

Charing CE Primary School

Weekly Newsletter

Friday 9th February 2024

Telephone: 01233 712277







Email: office@charing.kent.sch.uk

Website: www.charingschool.org.uk

Facebook: <https://www.facebook.com/CharingPrimary/>



Attendance

 Rabbits	 Squirrels	 Otters	 Woodpeckers	 Badgers	 Owls
99%	100%	90%	98%	96%	95%
Whole School – 97%		Year to date – 93%		Target – 96%	

Dear Parents and Carers,

We come to the end of another term and it has absolutely whizzed by. It's been a great term in so many respects with significant improvements made. It was fantastic to observe some of the classes in action on Wednesday when I went around the school with Mrs Golden; the work ethic and enjoyment from the children in Years 2 to 5 blew us both away and made us both even more proud to lead our fantastic school.

Mrs. Hammond has outlined the success of the Year 5 and 6 residential last week and expressed her thanks to the staff involved. I just want to echo those statements and reiterate what a great event it was being both enjoyable and a time when a great deal of learning took place. I had the pleasure of visiting the group on two occasions and it was fantastic to see the children thriving in an unfamiliar environment. I was so pleased and grateful that parents showed both faith and trust in our staff to deliver a wonderful experience for the children. It was also lovely to see the reaction to my Facebook post last Friday thanking those staff involved and to read the lovely comments put on the post about how much the children enjoyed their trip.

I feel generally that since the Covid pandemic there has been a loss of trust by society in many areas of life and it was so pleasing to see our parents reversing that trend. I fully trust my staff to do their best for the school and I know they frequently go above and beyond to help all the children make the most from their time at school. Of course, there are some times when staff get things wrong but that is not for the want of trying. It was lovely to see the staff's efforts last week being appreciated so fully. Thank you.

Compassion

Friendship

Forgiveness

Resilience

Hope

I am delighted that since my letter last week about attendance there has been a marked improvement. At the time of writing the letter we were going through a period where attendance was 87% but in the period since my letter attendance is now close to 95%. Last Monday, was the joint best day for attendance this school year! Please keep this up!

Remember my message that if children are not well enough to be in school, they shouldn't be on computers, mobile phones or generally out and about. Also please bear in mind the importance of children's diet in staying healthy. It is so important that they have a healthy balanced diet each day and as mentioned last week, some children's lunch boxes are not supporting this. It's likely that poor diet is contributing to poor health and if any parents feel they need support with this, please do not hesitate to contact the school.

We are now half way through the school year and it has been fantastic so far. I can't wait for the second half with so much excitement planned. Sports day dates will be booked in for term 5 and shared with you at the start of the next term. We will also be holding class events again next term and will be inviting parents into class. Please ensure you are checking your parent mail and newsletter for this information.

I wish you all a fantastic week's holiday and I look forward to seeing everybody raring to go for next term from Monday 19th February. I would love next term to have our first day, since before Covid, when every child is in school on a single day!

Take care,

TJ Bird

Mr Bird
Head teacher



INTERNET SAFETY

This week's poster about is **SUPPORTING CHILDRENS'S MENTAL HEALTH- 10 Conversation Starters for Parents** at the end of the newsletter. Please continue to monitor your child's online behaviour and access. If you need help with a specific app we have not highlighted yet, please talk to Mrs Hammond.



ATTENDANCE



If your child is poorly and unable to come to school, please ensure that you inform the office via telephone or leave a message on our answer phone. Can we please request that all attendance related emails are sent to the following:

Ms. Nimrah Rehman
attendance@charing.kent.sch.uk

DROP OFF

Can we please remind parents that school gates shut at **8:55am**. If you arrive late , please drop off your child/ children at the school office.

For safeguarding reasons we do not allow parents/carers to drop off their children to their classes.



Wraparound Care: Both Breakfast and Afterschool club bookings are placed under this tab and payments need to be made when you book your session for your child. This is done to avoid any payments not made.

Parent Consent: Please select the options given to update your child's consent.

If payments have been made otherwise and in advance before booking the sessions, please call or email the office to book your child's space. **Please be reminded to clear out any outstanding balances from TERM 2 under individual accounts of your children.**

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CALLING ALL ROCKSTARS IN KS2

As you are aware, the PTFA have been amazing in supporting the school by funding the purchase of TT Rockstars. It is encouraging to see children are engaging with TTRS and making the most of our school subscription. Please head to the school website and follow this link <https://www.charingschool.org.uk/maths/> for ideas on how to support your child.

Please support us by asking your child to log in during the half term break to practise their times tables and earn their own individual rock status! It is a lot of fun with personalised learning, I will be watching nervously to see if I can hold onto my Rock Legend status as I know a lot of them are eager to beat me (including Mr Bird)!

Let's get rocking!

Mrs Siddiqui



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REMINDER

MEDICATION SAFETY

We understand that at times children are unwell and need to stay at home to recover, however please remember that we can administer *prescribed medication*, so if your child is feeling better but needs medicine, this can be brought to the office and managed as necessary. The office would be able to assist in this.



HEALTHY LUNCHES



We promote healthy eating at Charing CE Primary School and would appreciate parents adhering to the healthy eating guidelines as below:

Sweets: Please do not pack sweets or chocolate bars.

Drinks: children under 5 receive free milk with their snacks and water is available for everyone whenever they want to drink. Please do not send in fizzy drinks with your child's packed lunch.

Nut Free: Please be reminded that we are a nut-free school. We have children in school who have potential life-threatening nut- allergies which can be triggered by direct or indirect contact with nuts in the environment. To keep our children safe, we request that parents please find a nut-free alternative. This also includes NUTELLA or any CHOCOLATE spread.
Thank you for your co-operation.

SCHOOL DINNERS

Dinner Money cost £2.43:

Please be reminded school meals are to be paid for in advance. Our caterers will not allow a debt to build and as of next term, any unpaid accounts will result in your child not receiving a meal and you will need to provide a packed lunch.



COLLECTIVE CELEBRATION

Sienna

Lylah

Kamyah

Leah

Junior

Riley

Ruslana

Fletcher

Kateryna

Nancy O'R

John

William

Ivy- Rose

Vinny

Alfie

Charlotte

Elijah

Oceane

Phoebe

Harry

Trillion



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This Week in Worship

This week's Worship has been focused on Lent as this important time for the church begins next week when we are not in school. Our Bible passage was from Matthew's Gospel, Chapter 4 Verses 1 - 11.

Ash Wednesday is the start of Lent and is celebrated next Wednesday and is a time of thinking about God and focussing more on Him instead of the 'stuff' around us. Ash Wednesday is a day when we say sorry to God and think about our lives. We remembered Jesus' 40 days spent in the wilderness. He wanted a time on his own to pray to his Father God, helping him to prepare for his work on earth as God's son; Jesus had to ask how he could save the world, as many things were happening which made him very sad.

At the end of his time in the wilderness, the devil came and spoke to Jesus. Jesus was very hungry like lots of people in the world today. The devil told him to turn the stones and rocks into food JESUS SAID 'NO' TO THAT!

The devil took Jesus up a high tower and told him to jump off and perform a spectacular party trick. JESUS SAID 'NO' TO THAT TOO!

Then the devil showed Jesus the whole world and invited him to join forces to conquer every kingdom. JESUS SAID 'NO' TO THAT TOO! Jesus resisted the temptations as there was only one God he would follow, his Father God. We talked about times when we are tempted and how we need to be strong and only do what we believe to be the right thing.

Dear Father God,

Please help us to love and serve
you with all our heart.
Let us show your love through our
kind actions,
concern for others and by being a
light shining out to others.
Lord, when we are tempted to do
wrong
may we feel your loving presence
guiding us to do what we know is
right.

Amen.



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Dates or your Diary



Date	Event
TERM 4	
27th February	Rabbits parents' math workshop 2:40pm
28th February	Squirrels parents' math workshop 2:40pm
29th February	Otters parents math workshop 2:40pm
13th March	OPAL PLAY Parents information meeting (YR-6)- School Hall 2:40pm
4th March	Y4 Parent information evening - Woodpeckers and Badgers 2:40pm
27th March	Parents Evening 3:30pm – 8:00pm
21st May	Ducklings and Rabbits' Sports Day 9.30-10.30 Owls' Sports Day 2pm-3pm
22nd May	Squirrels and Otters' Sports Day 9.15-10.30
22nd May	Woodpeckers and Badgers' Sports Day 1.45-3:00pm

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Friday 23rd February



Pre-Loved Uniform Sale

after school on the playground



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Kent Family Hub

Meet some of our local providers at your local Family Hub and learn about their services.

Activities for children and young people 0-19 years (up to 25 with SEND).

Tuesday 13th February 2024

Come along between 2:00pm - 5:00pm

**At The Willow Centre
part of Ashford Family Hubs
Halstow Way**

Ashford

Kent

TN23 4EY

Free
Gift (one
per family)

Bike
Marking

Arts and
Crafts
0-19(25 SEND)

Dancing

Sensory
Tent
and Sensory Play



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MEASLES

Don't let your child catch it

– get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.



SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>