



# 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. 35  
20<sup>th</sup> June, 2024

## DATES FOR YOUR DIARY



### Friday, 21<sup>st</sup> June – Sports Day – from 9.00am to 1.00pm on the School Playing Field

You are invited to join us during the morning of Friday, 21<sup>st</sup> June, to watch your child take part in Sports Day. Children will take part in a number of sports, in mixed groups, with their siblings and will earn points for their house (Air-Yellow, Earth-Green, Fire-Red and Water-Blue). The house with the most points will be the overall winner. Parents will be able to follow all activities from a parent zone in the centre of the field. In the interest of safeguarding we ask that parents remain in this area for the duration of the morning. At 12 noon parents will be able to join their children for a picnic on the playing field. Parents will be asked to leave at 1.00pm so that children can return to class for a celebration worship and afternoon lessons. Please can all children come to school in their PE kit wearing their house colour top, together with a water bottle, sun hat and sun screen.

### Monday, 24<sup>th</sup> June – Reserve Sports Day

### Monday, 24<sup>th</sup> June – Police talk with Year 6 – Transition to Secondary School

### Tuesday, 25<sup>th</sup> June – Year 6 visit to Thorpe Park

### Wednesday, 26<sup>th</sup> June – Year 5 & 6 Football Tournament at Shepherdswell School – kick off at 1.00pm

Children who are attending can be picked up from the School Office at 12.30pm

### Thursday, 27<sup>th</sup> June – Inspire Day – Starfish Malawi

Chris Knott, the founder of Starfish Malawi will be joining the school for the day to talk to children about Starfish Malawi. There will be a whole school worship for children followed by class workshops with a theme of 'stories' where Chris will be talking to children about his travels in Malawi and life there followed by a Malawian story.

### Thursday, 27<sup>th</sup> June – Year 3 swimming & Year 4 catch-up swimming for some children

### Thursday, 27<sup>th</sup> June – Open Classroom from 3.00pm to 3.20pm

Parents are invited to come into their child's classroom to share their learning.

### Friday, 28<sup>th</sup> June – INSET DAY – SCHOOL CLOSED

## OTHER SCHOOL NEWS

### Kent Test

If your child is in Year 5 and you would like them to take the Kent Test registration is now open. Please visit [kent.gov.uk/kenttest](http://kent.gov.uk/kenttest) to register before the closing date on **1<sup>st</sup> July**. Further details were sent to parents of children in Year 5 last term and further copies are available from the school office.

## PTFA NEWS

### Friday, 5<sup>th</sup> July – Non-Uniform Day

Children are invited to wear non-uniform to school on Friday, 5<sup>th</sup> July. We would really appreciate donations (bottle or small child's gift) for the PTFA Bottle or Children Tombola's which will be held at the Summer Fayre on Friday, 12<sup>th</sup> July from 3.30pm to 5.00pm.

### Calling all Crafters and Green Fingred Gardeners!

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 homemade 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.

If you have any plants that you would also like to donate to our plant stall, please can these be brought into school on the morning of the Summer Fayre.

*Thank you for your support.*

## HEALTH ADVICE/ONLINE SAFETY SECTION

### Promoting Physical Wellbeing

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing.

With Sports Day, the Euros and the Olympics this summer, it's an opportunity to engage children in regular exercise which can reduce stress, improve mood and boost self-esteem.

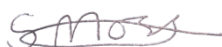
We have included below, a guide that you may find useful on how to support your child.

## AFTER SCHOOL CLUBS

Week commencing 24.06.24

<b>Monday</b>	
Cheerleading & Dance (3.30-4.15pm)	Yes
Creative Station (3.30-4.30pm)	Yes
<b>Tuesday</b>	
<b>Wednesday</b>	
Netball Club (3.30 – 4.15pm)	Yes
Archery (3.30 – 4.30pm)	Yes
<b>Thursday</b>	
Football Club (3.30 – 4.30pm)	Yes
<b>Friday</b>	

Kind Regards



Mrs Sarah Moss  
Headteacher

# 10 Top Tips for Parents and Educators

## PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

### 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

### 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

### 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

### 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

### 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

### 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

### 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

### 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

### 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

### 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

## Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

