



# Istead Rise Primary Celebration Newsletter

Friday 1st May 2026

Headteacher Mr S Payne

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**tcs** **MINI LONDON MARATHON 26 IN SCHOOLS**

**Monday 4th May**  
Bank Holiday School Closed

**Thursday 7th May**  
Y1-6 Parent Drop-ins - 3:15-3:45

**Monday 11th May - Thursday 14th May**  
KS2 SATs (Y6) - 8:00am

**Thursday 21st May**  
Y3 trip Paddington the Musical

**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

**Tuesday 16th June**  
Sports Day  
KS1 - 9.10am  
KS2 - 1.15pm



Please use the link below to take you to a copy of April's Online Safety Newsletter.

[Online Safety Newsletter April 26](#)

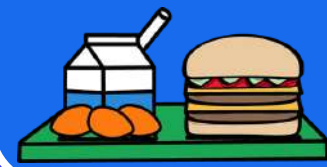
We would also encourage you to take a look at this presentation regarding keeping your child safe while online gaming.

[Online Gaming Keeping Your Child Safe](#)



Please remember to book your child's school dinner via Parent Pay everyday and cancel any meals if you are providing them with a packed lunch.

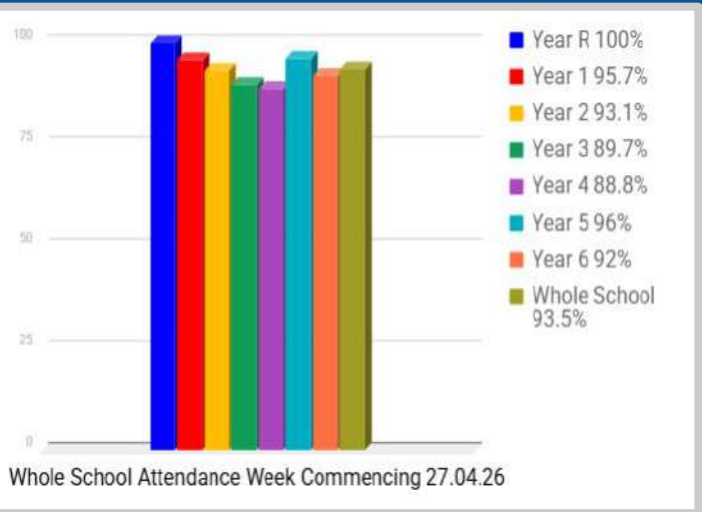
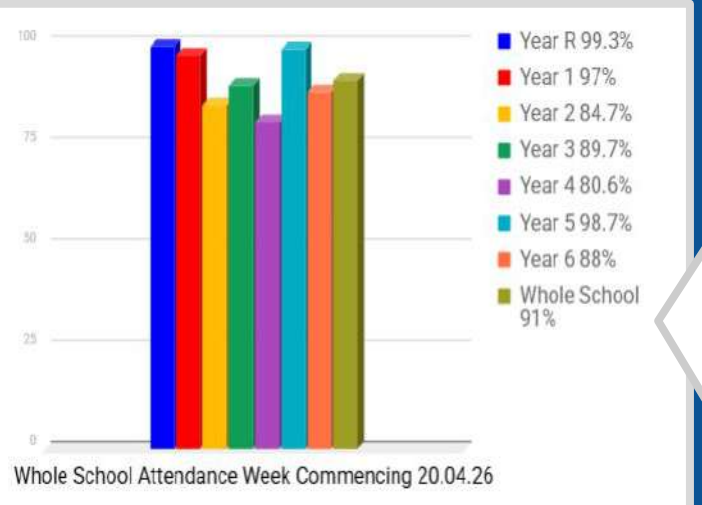
[School Dinner Menu](#)



# ATTENDANCE MATTERS!

## Holidays during Term-Time

Absence of 5 days or more, may result in a holiday penalty fine which is issued by Kent Local Authority. A Penalty Notice fine is issued to each parent for each child taken out of school. The fine is £80 which increases to £160 if not paid within the first 21 days. If the Penalty Notice remains unpaid this will result in further legal interventions.



## Attendance Class Awards

W/C 24.04.26  
 KS1 - Year R  
 KS2 - Year 5



W/C 24.04.26  
 KS1 - Year R  
 KS2 - Year 5



Please see the school's Attendance Policy for further details via this link [Istead Rise Primary Attendance & Punctuality Policy](#)

## Every day in school counts...



## and every minute counts...





On Saturday 25th April, twenty-five of our fantastic pupils took part in the 41st edition of the London Mini Marathon, completing a one-mile course up Birdcage Walk to a spectacular finish on the Mall. The children performed amazingly well and made all the staff exceptionally proud!

A huge thank you goes to Mrs Ridley, Mrs Piner, Miss Waters and Miss Man for running alongside the children, and to Mrs Clark for her tireless support and cheering from the sidelines. We also extend our gratitude to all the parents who ran and supported the event—thank you so much.

Special recognition goes to William in Year 5, who was the school's first finisher with an impressive time of just over 8 minutes. Finally, a massive well done and thank you to everyone who raised money for charity, and a special shout-out to Ronnie in Year 4 for his fundraising efforts for the school.

Well done to everyone!  
Mrs Brown



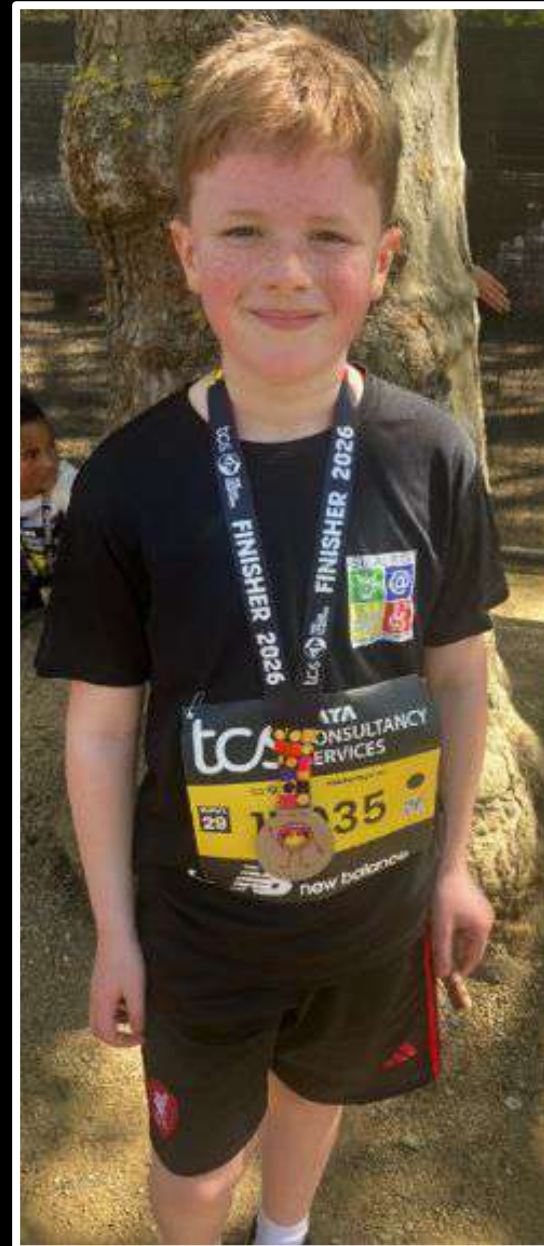


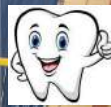




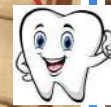
**tcs**  **MINI LONDON MARATHON 26**  
**IN SCHOOLS**







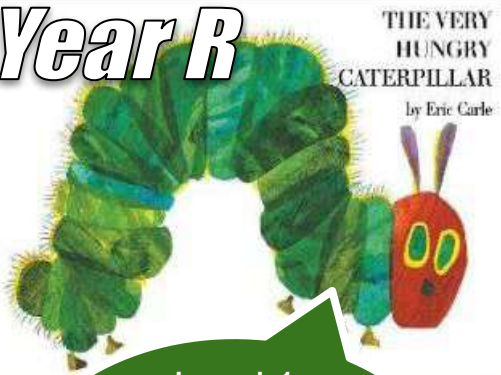
# KS1 Dentist Visit



The Colosseum Dental team, from Gravesend, were kind enough to visit us and talk about how to care for our teeth. They gave us a talk, demonstrations and competitions. Year 2 even flossed their teeth. We each left with a goody bag filled with toothpaste, tooth brushes and a 2 minute timer to help us. Dental hygiene is extremely important. Colosseum Dental practice still have NHS dentist places available, offering weekend appointments and a half term special event.

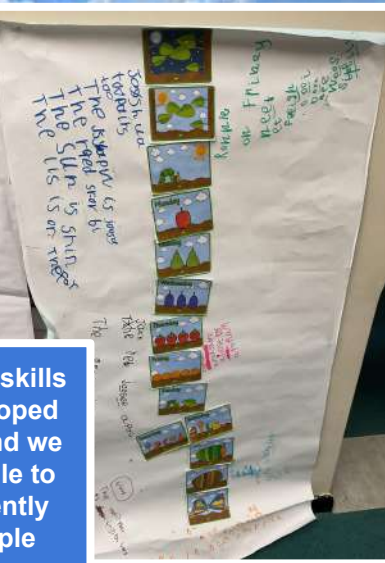
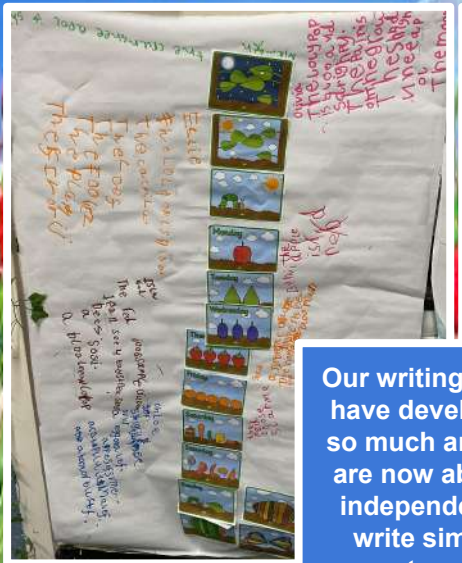
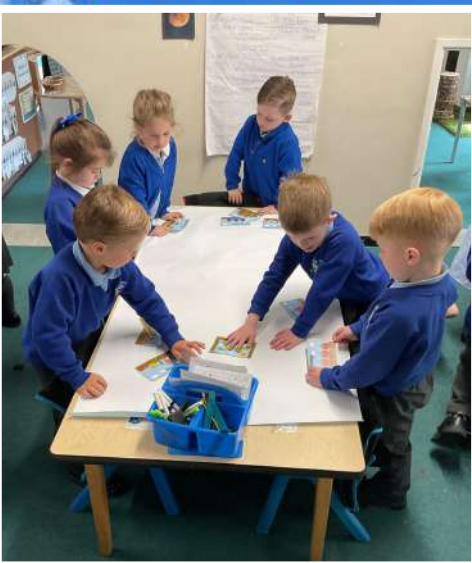
# Year R

THE VERY HUNGRY CATERPILLAR  
by Eric Carle



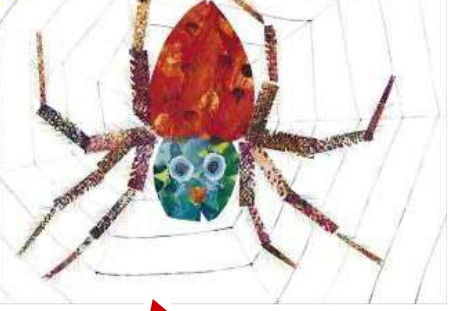
In week 1 our focus story was 'The very Hungry Caterpillar'. We worked collaboratively to sequence the story. The children have gained fantastic skills in listening to each other's opinions and ideas.

This term, in Reception, we will be exploring the topic of Minibeasts. We are going to be exploring and investigating, becoming experts in minibeast knowledge and in being bug hunters. The children have loved this topic so far and have engaged really well across all areas.



Our writing skills have developed so much and we are now able to independently write simple sentences.

Eric Carle The Very Busy Spider



This week our story of the week is 'The Very Busy Spider'. We are very excited to be learning new facts about spiders!



We have some very special visitors in our classroom - Caterpillars! We are using our observational skills to watch what happens over time.



# Year R



In art we have been looking at and exploring abstract art. This week we went BIG after looking at Jackson Pollock, and how he splashes, flicks and drizzles paint on large canvases. The children LOVED creating their own version!



The children have thoroughly enjoyed our new bug hunting resources and have spent lots of time looking for insects. We have learnt how to look for them kindly, and how to use the resources carefully when handling them.

# Year 1



There is something truly magical for Year 1 students about seeing a tiny, hard seed transform into a towering sunflower that might eventually grow taller than they are. The children recently planted sunflower seeds, carefully providing water and sunlight daily. They are eagerly monitoring progress, with weekly measurements planned to track growth. It's a blooming brilliant start to their exciting new scientific journey!

The children have also been exploring the school grounds, the children are becoming 'plant detectives', learning the difference between wild plants (those that grow on their own, like dandelions or daisies) and garden plants (those we choose to plant and look after).

# Year 2

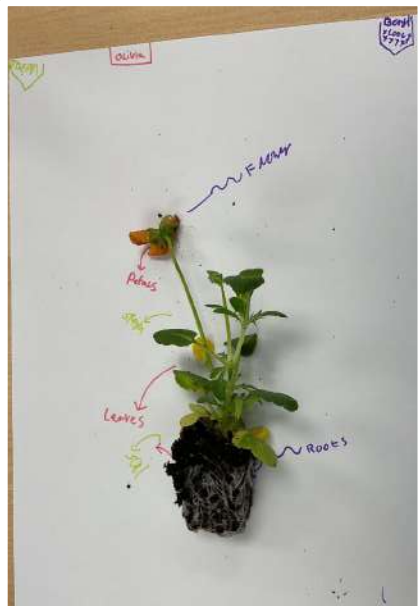
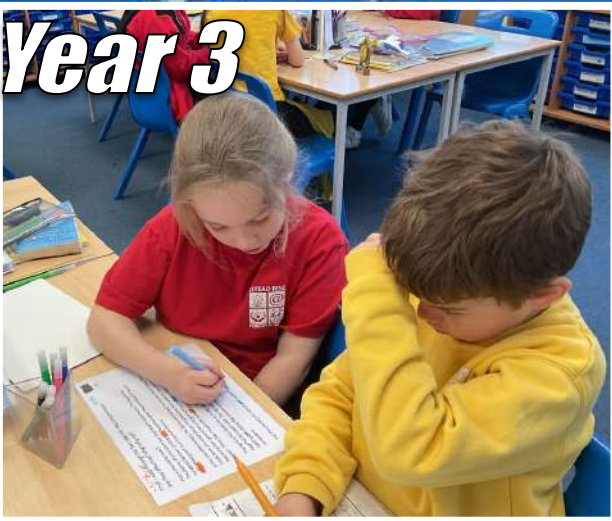


It's been an action-packed week for Year 2! Taking full advantage of the beautiful sunshine, our young artists headed outside to sharpen their observational sketching skills. Surrounded by nature, the children practiced capturing the fine details of leaves and flowers, showing wonderful progress in their shading and line work.

The discovery continued in Science, where our budding zoologists explored the natural world. Students worked together to categorise and sort animals into their correct habitats. From the sandy deserts to the deep blue oceans, they demonstrated a fantastic understanding of how different creatures adapt to their homes.

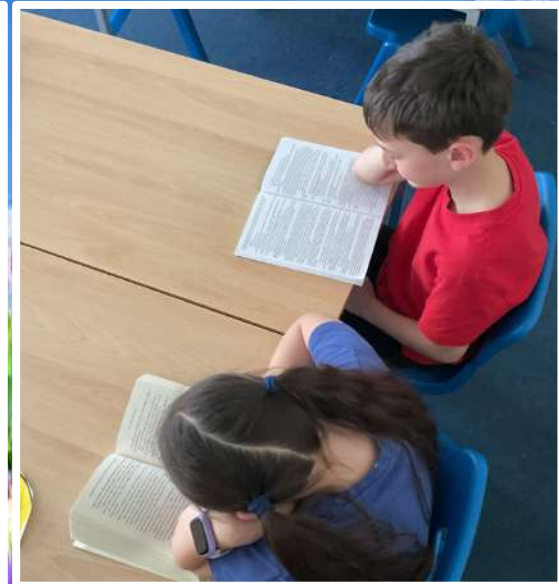
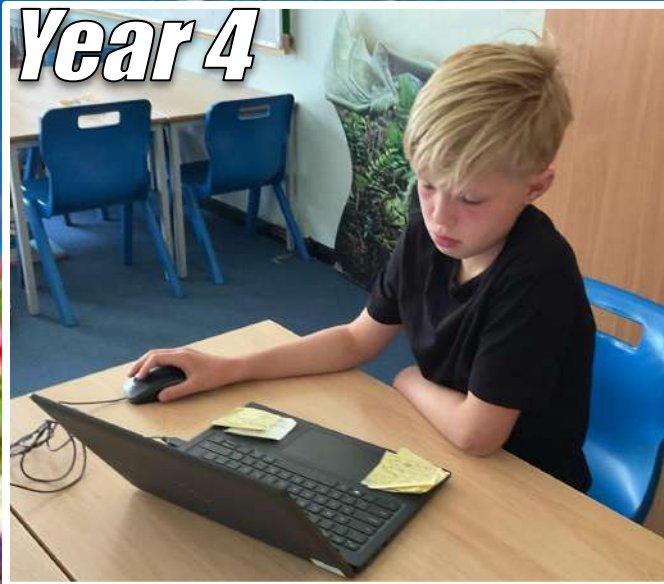
Well done to all of Year 2 for such a creative and enthusiastic week of learning!

# Year 3



The children have made a fantastic start to the term. In English we are writing an explanation text about chocolate, learning all about the processes. In Maths we finished our unit on fractions and have started learning about money adding and subtracting as well as giving change. In Geography we are learning about the rainforest and have been looking in atlases to identify the equator and tropics. In Science we have started our topic of plants and are looking after a number of different varieties. We focused our attention on what the different parts of the plant looked like and potted some plants outside our classroom.

# Year 4



It's been a busy start to Term 5.

In English this term, we have been working on writing a narrative about a town being attacked by gigantic insects! We have focused on the use of fronted adverbials and the use of figurative language (similes, metaphors and personification).

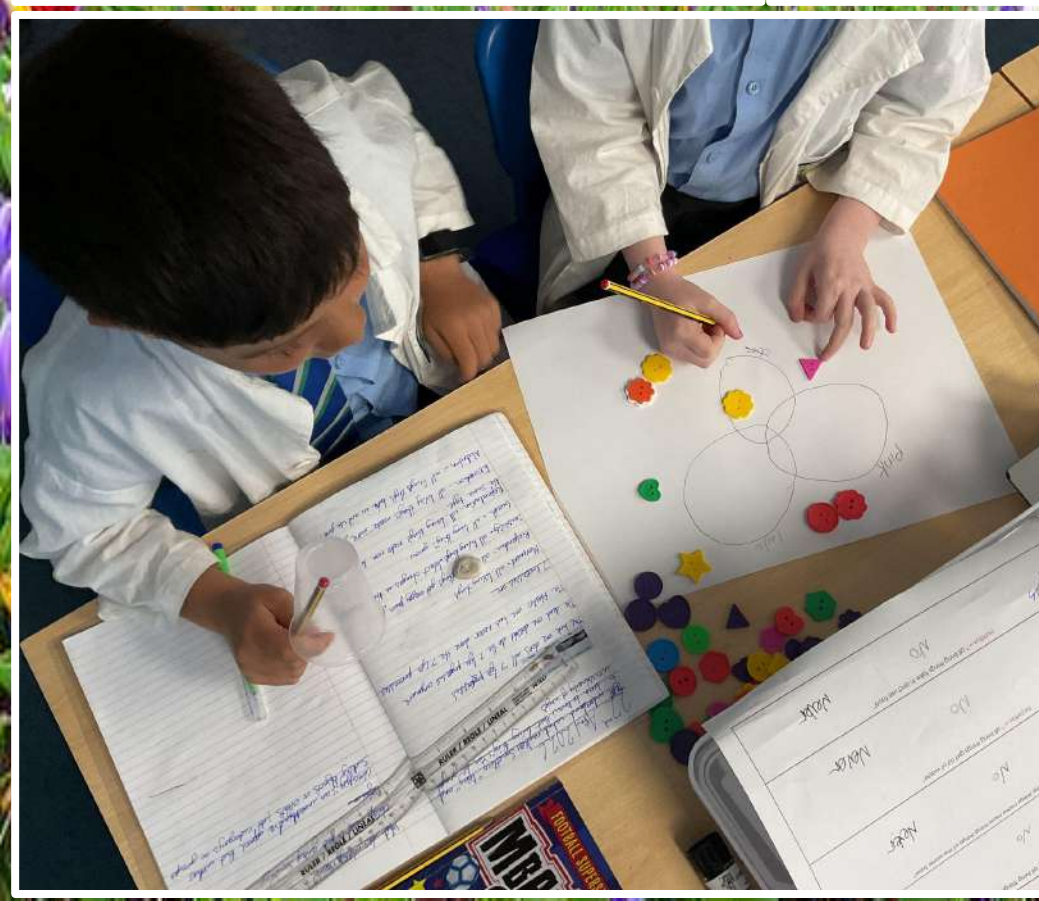
The children have really enjoyed this unit!

In Maths we have continued working with decimals, learning how to make 1 whole.

In Science we have been learning about classification and the different groups that living things can be put into.

In RE we have started learning about pilgrimage in Islam, while in Spanish we are learning the names of food and drink so that we will be order at a cafe and we are learning the song 'Blackbird' by The Beatles in music.

# Year 4



# Year 5



**Reminder**  
 School PE kits must be worn on PE days, tracksuits are not part of school uniform. Planners should be signed regularly and updated with work completed at home. Ties should be worn every day.

Year 5 have made a fantastic start to Term 5. In English, the children have been honing their persuasive writing skills by crafting formal letters to football star Harry Kane, inviting him to support our school team. Meanwhile, in Maths, we have been tackling the complexities of measurement. The pupils have been working hard to master calculating the perimeter and area of rectangles, as well as applying these skills to more challenging compound shapes. In DT, we have begun a mouth-watering project on Spaghetti Bolognese, investigating where our ingredients come from and analysing their nutritional value in preparation for our own cooking session later this year. Our scientific inquiries have taken us into the world of Forces, starting with the invisible power of gravity. The children learned about its discovery and conducted an experiment to prove that gravity acts as a pulling force, constantly drawing us toward the centre of the Earth.



# Year 6

Year 6 have been very busy in English. We have been writing a description based on a fun scene from the film *Monsters Inc!* Year 6 worked really hard to source high level, descriptive vocabulary which makes their writing interesting and enjoyable to read. They also came up with a great range of sentence starters too.

In Maths, we recapped how to use a conversion graph for measurements and have been practicing our arithmetic work daily.

SATs are fast approaching. They start w/c 11th May. Any revision/ practice work that can be completed at home will be greatly beneficial to all pupils. Thank you for your support with this.

# Skipping Workshop



To wrap up an action-packed Term 4, our students jumped into a high-energy skipping workshop that kept everyone on their toes! Throughout the session, the children explored a diverse range of techniques, starting with the Basic Jump and progressing to more demanding moves like Double Unders, Criss-Cross, Side Swings, and High Knees. It was wonderful to see the children having such a fantastic time as they stepped out of their comfort zones and challenged themselves to master these new skills.

# Skipping Workshop



# Send

IfieldSmile



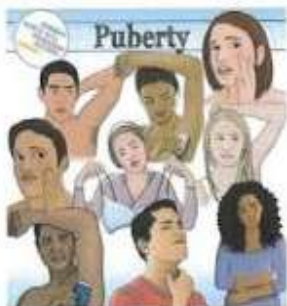
## PUBERTY WORKSHOP

Date: Thursday 7<sup>th</sup> May 2026

Time: 9.30am - 11.30am

Ifield SMILE, Cedar Avenue, Gravesend, DA12 5JT

We are delighted to be able to offer a **Puberty Workshop** in collaboration with Kent Community Health. This is an informal approach to support parents/carers on the "puberty journey".



"Drawing on the experience of our Assistant Practitioners who have worked with parents/carers to support "a puberty journey" for children and young people with a variety of differing needs, this session aims to really listen to, and respond positively to the unique experience of parents supporting a child with complex needs. We will strive to understand where each child is starting their journey, what has been working well for them, what the barriers have been, and how we can help to encourage them to continue to take small steps through their puberty journey."

Kent School Health

To secure your place contact Hannah Walsh at: [hwalsh@ifield.kent.sch.uk](mailto:hwalsh@ifield.kent.sch.uk)

Unfortunately, there is no parking permitted on site but there is parking available in the surrounding roads.

## Gravesham Family Hubs Timetable

Monday 20th April - Friday 22nd May

### Our Family Hubs:

<b>Riverside</b> 03000 422342 Dickens Road, Gravesend, DA12 2JY <a href="mailto:riverside@kent.gov.uk">riverside@kent.gov.uk</a>	<b>Chantry</b> 03000 420007 Ordnance Road, Gravesend, DA12 2RL <a href="mailto:chantry@kent.gov.uk">chantry@kent.gov.uk</a>	<b>Kings Farm</b> 03000 413838 Cedar Avenue, Gravesend, DA11 5JT <a href="mailto:kingsfarm@kent.gov.uk">kingsfarm@kent.gov.uk</a>	<b>Northfleet</b> 01474 351451 Hall Road, Northfleet, DA11 8AJ <a href="mailto:northfleet@kent.gov.uk">northfleet@kent.gov.uk</a>	<b>Shears Green</b> 03000 420895 Packham Road, Northfleet, DA11 7JF <a href="mailto:shearsgreen@kent.gov.uk">shearsgreen@kent.gov.uk</a>	<b>Lawn</b> 03000 421125 Lawn Road, Northfleet, DA11 9HB <a href="mailto:lawn@kent.gov.uk">lawn@kent.gov.uk</a>
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All of our groups and services are free to attend.

	Morning				Afternoon			
<b>Monday</b>	<b>Chantry</b> Talking Walk in (KCHFT) 9.30am-11.30am	<b>Lawn</b> Baby Group 9.30am-10.30am	<b>Lawn</b> Child Health Clinic (KCHFT) 9.30am-11.30am	<b>Lawn</b> Speak out Parents 18 <sup>th</sup> May 10am-11.30am	<b>Riverside</b> Baby, Family & You 20 <sup>th</sup> Apr-18 <sup>th</sup> May 12.30pm-2.30pm	<b>Chantry</b> Stay & Play 1pm-2.30pm		
<b>Tuesday</b>	<b>Kings Farm</b> Baby Group 9.30am-10.30am	<b>Lawn</b> Stay & Play 9.30am-11am	<b>Kings Farm</b> Child Health Clinic (KCHFT) 9.30am-11am	<b>Kings Farm</b> NCT Infant Feeding Group 10am-12noon	<b>Northfleet</b> BeYou (LGBT+) 4.30pm-6pm	<b>Northfleet</b> Compass 12 - 16 years 4.30pm-6pm	<b>Northfleet</b> Gravesend Street Cricket 5pm-6pm	
<b>Wednesday</b>	<b>Riverside</b> Baby Group 9.30am-10.30am	<b>Shears Green</b> Stay & Play 9.30am-11am		<b>Riverside</b> Baby Massage 22 <sup>nd</sup> Apr- 20 <sup>th</sup> May 1.30pm-2.30pm				
<b>Thursday</b>	<b>Riverside</b> Child Health Clinic (KCHFT) 9.30am-12noon	<b>Riverside</b> Childminders Session 9am-11am	<b>Chantry</b> Baby Group 9.30am-10.30am		<b>Lawn</b> Understanding your child 7 <sup>th</sup> May- 23 <sup>rd</sup> July 12.30pm-2.30pm	<b>Riverside</b> Stay & Play 1pm-2.30pm	<b>Riverside</b> NCT Infant Feeding Group 1.15pm-3.15pm	
<b>Friday</b>	<b>Lawn</b> Baby Massage 24 <sup>th</sup> Apr- 22 <sup>nd</sup> May 9.30am-10.30am	<b>Kings Farm</b> Stay & Play 9.30am-11am	<b>Lawn</b> NCT Infant Feeding Group 9.30am-11am	<b>Riverside</b> Little Talkers 24 <sup>th</sup> Apr- 22 <sup>nd</sup> May 10.30am-11.30am	<b>Riverside</b> Stay & Play (SEND) 1pm-2pm	<b>Shears Green</b> Baby Group 1.30pm-2.30pm	<b>Kings Farm</b> Bookworms 1 <sup>st</sup> -15 <sup>th</sup> May 2pm-3pm	<b>Northfleet</b> Sports on Your Doorstep 4.30pm-5.30pm

Please Note: Signing in will not be available until 10 minutes before the session starts.

[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)

Family Hub Sites are run by Kent County Council

## Information

<b>Stay &amp; Play</b> A relaxed session for families with play, singing, stories and messy fun for children aged 0-5 years.	<b>Stay &amp; Play (SEND)</b> Session aimed at children aged 0-5 years with SEND needs or social communication difficulties. It encourages socialisation, play and interaction with others.	<b>Baby Group</b> A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For babies who are pre-walking.	<b>Stepping Up</b> A 6-week programme for 5-11 year olds to boost confidence, manage emotions and make friends.
<b>Little Talkers</b> A playful 6-week course for 2-5 year olds to build speech, language and attention skills. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Baby Massage</b> A 5-week course to learn soothing massage techniques to help your baby relax, sleep better and ease colic. Great for bonding. For babies 0-6 months. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Bookworms</b> Step into the magical world of books! 3 fun sessions with stories and activities. Free book packs included. For children aged 1-4 years. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Baby, Family &amp; You</b> A supportive course for expectant and new parents to build positive routines and confidence in baby's first year. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.
<b>Strengthening Family Relationships</b> A workshop to help parents reduce conflict and build positive relationships. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Time to Shine (SEND)</b> Small, supportive group for children with SEND to build confidence and social skills through fun activities. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Healing Together</b> A 6-week trauma-informed programme for children aged 5-15 years to support emotional wellbeing and recovery.	<b>Parenting Support Advice Online</b> Online/Email for friendly advice on any parenting questions (0-19 years). For further details contact <a href="mailto:ParentSupportandAdvice@kent.gov.uk">ParentSupportandAdvice@kent.gov.uk</a> .
<b>Speak Out Parents</b> Lawn Family Hub Monday 18 <sup>th</sup> May, 10am-11.30am Join us to shape how Family Hubs celebrate and support World Breastfeeding Week and Black Breastfeeding Week this August. For further details or to book contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> .	<b>The Communication Tree</b> A 4-week course to understand how communication develops. For children aged 2 years plus, including fun activities to boost your child's communication skills. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Making it REAL</b> Practical tips and activities to help parents support early reading and writing at home. For children aged 2-4 years. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.	<b>Understanding Your child</b> A 10-week course helping parents understand behaviour and emotions from toddler to teen years. Contact <a href="mailto:graveshamf@kent.gov.uk">graveshamf@kent.gov.uk</a> for further details.

<b>Healthy Start Vitamins</b> Are you eligible for Healthy Start Vitamins? If so, complete this form to order Healthy Start Vitamins to your door.	<b>Free for 2</b> Some 2 year olds can get up to 15 hours of free childcare per week! For more information and how to apply.	<b>Useful Contact Numbers:</b> Health Visitor 03000 132204 Midwife 01322 428753	<b>Please Note:</b> For Health and Safety reasons there are room capacity limits in place.	<b>For more information about opening times give your local centre a call</b>
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[@Graveshamfamilyhubs](https://www.kent.gov.uk/familyhub)  
[@Graveshamfamilyhubs](https://www.kent.gov.uk/familyhub)  
[@Graveshamfamilyhubs11-19](https://www.kent.gov.uk/familyhub)  
[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)  
 Family Hub Sites are run by Kent County Council



W/E 01.05  
 Winning Class  
 1st Year 4  
 2nd Year 3  
 3rd Year 5

W/E 01.05  
 Most Valuable Player  
 1st Jaxon - Y3  
 2nd Frank - Y3  
 3rd Tyler - Y4



## Bronze Peg Up Points

W/E 24.04  
 Lillie of Year 2

## Gold Peg Up Points

W/E 24.04  
 Carter & Annalise of Year 3

## Platinum Peg Up Points

W/E 24.04  
 Frank, Adriana & Rei of Year 3

## Diamond Peg Up Points

W/E 24.04  
 Cara & Leo of Year 2

## Ruby Peg Up Points

W/E 24.04  
 Oliver of Year 2

Mathletics

## Gold Mathletics

W/E 24.04  
 Elliott of Year 5

W/E 01.05  
 Florence of Year 2 & Felix of Year 4

## Platinum Mathletics

W/E 24.04  
 Samuel of Year 5 & Freya of Year 4

W/E 01.05  
 Oscar & Jacob T of Year 3, Elliott & Samuel of Year 5, Aria of Year 4

## Emerald Mathletics

W/E 24.04  
 Lyla & Sienna of Year 5 & Sophie & Leo H of Year 4

W/E 01.05  
 Oliver of Year 2, Elena, Charlie & Olivia of Year 3,  
 Henry & Saskia of Year 5, Leo H & Freya of Year 4



Mathletics

## Epic Mathletics

W/E 24.04  
 Eliza of Year 3 & George of Year 5

W/E 01.05  
 Leo of Year 2, Eliza of Year 3,  
 George of Year 5 & Tyler of Year 4

## Diamond Mathletics

W/E 24.04  
 Frank, Ellie, Rei & Neda of Year 3,  
 Tyler & Sophie of Year 4

W/E 01.05  
 Cara & Jaxon of Year 2, Adriana,  
 Archie, Frank, Ellie, Rei, Jacob F,  
 Lennon, Neda, Jaxon & Aubany  
 of Year 3, Sienna of Year 5  
 & Sophie of Year 4



# Core Values Congratulations To All Our Winners



## Week Ending 24.04

### Year R

Isabella for Self Reflection  
& Ronnie B for Independence

### Year 1

Lyla for Independence,  
Oscar & Tris for Respect

### Year 2

Piper for Respect,  
Vinnie for Perseverance  
& Florence for Self Reflection

### Year 3

Carter for Self Reflection,  
Ava for Respect  
& Valerie for Independence

### Year 4

Freya & Chace for  
Perseverance,  
Ronnie for Independence

### Year 5

Rosie & Bradley for Respect,  
Amaia for Perseverance

### Year 6

Arabella & Samuel Yanis for  
Self Reflection,  
Esme for Respect

## Week Ending 01.05

### Year R

George B for Respect  
& Ivy for Self Reflection

### Year 1

Cruze & Adrik for Perseverance,  
Jessie & Freddie  
for Self Reflection

### Year 2

Mia & Mazie for Independence,  
Ava & Joshua for Self Reflection

### Year 3

Jacob F for Respect,  
Belle for Independence  
& Archie for Self Reflection

### Year 4

Theo B & Theo H for  
Self Reflection,  
Rajan for Independence

### Year 5

Whole Class Respect

### Year 6

Samuel L, Freddie  
& Matilda for Independence



*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](mailto:downschris6@aol.com)



KING'S SCHOOL  
ROCHESTER



SCAN ME TO REGISTER

**WHOLE SCHOOL  
OPEN EVENTS**

FRIDAY | SATURDAY  
8<sup>th</sup> MAY | 9<sup>th</sup> MAY  
Nursery - Year 3 | Year 4 - Sixth Form

## Free Dental Check-Ups for Children



### Ensuring healthy smiles for every child


We believe in the importance of accessible healthcare. Every child should have access to high quality, essential dental care, no matter their circumstances.

Early dental care is critical in shaping a child's long-term health, and regular check-ups – ideally every 6 months – are key to preventing issues (such as tooth decay and cavities) and creating positive habits that last a lifetime.

We recognise that not all children have access to essential dental care, which is why we're hosting **Little Smiles Week**. As part of this initiative, we'll be offering 100 free check-up appointments for children on **26th - 29th May** at **Gravesend Dental Clinic**.

#### On the day, you can expect:

- FREE dental check-ups for children
- FREE gifts & resources for every child
- Helpful oral health advice to parents and guardians – to help to understand how to support your child's dental health at home.

 Colosseum Dental

By focusing on prevention and education, our Little Smiles Week on **26th - 29th May** at our practice is designed to support and equip local families with the knowledge and resources needed to help children maintain healthy smiles for life.

Those early dental visits with a friendly, faced dentist will help children to become familiar with dental care, reducing anxiety in future visits and making it easier to maintain regular check-ups into adulthood.

Use the QR code provided to register your interest. Or contact us by emailing [reception.gravesend@colosseumdental.co.uk](mailto:reception.gravesend@colosseumdental.co.uk) providing your name and a contact phone number, quoting 'LSW' in the email.




#### Address

Gravesend Dental Clinic  
43 The Grove  
Gravesend  
DA12 1DF

#### Email

[reception.gravesend@colosseumdental.co.uk](mailto:reception.gravesend@colosseumdental.co.uk)



 Colosseum Dental



 **kae Family**  
Learning  
kent adult education

## HAPPY THOUGHTS JAR

Positive thinking with your child in this fun and creative workshop.

Join us for some crafty family fun time, where you can remember positive and happy thoughts and memories together.

#### Where:

LAWN FAMILY HUB

#### Date:

TUESDAY 26<sup>TH</sup> MAY 2026

#### Time:

09:30-11:30

To book a place please contact:

[riversidefh@kent.gov.uk](mailto:riversidefh@kent.gov.uk)



For more information scan the QR code

[kentadulthoodeducation.co.uk](http://kentadulthoodeducation.co.uk)

**FREE, Fun & Informal**



## 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)



## FOSTER FOR KENT



LOCAL AUTHORITY  
**Fostering SOUTH EAST**

READY TO START YOUR FOSTERING JOURNEY?

Visit [kentfostering.co.uk](http://kentfostering.co.uk)

03000 420 002



 **kae Family**  
Learning  
kent adult education



## Exploring Behaviour Strategies

Would you like to:

- Explore reasons behind your child's behaviour
- Be able to identify behavioural triggers
- Develop strategies to promote good behaviour

This course is for you!

**Where:** Shears Green Family Hub, Packham Road, DA11 7JF

**Date:** Monday 18<sup>th</sup> May 2026

**Time:** 12:30-14:30

To book a place please contact: [riversidefh@kent.gov.uk](mailto:riversidefh@kent.gov.uk)

We want you to enjoy learning with us. To help us provide the best possible experience for you, please let us know if you or your child have any disabilities or particular support needs.

**FREE, fun & informal courses**



Kent Adult Education is part of Continuously Learning and Skills

# REFORMOLOGY

REFORMER PILATES STUDIO  
NOW OPEN



OVER 50  
CLASSES  
A WEEK

INTRO OFFER  
2 CLASSES FOR £30

ALL CLASSES ARE MIXED ABILITY  
INCLUDING MENS ONLY CLASSES  
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We have a team of highly qualified instructors, so each class will be instructed with adaptions for all levels including beginners.

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reformologymeopham



FREE PARKING. SEE WEBSITE FOR DETAILS

## NEW COURSE

Tuesday 21st April / 19th May

5 weeks

🕒 4.00pm / 4.30pm

30 minute lessons

£70 per child

Location: Istead rise primary  
Da139hg

CALL 0798 163 1910



## Summer Safety Community Day

Wednesday 29 July  
2026, 10am until 2pm on  
Gravesend Promenade

Join us for a fun and  
informative community event!

- Meet your child centred policing team
- Learn how to stay safe online
- Discover how our officers work to keep you safe
- Get your bike security marked
- Understand the laws around e-scooter use

We're also pleased to welcome our  
community partners, including Kent Fire  
and Rescue Service, Southeastern  
Railway, The Grand and many more.

All ages are welcome, it's **free to attend**,  
and there's no need to book.



Kent  
Police



Leybourne

Family

FUN DAY

& Dog Show

SATURDAY  
16<sup>th</sup> MAY  
11AM TO 4PM

Proudly  
sponsored by:

Entertainment by Southern  
Golden Retriever Society  
Display Team



Scan for  
info



Entry Adults £5 Children £2 Under 5's Free  
RSPCA Leybourne, ME19 5HW



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



## Gravesend Netball Club New Group Launching

JUNIORS

YEAR 4, 5 & 6



TASTER SESSION  
TUESDAY 5<sup>TH</sup> MAY



5PM-6PM



GRAVESEND GRAMMAR SCHOOL,  
CHURCH WALK, DA12 2PR

CONTACT US

gravesendnetballclub@hotmail.com



APRIL TO  
OCTOBER 2026

NOURISH



# SPRING INTO SUMMER MENU



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### WEEK ONE

13 April  
4 May  
1 June  
22 June  
13 July  
31 August  
21 September  
12 October

Beef Bolognese Pasta 1  
Cheese & Pesto Swirl 1,7 V  
Jackets with a Choice of Toppings 7,8,9

Baked Wedges  
Seasonal Vegetables

Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Macaroni Cheese 1,7 V  
Chick Pea & Spinach Biryani VG  
Jackets with a Choice of Toppings 7,8,9

Carrots  
Mixed Peppers

Toffee Tart 1,7 & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Roast Chicken & Gravy  
Meatfree Meatballs & Gravy 6 VG  
Jackets with a Choice of Toppings 7,8,9

Rustic Roast Potatoes or Jollof Rice  
Cabbage  
Swede

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

Chicken Korma  
Herby Tomato Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Green Beans  
Carrots

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

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

Chips  
Sweetcorn & Peas  
Coleslaw 9

Lemon Drizzle Biscuit 1,6 VG  
Yoghurt 3,7  
Fruit Pots VG

### WEEK TWO

20 April  
11 May  
8 June  
29 June  
20 July  
7 September  
28 September  
19 October

Cheesy Cauliflower Pasta 1,7 V  
Vegetable Burger in a Bun 1,5,6 VG  
Jackets with a Choice of Toppings 7,8,9

Baked wedges  
Carrots  
Peas

Honey Cake 1 & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Keema Curry  
Pesto & Pea Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Seasonal Vegetables

Summer Trifle 1,7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

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

Rustic Roast Potatoes or Jollof Rice  
Broccoli  
Carrots

Cornflake Cookie 1,7,16  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

Rice  
Tomato Salsa  
Green Beans

Carrot & Orange Cake 1 VG  
Mr Nourish Biscuit 1 VG  
Yoghurt 3,7, Fruit Pots VG

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

Chips,  
Peas,  
Grated Carrot

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

### WEEK THREE

27 April  
18 May  
15 June  
6 July  
14 September  
5 October

Mild Chilli Beef  
Tomato & Herb Penne Pasta 1 VG  
Jackets with a Choice of Toppings 7,8,9

Rice  
Peas  
Mixed Peppers

Jam Roly Poly 1,6 VG & Custard 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

Chicken Pie 1  
Vegetable Stir Fried Noodles 1 VG  
Jackets with a Choice of Toppings 7,8,9

Crushed Potatoes  
Seasonal Vegetables

Ice Cream 7  
Mr Nourish Biscuit 1 VG  
Fruit Pots VG

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

Brunch Hash Potatoes  
Baked Beans  
Mushrooms & Tomatoes

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

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

Rainbow Rice  
Sweetcorn  
Coleslaw 9

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

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

Chips,  
Peas, Baked Beans  
Cucumber Sticks

Caramel Cookie 1,7 V  
Yoghurt 3,7,  
Fruit Pots VG

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

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 celeries. Please discuss with your manager.

AVAILABLE  
DAILY