

The Archer

School Newsletter No 4

13th January 2023

DEAR PARENTS/CARERS

Happy New Year and welcome back! It has been a pleasure to hear about the exciting things children have doing over the break and we look forward to a successful 2023 in our school community.

Competition Winner

A huge congratulations to Brody in Year 4 who won a Christmas Quiz set by Acorn Book Club. Not only has he won a book bundle for himself, but also 500 books for the school library and book corners. Well done!

Club activities

Club activities will resume on Monday 16th January and the last week will be the week commencing 20th March. Please ensure that you have returned any reply slips for your child to attend. My thanks goes to staff who provide such a varied range of opportunities to children.

Zones of Regulation

Across the second week of term, children have been learning more about their brains and how to identify emotions. This is a key concept to be able to regulate these emotions and ensure that we are in the right space to learn. We will be sharing more about how we are supporting children to manage their feelings and ways for you to support children as the term progresses.

Contact with teachers

Class teachers are the first port of call, however our Assistant Headteachers will also be able to support with any questions or issues.

Please be aware that Mrs Connolly is now Assistant Headteacher for Years 1-3 and Mrs Davies is Assistant Headteacher for Years 4-6. Dojo messages may not be monitored throughout the day as staff are focussed on teaching their classes. I would also request that Dojo messages are kept brief, and you arrange an appointment through the office for any discussions which may require additional time.

School uniform

I thank parents for ensuring that children come to school ready to learn and looking smart in line with our school uniform policy. Please ensure that you familiarise yourself with [our expectations](#) to ensure that children are safe and smart in school - this includes guidance on hair, nails and jewelry. Please ensure children bring coats (clearly labelled with a name) during the colder weather. We encourage children to spend their playtimes outside even on colder days.

Family English

Would you like to get an English qualification? - can be used to help support your child with school work, help in your employment, update your CV or refresh your skills. Study at Wentworth. Course starts from Thursday 12th January - contact Pamela Hill for more information
pamela.hill@wentworthonline.co.uk

Parking

Please continue to respect our children's safety if you are parking around the school. We continue to engage with local parking enforcement teams to ensure that rules are respected. We would also request that you are mindful of not blocking neighbours' driveways.

School Readiness and Wellbeing Review

The Kent School Health Service have recently completed a county wide survey to identify public health themes that parents/carers would like support with. The following is a list of information and links to support and promote both physical and emotional health needs.

For parents; smoking, alcohol, diet

[Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

[One You Kent | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - Whether you want to lose weight, get active, quit smoking, or just feel better about life One You Kent is here to support YOU.

Oral health

[Oral health promotion resources | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - Here you will find some oral health promotion resources that are useful for parents, adults with special needs and their carers, and professionals.

[Dental services - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Information about NHS dental services, how to find an NHS dentist and how much treatment costs.

Continence

[Home - ERIC](http://eric.education.gov) - Find out how you can keep your child's bowel and bladder working properly from birth. Clinically approved information and resources to help you and your child.

Immunisations

[Immunisation Team | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - The NHS has a guide to help you understand the vaccines offered in the UK and when to have them. It also explains how they work and why they're safe and important.

Sleep

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](http://gosh.nhs.uk) - Here you will find an information sheet from Great Ormond Street Hospital (GOSH) explaining about sleep hygiene. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep.

[Sleep problems in young children - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Lots of young children find it difficult to settle down to sleep and will wake up during the night. For some people, this might not be a problem. But if you or your child are suffering from a lack of sleep, there are some simple techniques you can try.