

Charing CE Primary School Weekly Newsletter

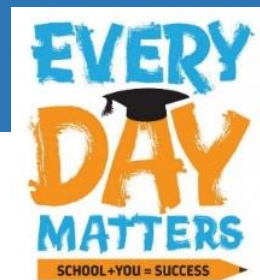
Friday 24th January 2025

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	Foxes	Badgers	Owls
						
93%	92%	93%	92%	93%	90%	92%
Whole School – 92%		Year to date – 92%			Target – 96%	

Dear Parents and Carers,

It's been great to be back this week and I am delighted to see the children have settled into the new term well and are keeping up the high standards that were set last term; the hall displays look amazing! I would like to thank Mrs Golden for holding the fort brilliantly during my absence.

I would like to thank also all those who have congratulated me and passed on gifts for my baby daughter since my return. I have been very fortunate to have spent the first 4 weeks of my daughter's life almost exclusively with her and my partner. Both are thriving amazingly well and I can't believe how much my little girl has grown already. Great praise is due to all the staff at the William Harvey Hospital who were absolutely fantastic during our brief stay there. They made us feel like we were the most important people in that hospital and I feel their support has really helped me in my journey towards becoming a parent. The skill of making everyone feel like they are the most important person in the building is something I want all my staff to carry out in order to make our students feel special. If they can achieve this the children really will thrive.

I strongly agreed with the King when he praised the NHS in his Christmas message. It is a wonderful service for us all and it is something that makes our country great. I also have to agree with the King when he said that "Diversity of culture, ethnicity and faith provides strength, not weakness, and that we must respect our differences, to defeat prejudice". This is something Charing Church of England Primary School strongly supports and encourages.

I am pleased to offer a big welcome to Mrs Gilbert who last week started working at our After School Club, she will be supporting the after-school wrap around care on Wednesdays, Thursdays and Fridays. She brings a lot of experience and passion to the role and I hope everybody makes her feel at home. She joins our team alongside Miss Stockdale, who officially started at the beginning of this term in Rabbits.

There was a lot of sport taking place on Tuesday, with Year 3 and 4 going to the Sports Hall Athletics in the morning with Miss MacMillan and Mrs Ball. The children achieved a good standard and were an absolute credit - a big thank you to all the parents who came along to support with transportation to the event to ensure it could take place. Also on Tuesday, after school, our school football team took part in their first fixture of 2025 against Kennington. I was able to watch for a few minutes and was impressed with the determination and attacking nature of the side, unfortunately we went down 5-1. Congratulations to the whole team and special praise is due to Obie-Dean who scored our goal and was voted player of the match.

I was pleased to see that while I was away our attendance improved from the end of last term but it is still an area that we must keep working hard to improve. I will reiterate my view that if a child is not well enough to attend school, they are not well enough to play or be on their console, phone or iPad or to go out to places such as the park. They should be completely resting and recuperating in order to be back in school quickly. If your child becomes better throughout the morning, they are always welcome to attend the afternoon session.

I am very excited about what 2025 offers to this school, I feel that we are set up nicely after such a strong finish to 2024 and I am pleased to see the standards haven't dropped but are poised to accelerate even more. I wish everyone a happy new year and a fantastic weekend! After today we are officially halfway through the term already! Time goes by so quickly- use it wisely!

Kind regards,

Thomas Bird
Head teacher

This week in Worship

Our Focus for this week's worship has been on John the Baptist preparing the way for the baptism of Jesus as he began his ministry on earth.

John was the son of Zachariah and Elizabeth; he grew up and began teaching people about God, he prepared the way for the coming Messiah. He shared with the crowds, who heard him, that they must do away with their old, selfish lives and have a fresh start: caring for one another and live out Jesus' message: to love one another. As a sign of the new beginning, John baptised many in the River Jordan, to wash away their sins. John told them, "If you have two coats, give one to someone who doesn't have one. If you have food, share it with someone else." This was similar to Jesus's good news message that he brought to the world.

We also read in Luke's Gospel - The Baptism of Jesus by John in the river Jordan. Part of heaven came down, through the Dove representing the Holy Spirit. A voice from Heaven said, "This is my beloved son in whom I am pleased!". Christians today, like they did in the Bible times, believe that when they were baptised, they became a new person, someone who had "washed" away their old life and all the things they have done wrong.



Dear Father God

*Please help us to spread your good
news, with others.
May we be generous and share what
we have
so that others will better understand
your message of love.*

Amen.



Compassion

Friendship

Forgiveness

Resilience

Hope

COLLECTIVE CELEBRATION

Esmae

Sienna

Daisy

Jaxson G

Elijah

Millie S

Millie Gr

Brielle

Sam M

India

Bonnie S

Hugo

Hodger

Ruth

Ned

Christophe

Dashie

Jaxson C

Buddy



Compassion

Friendship

Forgiveness

Resilience

Hope

Meet Our Mental Health First Aiders



Mrs. Hebbes
(Mon- Fri)



Mrs. Alexander
(Thru- Fri)

Hello we are Mrs Hebbes and Mrs Alexander, your mental health first aiders. Mrs Hebbes is here Monday to Friday and works within Ducklings preschool. Mrs Alexander works Thursday and Friday as a teaching assistant in Badgers.

We are here to support the children, staff and families of Charing School. If you would ever like to speak to us, feel we can offer support to yourself or someone in your family, please come and find us on the playground or let the office know and we can arrange a time.

SEND SURGERY DROP-IN

*Do you have a question about your child's needs
or a concern about a Special Education Need?*

Pop in to talk to Mrs Hammond at the

SEN surgery drop-in.

No appointment needed.



Upcoming Dates

Friday	17th January	1:30-3:00
Tuesday	28th January	9:00-10:30
Wednesday	12th February	1:30-3:00
Friday	28th February	1:30-3:00
Wednesday	12th March	9:00-10:30
Easter Coffee Afternoon	Wednesday 2nd April	2:00-3:00

Compassion

Friendship

Forgiveness

Resilience

Hope

IMPORTANT ANNOUNCEMENT

INTERNET SAFETY

This week's poster about is [WHAT PARENTS AND EDUCATORS NEED TO KNOW ABOUT HEALTH AND FITNESS APPS](#). 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**



We would politely ask all parents/carers to park sensibly when dropping and while picking children off at school.

Please be considerate that the school setting is within a neighbourhood area so please be mindful of village residents and [DO NOT park on business and private properties](#).

Compassion

Friendship

Forgiveness

Resilience

Hope

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there *have* been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them *aren't*. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

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 (IF REQUIRED)*, 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



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.***

Compassion

Friendship

Forgiveness

Resilience

Hope

Dates for your Diary



Date	Event
TERM 3	
6 th March	Dance Workshop * The PTFA are kindly funding part of this payment. <u>Please see MCAS (the school app) for the small contribution needed to attend the workshop.</u> This is listed under Products.
7 th March	World Book Day- details to follow



Supporting parents with their uniform requirements for many years!

As a valued My Clothing customer, we would like to thank you for using our services.

The following 10% discount code is available for parents to use throughout early 2025

UNIFORM10%
(Valid until 31/03/2025)

Please be sure to pass this on so they do not miss out on this fantastic discount.

Compassion

Friendship

Forgiveness

Resilience

Hope



**HALF TERM AVAILABILITY – ALL CHECK UPS FOR UNDER 18'S
COMPLETELY FREE**

CALL NOW TO BOOK YOUR KIDS IN 01622 858204



WELLNESS SUPPORT

**Meet some of Kent's leading
Organisations & Practitioners in
Holistic Health and Well-Being**

**Inspiring Talks
Transformative Practices
Suicide Impact & Prevention**



OPEN DAY
SUN 26 JAN
10AM - 4PM
FREE EVENT

WWW.LAKEHOUSEKENT.CO.UK

Compassion

Friendship

Forgiveness

Resilience

Hope