



# Istead Rise Primary Celebration Newsletter

## Friday 11th October 2024



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**Friday 18th October**  
**Show Racism the Red Card Wear Red Day**

**Wednesday 23rd October**  
**Flu Vaccinations**  
**Whole School**

**Thursday 24th October**  
**School Photographer**  
**Individual & Sibling Photographs**

**Friday 25th October**  
**End of Term 1**

**Monday 4th November**  
**Term 2 Begins**

**Friday 15th November**  
**Children In Need**  
**Details To Follow**

**Thursday 28th November**  
**1:00pm - 7:00pm Parent**  
**Consultations (details to follow)**

**Friday 20th December**  
**End of Term 2**

**Online Safety Newsletter** Oct 2024

**iOS 18 Launch**

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are a restricted to newer phones) but one feature that you should be aware of is the ability to now lock an app.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is not visible. This new feature is fantastic if you need to have regular chats with your child about what they are using their phone for.

**Vault (secret) Apps**

Have you heard of Vault Apps? They are basically secret apps that are controlled by locking like a normal app. For example, one of these apps looks and works like a working calculator when opened, but when a password is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

<https://www.bark.co.uk/blog/parental-controls-apps>  
<https://www.isteadrise.org.uk/news/parents-protecting-their-children-from-app-purchases>

**Mobile phones: do you know the risks?**

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/sleep, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/games

**What effects do mobile phones have on children's mental health?**

Concerns about the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/resources/compass-changing-how-what-effects-to-mobile-phones-have-on-children-and-a-qa-with-gemma-carrall-hall>

**EE Launches Age Guidance**

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16 year olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can find their full guidance here:

<https://www.compass.co.uk/ee-launches-age-guidance-for-smartphone-usage-to-improve-childrens-digital-wellbeing>

**Could you delay when your child is given a smartphone with Smartphone Free Childhood?**

The premise behind this movement is that all parents/carers of a child all agree not to give their children smartphones (therefore the lowest peer pressure is reduced) for a set time or until a specific age:

<https://www.smartphonefreechildhood.co.uk/>

**What device?**

When you think it is the right time for your child to have a phone, then which? We provide an overview of some options available:

<https://www.isteadrise.org.uk/news/parents-protecting-their-children-from-app-purchases>

Items of this guide are used at their own discretion. No liability is entered into.



**Congratulations to our new school council who were elected by their classes earlier this term.**

- Y1 - Ava
- Y2 - Sophie
- Y3 - Emilia
- Y4 - Elliott
- Y5 - Katelyn
- Y6 - Grace

**The school council are busy working on an 'online safety' assembly which they will deliver to Key Stages one and two.**

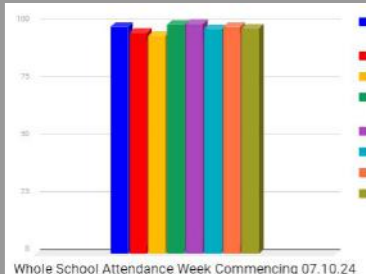
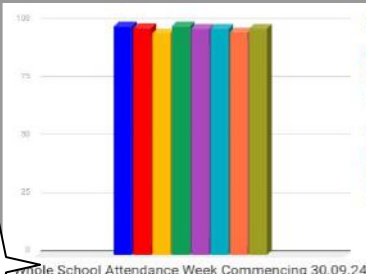
**Well done to our newly elected members!**



**KS1**  
**Winner: Nellie of Oak.**  
**Runners-up:**  
**Frankie of Acorns,**  
**Sophia of Palm.**

**KS2**  
**Winner: Poppy of Aspen.**  
**Runners-up:**  
**Keira of Cherry,**  
**Alicia of Cherry,**  
**George of Cherry,**  
**Kai of Willow.**

**School Lunch Menu**



### Attendance Class Awards

**W/C 30.09.24**  
**KS1 - Acorns**  
**KS2 - Sycamore**

**W/C 07.10.24**  
**KS1 - Acorns**  
**KS2 - Cherry**



# MACMILLAN CANCER SUPPORT



THANK YOU! To all of you who attended our recent Macmillan event. We raised a fantastic £659.63. Thank you to everyone for their donations of cake, time and money. If you would like to donate, there is still time.

**DONATIONS**





# Acorns

During maths this week, the children have been learning about measure and patterns. They have used lots of vocabulary to support their learning.



Heavier or Lighter?



More or Less?



Big or Small?



The children counted the correct number of pom-poms for their elephant. Fantastic counting!

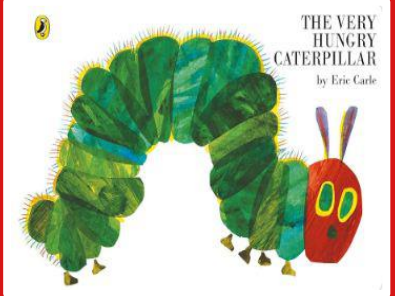
1	2	3	4	5
6	7	8	9	0
1	2	3	4	5
6	7	8	9	0

# Acorns



The children were trying to find suitable homes that were big enough for their dinosaurs to live in. They decided to build a house when they couldn't find one big enough. Super problem solving!

BOOK OF THE WEEK



# Oak



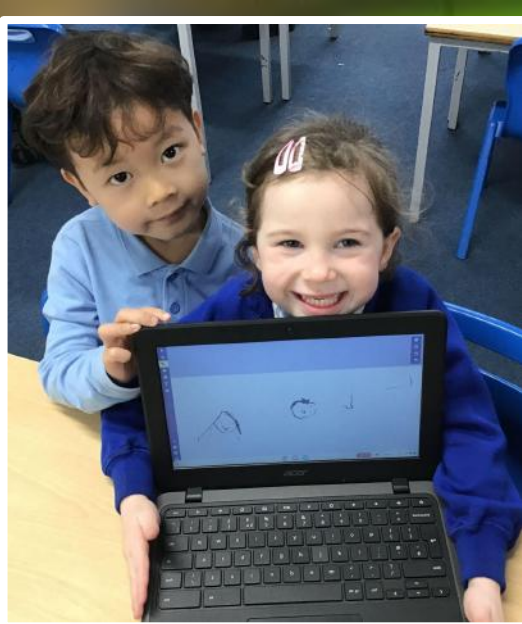
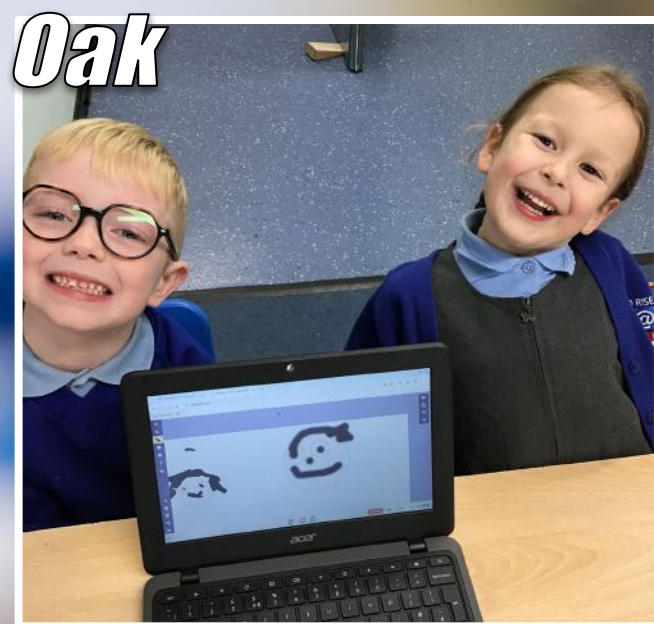
Oak class had a roaring bear hunt this week! We searched through the tall grass, observed the pond, and looked up at the trees. Along the way, the children drew and described what they saw using adjectives. With determination, they finally hunted down the bear... but the hunt for its cave continues.



Palm class did an experiment in science this week in which they had to sort objects made from different materials into groups according to whether they can be changed or not. They looked at whether materials: bend, stretch, squash or twist. They have also been working hard learning how to write a story and lots more of them are now writing in pen because they've worked so hard to improve their handwriting.



# Palm



Oak class had their last computing lesson for this term! To top up the skills they've learnt: clicking, dragging and drawing. They drew their self-portrait! They really focused on drawing their features and positioning them correctly. I was very impressed and they loved it!

# Sycamore



The children in Sycamore Class are working hard and thinking about the core values of perseverance, respect, independence and self reflection.

In English we are just finishing a powerful description about the sea.

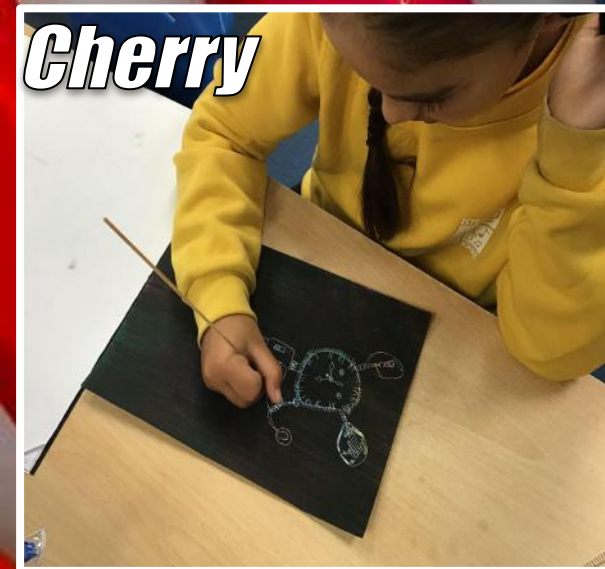
In maths we are working through addition questions. We have been learning how to count on, count in tens from any number, know our number pairs to 10, 50 and 100.

We have also written sums in column method using our hundreds, tens and ones columns.

In science we have been learning how our muscles support and protect movement. We looked at the major muscle groups and the children enjoyed the activity of trying to lick their elbow and labelling muscles as well as joints.

In geography we have explored physical and human features of Kent and the Highlands.





It has been another busy time in Cherry! We have now completed our second writing sequence (writing a non-fiction report on the 'real' tooth fairy, which used some great vocabulary and ideas). In Maths we have now moved onto our unit of addition and subtraction, looking in particular at the need for exchanging across the place value columns. In Geography we have been learning about why and where there is a Prime Meridian line and this will lead into learning about the different time zones across the globe. In Art we have spent this week's lesson creating our wax resist pictures, which have been based on our previous learning this term. In Science we have been continuing with our unit on sound, learning how the amount of energy that goes into creating a sound results in a louder volume being produced.



Year 6 have recently started division in Maths, as well as continuing with our ongoing arithmetic work. Well done Year 6 for your hard work and effort during lessons.

In English, we have just started a new sequence - writing a biography about Mary Seacole. The children will carry out research about her life and work this week, as well as writing an interesting and catchy introduction.

In Computing, we have been looking at Bletchley Park and the work that was carried out there. We have also researched famous pioneers of Computing.

In Science, Year 6 looked at the various ways that different materials can be separated. They carried out an investigation using different grades of sieves, as well as magnets.

# Willow

In English we have started a new learning sequence writing a mountain description. We have started our sequence creating a range of sentences using the different elements of ISPAD.

In guided reading we have been reading the book 'Dragon Mountain' and have finally got to meet the four dragons of Dragon Mountain. We are excited to see what adventures the children get up to with these mythical creatures.

In Maths we have been challenging ourselves with using rounding to check our answers, creating an estimation before using our addition and subtraction skills to calculate the correct answers.

In Geography this week we have been learning about how energy is produced using renewable and non-renewable sources.



27 October 2024  
 100% renewable low carbon energy is possible.

Scenario: Every source, 100% renewable, 100% efficient

Energy Source	Pros	Cons
Nuclear	Low carbon, 200 years to build, not any other uses.	Costs a non-renewable fuel, nuclear waste, no pollution.
GCAS	Renewable, cheap, ready to commission to generate power.	Nuclear cost remains, not low carbon, a massive pollution.
Wind	Low carbon, no pollution.	Variable power source, limited distribution.
Solar	Low carbon, no pollution.	

events@isteadrisecc.co.uk

Children must be accompanied by an adult

Children's Entertainer show at 6pm, Disco, Fairground games, Food and Drink

Tickets sold through the Community Centre Office/Bar

mcpersonnel in partnership with



## Give your time and change a family's life

If you feel passionate about children having the best possible start in life and can spare a few hours (or more!) a week, then why not consider volunteering as a Family Coach?

SCAN FOR MORE INFO!



Kent Family Hub



### HOW WILL YOU HELP FAMILIES?

- ✓ You'll support families with their perinatal mental health, building positive parent/infant relationships and supporting them with infant nutrition and feeding.
- ✓ You'll receive training to increase your knowledge and ability to support families.
- ✓ You'll share your own experiences to support and encourage parents at a crucial stage in their child's development.
- ✓ You'll listen to their feedback to help us improve Family Hub services across the county.

### APPLY TODAY TO MAKE A DIFFERENCE

- Call us on 01634 576111 or 07949 385629
- WhatsApp/Message us on 07949 385629
- Email us at familyhub@mc-personnel.co.uk



HOME START

North West Kent

Charity Number: 1148298  
 Company Number 8112993

## Volunteers Needed

- Do you want to make a difference to a family's life?
- Do you have parenting experience?
- Do you have 2-3 hours a week to spare?



We need enthusiastic volunteers in the Gravesham area. Of all ages, cultures, backgrounds and gender. To offer emotional and practical support to local families with pre-school age children.

Free 40 hour preparation course begins Wednesday 2nd October in Dartford.

Please call 01322 225100 or email office@homestartnwkent.org.uk  
 Scan QR code for further information.



# Core Values Congratulations To All Our Winners



## Week Ending 04.10

### Acorns Class

Finley for Respect, Henry for Perseverance & Leyla for Independence

### Oak Class

Amari for Independence, Ikyro & Harper for Respect

### Palm Class

Charlie for Perseverance, Jaxon for Independence, & Olivia for Respect

### Sycamore Class

Khenyang for Respect, Theo H & Ronnie for Independence

### Cherry Class

Alicia for Perseverance, Lyla for Independence & Alf for Respect

### Willow Class

Delphine for Perseverance, Maya for independence & Ruby WN for Respect

### Aspen Class

Lucas for Perseverance, Charlotte for Independence & Freddie for Self Reflection

## Week Ending 11.10

### Acorns Class

Clark for Perseverance, Dainchie for Respect & Frankie for Independence

### Oak Class

Jorge for Perseverance, Belle for Self Reflection & Eden for Independence

### Palm Class

Carter for Perseverance, Daisy for Respect & Eliza for Independence

### Sycamore Class

Ashiya & Samantha for Respect, Amber for Perseverance

### Cherry Class

Nevaeh & Jack L for Independence, Bobby for Respect

### Willow Class

Samuel L & Rajan for Independence, Otis for Respect

### Aspen Class

Millie C, Jace & Harry for Respect

If you would like your child to have guitar lessons in school on a Friday, please contact Chris on 07940 046124  
Years 3 - 6 only.



Cost per lesson £10 (new starters) for 30 minutes. Lessons available acoustic/bass guitar or ukulele.



# ISTEAD COLTS 'FUN CHARITY QUIZ NIGHT'

# IN MEMORY OF ELLIOTT HOLMES

## SAT 12TH OCTOBER

7pm to 11pm

The Hall, Istead Rise Community Centre  
Worcester Cl, Istead Rise, Gravesend DA13 9LB  
(non members are welcome)

**ENTRY FEE- £60 PER  
TEAM (UP TO TEAMS OF 6)  
18+ ADULTS ONLY**

Raffle & prizes  
Bring your own snacks and  
cash for raffle  
Bar is open

SCAN ME



All proceeds will go to EHMF - supporting young people with mental health issues in the Gravesham Borough



### W/E 04.10

Most Valuable Player  
1st Molly of Aspen  
2nd Kasey of Aspen  
3rd Edward of Willow

### W/E 04.10

Winning Class  
1st Aspen  
2nd Willow  
3rd Sycamore

### W/E 11.04

Most Valuable Player  
1st Edward of Willow  
2nd Samuel Yanis  
of Willow  
3rd Rajan of Willow

### W/E 11.04

Winning Class  
1st Willow  
2nd Sycamore  
3rd Aspen

**WELL  
DONE**