



Istead Rise Primary Celebration Newsletter

Friday 7th March 2025



Headteacher Mr S Payne

Telephone: 01474 833177

Twitter: @IsteadRisePS

Acting Head of School: Mrs M Clark

Email: irpoffice@swale.at

Facebook: Facebook

Website: www.isteadrise.org.uk



Online Safety Newsletter March 2025

The impact of smartphones

Artificial Intelligence (AI)

There is a growing concern as how the massive use of smartphones can affect our children.

In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also begin to think about the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screen time limit.

According to King's College London, their new study of smartphone leads to behaviors being identified links between problematic smartphone use and depression, anxiety and insomnia. You can read more about those studies here: <https://www.kcl.ac.uk/news/2024/03/12/psychology-researchers-link-smartphone-use-to-mental-health-problems>

Companies have produced an article in what effects mobile phones have on children here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls-on-mobile-phones-how-to-protect-your-childs-mental-health/>

Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls-on-mobile-phones-how-to-protect-your-childs-mental-health/>
- <https://www.internetmatters.org/parental-controls-on-mobile-phones/>

A big thank you to all of you who attended our Usborne Book Fair over the last couple of days. All payment links have now been sent to parents. If you have not received one please let us know. If you did not have time to visit, you can purchase online via the link below and selecting '**continue shopping with Laura Nicholls**'. We will let you know how much we have raised from all your purchases asap.

Usborne Books



Year R, 1 & 2 mums look out for your special message in the Mother's Day supplement in the Kent Messenger - week ending 28th March '25



Attendance Class Awards

W/C 24.02.25

KS1 - Acorns

KS2 - Cherry

W/C 03.03.25

KS1 - Oak

KS2 - Sycamore

Thursday 27th March
Parent Drop-ins (Y1-6)

Friday 28th March
FIRPS Mother's Day Shop
Details to Follow

Friday 4th April 2025
End of Term 4

Tuesday 22nd April
Term 5 Begins

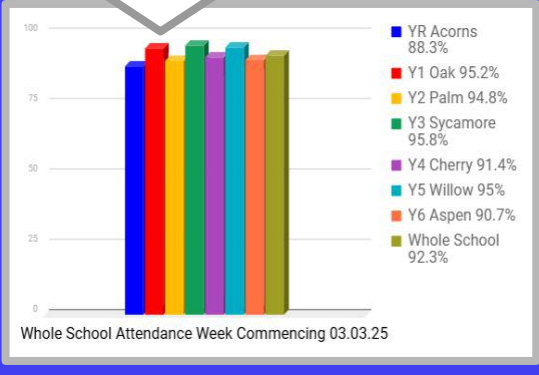
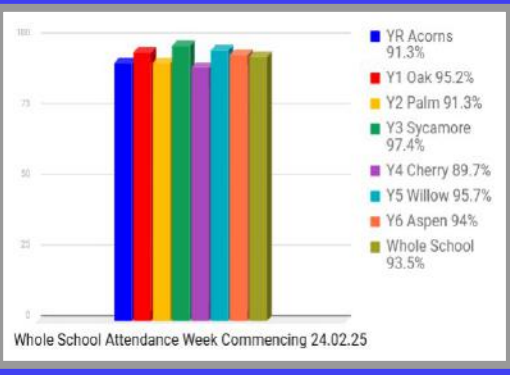
Monday 5th May
Bank Holiday
School Closed

Friday 23rd May
End of Term 5

Monday 2nd June
Term 6 Begins

The link below will take you to a copy of the March edition of our online safety newsletter. It references the use of AI, Tik Tok and NSPCC PANTS resources. We have recently presented PANTS assemblies to the children, so they should be aware of what this means should you wish to discuss this with them.

Online Safety Newsletter
March 25



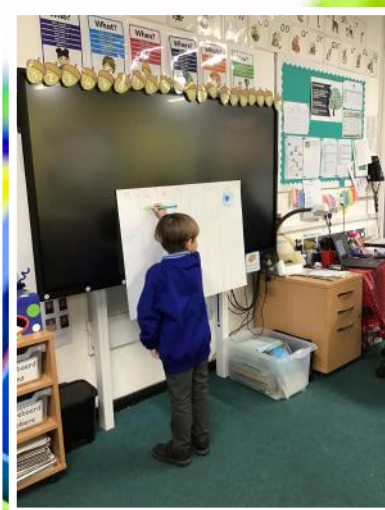
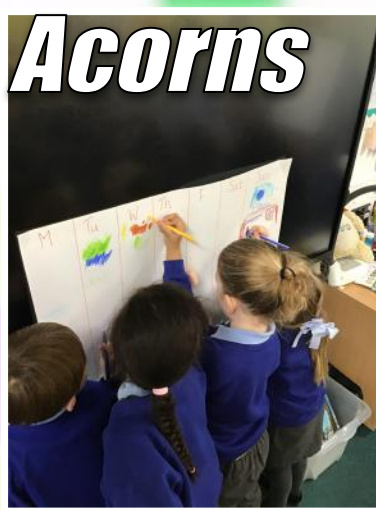


WORLD
BOOK
DAY

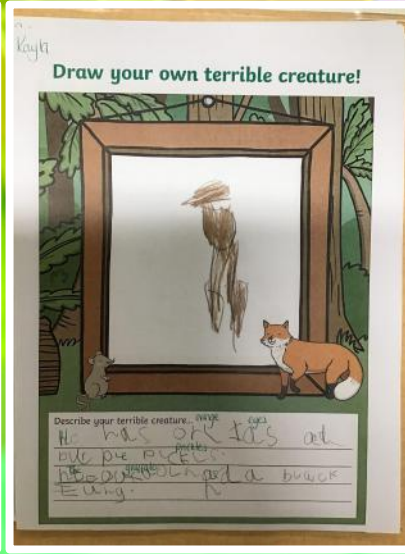
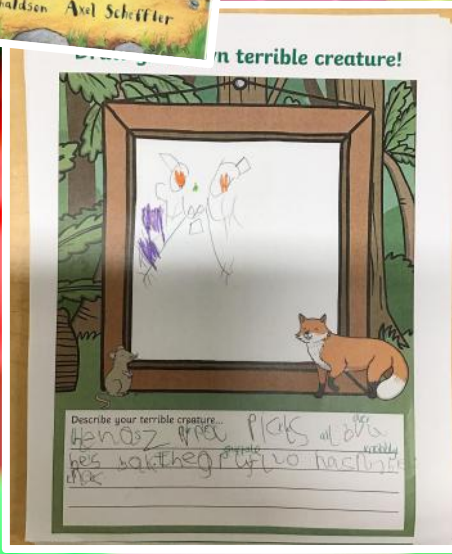
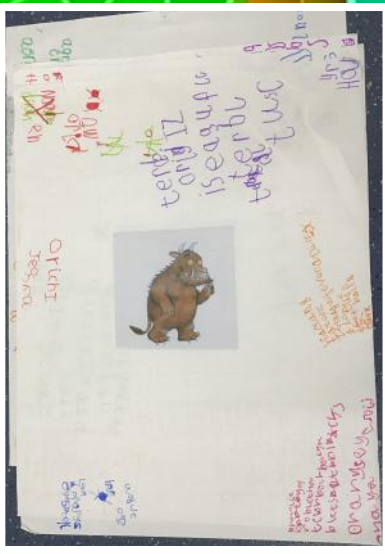
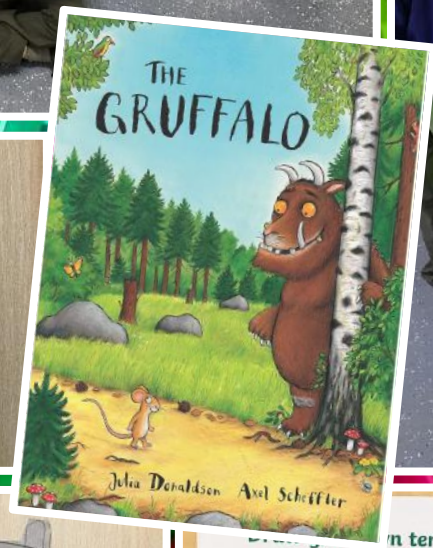
WORLD
**BOOK
DAY**



Acorns



This term we are looking at books written by Julia Donaldson. So far we have looked at 'The Gruffalo'. We have enjoyed retelling the story, writing a Gruffalo description and creating our own Gruffalo masterpieces.

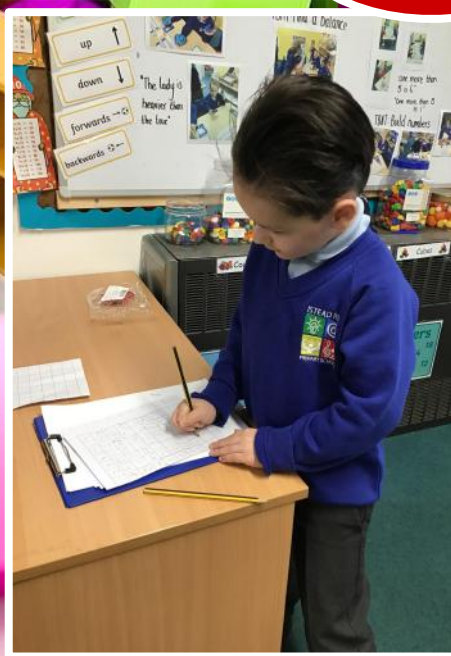


Acorns

Continuous Provision

Maths

In maths we have been learning about sequence. We were able to sequence our week as a whole class.



We have enjoyed exploring our indoor and outdoor learning areas. We have been building on problem solving skills, communication, language and interaction. We love to keep busy.



Oak Class have come into school looking amazing today for our World Book Day celebrations. In maths, we have been using manipulatives to make one more or one less.

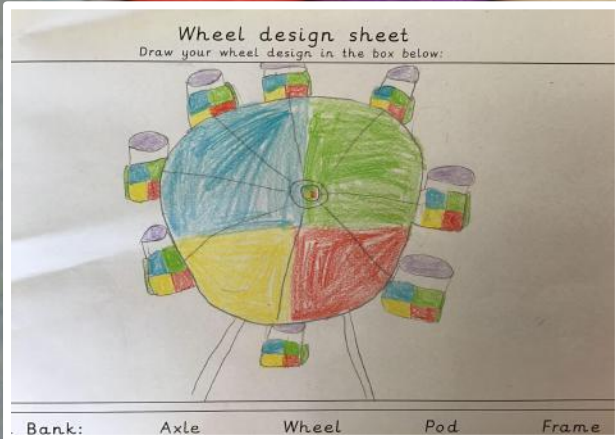
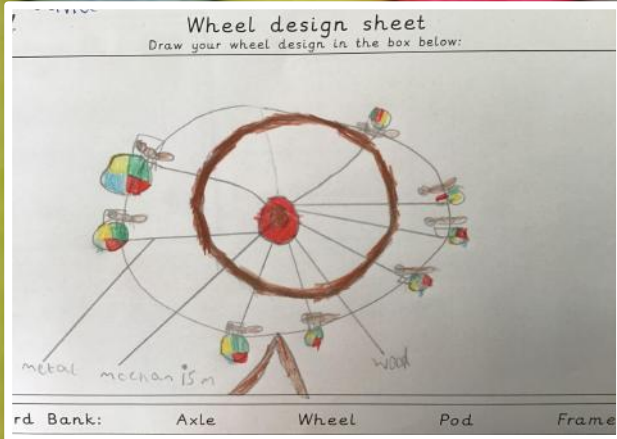
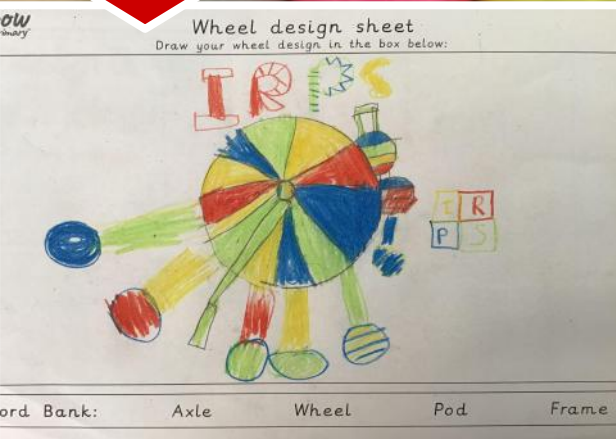
Palm



The children designed their own Ferris Wheel in their DT lesson last week and are learning all about mechanisms.

In science they also had to measure their resting heart rate and compare it to their heart rate after exercise.

Palm class has been learning to write a description based on the story we read last term, *The Boy Who Grew Dragons*, in their English lessons. They have also started to learn about measurement in maths this week.



Sycamore



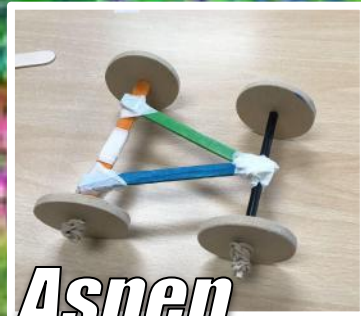
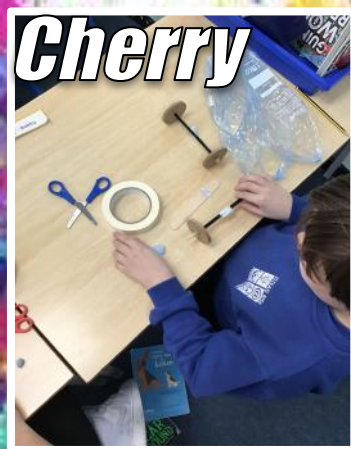
Sycamore class have had a very busy start to Term 4. We have started reading *Charlie and the Chocolate Factory* as part of our guided reading, and in English we have begun a sequence of descriptive writing about the chocolate room. In maths, we are learning about fractions and what a unit and non-unit fraction is. In science, the theme is light and we investigated that darkness is the absence of light, using objects in a box and torches. History this term is the Romans.

On Monday 3rd March, we had an exciting day with 'Titus' from the company Portals to the Past. The day was fun and engaging and gave us an understanding of life in Britain under the Pax Romana. We started the day in the hall looking at maps that told us the story of the foundation of Rome. Then we played a noisy Roman board game called Delta. After this, we handled artefacts and played a quiz. In the afternoon we looked at weapons and armour, practised battle drill, acted out Boudicca's big battle and made an arena for gladiators. The children were curious learners, asking inquisitive questions and showing their core values.





Cherry



Aspen

It's been another busy start to the term! In English we have been writing non-fiction books based on the amazing Dragonology text, to create our own Guide to Dragons. This has focused on note-taking and the use of conjunctions to further expand sentences. In Maths We have started learning about fractions, looking in detail at mixed-number fractions and improper fractions. In Science we have started a revision unit on the body and have started with the skeleton and muscles, this will lead to the digestive system next week. In RE we have started learning about BUddhism and will gain focus on the role of pilgrimage. In DT have have made proto=type cars and will next be looking to the design in detail. In Music this term we are using the song 'Lean on Me', while in Computing we have started to learn about HTML tags and how to edit HTML.

It was great to see such a fantastic range of World Book Day costumes, as well as amazing support for our sponsored reading and Book Fair events. Thank you!

We're pleased to announce that our historic annual Summer School at Benenden is back this July! Following an amazing Summer School in 2024, the whole team are thrilled to be back at Benenden School for another fantastic few weeks of music making in 2025.

Why should my children go to Kent Music Summer School (KMSS)?

KMSS courses are exciting and engaging, perfect for giving your students an ensemble experience outside of their music lessons. They offer the opportunity to build on their love for music while expanding social and musical horizons. The focus of the Summer School music courses is for young people to have fun while being encouraged and motivated to improve, supported by professional tutors and an experienced pastoral team. From new starters to experienced players, it's a place for everyone to enjoy themselves and enrich their summers, making friends and memories to last a lifetime!

KMSS offers something for all young musicians. Ability, experience and finances needn't be barriers to entry. All courses are audition-free, and we can offer generous financial assistance to students who meet the criteria.

Want to find out more?

Please visit our website ([Kent Music Summer School - Kent Music](#)) or have a look at our online brochure: [Interactive-Brochure-KMSS-2025.pdf](#)

Year 6 have been busy writing a short story over the past two weeks. They have worked so hard to perfect the skill of writing and punctuating speech and dialogue correctly. They have also focused on using descriptive vocabulary to add detail to their writing; as well as show a character's personality through their speech.

In Maths, we have been learning how to read and plot coordinates on a four quadrant grid, as well as how to translate shapes.

Well done to everyone who has been completing their homework regularly, especially reading. It really makes a difference!

Willow



Year 5 have made a great start to Term 4. In maths, we are again focusing on fractions, multiplying and finding fractions of amount. In English, we have finished writing our narrative about an alien invasion at the school and will begin writing a scientific report about the process of mummification. In history, we have been learning about Ancient Egyptian pharaohs and over the term we will be looking at different aspects of Ancient Egyptian life. During science this term we will be looking at 'Earth and Space'. This week we discussed how Earth, the Sun and Moon are spherical bodies, and looked at evidence to help us prove this.



On the last day of Term 3, Year 5 took part in Resilience Training. The children took part in a range of activities working on trust, team work, coping strategies, kindness and feelings.



STEM - Craft



It has been an explosive week in STEM club. Everyone was so excited to erupt their volcanoes, which they built last term. I am so proud of how well they supported each other and of how sensible they were when using the resources to make their volcanoes erupt. Children had to decide how much of each element to use to create a really good eruption. All of the volcanoes erupted successfully. Well done everyone. I would like to thank Molly and Lyra, our STEM ambassadors from year 6, who give up their time each week to help and support the children in STEM club. For the next few weeks, we will be doing some weaving. If you have any spare wool at home that you would like to donate to STEM club, it would be greatly appreciated.

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respite care in your home or ours

ELLIE'S mini marathon 2025

Saturday 26 April
(the day before the London Marathon)

Calling all mini marathoners!

ELLIE'S MINI MARATHON
IS THE ULTIMATE CHILDREN'S
FUN RUN OPEN TO
CHILDREN AGED 2-16

SCAN
ME!
TO SIGN
UP NOW







Guru Nanak Football Club
Gravesend
DA12 1LU

INTERESTED IN HOSTING YOUR OWN MINI MARATHON AT SCHOOL?
Get in touch with our community fundraising team at fundraising@ellenor.org
to find out how!

WANT TO COMPLETE THE MINI MARATHON AT YOUR OWN PACE?
Sign up for Ellie's Virtual Mini Marathon and run or walk the distance
whenever it suits you! Scan the QR code for more information.



ellenor.org 01474 320007 @ellenorcharity    

Registered charity no. 1121561



Come and visit
Beavers!

Scouts


1st New Barn

Special badge
for each child
who decides to
join!



Calling all 5 3/4 - 8 year old girls and boys - you are invited to
join us at 1st New Barn Beavers for:

**fun, friendship, challenge,
excitement, games, adventure
and much, much more!**

Thursdays during term time

At Longfield Hill Community Hall

From 5pm - 6pm

Please bring along an adult so they can find out
what Beavers is all about too! We are always
happy to welcome new adults into our group.

Please let us know if you can come!

Any questions? Get in touch with Christine (Group Lead Volunteer):
☎ 07980 466290 ✉ firstlongfield@hotmail.com

BEAVERS



BIGGIN HILL
GRAVESEND
DARTFORD
AYLESFORD



**FC Academy provides expert football coaching
for boys and girls aged 5-11**

Our specialist coaches cater for all abilities aged 5-11 and provide the children with the opportunity to get active, learn new skills and enjoy the game.

- First session FREE
- Boys and girls aged 5-11
- Weekly sessions
- Fun and safe learning environment

Hit the web address or scan the QR code to sign up now!
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WELL
DONE



W/E 20.02

Most Valuable Player
1st Martin of Willow
2nd Ronak of Aspen
3rd Sujaan of Cherry

W/E 20.02

Winning Class
1st Willow
2nd Aspen
3rd Sycamore

W/E 07.03

Most Valuable Player
1st Ronak of Aspen
2nd Molly of Aspen
3rd Tyler of Sycamore

W/E 07.03

Winning Class
1st Aspen
2nd Sycamore
3rd Cherry

W/E 20.02
Charlie of
Cherry 0.76
Seconds

Core Values

Congratulations To All Our Winners



Week Ending 20.02

Acorns Class

William for Perseverance,
Dennie for Independence & Tris for Self Reflection
Oak Class

Willow E, Ikyro & Evie for Independence
Palm Class

Eliza, Ellie & Frank for Perseverance
Sycamore Class

Ava & Rajah for Perseverance,
Emily for Independence
Cherry Class

Evelyn for Respect, Constance for Perseverance
& Teddy for Self Reflection
Willow Class

Otis for Independence,
Ruby H & Louie for Perseverance
Aspen Class

Jacob for Independence, Lucas for Perseverance
& Tommy for Self Reflection

Week Ending 07.03

Acorns Class

Cruz for Perseverance, Adrik for Respect
& Anaya for Self Reflection
Palm Class

Benjamin & Arlo for Respect, Rei for Self Reflection
Sycamore Class

Rose for Independence, Sophie for Self Reflection
& Leo H for Perseverance
Cherry Class

Henry for Perseverance, Margaret & Alf for Independence
Willow Class

Whole Class for Perseverance
Aspen Class

David for Respect, Scarlett for Self Reflection
& Theo for Independence

Gold Mathletics

W/E 28.02

Zachary of Sycamore, Delphine of Willow, Daisy
& Lennon of Palm, Evelyn of Cherry

W/E 07.03

Lillie, Freddie & Mila of Aspen, Aria & Henry of
Sycamore, Daisy & Lennon of Palm

Platinum Mathletics

W/E 28.02

Theo B, Annabelle, Theo H, Bobby, Ronnie, Felix
& Leo H of Sycamore, Samuel-Yanis, Louie, Samuel L,
Arabella, Matilda & Esme of Willow, Rei, Jaxon & Olivia of
Palm, Henry, Jack L, Charlie, Harry, George, Nevaeh
& Saskia of Cherry

W/E 07.03

Harry, Kasey & Molly of Aspen, Louie & Matilda of Willow,
Jack L, Harry, George, Nevaeh & Saskia of Cherry, Annabelle,
Sophie, Theo H, Leo D, Ronnie & Felix of Sycamore, Jaxon
& Olivia of Palm

Emerald Mathletics

W/E 28.02

Tyler & Khenyang of Sycamore, Otis, Nihaal & Edward
of Willow, Neda x 2 & Oscar of Palm, Henry of Cherry

W/E 07.03

Thomas, Tess, Ronnie, Scarlett, Harvey & Jace of
Aspen, Otis, Nihaal, Edward & Samuel-Yanis of
Willow, Henry of Cherry, Leo H, Tyler & Khenyang
of Sycamore, Oscar of Palm

Mathletics



Core Values
Congratulations To
All Our Winners



Gold Peg Up Points

W/E 20.02

Bobby & Annabelle
of Sycamore

W/E 07.03

Freya of Sycamore

Diamond

Mathletics

W/E 28.02

Nathan & Neda
of Palm

W/E 07.03

Neda of Palm

Epic

Mathletics

W/E 28.02

Nathan of Palm

W/E 07.03

Nathan of Palm

WEEKLY MENU

LOOK OUT FOR
OUR THEMED DAYS!

WEEK ONE

4TH NOVEMBER
2ND DECEMBER
6TH JANUARY
3RD FEBRUARY
10TH MARCH

WEEK TWO

11TH NOVEMBER
9TH DECEMBER
13TH JANUARY
10TH FEBRUARY
17TH MARCH

WEEK THREE

18TH NOVEMBER
16TH DECEMBER
20TH JANUARY
24TH FEBRUARY
24TH MARCH

WEEK FOUR

25TH NOVEMBER
6TH JANUARY
27TH JANUARY
3RD MARCH
31ST MARCH

MONDAY

Cheese & Bean Lasagne 1,3,4,7,9 V
Sweet Potato & Chick Pea Curry VG
Jackets with a Choice of Toppings 7,8,9

Rice, Sweetcorn, Peppers
Rice Pudding & Syrup 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

TUESDAY

Beef Stew & Dumpling 1
Pesto Pasta Bake 1,7 V
Jackets with a Choice of Toppings 7,8,9

Herby Bread 1,3,7,9, Green Beans, Carrots
Apple Crumble 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

WEDNESDAY

Roast Turkey & Gravy
Falafel Burger 1,5 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice
Cauliflower, Broccoli
Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

THURSDAY

Chicken Arrabiatta Pasta 1
Biryani Balls in a Curry Sauce 1 VG
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables
Chocolate & Vanilla Cake 1,7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

FRIDAY

Fish Fingers 1,8
Cheese & Tomato Puff 1,7 V
Jackets with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans, Coleslaw 9
Ginger Biscuit 1,15 VG
Yoghurt 3,7
Fruit Pots VG

Chicken & Sweetcorn Pie 1
Herby Tomato Pasta Twists 1 VG
Jackets with a Choice of Toppings 7,8,9

New Potatoes, Carrots, Peas
Ice Cream 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Mild Chilli 4
Pesto & Pea Penne 1,7 V
Jackets with a Choice of Toppings 7,8,9

Rice, Seasonal Vegetables
Toffee Apple Pudding 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Vegan Sausage Roll 1 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice
Cabbage, Sweetcorn
Chocolate Crispy Cake 1,3,7,14
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Macaroni Cheese 1,7 V
Rice & Bean Burrito 1 VG
Jackets with a Choice of Toppings 7,8,9

Baked Wedges, Green Beans, Cauliflower
Fruit Loaf 1,3,7,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Salmon Fish Cake 1,7,8
Margherita Pizza 1,3,7,9 V
Jackets with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans, Carrot Sticks
Jaffa Biscuit 1 VG
Yoghurt 3,7
Fruit Pots VG

Katsu Chicken Nugget 1
Cheesy Pasta Bake 1,7 V
Jackets with a Choice of Toppings 7,8,9

Rice, Sweetcorn, Peppers
Chocolate Whip 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Cheese & Onion Pinwheel 1,7 V
Spaghetti Vegetable Bolognese 1 VG
Jackets with a Choice of Toppings 7,8,9

New Potatoes, Green Beans, Carrots
Syrup Sponge 1 VG & Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Savoury Mince & Yorkshire Puddings 1,7,9
Samosa Puff 1 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes, Cabbage, Peas
Fruit Jelly VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Sweet Chilli Chicken Noodles 1,3,16
Potato & Vegetable Cake
with Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9

Garlic Bread 1,3,7,9, Seasonal Vegetables
Cinnamon Roll 1,3,7,9
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Sausages 1,6
Quorn Sausage 1 VG
Jackets with a Choice of Toppings 7,8,9

Chips, Peas
Baked Beans, Roasted Onions
Apple Flapjack 1,15 VG
Yoghurt 3,7, Fruit Pots VG

Margherita Pizza 1,3,7,9 V
Meatfree Meatballs in Tomato Sauce VG
Jackets with a Choice of Toppings 7,8,9

Rainbow Pasta 1 VG, Sweetcorn, Peppers
Strawberry Mousse 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Chicken Curry
Tomato Spaghetti 1 VG
Jackets with a Choice of Toppings 7,8,9

Rice, Seasonal Vegetables
Banana Loaf 1 VG & Chocolate Custard 7
Mr Nourish Biscuit 1 VG
Fruit Pots VG

Roast Chicken & Gravy
Chinese Tofu wrap 1,3,16 VG
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice
Green Beans, Carrots
Ice Cream 7
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Bolognese Penne Pasta 1
Cheesy Cajun Wedges 4,7 V
Jackets with a Choice of Toppings 7,8,9

Cauliflower Broccoli
Jam & Vanilla Cake 1 VG
Mr Nourish Biscuit 1 VG
Yoghurt 3,7, Fruit Pots VG

Fish Fingers 1,8
Bruschetta 1,7 V
Jackets with a Choice of Toppings 7,8,9

Chips, Peas, Baked Beans, Coleslaw 9
Coconut Cookie 1,7
Yoghurt 3,7
Fruit Pots VG

AVAILABLE DAILY: Selection of Salads 9, Homemade Bread 1,3,7,9. Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and cerealia. Please discuss with your manager.

VG Vegan V Vegetarian
1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk
8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeraic/Celery 13 Nuts 14 Lupins 15 Out Gluten 16 Barley Gluten



EAT YOUR VEGGIES!