



# Hawkhurst

Church of England Primary School

Newsletter No 18.

Friday, 02 February 2024

Dear Parents and Carers,

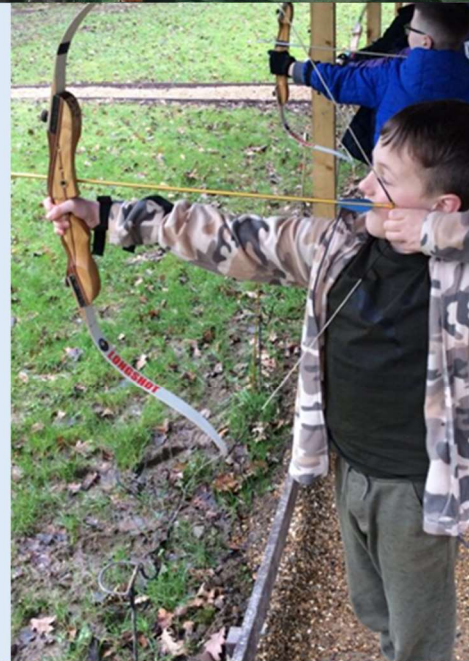
It is lovely to have Y6 back in school with us after their residential trip this week. They had a lovely time as you can see from the photos in the next column!



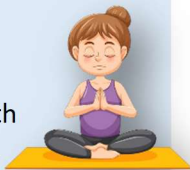
Jodie Harewood

Y6 Residential

Year 6 have been on their residential trip to Bowles in Tunbridge Wells this week, where they have enjoyed skiing, climbing, zip wires, rope activities, kayaking, treasure hunts and lots of yummy food. Thank you to Mrs Pearson, Mrs Hamer and Mrs Harper who accompanied them for the three days and to Mr Curd our Chair of Governors who went and spent the morning with them on Tuesday.



Mental Health Week



Next week is Children's Mental Health week. Each class will be marking this with different activities and all children will have the opportunity to take part in a yoga session on Thursday.

We will also be addressing this topic in Assembly. Please see the poster at the end of this newsletter and follow this link for how you can support this at home:

[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

Football Week



Next week we will be celebrating National School Football Week by doing some football based work in class and opening up opportunities to participate in football skills and games in school. Children may come dressed in football tops, kits, or the colour of their favourite football team next Friday.



Community  
Hope  
Compassion



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## Outdoor Classroom



On Tuesday this week, Revd. Canon Rodney Dreyer came into school to officially open the outdoor classroom. This is a wonderful resource for the school to have and we are looking forward to holding many lessons in there.



Well Done to the children who were awarded a Certificate of Excellence this week :-

**Rainbow** - Faith, Hannah and Kara

**Yr 1** - Jenson and Chloe

**Yr 2** - Kieran and Emily

**Yr 3** - Summer and Albert

**Yr 4** - Oryn and Kai

**Yr 5** - Ciaran and Katie

**Yr 6** - Holly and Millie

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## The Six Principles of Nurture



Throughout this academic year, we are working towards achieving accreditation from Nurture UK's National Nurturing Schools Programme. This project recognises our commitment to prioritising children's wellbeing and mental health and the impact that this can have on their success as learners.

### Week 2: The classroom offers a safe base.

The children were asked to reflect on their feelings about their own classrooms, thinking about what they like, dislike and the impact it has on their learning.

The children said....

- I like it when we turn the lights off and lay down to listen to the music.
- Safe because we have grown-ups around us.
- It's a safe place to learn and a safe place to make mistakes.
- We are asked how we are feeling after break using the Zones of Regulation.
- Taking off the visual timetable after each lesson makes me feel less overwhelmed when the lesson has been hard.
- The teachers help you to feel safe so it doesn't feel like you're on your own.
- I like the Good to be Green because I know it's fair.
- There are books to read.
- It's predictable and we know the rules for our classroom.
- We have trusted adults.
- We can use ear defenders and standing desks whenever we need to.
- Not everyone learns in the same way so we might use a laptop, a standing desk or a wobble cushion. This makes us feel comfortable and safe.

### Why is this important?

A safe base helps you to:

- Ask questions
- Make mistakes
- Take risks
- Be yourself



Don't forget to look at the latest Nurture Activities on our Website :-

[Latest News | Hawkhurst Church of England Primary School](#)



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### Attendance



Attendance % School Year to Date		% Change On Last Week
Year R	93.0	<span style="color: green;">█</span>
Year 1	94.7	<span style="color: red;">-0.3</span>
Year 2	92.1	<span style="color: green;">+0.1</span>
Year 3	93.9	<span style="color: red;">-0.1</span>
Year 4	95.5	<span style="color: green;">█</span>
Year 5	92.7	<span style="color: green;">█</span>
Year 6	95.3	<span style="color: red;">-0.2</span>

The above table shows attendance for the year so far for each class together with a view on how this week has changed from last week. (Green is Good)

This week's winners were again Green

Class who will receive an extra playtime in the new year.

### Hot Chocolate with Mrs Hacker

Well-done to the children who have been recognised today for demonstrating our school values: Compassion, Hope, and Community.

YrR - Bonnie-Mae and Emily-Rose

Yr1 - Theo and Vishmita

Yr2 - Esme and Sidney

Yr3 - Fletcher and Ella

Yr4 - Toby and Daniel

Yr5 - Joey and Ian

Yr6 - Ethan and Reggie



Community  
Hope  
Compassion

### Forest School



Sessions for Term 3, Week 5 will be:

- Tuesday: Year 6
- Wednesday: Rainbow
- Thursday: Year 1

Please send children to school dressed in their forest school clothes whatever the weather.

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## Friday Assembly

There will be no certificate assembly on Friday 9<sup>th</sup> February. Instead you are invited to come into school at 2:45pm to have a look at your child's books.



## World Book Day

We previously mentioned that it is World Book Day on the 7<sup>th</sup> March. We have decided to give an alternative to dressing up as a character, which may make it a little easier for parents and the children who aren't so enthusiastic about dressing up. Children may either come as a book character/author, or they may come in something comfortable i.e. a onesie or pyjamas, ready for a cosy story time.



## A Prayer to end the week



O, Lord.

Give us the strength to not worry about things we cannot control.  
Guide us in developing a sense of appreciation.

We look up to you for motivation.  
Keep our mind at peace and help us prevent it from wandering off.

Remind us to chant your name.  
Shelter us in your glory.

In Jesus we trust.

Amen.

## Diary Dates

### W/C 5<sup>TH</sup> FEBRUARY

- Football Week
- Mental Health Week

### 9<sup>TH</sup> FEBRUARY

- 2:45pm Parents Invited to look at books
- Last Day of Term 3

### 19<sup>TH</sup> FEB

- First Day of Term 4

### 20<sup>TH</sup> FEB

- Green Class Trip to Port Lympe

### 7<sup>TH</sup> MARCH

- World Book Day

### 8<sup>TH</sup> MARCH

- Science Workshop for whole School

### 21<sup>ST</sup> MARCH

- Year 5 - Rewind to Easter at Baptist Church

### 27<sup>TH</sup> MARCH

- Last Day of Term 4

## End of Term

A reminder that we break up for end of term next Friday (9<sup>th</sup> February).

All children are due back to school on Monday 19<sup>th</sup> February.

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# My VOICE MATTERS



## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

**LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?**  
 Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.  
[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES**  
 These wellbeing activities can help children and young people think about and share what matters to them.  
 For primary children: [bit.ly/3PzCG18](https://bit.ly/3PzCG18)  
 For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CHILDRENSMENTALHEALTHWEEK.ORG.UK

# My VOICE MATTERS



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY	WHAT WAS THE BEST THING ABOUT TODAY?
WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?	WHAT'S YOUR ONLINE LIFE LIKE?
WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?	WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

## 1 DAY EVENT ONLY ON SATURDAY 16TH MARCH

**10AM TO 4PM**

ENTRANCE £2.00 CASH ONLY  
 [CHILDREN UNDER 3 FREE]  
 \* CASH ONLY EVENT

COME AND JOIN THIS COMMUNITY EVENT AT OUR LOCAL SMALL HOLDING

Snowfields Academy School Farm  
**Lambing Day 2024**  
 I day event only on Saturday 16th March

- HAND WASHING
- FULLY ACCESSIBLE
- FACILITIES AVAILABLE

- REFRESHMENTS
- FREE PARKING
- ENTERPRISE STALL

All Proceeds Support the Farm  
 Cranbrook College, Angley Rd, Cranbrook, TN17 2PJ

## What are our foundations?

**Tuesday 13th February**

**10.30-12 Lunch 12-1**  
 Please book via QR code below

**Join us** Family play for 12s and under  
 Brick, craft and play activities  
 Quiet space  
 Refreshments and lunch  
 Children to be accompanied and supervised by an adult.  
 Booking required by 9th February.  
 Donations welcome.

Let's play, create and wonder together!  
 Hawkhurst Baptist Church, Western Road, TN18 4BT

**BOOK HERE**