

Charing CE Primary School Weekly Newsletter



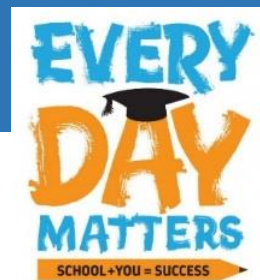
Friday 10th May 2024

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
94%	87%	93%	88%	95%	91%
Whole School – 91%		Year to date – 93%		Target – 96%	

Dear Parents and Carers,

It has been another busy week and it has, finally, been a sunny and warm week. Some of the children in key stage 2 visited Godinton House again this week and had a beautiful walk around the grounds, exploring the sights and enjoying being outside with nature. Thank you again to Godinton House for this opportunity for some of our pupils, we hope to be able to repeat this in future years.

I had the pleasure of the company of year 5 & 6 yesterday as we were invited to attend the Ascension Day service at St Peter and St Paul's Church, Charing. Reverend Sandra helped us to understand Ascension with the help of a helium balloon - I wonder if this is still in the roof of the church! - and also explained the Eucharist with the pupils as she led the communion service. Some of year 6 also led the intercessions and we all joined in with a rousing rendition of 'Shine, Jesus Shine'. The next part of the story is Pentecost, which we will explore in our worship in school and will be celebrated on Sunday 19th May.

Next week, our year 6 children will be completing their end of year assessments, SATS. Year 6 are reminded that they can get an extra breakfast from 8:35am-8:55am each morning, so please arrive in time to be able to enjoy this relaxed start to the morning. Owls have worked hard throughout the year and we wish them a relaxed and successful week.

As the weather has improved, and we hope it will continue, we ask that your child comes to school each day wearing sun cream and with a named sunhat. All pupils also need a refillable, named water bottle in school every day. It is also the time of year that we see an increase in lost jumpers, water bottles and other items of clothing. Please can you ensure that all items of clothing are clearly named with your child's name. We cannot reunite items left on the playground with their owners if they are not named.

Izzy Hammond

Compassion

Friendship

Forgiveness

Resilience

Hope

This Week in Worship

Our theme for Worship this term is responding to Hope.

This week's focus has been responding to the Ascension of Jesus. Yesterday, 9th May was Ascension Day; our Years 5 and 6 children joined a special Ascension Day service at the church, led by Rev Sandra. Our Bible reading was from Acts 1: v 6 – 11.

We considered what Ascension means and agreed it means to go up. Sometimes people think of the Ascension of Jesus as the time when Jesus returned "up" to Heaven. A better way to think of it is to think of higher than rather going up. Higher does not always mean nearer the sky. When you work hard and improve your work, we say that you have reached a higher level. In the case of Jesus' Ascension, higher also means better standards of understanding rather than going up towards the sky.

Jesus Ascension was the time when Jesus followers really understood what his life had been about. This was the moment Jesus disciples achieved a better or full understanding of Jesus' time on Earth. They could no longer see him as a person he had been surrounded by the mist high up on the hills as he returned home to his Father, but instead, they knew that his spirit of goodness and love was everywhere all of the time.

We recapped on Jesus's life and how in everything he did, his love and kindness spread everywhere..... When the disciples fully understood this the disciples no longer saw Jesus as a person walking amongst them but as the Spirit of God/goodness that is everywhere. When Jesus was on Earth, he knew that he would have to prepare his disciples for a time when he wasn't here.

By his example and his teaching, he was showing his disciples how to keep everything going after he had returned to Heaven.

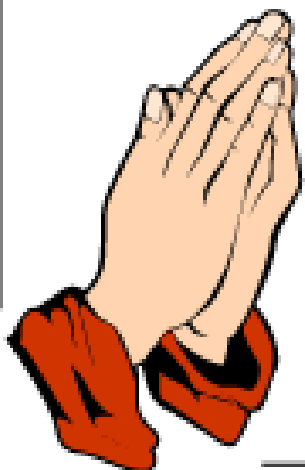
Jesus taught his disciples to say goodbye to all their old lives that had held them back and instead to learn his lessons of caring for others. Jesus knew there would come a time when the disciples understood this so well that they would be able to become the teachers; teaching others about God's love. At that point they would no longer need to see Jesus as a person and at that point he could leave them. However, he would continue to be with them through the Holy Spirit. "I am with you always even until the end of time." Matthew Chap 28 v 20.



Dear Father God,

*LORD, thank you for a new day.
Please go before me and clear the way.
Thank you for protecting me.
Thank you for guiding me.
Thank you for loving me.
In Jesus name.*

Amen.



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COLLECTIVE CELEBRATION

Tabitha

Ralph

Grayson

Eliza L

Amelia

Lehumo

Freddie-Joe

Samantha

Ivy-Rose

John

Ilhan

Millie G

Gracie

Bae

Edward

Liana



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IMPORTANT ANNOUNCEMENT

INTERNET SAFETY

This week's poster about is [10 TOP TIPS FOR PARENTS AND EDUCATORS: DEVELOPING HEALTHY SLEEPING PATTERNS](#) 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.

MAIN ENTRY
ALL VISITORS
MUST REPORT
TO THE
SCHOOL OFFICE

PAYMENTS FOR SWIMMING LESSONS YEAR 6



If you haven't yet paid for your child's space for swimming lessons to start in Term 6, please log onto the MCAS app under Products to do so.

If you have any difficulty, please do not hesitate to contact the office.



ALL WOODPECKERS YEAR 3 and 4



For the remainder of this term only, all Woodpeckers will be doing PE on a Wednesday.

The year 4s will go swimming and the year 3s will play cricket.

No PE kit is required on Tuesdays.

Next term we will all do PE on a Tuesday. Please ensure your child correct PE kit.

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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.

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 under individual accounts of your children.***

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Dates for your Diary



Date	Event
TERM 5	
21 st May	Ducklings and Rabbits Sports Day 9.30am-10.30am Owls Sports Day 2pm-3pm
22 nd May	Woodpeckers and Badgers Sports Day 9.15am-10.30am
22 nd May	Squirrels and Otters Sports Day 1.45pm -3:00pm
5 th June	Ducklings Little Streets trip
24 th June	Rabbits Folkestone Beach Trip Otters and Squirrels Chattam Dockyards trip
1 st July	Squirrels library class visit 10:15am – 10:45am
2 nd July	Woodpeckers Library class visit 2:30pm – 3:00pm
3 rd July	Ducklings Library class visit 2:30pm- 3:00pm
4 th July	Otters Library class visit 2:30pm – 3:00pm
8 th July	Owls trip to Port Lympne
9 th July	Rabbits Library class visit 2:30pm – 3:00pm Owls Library class visit 1.45pm -2.15pm
10 th July	Owls trip to Holywood bowl
11 th July	Badgers Library class visit 2:30pm – 3:00pm



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Dear Parents/Carers,

Next week on Wednesday we are having a special menu as below, If you still haven't chosen a meal choice for your child/children, please click on this link and make your meal choices so your child doesn't miss out on the special menu for the 16th of May.

https://forms.office.com/Pages/ResponsePage.aspx?id=G-ghY5Bt70u_SHYtsvnOEuV-jNDSEVVJh5F6fR64DuRURFY3WEFDVEVPMIYxTFJTSIJLTUxSSVpTSC4u

Thank you

Carnival Festival Menu

16TH MAY 2024

**Ham French Bread Pizza
Or
Cheese & Tomato French Bread Pizza**

Chips
Baked Beans
Coleslaw

Mini Doughnuts & Fruit

Also available Jacket Potato & Filling, Bread,
Salad Bar, Yoghurt & Fresh Fruit

caterlink
feeding the imagination

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10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College