



# Chevening (St Botolph's) CE Primary School Newsletter No 40

SCHOOL  
HOLIDAYS  
ARE  
HERE !

Tuesday, 21st July 2020

## Virtual Sports Day

Congratulations to everyone who took part in last week's Virtual Sports Day!

The results are in:

**Churchill:** 1576 points;

**Sackville:** 1358 points;

**Stanhope:** 1282 points;

**Wolfe: 1834 points.**



Congratulations to all the *wonderful Wolfe athletes*; with the most participants, their victory was assured!

Further congratulations to energetic parents who participated in the parent race.

The results:

1<sup>st</sup>

2<sup>nd</sup>

3<sup>rd</sup>

Shivi's Mum

Emily's Dad

Holly's parent

Further congratulations to everyone (children, parents and staff) who participated for **Chevening Primary School** in the District Sports Lockdown.

Chevening came first in Weeks 3 (Wheels) & 4 (Around the World) and third in Week 2 (Skipping).

**DISTRICT SPORTS LOCKDOWN**  
**Minute to Win it**

Week 1 : (15 June) - Walk or run. How many minutes of activity can you do?

Week 2 : (22 June) - How many skips in a minute?

Week 3 : (29 June) - Wheels—bike/scooter/rollerboots. How many minutes of activity can you do?

Week 4 : (6 July) - Around the world. Pass a ball around your waist ... how many times can you do it in a minute?

## 2020-21 Dates Ahead.....

Date	Event
1st September	Staff Inset Day (no children in school)
2nd September	First day of school for children in Y1-6
7th September	Early Morning and Actiiv8 Clubs start
8th September	First day at school for YR (am or pm slot)
11th September	YR Teddy Bear's Picnic
21st October	School Photos

These dates may be subject to amendment due to COVID-19.

Dear Parents/Carers,

In the last few days of the year, everyone has been working hard to bring things to a virtual close. Thank you to all our parents/carers, staff and extended family members for supporting both home learning and the onsite team. We will all be glad to enjoy a rest! I am very grateful to our staff who have juggled many different roles and responsibilities over the last months, tackling new and different experiences with positivity and good humour. Thanks also to our Governors who have continued to provide strategic wisdom amidst the difficulties of the pandemic.

The consequences of the pandemic continue to reverberate—thank you to our returning families for completing the survey to share news for the September class teachers. If you have not yet done so, please could you return your replies, so that staff can prepare to help your child make a good return.

There is more staff news to share: Mrs English will be relocating in the next few weeks, away from the South-East. We will miss her hugely—she has played an enormous role in keeping the school operational in the COVID-chaos and has been an important source of strength and information to parents and staff alike. Mrs Stead needs to give more time to her family as well, so will not be part of our wrap-around team in September. We hope that EMC and Activ8 will resume on 07.09.2020 We thank them both for all they have done for our children, staff and families.

With best wishes to you all for a very happy and well-deserved summer break,  
Miss Minnis

**A little reminder of the tips that BOATS group have thought of—some advice for children returning to school. Class and school-life will still be different, so please share these with your children in the lead up to September.**



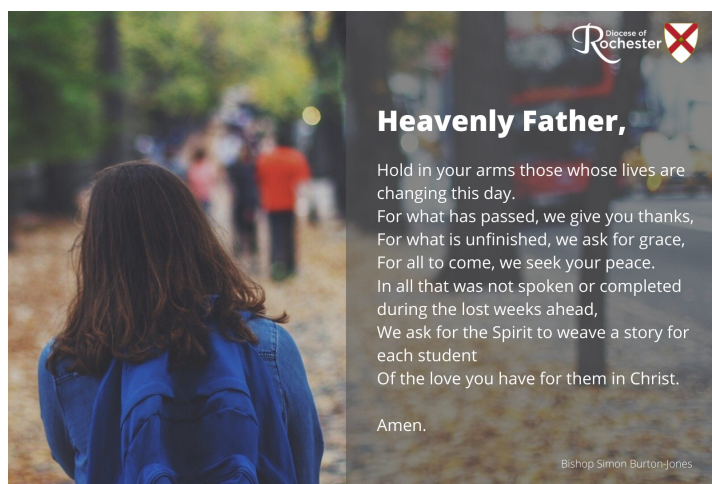
### Class 1 Boats' Tips for Returning to School

- You will need to bring in your own pencil case and equipment to use in class. Our tip is to put your equipment all in the same place so you know where to find it (including putting pencils back into your pencil case).
- With washing our hands so many times each day, it can get tempting to not wash them for long enough. Our tip is to use your learning to keep it interesting. After our lesson on counting in 10s, we chose to count in 10s to 100 twice so that we washed our hands for 20 seconds!
- You might have to bring more things into school than you are used to (pencil case, wellies, lunchbox). Our tip is to make sure your name is on EVERYTHING in case you lose track of it.
- For lunch you eat at the same desk where you are doing your learning. Try to eat tidily and not make a mess!
- Be kind - we might feel differently about coming back to school than other people in our class, some people might feel more worried than you do, so be kind.
- In KS1 we haven't been sitting on the carpet in lessons - instead we stay at our table. This means you are sitting on chairs for much longer than usual but you do get used to it - and in fact, we quite like it!



This week, please remember our Class 6 leavers, our leaving staff (Mrs Yates, Mrs Wright, Mrs Billing, Mrs English and Mrs Stead) and other leavers (Emily, Louis, Kit, Phoebe and Eloise). We thank God for them all and ask Him to particularly bless them in all that they will do in the future and to give them peace and courage as they make new friends and face new challenges.

We also pray for Mr Langston and Rev. Hannah Adams as they prepare to join Chevening.



#### Heavenly Father,

Hold in your arms those whose lives are changing this day.  
 For what has passed, we give you thanks,  
 For what is unfinished, we ask for grace,  
 For all to come, we seek your peace.  
 In all that was not spoken or completed during the last weeks ahead,  
 We ask for the Spirit to weave a story for each student  
 Of the love you have for them in Christ.

Amen.

Bishop Simon Burton-Jones

### **Christian Values**

Our values are centred on God and reference some characteristics modelled in the Bible: **LOVE, FAITH, FORGIVENESS, PERSEVERANCE, COMPASSION, HONESTY, RESPECT, COURAGE.**

As we begin our Summer holiday break, it might be easy to think that we don't need to worry about how we behave...

However, our School values are all characteristics that are important in school AND outside of school, no matter how old you are.

So, whether you are a pupil, parent/carer, or staff member, see how many values you can consistently demonstrate in the holidays! Who would receive a weekly certificate in your family?

## National Trust Ideas

50  
things to do  
before you're  
11 3/4

## How many have you done?

Click on the image above to find the full list of 50 things to do before you're 11 3/4—some inspiring ideas to enjoy!

### Kent Children's University



There's a whole variety of ideas, activities and opportunities for all ages to enjoy. For more details click [here](#).

## LOOKING AFTER OURSELVES



A team from South London and Maudsley NHS Foundation Trust who are delivering mental health and wellbeing sessions in primary schools are pleased to be able to share their free access website: <http://www.cues-ed.co.uk/looking-after-ourselves>

There is a lot of information out there at the moment, but we wanted to create something fun and interactive for children to help them think about how important it is to look after ourselves, and others, during these challenging times.

The pages are primarily aimed at Years 3 and 4, but the tips and strategies are useful for us all!

Fegans   
Counselling Children, Supporting Parents

## Parenting in a Pandemic: After Lockdown

Fegan's is a well-known local organisation that has supported families in the area for a number of years. As well as offering online resources, a new schools' worker has recently been appointed and will be able to support families from our school and other schools in the Sevenoaks Primary Partnership. If you want to know more, see their website or contact Miss Minnis or your child's class teacher.

### School Lunches



From September, our school lunch provider will be changing to CH&CO. Children in Years R-2 are eligible for a free daily lunch; children in Years 3-6 can purchase a meal for £2.30. Meals must be ordered on-line. Full details and meal options will be sent out in due course.

### Changes in Financial Circumstances

As many families have experienced considerable change in circumstance due to COVID-19, the process for applying for **Free School Meals** may be helpful. The criteria for successful application include:

- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit.

You can apply on-line [here](#).

The application process must be completed by parents; there is an additional benefit to successful FSM applications, in that the school will receive **Pupil Premium Funds** to support a child's well-being and development in school.

### Adaptability

Be like bamboo, learn to be flexible and let go of the small stuff. It can improve your wellbeing.

### Collaboration

Play a board or an outdoor game together with friends or family.

### Courage

Taking a cold shower can help boost our happiness levels – are you brave enough to try??



### Creativity

Creating music, art and laughing boosts endorphins which helps our wellbeing. Practise all three as much as you can!

### Curiosity

Go for a walk to somewhere new and collect moss, leaves and dirt for an eco-box.

### Empathy

Watch a film together and have a think about what different characters were thinking and feeling in the story.

### Enthusiasm

Put on a show with your family – include songs, dance, music, drama.



### Fairness

Play a new board game or make one up! How can you make sure it's fair for everyone?



### Good Sense

Wellbeing depends on us eating the right foods. Do your research and make a chart of good-mood-foods.

### Gratitude

Create a colourful poster of everything you are grateful for.

### Humility

Go for a walk and look for the tallest tree you can find. How does it make you feel to be standing under something so huge?

### Initiative

Create an art gallery of your creative work. Build it up over a few weeks and invite people to view it.



### Integrity

Can you tidy your room, do the dishes or make someone a cup of tea – without being asked to?

### Kindness

Make a list of different ways you can be kind. Try and tick them off each day.

### Motivation

Boost your dopamine (which is one of the happiness chemicals) by making a daily plan and setting long term goals.

### Optimism

Make a list of things that you are looking forward to – today, this week, this month, this year and in your life!

### Perseverance

Exercising every single day increases all our happiness levels (dopamine, oxytocin, serotonin and endorphin).

### Resilience

If there is something you want to change but can't, think about how you can change your attitude towards it.

### Self-discipline

Plan a screen-free day – no phones, devices or even television – no peeking allowed!

### Tolerance

Can you stay calm even round those you don't agree with? Practice meditation – sit quietly and breathe slowly.

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