



Istead Rise Primary Celebration Newsletter



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30th April 2021

Dear Parents and Carers,

As some restrictions related to Covid-19 have now been relaxed, I hope that you and your children have been able to enjoy getting a little more back to 'normal' and have been able to enjoy seeing friends and family members.

We would like to extend a warm welcome to the children and families who have recently joined the Istead Rise community. I have seen that all children have settled in well and their teachers have reported back that they are working very hard too. There are also some other new members to our school community: ladybirds in Acorns and tortoises in Willow!

It has been a busy time at Istead Rise, and I'm certain that all our children will feel that they have earned the long weekend! Our priority of keeping children safe at school also extends to when they are out and about on the roads (on bikes) and when using online games and forums. We have carried out safety cycling training (Bikeability) and an e-safety workshop with children in Years 5 & 6. Please look out for the separate May edition of the Online Safety Newsletter - this is aimed at all parents and children across the school.

Kent Test and Secondary School Admissions

For parents of Year 5 children who are thinking of registering their child for the Kent Test, there will be a separate letter sent out shortly giving more information.

As normal, pupils have been making great efforts with their learning and it has been a pleasure to see some of the fantastic work they have been producing. There have also been a number of other amazing achievements and activities taking place since our return. This has included two children winning a recycling competition and one Year 4 pupil winning a regional engineering competition.

Wishing you all a fantastic bank holiday weekend,

Mrs M Clark

Usborne Books

Thank you to all the children who took part in our recent sponsored read for Usborne Books. Istead Rise Primary has been awarded a fantastic £525 in commission to spend on books for the school. Thank you again for all your efforts!



Rachel de Souza
the Children's Commissioner for
England. Her job is to speak up for
children in England. For more
information please use this link

[The Big Ask](#)

Coronavirus Advice

This link will take you to the GOV.UK website where you will find the latest guidance with regards to covid 19

[GOV UK Coronavirus Advice](#)

Lots to Celebrate!.....

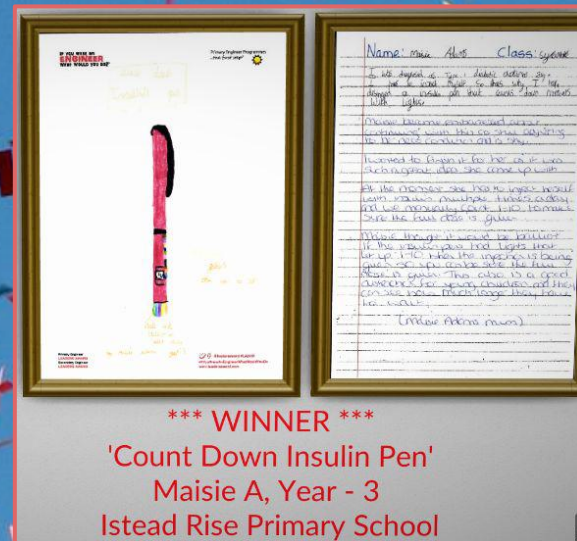
IF YOU WERE AN
ENGINEER
WHAT WOULD YOU DO?



Maisie, now in year 4, has been selected by Canterbury Christ Church University to have her design 'Countdown Insulin Pen' brought to life and made into a prototype by a team at the University.

Mrs T Clark and Miss Underdown, who ran the competition in conjunction with the University, are incredibly proud of Maisie. Maisie was selected as a winner from the whole of the Southeast region who entered.

Watch out for the next issue of I.R.P. News for an interview with Maisie, who will share with us how she felt when she won.



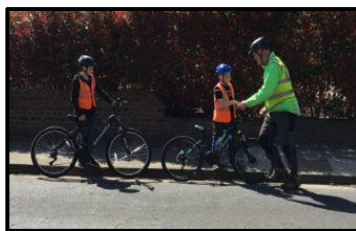
Promoting recycling around the school!

Congratulations to Blake and Emily for winning the Recycling competition run by Mrs T Clark. Your winning designs will be displayed around the school reminding everyone to use the bins to recycle.





Well done to the year 5 children who have taken part in the two-day Bikeability cycle training program. They have been working really hard on the playground to complete Level 1, and then moved on to the road to complete Level 2. Children have been having a great time developing their skills and confidence in cycling. All of the children were successful in achieving Level 1, and many of the children also achieved their Level 2. They all received certificates and badges for completing the levels. We hope that this can become a regular course that our children complete, and next week we have our children in Foundation Stage taking part in a Balance Bikes course.



E-Safety Workshop



This week Year 5 and 6 were lucky enough to be visited by Open Education who held an informative workshop about online safety.

Using their prior knowledge from Computing and new information learnt at the workshop, children were able to discover how apps are allowed to use your data (even if you aren't using them), how to prevent cyberbullying and even realise when conversations online can ring alarm bells.

The workshop was a great success and all students learned how to be safer online.



Acorns



It's all been about new life and bugs so far this term. Acorns class have been watching ladybirds grow from eggs to larvae and are waiting for them to become ladybirds.

A tank in the classroom is allowing the class to observe the frog life cycle. When they returned from the Easter break there was spawn and some small tadpoles, now there are lots of tadpoles some of whom will hopefully begin to grow back legs soon.

Five tiny caterpillars arrived in the classroom in week two which have special food and grow bigger everyday just like the one in the Hungry Caterpillar story. Once they are big enough Acorns hope to see them become a cocoon or chrysalis before eventually emerging as butterfly butterflies.

The class have made clay ladybirds using natural items they found for the legs, head and spots.

Outside on the playground Acorns designed their own set of butterfly wings using things they like from flowers to dinosaurs!



Oak

What an exciting start to Term 5! The children in Year 1, have all been learning about 'Dinosaurs'.

We researched a variety of different dinosaurs, including the most scariest dinosaur of all time, the Tyrannosaurus Rex. We all closed our eyes and listened to the sound that the T-Rex and other different dinosaurs made. Some of us felt scared because a lot of dinosaurs ROARED extremely loudly.

This week, we have been learning about Mary Anning who hunted for fossils with her daddy, when she was a little girl. Did you know that Mary called her findings 'curiosities?'

Once we learnt about Mary, we hunted for fossils ourselves. We found some Triceratops, Diplodocus and even a Pterodactyl. We even found a bone!



Palm

Year 2 have really enjoyed their learning on dinosaurs so far this term. We researched a variety of different dinosaurs before going out onto the playground to measure the size of them in metres. We were shocked at how big some of them were but also that a Velociraptor was only the size of a turkey! We took this learning inside to measure different paper dinosaurs using our rulers in centimetres too.

This week, we have worked hard to design, make and evaluate a dinosaur to live on our prehistoric landscape. We chose from a variety of dinosaurs but added some of our own features to them too. We used different modelling techniques to sculpt our dinosaurs and spoke about how to make them strong and sturdy. Some of them looked very ferocious in the end!



Sycamore

We've had a brilliant start to the new term and the children have been so keen to start learning everything planned for this term.

The children have been working really hard learning about fractions in maths. They've really impressed Miss Young and Mrs Sandhu with their enthusiasm and perseverance. We have also been continuing to read *The Lion*, *the Witch and the Wardrobe* in our guided reading lessons. The children's reading fluency and expression is really improving! At the moment, we are learning how to write a book review in English.

During our afternoons sessions we've started learning about the Romans and how they conquered Britain. The children have been using Chromebooks to create their own presentations about how the Celts, led by Boudicca, tried to fight the Romans. We also made Roman coins out of clay!



Birch & Cherry

Term 5 has got off to a fantastic start as we have welcomed a number of new children into Year 4. They have all been amazing by making lots of new friends and learning Istead Rise's routines and expectations extremely quickly. The rest of the children in the year group have been very kind and welcoming too!

Within reading we have commenced with CS Lewis's 'Alice's Adventures in Wonderland', exploring the world that Alice finds down the rabbit hole. This has also inspired our writing and we have composed a poem about the Cheshire Cat, using figurative language (including similes and personification) and a range of up-levelled vocabulary.

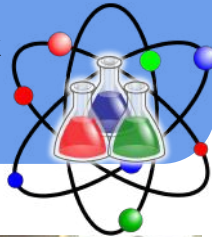
In maths we will be learning about measures for most of this term and have started off converting between units of measure (cm to mm, km to m, m to cm). Throughout the term we will move onto length, perimeter, area, mass (weight), capacity (volume), money and time.

Threading a needle and tying a knot proved quite a challenge within D.T. as the children learnt to sew in a straight line using running-stitch. This will prepare us for when we make our Alice inspired cushions, based on our own designs.

We can't wait for the next few weeks!



In Science the children have been identifying rocks. They enjoyed looking at a variety of unidentified rocks observing closely, so they could use the rock descriptors to work out which rock is which!



Willow

This term the children have been learning about allotments. In Science we have been looking at the life cycle of plants and the different parts that make a flower, we had the opportunity to dissect to discover these parts for ourselves.

We have been lucky enough to be gifted two lovely tortoises from a family member of Mr Eastwood. The new members of Willow class, Tucker and Terrance, will be living with Mrs Brown and in their vivarium in the classroom, we have been watching with much interest and can't wait to get to know them better!

In art we are researching and learning about the artist Andy Goldsworthy, who uses natural objects to create his artwork, the children have had some fun foraging outside for leaves twigs and small stones in preparation to create their own masterpieces. This term we have Forest school, it has been a great place for the children to explore the idea of foraging, along with having their own adventures in our woodland.



Elm & Aspen

Year 6 have enjoyed the start of the term so far. We have been reading Mary Shelley's 'Frankenstein' during guided reading sessions.

This novel has also formed the start of our first English learning sequence. We have analysed characters, used emotional vocabulary to describe the feelings of the creature, as well as discussing how Frankenstein's creature changes over time.

We have started to design 'wire maquettes' for our DT project, based on the work of HP Lovecraft. Year 6 enjoyed planning and designing their own creature, using HP Lovecraft's work as their inspiration. We look forward to creating these using wire and clay in the next few weeks!

In Science, we have started our biology topic. In our first lesson, we dissected tulips and studied the insides, looking at the difference between the male and female parts of a flower.



“ Year 6 were very sensible and safe during this lesson, well done! ”





Fun in the Forest!

Birch and Cherry class loved making bridges in their first session this term. The brief was to make the bridge off the ground and be able to hold one or two of them. I think they did an amazing job. They also enjoyed rolling in the tyres and doing an archeological dig for rocks.

Let's see what's for lunch...

Week 1 w/c
3rd May

Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - www.schoolfoodplan.com

MF Monday	Main Meals	Vegetables
	Roasted Vegetable & Bean Hotpot Ve	Peas Ve
	Sweetcorn & Courgette Fritter with Side Salad V	Dessert
	Pasta with Cheese & Chive Sauce V	Apple & Cinnamon Sponge with Custard V

Tuesday	Main Meals	Vegetables
	Beef Lasagne	Chinese Cabbage Ve
	Vegan Mince & Vegetable Pasta Bake Ve	Dessert
	Jacket Potato with Cheese V or Salmon Mayonnaise	Strawberry Cheesecake V

Wednesday	Main Meals	Vegetables
	Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Carrots Ve
	Vegan Cornish Pasty with Roast Potatoes Ve	Dessert
	Pasta with Roasted Tomato & Pepper Sauce Ve	Chocolate Sponge & Chocolate Sauce V

Thursday	Main Meals	Vegetables
	Turkey Lasagne	Green Beans & Cauliflower Ve
	Courgette & Potato Pattice with a Pitta & Garlic Mayo V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Fruit Burst Jelly V

Friday	Main Meals	Vegetables
	Fish Finger Bap with Homemade Tartare Sauce & Side Salad	Baked Beans & Sweetcorn Ve
	Vegetarian Finger Bap with Homemade Ketchup & Side Salad Ve	Dessert
	Pasta with Creamy Mushroom Sauce V	Chocolate & Orange Cookie V

Freshly Baked Bread:

Pumpkin & Carrot V Wholemeal V

Week 1:

12th Apr, 3rd May, 24th May, 14th Jun, 5th Jul, 26th Jul, 30th Aug, 20th Sep, 11th Oct

MF Monday	Main Meals	Vegetables
	Cauliflower Macaroni & Cheese with Homemade Garlic Bread V	Green Beans Ve
	Tofu Sweet & Sour Mixed Vegetables with Steamed Rice Ve	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Coconut & Jam Sponge with Custard V

Tuesday	Main Meals	Vegetables
	Beef & Bean Chilli Con Carne served with Baked Potato	Sweetcorn Ve
	Vegan Chilli Con Carne served with Baked Potato Ve	Dessert
	Pasta with Spinach & Onion Sauce V	Berry Crumble Slice Ve

Wednesday	Main Meals	Vegetables
	Roast Turkey with Roast Potatoes & Gravy	Roasted Butternut Squash & Kale Ve
	Potato & Leek Frittata V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Orange & Poppy Seed Sponge V

Thursday	Main Meals	Vegetables
	Chicken & Vegetable Curry with Steamed Rice	Carrots & Cauliflower Ve
	Lentil & Vegetable Lasagne with Garlic Bread V	Dessert
	Pasta with Tomato & Basil Sauce Ve	Cherry Cookie Ve

Friday	Main Meals	Vegetables
	Oven Baked Battered Fish with Baked Chips	Baked Beans & Garden Peas Ve
	Roasted Vegetable & Chick Pea Wrap V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Vanilla & Sultana Sponge with Custard V

Freshly Baked Bread:

Courgette, Oat & Thyme V Wholemeal V

Week 2:

19th Apr, 10th May, 31st May, 21st Jun, 12th Jul, 6th Sep, 27th Sep, 18th Oct

MF Monday	Main Meals	Vegetables
	Chick Pea & Vegetable Curry with Rice Ve	Broccoli Florets Ve
	Homemade Vegan Burger with Baked Sweet Potato Ve	Dessert
	Pasta with Tomato & Vegetable Sauce Ve	Carrot & Apple Flavour

Tuesday	Main Meals	Vegetables
	Spaghetti Bolognese	Carrots & Peas Ve
	Carrot & Pea Risotto Ve	Dessert
	Jacket Potato with Baked Beans Ve Cheese V, or Bolognese V	Lemon Drizzle Cake

Wednesday	Main Meals	Vegetables
	Roast Chicken with Roast Potatoes & Gravy	Green Cabbage & Roast Carrots Ve
	Lentil & Bean Vegan Loaf with Roast Potatoes & Gravy Ve	Dessert
	Wholewheat Pasta with Cheese & Leek Sauce V	Banana & Sultana with Custard V

Thursday	Main Meals	Vegetables
	Beef Burger in a Bun with Potato Salad	Sweetcorn Ve
	Margherita Pizza with Potato Salad V	Dessert
	Jacket Potato with Baked Beans Ve or Cheese V	Chilled Rice Pudding & Berry Compote V

Friday	Main Meals	Vegetables
	Fish Fingers with Oven Baked Chips	Baked Beans & Garden Peas Ve
	Vegetable & Lentil Croquette with Oven Baked Chips Ve	Dessert
	Pasta with Lentil & Bean Sauce Ve	Chocolate & Raisin Shortbread Ve

Freshly Baked Bread:

Sunflower, Rosemary & Tomato V Wholemeal V

Week 3:

26th Apr, 17th May, 7th Jun, 28th Jun, 19th Jul, 13th Sep, 4th Oct

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

Available Every Day

Fresh Fruit Platter Ve
Fresh Natural Yoghurt with Fruit Puree V

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

BM2IsteadRise

pabulum

Core Values Congratulations to all our winners!



Week Ending 23.04

Acorns Class

George for Perseverance & Amayah for Independence

Oak Class

Abril & Cooper G for Self Reflection

Palm Class

Scarlett for Self Reflection & Poppy B for Respect

Sycamore Class

Isabelle for Respect & Mia for Self Reflection

Cherry Class

Ryah for Independence & Poppy for Perseverance

Birch Class

Aman for Independence & Corben for Perseverance

Willow Class

Leo for Respect & Lee for Self Reflection

Elm Class

Joseph for Independence & Sonny for Perseverance

Aspen Class

Kaden F & Lola for Respect

Week Ending 30.04

Acorns Class

Samuel for Perseverance & Elliot for Independence

Oak Class

Delphine and Kai for Respect

Palm Class

Carter for Self Reflection & Tommy for Perseverance

Sycamore Class

Nathan for Independence & Jessica S for Self Reflection

Cherry Class

Jiya respect & James Sin for Self Reflection

Birch Class

Dilan C for Respect & Arturo for Perseverance

Willow Class

Neve for Perseverance & Whole Class for Respect

Elm Class

Amelie for Independence & Tymek for Self Reflection

Aspen Class

Cameron for Perseverance & Macy for Respect



Gravesham Borough Council
(including COVID-19 advice line)
Phone: 01474 337070
Web: www.gravesham.gov.uk

Gravesham Food Bank
Riverside Community Centre,
Dickens Road, Gravesend, DA12 2JY
Phone: 01474 559555
Email: info@graveshamfoodbank.org.uk
Web: <https://gravesham.foodbank.org.uk/>

Citizens Advice
Phone: 0800 1448 444
Web: www.citizensadvice.org.uk

Kent Together
Kent County Council 24-hour Helpline
Phone: 03000 419292

Kent Resilience Hub

Supporting 10-16 year olds
COVID-19 and the pressures of everyday life.
Web: www.kentresiliencehub.org.uk
Text: 07520 618850

Kent Young Carers

Phone: 0300 111 1110
Email: info@kentyoungcarers.org.uk
Twitter: @KentYoungCarers

North Kent Mind

Mental Health Support (age 17+)
Phone: 01322 291380
Email: admin@northkentmind.co.uk
Web: www.northkentmind.co.uk

Young Minds

Mental health support for young people
Phone: (Parent Helpline) 0808 802 5544
Web: www.youngminds.org.uk
Young Minds **URGENT** help text YM to 85258

Kent Live Well Services

old Porchlight Community Service Link

- Housing, debt and benefits, including
- online support
- Support with wellbeing at this difficult
- time
- Liaising with key agencies on your behalf
- Linking to community help and food parcels
- Can provide you with a mobile phone if you do not have access to one

Phone: 0800 567 7699
Email: info@livewellkent.org.uk
Web: <https://livewellkent.org.uk/in-your-area/dartford-gravesham-swanley>

COVID-19 Mutual Aid UK

Volunteer lead initiative where groups of people get together to support one another.
Twitter: @GravesendAid
Facebook: www.facebook.com/GravesendAid

Choices

Independent domestic abuse charity Dartford and Gravesend
Phone: 0800 917 9948
Hostel Referrals: 01474 352552
Web: www.choicesdaservice.org.uk

Kent Victim Support

Phone: 0808 168 9276
Email: kent.vart@victimsupport.org.uk
Web: www.victimsupport.org.uk

Rethink

Sahayak Asian Mental Health Helpline
Gravesend service, speak in Gujarati, Punjabi, Hindi, Urdu & English
Phone: 0808 800 2073

