



Istead Rise Primary Celebration Newsletter



Executive Headteacher: Mrs J Olivier

Telephone: 01474 833177

Twitter: @IsteadRisePS

Head of School: Mr S Payne

Email: irpoffice@swale.at

Facebook: Facebook

Deputy Headteacher: Mrs M Clark

Website: www.isteadrise.org.uk

14th May 2021

Dear Parents and Carers,

It has been a busy time at Istead Rise and there continues to be many things coming-up to look forward to. Children are continuing to make excellent progress in their learning and rise to all challenges their teachers set. A number of year groups have undertaken assessment activities in recent weeks and the outcomes are very encouraging. This shows that our pupils have coped well with the difficulties of the last year and that the periods of remote learning have not stopped them from achieving great results in class.

Mission to Mars

As you will know, all pupils at Istead Rise will be taking part in our 'Mission to Mars' next week. Children will have the opportunity to take part in a number of special learning activities and hopefully will end the week as experts on space travel! Thank you to everybody who has donated cardboard and other building materials this week, I know that our children are looking forward to building their 'Mars colonies'!

We also look forward to hosting a school full of aliens and astronauts next Friday, when all children and staff are invited to come in space-related fancy dress!

Zambia Day

On Thursday 27th May 2021, we will be celebrating Istead Rise Primary School's relationship with the Hands of Compassion School in Zambia by inviting the children to come to school dressed in the colours of the Zambian flag. The children can look forward to an assembly about the Hands of Compassion School, which supports extremely poor and/or orphaned children. This year, Willow class has written letters to the children who attend, and they are looking forward to receiving responses. We also hope to undertake fundraising to support Hands of Compassion. Miss Young will be writing to all parents soon with more information.

Year Four Multiplication Tables Check

Pupils in Year Four will soon be completing their Multiplication Tables Check. Year Four parents will soon receive a letter from Mrs Clark which will include thorough details of what this involves.

We thank you all for your continued support and wish everybody a fantastic weekend.

Steve Payne

PCR & Lateral Flow Covid Tests

This link will take you to the NHS website for full guidance on which covid test you should be taking.

[Lateral & PCR Covid Tests](#)

Please book via
your child's Parent
Pay account in the
usual way

Favourites Day Thursday 20th May

BBQ Chicken Pizza
Margherita Pizza

Sweetcorn - Potato Wedges - Coleslaw

Jacket Potato with
Grated Cheese or Tuna Mayonnaise

Chocolate Brownie & Vanilla Ice Cream
Fruit Jelly
Fresh Fruit Platter

Acorns

This week has been all about spiders, which some children have not enjoyed at all! We have learnt that spiders have eight legs and eyes and eat flies - yuck!

Last week at Forest School we held a worm charming competition. We poured water on the soil because we know worms like it wet. Then we tried singing to them and stamping around where we were digging. Sadly we only managed to charm two worms out of the ground. We also made our very own worms by wrapping sticks with wool. In the classroom we measured worms using cubes, the longest worm was 24 cubes long.

Lots of us have had a fascination with big numbers. Some of Acorns class wrote all of the numbers to 100 independently!



Well done to the children in Acorns class who took part in their Bikeability Balance Bike course last week. Bikeability Balance helps to give the children the basic balance and coordination skills they will need to learn to ride a bike. The children had three 40 minute sessions throughout the week learning how to ride the balance bikes. All of the children received certificates for their hard work throughout the sessions, and the instructor commented that it was a great pleasure to have worked with the children in Acorns class.



Oak

Year 1 have had worked really hard, continuing their learning about Dinosaurs

This week the children used water paints to get creative. They painted a dinosaur setting. At the start of the lesson, the children talked about how colour can create a mood and looked at a variety of painting settings.

The children then chose their colours and painted their own background. After the paint had dried, the children discussed together what their favourite dinosaur was. It was no surprise to find that the majority of the class chose the Tyrannosaurus Rex!

The children then drew their favourite dinosaur on black card, cut it out and glued it onto their setting. Their silhouettes were super. Look at all the paintings. Well done Year 1!



Palm

In Science this term, Year 2 have been working hard to create their habitat shoe boxes. We learnt about what animals and humans need to survive and discovered how they are suited to living in their environments.

We spent some time looking at pictures of different habitats before designing and making our own. There were a huge range of habitat boxes made, from the rainforest and ocean to the Arctic. We all had a lot of fun painting the inside of the shoe box and drawing the animals that live there. It has even inspired some of us to go home and do some research into specific animals and their adaptations!



Sycamore

Last week we had our 'Theatre Day'. The children had a lot of fun writing a script in groups and making their own props.

They then performed 'The Three Billy Goats Gruff' in their very own 'Puppet Theatre' in the afternoon. It was wonderful to see every child confidently saying their lines in front of the rest of the class and encouraging each other. We also had a 'Gardening Day' this week. We learnt how to plant flowers and what they need to grow.



Mental Health Awareness Week



18-24 May

#SpeakYourMind

As Mental Health Week is taking place between the 10th to the 16th of May, we have been focussed on our acts of kindness. The children continue to send uplifting messages to their friends, which are then displayed on our corridor board.

Let Your Kindness Shine

Week 1

Week 2

Week 3

Week 4

Week 5

Birch & Cherry

Igneous Rock



Chocolate chips represent rocks in a volcano



Chocolate chips represent rocks in a volcano

Sedimentary Rock



Brick representing the river bank



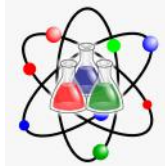
Chocolate chips represent pieces of sedimentary rock

Metamorphic Rock

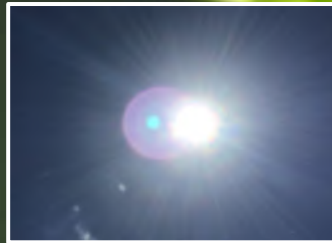


Chocolate chips represent pieces of metamorphic rock

Our Science lessons this term are all about rocks. Last week the children enjoyed finding out about three types of rock formation - Igneous, Sedimentary and Metamorphic. We looked at the key processes and then investigated with food. The children carefully compared the process of each formation to help understand and remember the key features of each rock.



Willow



Willow class have been busy again during their time in Forest School, using their building and organising skills to construct a den that needed to be able to hide at least two people.

We have also been investigating the life cycle of flowering plants in our Science lessons to discover how different plants multiply and grow in different ways. In this week's lesson we have planted our own bean seeds and will be observing them grow.

In English we have been exploring poetry. We compared how poems are similar to raps and we had the privilege of witnessing the first ever performance from local rapper, MC Cone. We were all super impressed with his skills and bravery.

With Mental Health Awareness Week taking place from 10th - 16th May and the theme this year being 'Nature and the Environment', we have used our photography skills to take some photos of nature in our school grounds.

Elm & Aspen

Aspen and Elm have been very busy in our D & T sessions over the past few weeks. We started by designing our 'HP Lovecraft' inspired creatures. The following lesson, each child chose their favourite design and constructed the body of the creature using wire. This was tricky but with determination and perseverance, everyone managed to complete this stage. Well done Year 6!

Next, we started to build up our creatures by moulding plasticine around the wire. This was a lot of fun and both classes put in lots of effort to ensure they followed their original designs. We are now looking forward to painting our creatures this week and adding the final touches!

In English we have been working on writing a 'gothic ghost story'. This has been really enjoyable and the children have worked hard to use new and high-level vocabulary linked to the theme. In Science this week, we looked at how plants reproduce and recapped what they need to survive. Each child is growing their own broad bean, making daily observations and checks to ensure they have enough water to grow.



Forest School



Year 4/5 were given the task of building a den/shelter using the knots taught in their last session. We had some fantastic teamwork and creative dens. Some children took part in an archaeological dig and others climbed trees, played on the swing and tyre or made pizzas.



Harry made a chalk mill from logs. He cleverly worked out how he can grind chalk down to a powder. Mrs Clark just had to try it out. Well done Harry.

Forest School



This week Friends of the Forest had great fun making their cast/moulds ready for casting next week. They also enjoyed climbing trees and wheezing on the tyre. Poppy and Mrs Neal also had fun on the swing.



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

Week 3 w/c
17th 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 Pattie 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

All products are subject to availability.

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 07.05

Acorns Class

Jack L & Nevaeh for Independence

Oak Class

Samuel L for Perseverance & Oliver F for Independence

Palm Class

Harry for Independence & Izzy for Respect

Sycamore Class

Ruby & Jude for Independence

Cherry Class

Harjot & Sahib for Respect

Birch Class

Ellie for Perseverance & Harry for Respect

Willow Class

Leo, Jake & Henry for Self Reflection

Elm Class

Leon for Respect & Rosie for Perseverance

Aspen Class

Oniv & Noah for Respect

Week Ending 14.05

Acorns Class

Charlie & Evelyn for Independence

Oak Class

Samuel L for Perseverance & Oliver F for Independence

Palm Class

David for Independence & Tess for Self Reflection

Sycamore Class

George & Jack for Self Reflection

Cherry Class

Niamh & Bobby for Self Reflection

Birch Class

Parker for Independence & Isher for Self Reflection

Willow Class

Dylan for Independence

Elm Class

Oliver L for Independence & Kaeden k for Self Reflection

Aspen Class

Aidan for Independence & Macy for Self Reflection



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 Live Well Services

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/dartfordgravesham-swanley>

COVID-19 Mutual Aid UK

Volunteer lead initiative where people get together to support one another.

Twitter: @GravesendAid

Facebook: www.facebook.com/GravesendAid

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

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

Kent Together

Kent County Council 24-hour Helpline

Phone: 03000 419292

Choices

Independent domestic abuse charity

Dartford and Gravesend

Phone: 0800 917 9948

Hostel Referrals: 01474 352552

Web: www.choicesdaservice.org.uk

Young Minds

Mental health support for young people

Phone: (Parent Helpline) 0808 802 5544

Web: www.ofyoungminds.org.uk

Young Minds **URGENT** help text YM to 85258