



Friday, 17th July 2020

## Virtual Sports Day

We have had a great number of participants for our virtual sports day. Thank you so much for all your fabulous sporting efforts, enthusiasm and photos. It has been so lovely to see so many of you keeping active throughout lockdown.

You can still send your sports day results and photos to Mrs Roll [jroll@chevening.kent.sch](mailto:jroll@chevening.kent.sch) over the weekend. The deadline for results is midday on Monday 20<sup>th</sup> July. I am totalling up the scores daily and you can see the updates, along with photos of our athletes in action, on the website.

Final scores and the winning house will be posted on the afternoon of Tuesday 21<sup>st</sup> July. Names of children in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places for each activity, in each year group will also be revealed.

**If any parents would like to do a virtual 'parent race', please measure out a 50m track, time your sprint and send me results. Photos also welcome (to be added to website)! Winner will be announced alongside the children's results on Tuesday! Happy running 🏃**



Dear Parents/Carers,

The end of term and academic year is approaching swiftly, but feels eerily vacant, without the usual hubbub of activity culminating in gathering at St. Botolph's Church for the traditional Leavers' Service. Ordinarily, this provides our whole-school family with an opportunity for collective celebration, memory-sharing and farewell-ing our Leavers. The absence of this important event is felt by us all and we look forward to being able to arrange a suitable event in the Autumn Term.

For now, we are preparing to pause over the summer holidays, complete preparations for new classes, new terms and new opportunities in September. This may well be the final formal Newsletter of the year, but there will, no doubt, be further need to communicate as we prepare for September.

Thank you to Class R– Class 5 families for completing the survey about Lockdown experiences; your comments will help class staff support your child as they return to school. Please see today's email from your child's class teacher with a special message.

On-site and on-line learning will be stopping after next Tuesday! This allows our families much-needed time to rest, relax and reprioritise over the summer break! For families looking for possible ideas to supplement holiday activities, please see some information enclosed and on our Twitter feed @CeChevening This has to be one of the strangest Summers some of us have experienced. As restrictions and constraints continue to ease, let's hope we can move positively towards a brighter and more familiar start to the new academic year.

With best wishes to you all,  
Miss Minnis



# Class News

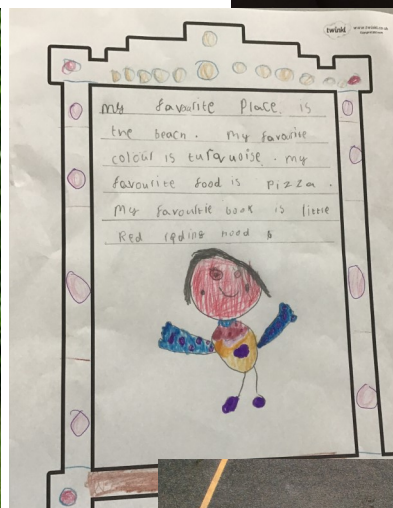
Please visit [Class Pages](#) for more details



**APPLES** have enjoyed taking part in Sports Day activities and going on a tricky word matching hunt outside.



**ANTS** have enjoyed a variety of activities this week. Here are just a few!



Children and adults alike are enjoying some of the easing to the lockdown restrictions by now being able to meet with other family members. Alice's granny looks delighted to be sharing a story.





## Class News - Please visit [Class Pages](#) for more details

**BOATS** have thought of some tips for the rest of the school based on their experience of what it is like being at school with our Covid-19 ways of working. You might like to 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 that 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!

### Upper Key Stage 2 (UKS2)

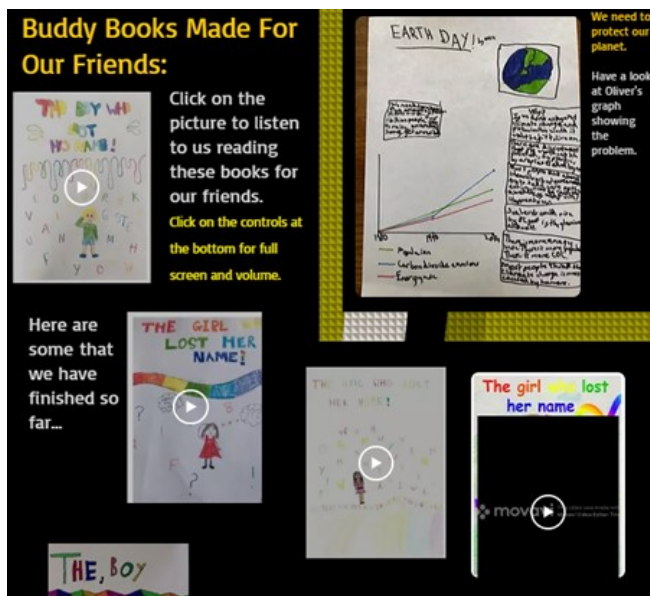
**UKS2** have been working hard in secret to make some very special individualised books for their young friends. We have nearly finished now and hope to be able to send them out to YR and the Nursery Leavers via email soon. I think they are fabulous. You can see a [selection here](#)...

<https://chevening-st-botolphs.secure-primariesite.net/finished-buddy-books/>



You can even hear and see a section read out loud by UKS2 here...

<https://nadeemqureshi.wixsite.com/y5-space-museum/copy-of-cosmic>



## National Trust Ideas



**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!

## Fegan's Parenting Support



**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, we have learnt that 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.



**Some of our lovely TA's have been able to return to work recently and have been very busy around the school site making everyone and everything feel very loved (again). Some of us were surprised to see the reflective garden back to its original vision as the outline of the cross. Thank you!!**

Date	Event
1st September	Staff Inset Day (no children in school)
2nd September	First day of school for children in Y1 - Y6
8th September	First day at school for YR (am or pm slot)
11th September	YR Teddy Bear's Picnic
21st October	School Photos



## 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 and 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.

## Christian Values

Our Christian Values are more important than ever during these uncertain times. Our on site "bubbles" have been added to our class lists below. This week we are pleased to recognise the following for their endeavours:

<b>All of Class R PERSEVERANCE &amp; COURAGE</b>	<b>R</b>	For always trying their best in their school and home learning!
<b>All of Class 1 ALL of the Values</b>	<b>1</b>	For their effort, motivation and hard work throughout this unusual time 😊
<b>All of Class 2 ALL of the Values</b>	<b>2</b>	For working so hard throughout the entire lockdown
<b>All of Class 3 ALL of the Values</b>	<b>3</b>	For being such super stars and showing <u>all of the values</u> , this academic year.  Miss Sweeney is so very proud of you!
<b>All of Class 4 ALL of the Values</b>	<b>4</b>	For all of the hard work over the last few months in very strange circumstances
<b>Tristan T PERSEVERANCE</b>	<b>5</b>	For discussing in huge detail the big questions about art with his parents
<b>Seth W PERSEVERANCE</b>	<b>6</b>	For working hard on maths questions and noticing when one set of answers were missing
<b>All of Class R PERSEVERANCE &amp; COURAGE</b>	<b>Ap</b>	For always trying their best in their school and home learning!
<b>Ben C, Tamsin S, Grace G LOVE, COMPASSION &amp; PERSEVERANCE</b>	<b>Bo</b>	For excellent sports-manship and effort during our sports afternoon
<b>Theia W RESPECT Darcie K COURAGE</b>	<b>An</b>	Theia - For always taking her turn so well and displaying wonderful manners at all times Darcie - For being able to balance without seeing for nearly a minute in sports day
<b>All of our Butterflies</b>	<b>Bu</b>	For being wonderfully adaptive and resilient



### 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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