



# Istead Rise Primary Celebration Newsletter



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**17th September 2021**

Hello to all our awesome parents, children and staff at Istead Rise Primary School. The start of our term has seen some very smart and tall children walk through our gates, all with incredibly large smiles!

We welcome any new children and parents to our school but a special welcome to our brave new Year R children who are in half days this week. Welcome to their parents too!

Summer seems like a distant memory but I do hope our community had some quality family time with less Covid restrictions. I managed to spend time with friends and family I hadn't seen for ages. There were many hugs all around! :- ) I await the improvement of the Covid situation in South Africa to see my dear mother-in-law.

The new academic year always brings excitement and nervousness all at the same time for many of our children (and parents). We would like to thank all the parents for preparing their children for a calm and focused start (even if they weren't). We want to ensure our children have every opportunity to learn and make great progress this year, academically, socially, emotionally and above all, personally. Our staff are committed to prepare all children to be upstanding citizens of our society who are resilient, who persevere and who are respectful individuals.

At Istead Rise we all take the learning and safety of our children seriously but we also believe it is vital to work with our community. Myself, Mr Payne and the leaders at Istead Rise have an open door policy, and all our hardworking teachers and support staff are there to help in any way they can. Please make sure you talk to us if you have any need to. Avoid playground gossip and negative comments on social media if at all possible. We continue to build on the already very positive reputation for our school. We would like all our parents and carers to help us with this endeavor. Thank you in advance for coming to talk to the staff to resolve any niggle.

This year we have so many exciting opportunities for your children, please ensure they attend regularly and are in on time. A big thank you to all the parents who have been patient with the uniform situation, the children are really looking so smart! They have missed school due to Covid restrictions and we want to ensure we narrow any gaps in their learning as best we can.

May this academic year be a year we come together again as a community, face to face. If anything, let's be kind and tolerant to all we come into contact with. The last few years have been tough enough on everyone especially our young people.

Mrs J Olivier - Executive Headteacher

A polite reminder to our Parents/Carers- please can you park in the surrounding roads with thought and consideration for the children, other adults and the local community, and do not obstruct driveways, many thanks.



## Uniform Orders

Apologies to all our Parents/Carers who are still waiting for outstanding uniform. Unfortunately, we have had some supply issues. We will contact you as soon as the items are back in stock, or will send the items home with your child. Thank you for your patience.





Poppy - Sycamore - Gold

Ronnie - Acorns - Bronze  
Samantha - Acorns - Bronze

Congratulations for all your  
hard work!

## Artists of the week

Congratulations to our Artists of the week!

**Week commencing 06/09:**  
Harry of Oak & Henry of Holly

**Week commencing 13/09:**  
Nihaal of Palm & Jessica S of Cherry



## Core Values - Congratulations to all of our winners!



**Week Ending 10.09**

**Acorns Class**

**Whole Class for Independence**

**Oak Class**

**Stanley for Independence & Nevaeh for Self Reflection**

**Palm Class**

**Shae for Perseverance & Leah Marie for Respect**

**Sycamore Class**

**Tess for Respect & Theo for Independence**

**Cherry Class**

**Lacie for Perseverance & Ollie for Respect**

**Willow Class**

**Harry for Self Reflection & John for Respect**

**Holly Class**

**Harry for Perseverance & Ellenor for Respect**

**Aspen Class**

**Neve for Respect & Harvey for Independence**

**Week Ending 17.09**

**Acorns Class**

**Freya for Respect & Zachary A for Respect**

**Oak Class**

**Bradley for Independence & Saskia for Respect**

**Palm Class**

**Freddie for Respect & Louie for Self Reflection**

**Sycamore Class**

**Kasey for Independence & Lyra for Respect**

**Cherry Class**

**Parsen for Perseverance & Mia for Respect**

**Willow Class**

**Alfie for Independence & Destiny for Perseverance**

**Holly Class**

**James O for Independence & Alice for Perseverance**

**Aspen Class**

**Olivia for Self Reflection and Cariona for Respect**

## Booking School Dinners, Breakfast & Afterschool Club via Parent Pay



Thank you to all of those who are booking your child's school dinner via Parent Pay. Can we please also ask that you cancel the booking if you send your child in with a packed lunch. This saves time for the office staff in the morning as they have to check all discrepancies on the class lunch registers.

Breakfast & Afterschool sessions also need to be booked in advance to allow the team to cater for the correct amount of children. These sessions need to be booked 3 days in advance, but can be cancelled up until the day before. The table below shows the latest day you can book prior to the required session.

Required Day of the week	Last available day to book
Monday	Previous Friday
Tuesday	Previous Saturday
Wednesday	Previous Sunday
Thursday	Previous Monday
Friday	Previous Tuesday

## County Lines

Some of you may or may not be familiar with the term 'County Lines'. You may have also heard of the following terms: Country, Cunch, O.T, Out There, Out of Town and Upsuh. This is when drug operations/phone lines are set up in regional areas by entities most commonly originating from major cities. Young people are exploited as couriers, runners and taking up other functional roles. Kent is a targeted county, with many of our school's surrounding towns/ villages acting as bases for such operations.

Recently I attended a webinar run by a charity named St. Giles. They help to prevent children engaging in youth violence, gangs and organised crime. The experience highlighted that this could happen anywhere and to anyone. I felt strongly about sharing this with parents and carers to make them aware of this activity, and signs to look out for. Few primary children are involved, however, it is important that parents/ carers are aware of the signs and of any indications of involvement from their primary school children or even older siblings.

The St. Giles SOS+ Service delivers early intervention work in educational settings, through preventative sessions on violence, vulnerability and exploitation. Their award-winning approach uses trained professionals with lived experience of the criminal justice system to de-glamorise gang involvement and expose the harsh realities of crime and violence. Their work is highly effective in reaching out to young people and making them aware of the long-term negative impact of being involved in such activities.

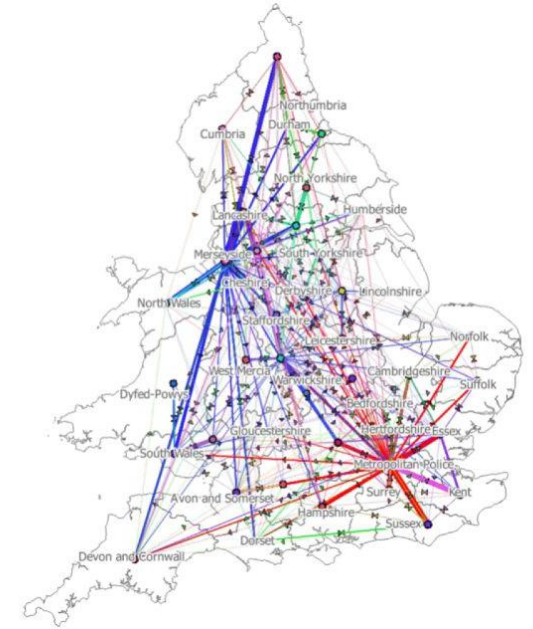
I have provided you with a link to their website, in particular the section on how you, as parents and careers, can be supported.

Regards,  
Mrs M Clark  
Deputy Headteacher

**County Lines Advice & Support  
for Parents & Carers**

# St Giles

## SOS Project



“

Just like any young people, you take away the labels and you can bring them back to being young people.

You open doors to opportunities, because before they hadn't seen a way out for themselves.

— ELROY PALMER MBE  
Community Services Manager





# Acorns



What a fantastic start to a new academic year. The children in Reception class have been immersed in an environment that has stimulated their minds and raised their curiosities. The staff in Acorn class have been thrilled with the children's balancing skills, pattern making, writing their names and identifying numbers up to 3. It just hasn't stopped!





# Oak

# Palm



Oak class have been working really hard on their numbers this week. They have matched the number with an object and sequenced numbers forwards and backwards with digits and words.

Year 2 have had a fantastic start to the new year! In English, we have been busy writing a set of instructions to make our own potions. We have looked carefully at using imperative verbs to make our steps clear and concise.

In Science this term we are looking at materials and their properties. Last week, we sorted a variety of objects into their different materials, before discussing why the objects were made that way. It was interesting to test for ourselves why washing up gloves are not made of soft fabrics and why spoons are not made of paper!

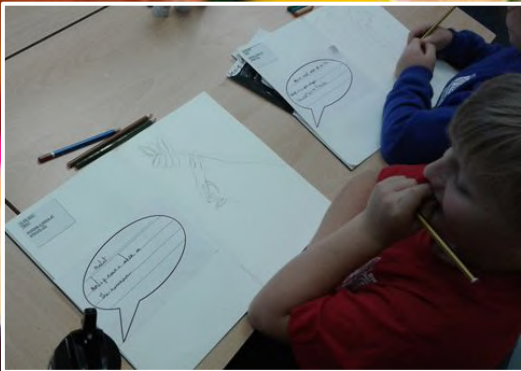


In English, the children in Oak class have been working on retelling a story in chronological order using Jack and the Beanstalk and The Three Little Pigs. They have acted out the story and used conjunctions and adjectives to help them with their writing.





# Sycamore



Sycamore has worked really hard since coming back to school this academic year. They've all settled into year 3 well and have been enjoying spending time with their friends again after the summer break. They've been busy learning lots of new things in geography, music, art and computing - just to name a few subjects!

Mrs Sandhu and I have been really impressed with how kind they are to one another and how they are able to work together to solve problems. We are looking forward to lots of exciting learning this year!

# Cherry



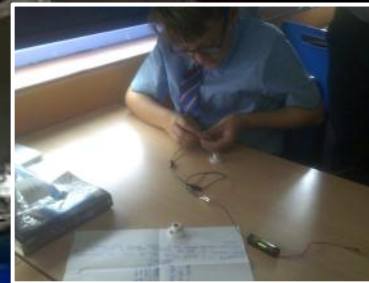
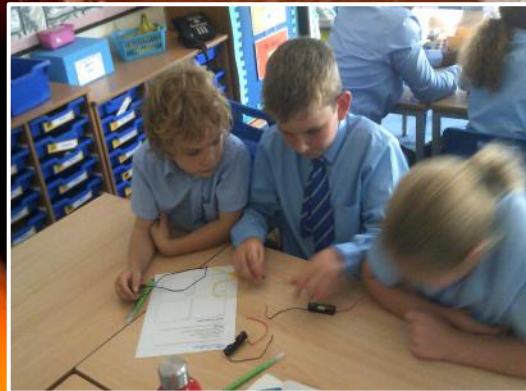
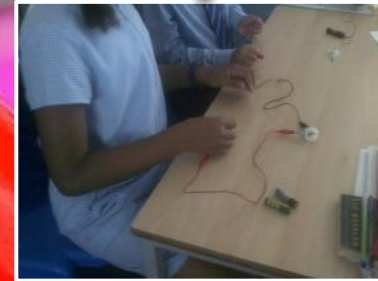
Year 4 have had a fantastic start to the year and are already beginning to demonstrate their core values of Independence, Respect, Self-Reflection and Perseverance. They have enjoyed investigating forces in Science and had fun concluding that a force is a process that causes a change in an object's shape, speed or direction. In Geography the children demonstrated good knowledge when identifying countries on the world map.



# Willow & Holly

# Aspen

Year 5 have had a great start to the new academic year! In English we have started to write our own diary entries. We have recapped different sentence types, chosen sophisticated vocabulary as well as focusing on the -ed spelling rule. In Maths, the children have worked to recap place value knowledge and have enjoyed the daily challenge of Times Tables Rockstars. Science this term is based on electricity. Last week, we made our own circuits using bulbs and wires. It was great to see both classes so engaged with this activity. Holly and Willow have enjoyed their first swimming lesson this week! The lesson focused on basic swimming skills. Everyone seems keen to get back in the pool again next week! Well done Year 5 for a great term so far!



Year 6 have had an excellent start to the year. In History we are studying The Maya, and began looking at the artefacts which we have on loan from the museum - trying to work out what they were and their purpose. In science we have started our theme of electricity, creating circuits to light a series of bulbs, and the difference the number of cells and bulbs will make to their brightness within the circuit.





# Forest School



Mrs T Clark was very impressed with Oak class in the Forest this week. Everyone enjoyed looking for bugs and creating natural art inside frames made of sticks. Music rang out across the Forest by Oaks very own drumming band created by Alfie. What adventures will they get upto next week?



# Let's see what's for lunch

Week 1  
w/c 20th  
September

## 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](http://www.schoolfoodplan.com)

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

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

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

Thursday	<b>Main Meals</b>	Cumberland Sausage with Mash & Gravy
		Courgette & Potato Pattie with a Pitta & Garlic Mayo V
		Jacket Potato with Baked Beans V or Cheese V
	<b>Vegetables</b>	Green Beans & Cauliflower V
	<b>Dessert</b>	Fruit Burst Jolly V

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

### Freshly Baked Bread:

Pumpkin & Carrot V Wholemeal V

### Week 1:

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

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

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

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

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

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

### Freshly Baked Bread:

Courgette, Oat & Thyme V Wholemeal V

### Week 2:

19<sup>th</sup> Apr, 10<sup>th</sup> May, 31<sup>st</sup> May, 21<sup>st</sup> Jun, 11<sup>th</sup> Jul, 6<sup>th</sup> Sep, 27<sup>th</sup> Sep, 18<sup>th</sup> Oct

### 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.

MF Monday	<b>Main Meals</b>	Chick Pea & Vegetable Curry with Rice V
		Homemade Vegan Burger with Baked Sweet Potato V
		Pasta with Tomato & Vegetable Sauce V
	<b>Vegetables</b>	Broccoli Florets V
	<b>Dessert</b>	Carrot & Apple Flapjack V

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

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

Thursday	<b>Main Meals</b>	Beef Burger in a Bun with Potato Salad
		Margherita Pizza with Potato Salad V
		Jacket Potato with Baked Beans V or Cheese V
	<b>Vegetables</b>	Sweetcorn V
	<b>Dessert</b>	Crilled Rice Pudding with Berry Compote V

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

### Freshly Baked Bread:

Sunflower, Rosemary & Tomato V Wholemeal V

### Week 3:

26<sup>th</sup> Apr, 17<sup>th</sup> May, 7<sup>th</sup> Jun, 28<sup>th</sup> Jun, 19<sup>th</sup> Jul, 13<sup>th</sup> Sep, 4<sup>th</sup> Oct

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

### Available Every Day

Fresh Fruit Pudding V  
Fresh Natural Yoghurt with Fruit Purée V

All products are subject to availability.

BM21stead Rise

April 2021

**pabulum**  
NUTRITION