTFA Firework's Night. Despite the very wet weather the evening was a huge success, with stalls, refreshments, games and tombola's, culminating in an amazing fireworks display. Thank you to everyone who volunteered by making cakes, providing jolly jars, helping on a stall, setting up, clearing away and many other things to make this such a big success. Thank you to the sponsors TLC Renewables and Eden Interiors who sponsored the fireworks display meaning that overall the PTFA raised an amazing £2323.82. Thank you also to Asda who donated items for the event. Lastly, a special thank you to Mrs Evans, PTFA Chair for organising and running this event.

### Friday, 10th November - Worship Linked to Remembrance Day



Friday, 10th November - 10 children from Year 6 will visit the Memorial and then St. Mary's Church for a special Remembrance Day service

Friday, 10th November - Boy's Crickson Cup Home to St. Mary's School, Deal Kick off at 3.30pm

### Monday, 13th to Friday 17th November - Anti-bullying Week

### Monday, 13th November - New Fledgling's 2024 Open Evening

If you, or anyone you know, has a child who is due to start school in September 2024 please let them know about our Open Evening on Monday, 13th November at 5.30pm. There is no need to book to attend but, should they also like to have a tour of the school while the school is open, appointments can be made during week commencing 20th November - please call the school on 01304 611360 to book a tour. Applications for a place starting school in September 2024 are now open and can be made by visiting; <https://kent.cloud.servelec-synergy.com/Synergy/Admissions.aspx>

### Wednesday, 15th November - Whole School Flu Immunisation

School nurses will be in school next Wednesday to administer the flu immunisation nasal spray. If you haven't already consented to this please complete the online form by visiting; [family.kentcht.nhs.uk/imms](http://family.kentcht.nhs.uk/imms) as applications will close very shortly.

Wednesday, 15th November - Boy's and Girl's League Football Match at St. Faith's, Ash Kick off at 3.30pm

## DATES FOR YOUR DIARY CONT'D



### Friday, 17th November - Children in Need

Children may come to school in non-uniform for a suggested donation of £1.00 for Children in Need. Please make sure that children are dressed in suitably warm clothes for this time of year.



### Friday, 17th November - Inspire Day 'Diwali'

Our next Inspire Day is on Friday, 17th November and we will be learning about Diwali, the Festival of Light. Parents and carers are invited to visit their child's class from 3.00 to 3.20pm to see some of the children's work. You are then asked to leave the classroom at 3.20pm and wait on the playground for the children to be dismissed at 3.25pm

**Open Evening**  
**13<sup>th</sup> November**  
**5.30pm**

**OPEN EVENING &  
SCHOOL TOURS**

**School Tours**  
**20<sup>th</sup> to 24<sup>th</sup>**  
**November**

Parents of children who are due to start school in September 2024 are warmly invited to attend our Open Evening on 13th November and School Tours week commencing 20th November. For further information and to book a tour please call 01304 611360.

## OTHER SCHOOL NEWS



### Poppy Appeal

The school is again supporting this year's Royal British Legion Poppy Appeal. The office are selling various items including:- slap bands, wrist bands, reflective zip pulls, fabric zip pulls, pencil sharpeners and rubbers ranging from 50p to £2.00 during lunchtimes. Paper poppies are also available for a small donation.

### Lost Purse

A few weeks ago a silver purse with the initial 'C' was handed in to the school. If this belongs to you please ask at the school office.



### Christmas Dinner

Our Christmas Dinner this year will be held on Wednesday, 6th December. A letter was emailed and sent home last week providing further details. Please note that if your child would like a school dinner the reply slip must be returned for **ALL** children **by the morning of Friday, 24th November**. Further copies are available from the school office.

## PTFA News

### Bags2School - Change of Date

Unfortunately Bags2School have had to cancel our collection due on 23rd November. This has been rearranged for 23rd April 2024 and we will send a reminder nearer to the time.

### PTFA Meeting - Today, Thursday, 9th November 7.30pm at The Five Bells, Eastry

All parents, carers and friends are welcome to join us at the Five Bells, Eastry at 7.30pm this evening for our next PTFA meeting.

## SCHOOL WEBSITE

### Maths Videos

On the school website Miss Leishman, our head of maths, has created some very useful videos which we hope will help support you with understanding how we teach math's to your child in school. The guides can also be used to support you and your child learning at home; by following the procedural steps and using a range of similar resources to those that we use in school. The videos can be found on the Math's page of our school website at;

<https://www.eastry.kent.sch.uk/learning/curriculum/maths>

## INTERNET/ONLINE SAFETY SECTION

### Supporting Your Child Dealing With Upsetting Content Online

I am sure, as a parent or carer, you do all you can to protect and keep your child safe online but occasionally they may come across content that is inappropriate and upsetting. This week's guide, on page 4, gives you some helpful tips and tools with supporting your child should this happen.

Kind regards



Mr Neil Garvey  
Interim Headteacher

### AFTER SCHOOL CLUBS

Week commencing 13.11.2023

MONDAY	
Home Learning Club (3.30-4.00pm)	Yes
Creative Station (3.30-4.30pm)	Yes
TUESDAY	
Netball Club (3.30-4.15pm)	Yes
WEDNESDAY	
Singing Club (8.00 to 8.35am)	Yes
Multi-Sports Club (3.30 to 4.30pm)	Yes
THURSDAY	
Football Club (3.30-4.30pm)	Yes
FRIDAY	

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

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### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

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### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



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### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



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### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



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### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



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### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-5647006> <https://www.childrensblog.org/supporting-your-child-with-upsetting-content/> <https://www.unicef.org/poweringup/how-talk-your-children-about-conflict-and-war>



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