



# Istead Rise Primary Celebration Newsletter

Friday 6th March 2026



Headteacher Mr S Payne

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Website: [www.isteadrise.org.uk](http://www.isteadrise.org.uk)

The official school presence on 'X' (Twitter) has now ended



Tuesday 24th March Parent Drop-ins

**CANCELLED**

## Mother's Day Gift Shop

FRIPS are excited to be hosting their popular Mother's Day gift shop, offering pupils the opportunity to choose a gift or gifts for their Mum or loved one in their life.

Pupils with preorders will visit the shop during the school day on Friday 13th March. Each gift will cost **£4.00**

Please complete the [Google Form Here](#). Orders and payments will need to be received by **6th March**.

*Orders can only be fulfilled on the day if they have been paid for in advance, payments for siblings can be combined but separate order forms are needed.*

### PAYMENT DETAILS

Friends of Istead Rise Primary School  
AC: 67317325  
SC: 08 92 99



Tuesday 1st March  
Y1 - Parent Drop-ins

Wednesday 1st April  
Year R  
Hearing & Vision

Thursday 2nd April  
End of Term 4

Monday 20th April  
Term 5 Begins

Monday 11th May -  
Thursday 14th May  
KS2 SATs (Y6)

Friday 22nd May End  
of Term 5

Monday 1st June  
Term 6 Begins

Monday 1st June -  
Friday 12th June  
Y4 MTC

Monday 8th June -  
Friday 12th June  
Y1 Phonics  
Screening

Thursday 11th June  
School Photographer  
Class Photos

You can find information on help to buy food, milk and vitamins [Here](#)



**ISTEAD RISE PRIMARY SCHOOL**

## Online Safety Newsletter March 2026

### YouTube Safety Update: New Parental Controls

YouTUBE has published their latest update on how parents can support their child on YouTube. YouTUBE will now allow parents to set the amount of time viewing Shorts – this can even be set to zero. YouTube Shorts are short videos, usually less than 60 seconds long, which when continuously watched, can lead to excessive screen time. Furthermore, parents will also be able to set bedtime and 'take a break' reminders. You can find out more here: <https://blog.youtube/news-and-events/updates-youtube-supervised-accounts-teens/>

If you would like to find out more about supervised accounts on YouTube, then this article explains the different settings available: <https://support.google.com/youtube/answer/40315420?hl=en&ref=topic15790608&sjid=152252821180023151205EU>

**Would you like to read this newsletter in a different language?** You can use the translate tool on our web version: <https://www.knowlesycs.org.uk/march-2026/>

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

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

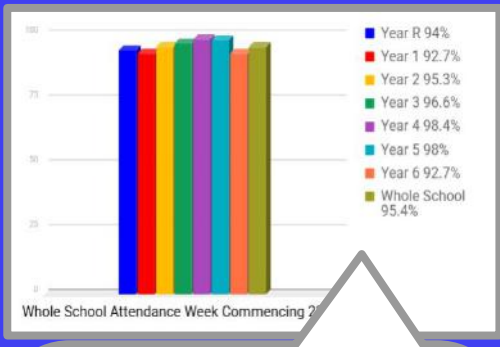
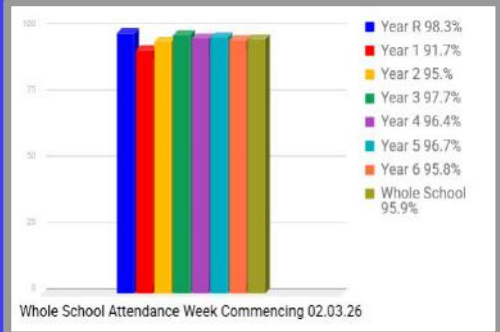
- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams

**What effects do mobile phones have on children's mental health?**  
Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have: <https://compass-uk.org/services/compass-changing-lives/online-resources/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

**EE Online Safety Hub**  
EE has published 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 read the full guidance here: <https://ee.co.uk/internet-online-safety>

**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 class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age: <https://www.smartphonefreechildhood.org/>

**What device?**  
When you think it is the right time for your child to have a phone, then 'Which?' provide an overview of some options available: <https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-a6933Y8a7rc>

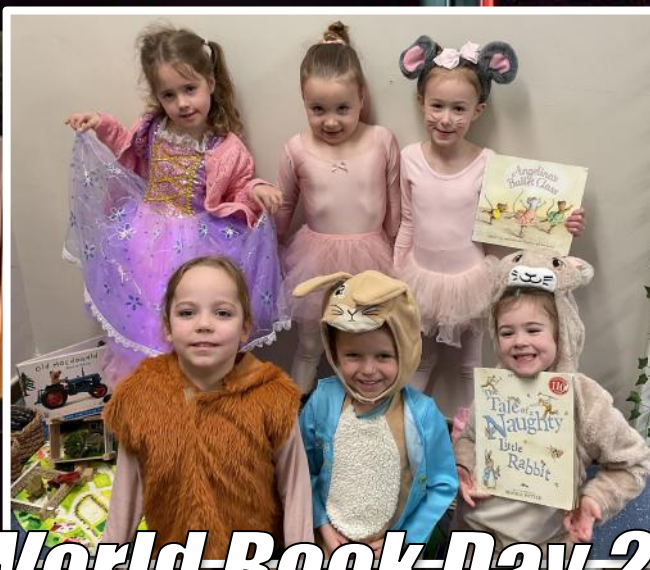


## Attendance Class Awards

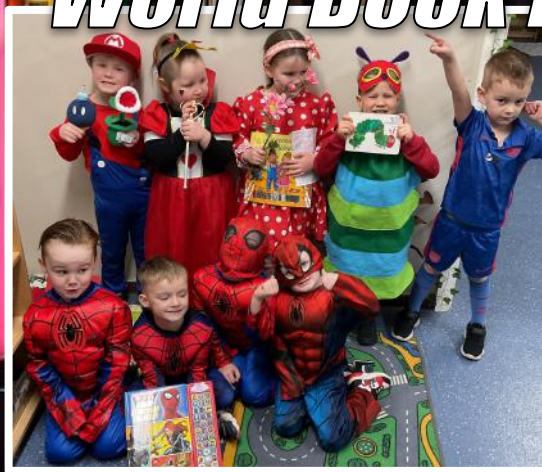
W/C 23.02.26 W/C 02.03.26  
KS1- Year 2 KS1- Year R  
KS2- Year 4 KS2- Year 3



Online Safety Newsletter March 26

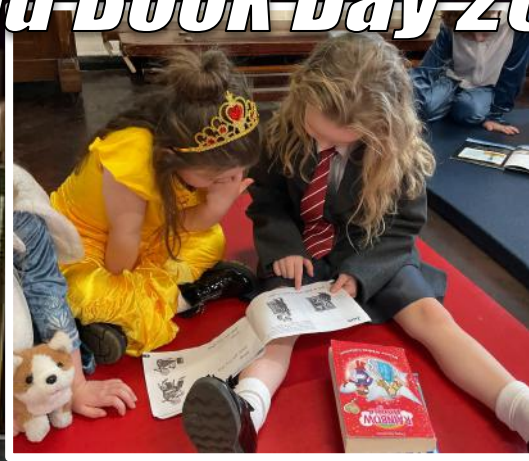


# World-Book-Day-2026





# World-Book-Day-2026



Year R and Year 2 spent some time on World Book Day buddying up to read to each other. The children were fantastic and year 2 showed great encouragement to our little ones when listening to them read. It was great for our littlest members of the school to hear the older children reading too.





# World-Book-Day-2026



# Year R



Reception class have had a fantastic start to Term 4, settling back into routines well and showing a great enthusiasm for our new topic - People Who Help Us. We arranged a surprise for the very first day back with some very special visitors. Kent police very kindly came along to talk to us about their role within our community, and beyond, informing the children how they keep people safe, and how the children can stay safe and make good choices. They brought in a police van, which was great fun, and let us try on uniform. The children were fantastic and have really developed knowledge about the service.



Colosseum Dental have been kind enough to contact us and arrange a visit to KS1 children, in term 5, to talk about the importance of teeth brushing and dental hygiene. They have informed us that they currently have NHS spaces available for anyone who needs it. Additionally they are holding a child- only Saturday clinic on the 21st March, which helps avoid disruptions to school times and working hours. If Parents/carers would like to book an appointment, or like to be added to the NHS patient list, they can do so directly on 01474 333367 or [www.colosseumdental.co.uk](http://www.colosseumdental.co.uk).

Are you due for a check-up?

**NHS**

We currently have NHS appointments available!

Request your appointment here

 Colosseum Dental



We have been looking at safe strangers and what we need to do if we are lost, or if a stranger tries to talk to us.



**Say no! Walk away .... Tell a trusted adult!**



In Art, during week one, we looked at different printing techniques. We used shaving foam, food colouring and card to make our own pattern prints.

A close-up of a wooden palette with shaving foam and food coloring. There are several small piles of foam in different colors (red, green, black) and brushes.

In continuous provision we have been exploring the roles of police officers through role play. Away from our topic, we have been strengthening our skills in construction, pretend play and creating our own obstacle courses.



# Year R



We have explored through role play, small world and books.



In week two we have been looking at the role of doctors. We have explored their roles, looked at the past and present in hospitals and discussed our own experiences.

Florence Nightingale - We have looked at hospitals in the past and how historical figures have changed the way our hospitals are today. Florence Nightingale was a significant historical figure and the children showed great interest in learning about her life, how she became a nurse and the changes she made.



Maths has become more of a challenge and the children have shown great perseverance. We have been exploring numbers up to 10 in depth - considering composition of 10, one more, one less, two parts of a number and three parts of a number. Great work, Reception!

# Year 1

This pirate  
Had a hat.  
Where a skull and crossbones sat  
With an ar-ar-ar and an eye mate  
This pirate sailed on the sea.

This pirate  
With a patch.  
He sailed round without a scratch  
With an ar-ar-ar and an eye mate  
This pirate sailed on the sea.

This pirate  
Had a hook  
Stole it from a natty crook  
With an ar-ar-ar and an eye mate  
This pirate sailed on the sea.



Year 1 have had a fantastic start to the term, visiting Chatham Dockyard. We met Pirate Debbie and Brian who taught us the pirate song and all about what pirates get up to. They then showed us around HMS Gannet where we got to ring the bell. We learnt how to make rope which was quite tricky! We then had fun exploring HMS Cavalier, looking at where the crew would sleep and cook. We had a fabulous day!

# Year 1



# Year 2



## World book Day

To celebrate World Book Day this week, Year 2 partnered up with Reception and enjoyed some buddy reading, sharing and discussing their books from class.

Everyone really enjoyed this activity and the whole class set a fantastic example to the younger children helping them to sound out some tricky words, and discussing the interesting points of the stories with them.

Well done, Year 2! This was a fantastic experience and the children from Reception would like to say a huge thank you as well.



# Year 3



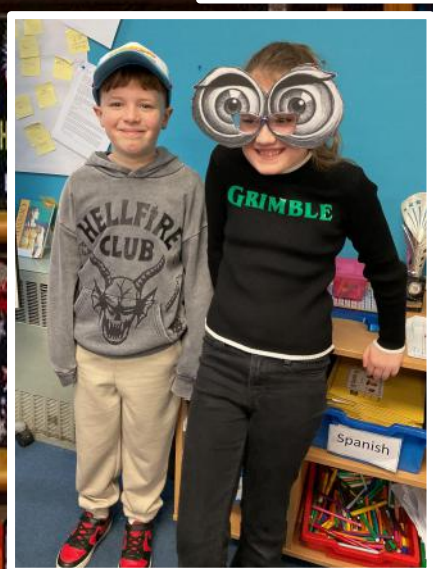
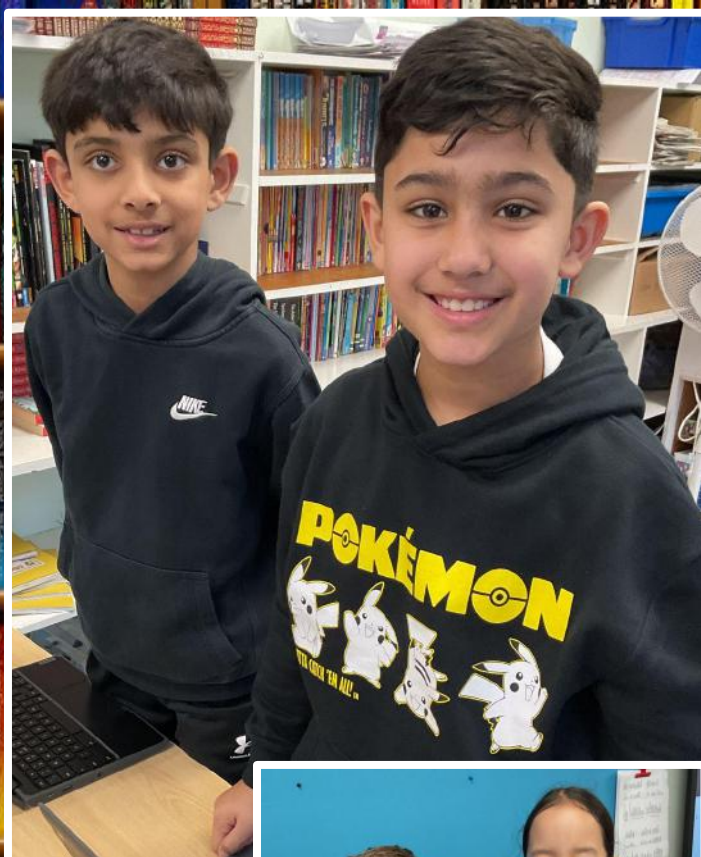
Year 3 have made a fantastic start to the new term. We are reading *Willy Wonka and the Chocolate Factory* and in English we are writing a powerful description of the chocolate room. In maths, we have started learning about unit and non-unit fractions as well as comparing the size of fractions. In science we are learning about light, and carried out two investigations; the first to understand darkness is the absence of light, as well as understand light is reflected from surfaces in different ways. In history we had a fabulous immersive day learning about the Romans.



It has been another busy time in Year 4! In English, we have been writing a series of diary entries that follow on from our last narrative sequence, where the dragons have taken over the world. With this we have been focusing on the use of expanded noun phrases using more sophisticated adjectives. In Maths we are learning about mixed number and improper fractions and how to convert between them. In Science this week, we learnt about the different teeth that we have and the job that each type of tooth plays when we eat. In Geography, we learnt about how settlement sites were chosen and had to decide which site (out of 3) we would choose and why, based on the needs of the settlers. In RE we looked at the important pilgrimage sites for Buddhists; while in Spanish we have continued learning the vocabulary for different classroom equipment and how to explain if we have or do not have them. On Wednesday we also took part in the regional league for the Emile Spelling World Cup, as well as dressing up in some fabulous costumes!



# Year 4



# Year 5

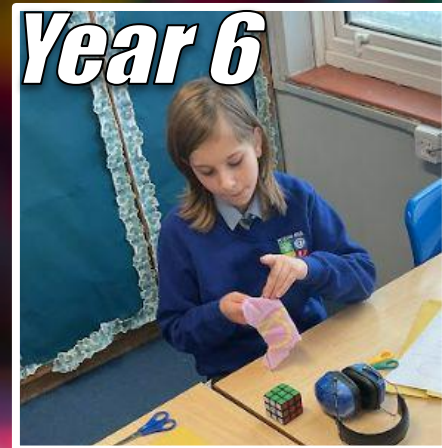


Year 5 have made an fantastic start to term 4. In English, we are coming to the end of our learning sequence, writing a description about a pyramid being struck by lightning. During our maths lessons we have been focusing on fractions, finding fractions of amounts and multiplying fractions. Our humanities topic this term is Ancient Egypt, we have begun our journey back in time looking at significant events that took place during this period in history and we have looked at some of the many Egyptian Pharaohs who ruled Egypt. During our first art lesson of the term we looked at the artist Banksy and his Clacton pigeon mural. The children shared their viewpoints on Banksy's work and discussed whether or not they believed what he was doing was against the law. Cricket and handball are the sports we will be working on during PE this term and they have already been learning how to throw the ball with more accuracy.



Year 5 would like to introduce the newest members of our class, our four goldfish, Nugget (gold coloured), Jaws (all orange and a fan of nibbling on the scuba divers), Fish (white with an orange back) and Chips (white with an orange spot on its head).





Year 6 had a busy last week of term with their revision and also DT. In DT, we made the waistcoats that we planned in Term 2. Firstly, the Year 6 practiced how to do a running stitch on a piece of material. They then chose the material they wanted for their waistcoat and used a template to cut out the shape with adult support. Then it was time to construct the waistcoats! It was great to see the children use the running stitch that they had been taught the day before. Well done to all. It was then time to decorate! The waistcoats looked fantastic and all children showed a lot of pride and happiness with their final product. Well done Year 6!

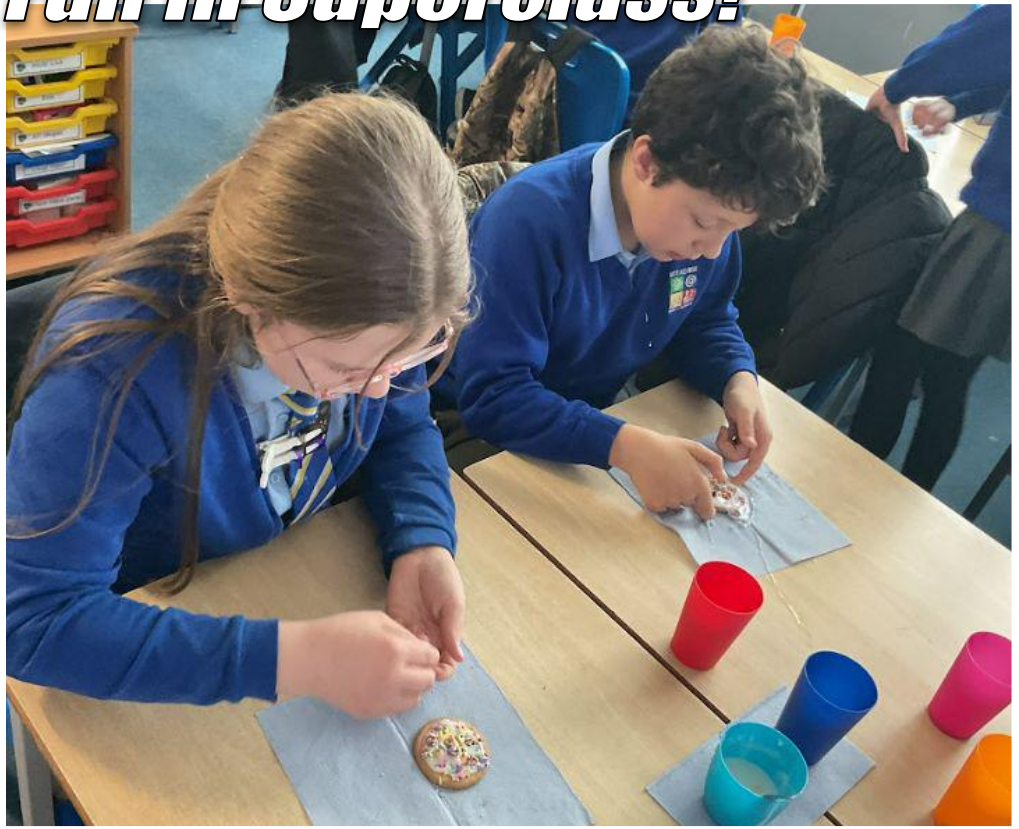
This term, we have continued with area and perimeter in maths and have learnt how to calculate the area of a right-angled triangle and compound shapes.



**Year 6**



**Fun-In-Superclass!**





W/E 27.02  
**Winning Class**  
 1st Year 4  
 2nd Year 3  
 3rd Year 5

W/E 27.02  
**Most Valuable Player**  
 1st Tyler - Y4  
 2nd Annabelle - Y4  
 3rd Khenyang - Y4

W/E 06.03  
**Winning Class**  
 1st Year 3  
 2nd Year 4  
 3rd Year 5

W/E 06.03  
**Most Valuable Player**  
 1st Frank B - Y3  
 2nd Tyler G - Y4  
 3rd Bradley - Y5

Mathletics



Mathletics

## Gold Mathletics

W/E 27.02  
 Oscar of Year 3, Nihaal of Year 6, Evelyn & Nevaeh of Year 5

W/E 06.03  
 Carter of Year 3

## Platinum Mathletics

W/E 27.02  
 Albert, Adrik, William, Leyla, Sophie & Tris of Year 1, Nathan of Year 3, Samuel Y & Matilda of Year 6, Jack L, Saskia, Sienna, Charlie & Lyla of Year 5, Sophie of Year 4.

W/E 06.03  
 Jacob T of Year 3

## Emerald Mathletics

W/E 27.02  
 William, Harry, Kayla & Clark of Year 1,  
 Jacob F, Aubany, Lennon & Neda of Year 3,  
 George of Year 5, Tyler of Year 4

W/E 06.03  
 Adriana & Benjamin of Year 3

## Diamond Mathletics

W/E 06.03  
 Jaxon of Year 3



## Bronze Peg Up Points

W/E 06.03

Ted, Summer, Kai, Leah Marie & Arabella  
 of Year 6

## Gold Peg Up Points

W/E 27.02

Nathan, Milan, Charlie, Jacob T, Eliza, Archie  
 & Jaxon of Year 3

W/E 06.03

Oscar, Jacob F & Belle of Year 3



# Core Values Congratulations To All Our Winners



## Week Ending 27.02

### Year R

Liberty for Independence  
& Emilia for Respect

### Year 1

Chantelle & Anaya for  
Respect,  
Sophia for Independence

### Year 2

Ava for Perseverance, Evie for  
Respect, Jaxon for  
Self Reflection  
& Amari for Independence

### Year 3

Rei for Perseverance, Ellie &  
Elena for Self Reflection

### Year 4

Ava, Felix & Theo H  
for Perseverance

### Year 5

Bobby & William for  
Perseverance,  
Henry for Respect

### Year 6

Delphine for Independence,  
Freddie for Respect  
& Joshua for Perseverance

## Week Ending 06.03

### Year R

Joshua & Ronnie for Perseverance,  
Inara for Respect & Isla for  
Independence

### Year 1

Tyrell & Frankie for Independence,  
Mason for Respect

### Year 2

Kaspa for Respect,  
Belle for Self Reflection,  
Lillie for Independence

### Year 3

Frank & Arlo for Perseverance,  
Annalise for Independence

### Year 4

Annabelle for Self Reflection, Emily  
for Perseverance & Theo B for  
Independence

### Year 5

Margaret & Jack E for Perseverance,  
Charlotte for Respect

### Year 6

Maya for Independence,  
Josh for Respect  
& Ruby WN for Self Reflection

*Guitar Tuition*  
*Available in school on a 1-1 basis*

*£10 a lesson*  
*for children in Years*  
*3,4,5 & 6*

*Contact Chris*  
*07940 046124 or downschris6@aol.com*

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KENT**

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SOUTH EAST**

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Council



# Parenting Support Advice Drop In



Sessions where parent and carer of children aged 0-19 years can attend for discussion or support with any topic, theme or issue faced by parents.

### TERM TIME ONLY

**DAY:** Monday  
**TIME:** 5pm - 6pm  
**VENUE:** Northfleet Family Hub, Hall Road, Northfleet DA11 8AJ

Visit your local Family Hub today  
[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)



## SPARTANS JUNIOR HOOPS PROGRAMME

EVERY SATURDAY 08:30 - 09:30  
08 NOV - 20 DEC 2025

AGES 7-11  
BOYS & GIRLS

SCAN QR CODE TO REGISTER

A GREAT OPPORTUNITY TO DEVELOP BASKETBALL SKILLS, MEET NEW FRIENDS AND HAVE FUN PLAYING THE GAME!



## FC Academy provides expert football coaching for boys and girls

Our specialist coaches deliver weekly sessions using a proven coaching model that enables all children to grow and develop their football ability.



- Boys and girls aged 5-12
- First session FREE
- Weekly sessions
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Hit the web address or scan the QR code to sign up now!

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JOIN OUR EXCITING UNDER 10 ICE HOCKEY TEAM!

**WAHOO BUCKAROOOS**

#01 2025 2026



START YOUR JOURNEY WITH HOCKEY EXCELLENCE

AGES 5-8 AND ALL ABILITIES WELCOME!

FREE CLUB FEES FOR YOUR FIRST SEASON!

HIT US UP AT [INVICTA110@GMAIL.COM](mailto:INVICTA110@GMAIL.COM) NOW!

**NORTHFLEET EAGLES FOOTBALL CLUB**

**GIRLS ONLY COACHING SESSIONS**



Year 1 & Year 2 girls

- Tuesdays • Evenings
- NSFG School (indoors during winter), Gravesend
- Uefa-qualified coaches
- Safe & supportive environment
- Fun, skill-based sessions for all ability levels

Have fun • Make friends • Build skills

Contact Duncan: [duncanpomfrey@gmail.com](mailto:duncanpomfrey@gmail.com)



**NORTHFLEET EAGLES FC DEVELOPMENT ACADEMY**

Development Group for Reception & Year 1 students.

- Training - Saturday Mornings
- Location - Northfleet School for Girls
- Winter plan: Indoors in winter months
- Contact - [duncanpomfrey@gmail.com](mailto:duncanpomfrey@gmail.com)

# WHAT'S ON THE MENU?

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

3 Nov  
24 Nov  
15 Dec  
19 Jan  
9 Feb  
9 March  
30 March

Chicken Pie 1  
Pesto & Pea Pasta 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Crushed Potato  
Cauliflower,  
Carrots

Strawberry Mousse 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Margherita Pizza 1,3,7 V  
Bean Biryani VG  
Jackets with a Choice of Toppings 7,8,9

Rainbow Pasta 1  
Seasonal Vegetables

Toffee Apple Pudding 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Turkey & Gravy  
Broccoli Tots 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice  
Cabbage,  
Peas

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Beef Bolognaise Pasta Bake 1,7  
Loaded Bean Chilli Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Green Beans  
Grated Carrots

Parsnip Brownie 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Chicken Sausages 1,3,6  
Vegetable Sausage VG  
Jackets with a Choice of Toppings 7,8,9

Chips,  
Sweetcorn, Baked Beans  
Cucumber Sticks

Oaty Cookie 1,15 VG  
Yoghurt 3,7  
Fruit Pots VG

### WEEK TWO

10 Nov  
1 Dec  
5 Jan  
26 Jan  
23 Feb  
16 March

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

Rice,  
Carrots,  
Peas

Chocolate Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Cheese & Broccoli Pasta Bake 1,7 V  
Buffalo Cauliflower Wings  
& Wedges VG  
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Plum Pudding 1VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
Ratatouille Puff 1,3 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice  
Broccoli,  
Carrots

Crispy Cake 1,3,7,16  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

Cauliflower,  
Green Beans

Apple & Cinnamon Pinwheel 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

Chips,  
Peas,  
Coleslaw 9

Marble Cookie 1 VG  
Yoghurt 3,7  
Fruit Pots VG

### WEEK THREE

17 Nov  
8 Dec  
12 Jan  
2 Feb  
2 March  
23 March  
27 Oct

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

Rice,  
Green Beans,  
Mixed Salad

Peach Crumble 1 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Noodles 1  
BBQ Vegetable Burrito 1 VG  
Jackets with a Choice of Toppings 7,8,9

Sweetcorn,  
Peppers

Chocolate Rice Pudding 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Savoury Minced Beef & Yorkshire  
Puddings 1,7,9  
Vegan Sausage Roll 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes,  
Green Beans,  
Carrots

Fruit Jelly VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

Beef Cottage Pie  
Herby Tomato Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Seasonal Vegetables

Beetroot Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

Chips,  
Peas, Baked Beans,  
Grated Carrot

Caramel Flapjack 1,7,15 V  
Yoghurt 3,7,  
Fruit Pots VG

\*Primary 3-16†

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 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten VG Vegan V Vegetarian

**AVAILABLE  
DAILY**

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

