



Istead Rise Primary Celebration Newsletter

Friday 22nd May 2026



Headteacher Mr S Payne

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Facebook: [Facebook](#)

Acting Head of School: Mrs M Clark

Email: irpoffice@swale.at

Website: www.isteadrise.org.uk

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

[Online Safety Newsletter June 26](#)

We would also encourage you to take a look at this presentation regarding online scams and digital footprints.

[Online Scams & Digital Footprints](#)



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

Wednesday 17th June
New Year R
Welcome Meeting

Monday 22nd-26th June
Year 6 PGL

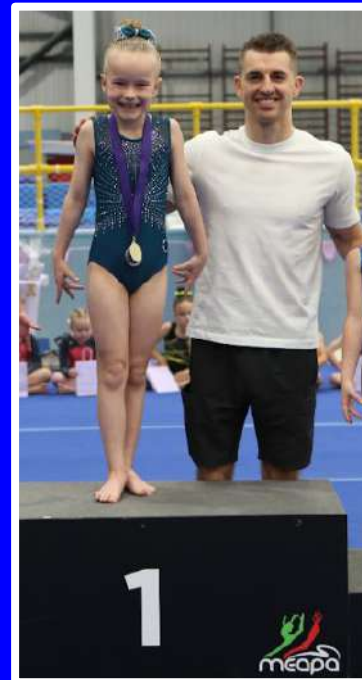
Thursday 9th July
12:30: 60th Anniversary
picnic

Friday 10th July
Ellenor colour run

Istead Colts U7 Blues and Istead Colts U7 Reds made it into the cup final in their very first year of football: IkYRO, Harper, James, Kaspas & Louie from the Blues and Florence and Oliver from the Reds, all of Year 2. The Blues won the cup, but it was such a huge achievement for both teams to get to the cup final. Congratulations to you from all of us at Istead Rise Primary.



Mia of Year 2 recently competed for the Women's Artistic Squad at Meapa Rochester. Mia was placed 2nd overall and won gold for her floor routine, against 27 other 2019 squad girls from multiple clubs. Mia was lucky enough to have her medals handed to her by Olympic champion Max Whitlock. This is fantastic Mia. A very big well done from all of us at Istead Rise Primary!





During the week beginning 27th April 2026, pupils from Reception through to Year 6 took part in the in-school Mini London Marathon, completing a mile around our school grounds. We are incredibly proud of every single child for their outstanding effort and for being such wonderful ambassadors of our school rules. From the determination shown to cross the finish line, to the fantastic sportsmanship in cheering each other along, you all did a brilliant job! A huge shout-out goes to Year 5 for their leadership and support. Mrs. Brown was extremely grateful for your help with the Reception, Year 1 and Year 2 runs, she couldn't have done it without you. Many thanks to FIRPS for the generous donation of medals and refreshments, the perfect way to celebrate the children's hard work and successful run!

Year 1



Year R



Year 2



Year 3



Year 4



Years 5 & 6



ATTENDANCE MATTERS

Every day in school counts...

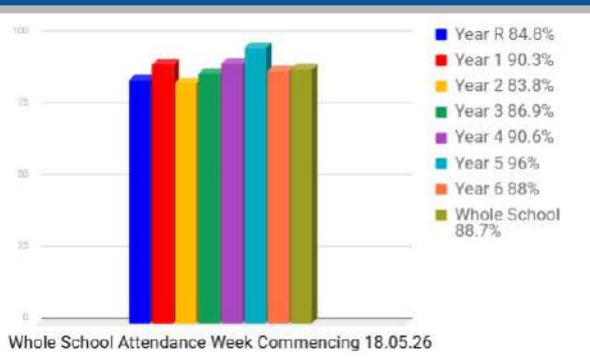
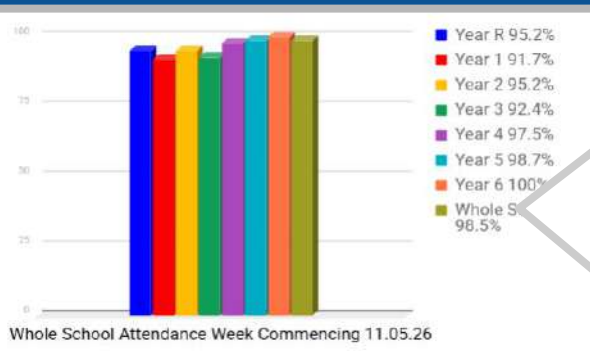
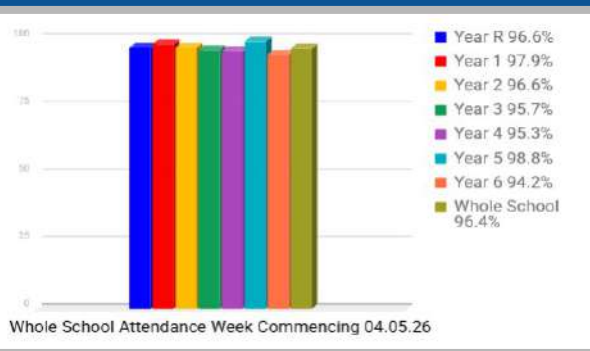


and every minute counts...



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.



Please see the school's Attendance Policy for further details via this link

[Istead Rise Primary Attendance & Punctuality Policy](#)

Attendance Class Awards



W/C 04.05.26

KS1 - Year 1
KS2 - Year 5

W/C 11.05.26

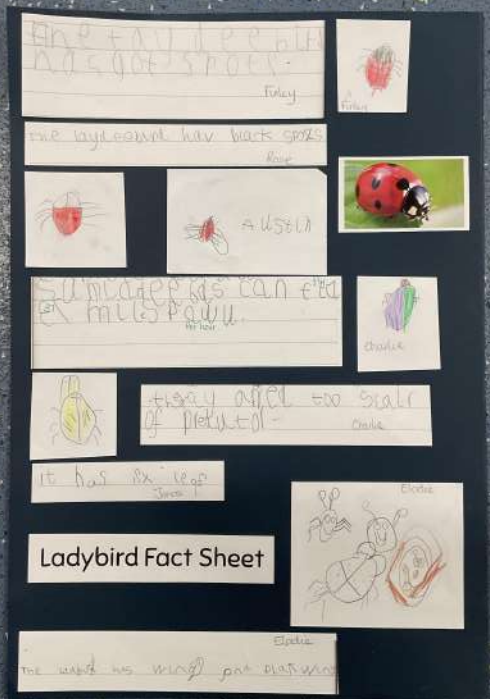
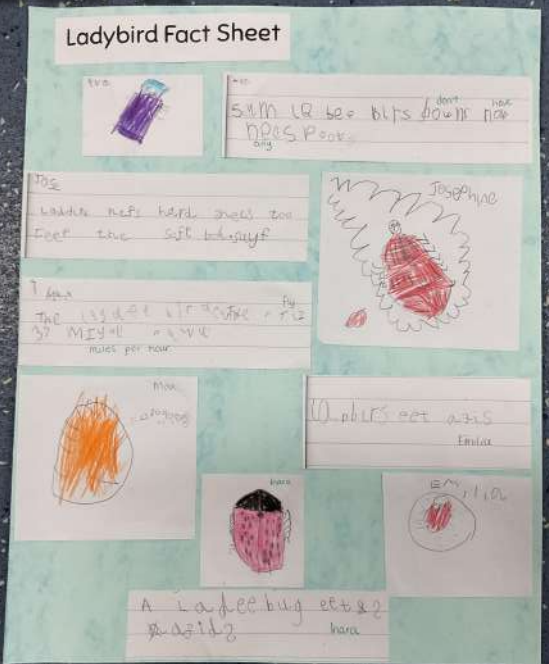
KS1 - Year R
KS2 - Year 6

W/C 18.05.26

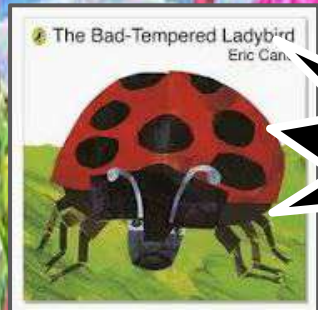
KS1 - Year 1
KS2 - Year 5



Year R

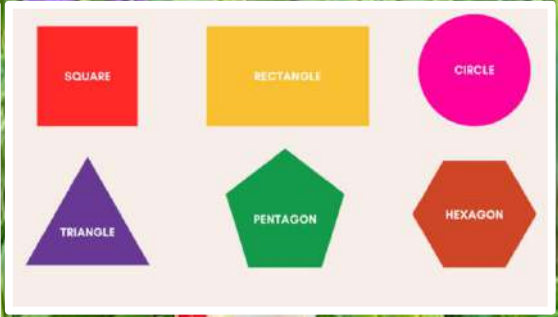


We have continued our topic of Minibeasts, looking in detail at more mini creatures. In week 3, we learnt all about ladybirds. We have learnt so many new and interesting facts and are becoming minibeast experts.



**Week 3
Book of
the week**

With all of our new knowledge of Ladybirds we created our own fact sheet. We drew pictures and independently wrote our own favourite facts.



In Maths we have explored 2D shapes in more depth. We used smaller shapes to make bigger shapes.

Year R

charlie
ow ow
yellow

Phonics - We are so proud of the children's progress in phonics, - now moving on to monosyllabic words.

libby
ow ow ow
yellow



Week 4
Book of
the week



Reception class explored pollination by looking at how 'pollen' travels. We ate cheesy puffs without licking our fingers and then used our bee puppets to travel from flower to flower. They were amazed at how much the 'pollen' transferred from their bees to their flowers.



Year R



This week we are learning all about worms and the amazing job they do in helping prepare the soil for plants to grow.

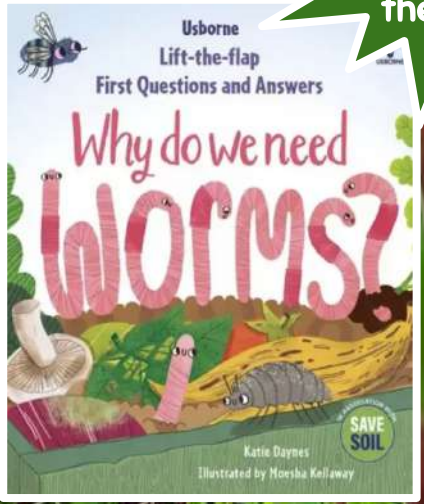


Acorns have been observing how caterpillars change over time. They observed how the caterpillar grew, how the cocoon developed and then how the beautiful butterflies hatched. We released them to be free in our Acorns garden.



Week 5
Book of the week

Acorns were very excited to plant some cress seeds. We learnt about what plants need to survive - light, air, water, nutrients and space to grow. We are going to be seeing how they have grown over the holidays.





Last Friday, our Year 1 children stepped back in time for an immersive workshop on Victorian toys. After discovering the history behind these classic playthings, the children took on the role of toy makers themselves.

It was a hive of activity as they:

- Sanded down wooden components to a smooth finish.
- Decorated their creations with unique, personal designs.
- Assembled the final pieces using tools and glue with precision.

We were incredibly impressed by the skill and perseverance shown by every child. The sense of pride in the room was clear to see, and they should be very proud of the wonderful toys they took home!



Year 1



The children had the best time in DT, learning and looking at all the different fruits that go into making a smoothie. They all had a little try even those that were unsure, dipping their finger in first! Their favourite was the banana and mango. After they had finished their smoothies, they had the opportunity to design their own flavour.

Design a Summer Drink

Use the box below to design your own recipe for a summer drink. Draw the ingredients you will use. What juice will be added? Don't forget to label it!

Equipment:
Blender, Juice

My favourite part of my design is blending the fruits because _____

Ingredients:
strawberry
mango

Design a Summer Drink

Use the box below to design your own recipe for a summer drink. Draw the ingredients you will use. What juice will be added? Don't forget to label it!

Equipment:
Smoothie maker and self-scorer

My favourite part of my design is blending it because it is his because it is yummy.

Ingredients:
strawberry
kiwi
banana
peach
lime
and lemon
and milk & juice



Design a Summer Drink

Use the box below to design your own recipe for a summer drink. Draw the ingredients you will use. What juice will be added? Don't forget to label it!

Equipment:
blender

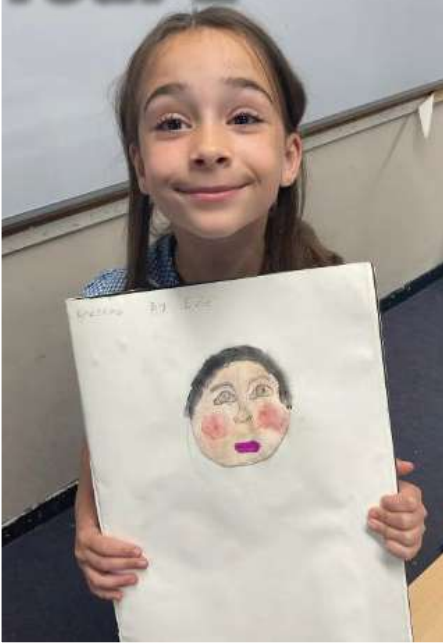
My favourite part of my design is blending because it is his

Ingredients:
strawberry

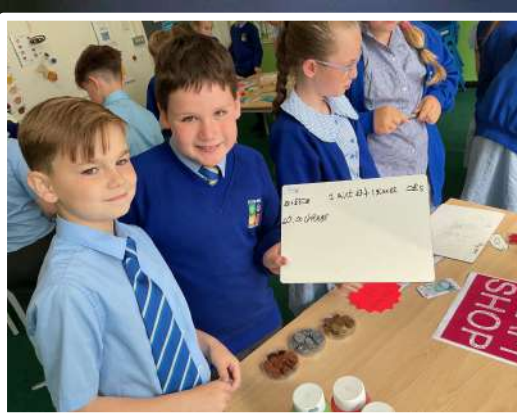
Year 2

Our Year 2 superstars have officially finished their SATs, and we couldn't be prouder! Throughout the week, the children showed incredible resilience and focus, following the test rules with great respect for others. To celebrate this huge milestone, we've been diving into some wonderful creative activities.

A highlight was our portrait project. Combining everything learned in our art lessons, we made preliminary sketching of a classmate, carefully adding depth through shading. Finally, they applied paint to bring their portraits to life. It's been a tough few weeks full of effort. Well done Year 2!



Year 3



Another fantastic couple of weeks. The children thoroughly enjoyed concluding our topic on money through role-play activities in our five class shops. They practised paying for single and multiple items as well as calculating and giving change confidently. We have started our next topic learning about time. The children have explored both analogue and digital clocks and developed their understanding of how to tell the time throughout the day. We have been learning about the months of the year. The children will build confidence in using time related vocabulary and develop important everyday life skills. In English, we finished our narrative poems all about the rainforest. In Geography we concluded our learning about the Amazon Rainforest by exploring the impact of deforestation and identifying ways to save the Amazon Rainforest. In Science, we investigated what plants need for growth using tap water, fertiliser, orange juice and salt water. We considered variables and found tap water was the most effective for plant growth.



Year 3



Our trip to see Paddington the Musical was fantastic and the adults enjoyed the magic just as much as the children!
The children were brilliantly behaved and represented our school perfectly, showing wonderful manners throughout the day. Thank you all for your support in making such a memorable experience possible for our brilliant class.

Year 4



Another busy time in Year 4!

In English we have been using a range of sophisticated and persuasive language in order to write a travel brochure to Llama Beach that would encourage our class llama, Dave, to want to visit for a short break. The children were really looking forward to this sequence and have drafted some amazing writing.

In Maths we have been continuing with our work on decimals, looking at comparing, ordering and rounding decimals to the nearest whole number. In Science we have completed our work on classifying using branching diagrams and have also carried out a minibeast hunt in our local environment to see which micro-habitats we have around school.

In Music we have continued to appraise songs by The Beatles and have continued to learn the song 'Blackbird'.

In RE, we have looked at the different stages of the Hajj and the children now have a better understanding of what this pilgrimage entails.

We have continued our intensive work on Times Tables, and there is an email competition on Emile over the half-term break. While we wouldn't normally set something over the holidays, the real MTC will be taking place in the first week back and so I am asking that you encourage your children to do some of this class challenge as it will be the last chance for them to practice before the real test and we don't want them getting rusty over the break. Thank you for your continued support.



Year 5



What a busy and brilliant term of learning it has been for Year 5! In English, the children have shown fantastic creativity and empathy by finishing their short stories about a young boy named Thomas who is called up to serve in the army during World War One. Meanwhile, in maths we have been diving deep into statistics, mastering how to read and interpret data, as well as learning the precise skills needed to draw their own line graphs.

The absolute highlight of the term was last Friday, when we had a truly fantastic World War One workshop led by Mike from *Portals to the Past*. The day was packed with discovery as the children explored how and why the war began, identified the countries involved, handled a fascinating range of real historical artefacts, and put their knowledge to the test in an interactive quiz. Taking their learning outside, the children threw themselves into history by practicing throwing grenades with accuracy, exploring the development of gas masks (even experiencing some safe, simulated gases the soldiers would have faced), and tackling authentic training drills. We capped off an unforgettable day with some high-energy stretcher races, perfectly combining historical learning with teamwork and a lot of fun!

Year 5



Year 5

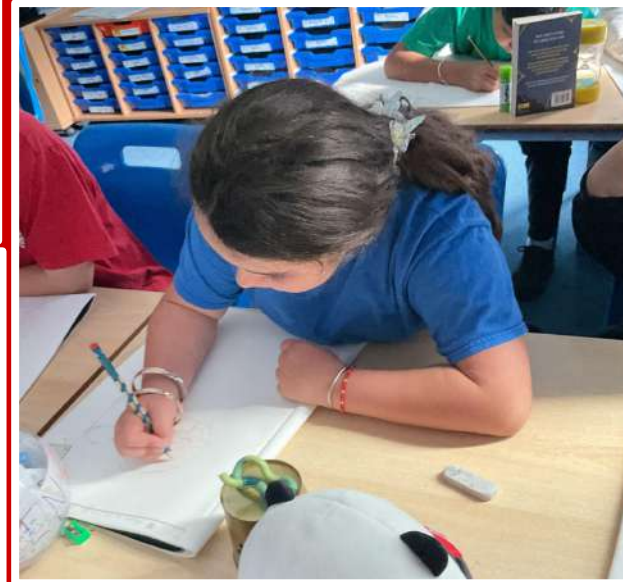
Year 5 Parents & Carers you can find all information regarding the Kent & Medway tests using the links below

[Kent Test](#)

[Medway Test](#)



Year 6



Well done to Year 6 who completed their SATs tests last week! This is a big achievement and I'm sure children are pleased that they are now out of the way.

Year 6 had a go at still life drawing on Friday. They chose items from around the classroom and practised their sketching techniques. Once they were happy with their sketching techniques, they made sure they were happy with their arrangement of roughly five objects and completed a lovely still life sketch. Year 6 showed great focus and determination to produce a detailed sketch.



Gold Mathletics

W/E 08.05
Leo D of Year 4, Sofia of Year R
& Nevaeh of Year 5

W/E 15.05
Leo D of Year 4

W/E 22.05
Leo D of Year 4, Amaia
& Bradley of Year 5

Emerald Mathletics

W/E 08.05
Leo H of Year 4, Leyla of Year 1, Lyla,
Henry & Harry of Year 5

W/E 15.05
Milan, Elena & Charlie of Year 3, Leo H,
Aria & Freya of Year 4

W/E 22.05
Milan & Elena of Year 3, Aria of Year 4
& Henry of Year 5

Epic Mathletics

W/E 08.05
Aubany & Jaxon of Year 3, Tyler
of Year 4, Harry of Year 1 & George of
Year 5

W/E 15.05
Jaxon & Aubany of Year 3, Tyler of Year
4, Khenrab & Leo of Year 2, William &
Harry of Year 1

W/E 22.05
Jacob F, Lennon, Jaxon & Aubany of
Year 3, Tyler of Year 4

Platinum Mathletics

Mathletics

W/E 08.05.
Elodie of Year R, Charlie, Evelyn & Elliott
of Year 5

W/E 15.05
Samuel of Year 5

W/E 22.05
Daisy, Jacob T & Arlo of Year 3, Felix of Year 4,
Samuel & Elliott Year 5

Diamond Mathletics

W/E 08.05
Benjamin & Olivia of Year 3, Sophie of Year 4,
Adrik, William, Kayla & Tris of Year 1, Niamh &
Jonas of Year R, Sienna, Jack L
& Saskia of Year 5

W/E 15.05
Adriana, Lennon, Neda, Archie, Ellie, Benjamin,
Olivia, Frank, Rei & Jacob F of Year 3, Sophie &
khenyang of Year 4, Cara & Jaxon of Year 2,
Adrik, Kayla & Tris of Year 1, Sienna of Year 5

W/E 22.05
Charlie, Adriana, Benjamin, Olivia, Archie, Ellie,
Frank, Rei & Neda of Year 3, Sophie & Leo H of
Year 4, Sienna & Saskia of Year 5

Legend Mathletics

W/E 15.05
Eliza of Year 3, George of Year 5

W/E 22.05
Eliza of Year 3, George of Year 5



Bronze Peg Up Points

W/E 22.05
Lillie of Year 2

Silver Peg Up Points

W/E 08.05
Devan, Rajah & Emilia of Year 4

W/E 22.05
Year 5 Whole Class

Gold Peg Up Points

W/E 22.05
Carter & Annalise of Year 3

Platinum Peg Up Points

W/E 08.05
Seren, Olivia, Elena, Daisy & Arlo of Year 3

Diamond Peg Up Points

W/E 22.05
Cara & Leo of Year 2

Ruby Peg Up Points

W/E 22.05
Oliver of Year 2

Core Values Congratulations To All Our Winners



Week Ending 08.05

Year R

Elodie for Self Reflection
& Maeve for Perseverance

Year 1

Cruze & Adrik for
Perseverance,
Jessie for Self Reflection

Year 2

Mia & Mazie for Independence,
Ava for Self Reflection

Year 3

Louie & Neda for
Independence,
Jacob T for Respect

Year 4

Aria & Devan for Perseverance,
Emily for Independence

Year 5

Constance & Cruz for
Perseverance,

Henry for Self Reflection

Year 6

Samuel L, Freddie & Matilda
for Independence

Week Ending 15.05

Year R

Charlie & Josie
for Self Reflection,
Jonas for Perseverance

Year 1

Henry & Clark for Perseverance,
Oscar for Self Reflection

Year 2

Jeremias & Willow E for
Independence,
Aria for Self Reflection

Year 3

JJ for Respect, Arlo
for Independence
& Ellie for Perseverance

Year 4

Emilia & Bobby
for Self Reflection,
Florence for Independence

Year 5

Whole Class Self Reflection

Year 6

Whole Class for Perseverance

Week Ending 22.05

Year R

Rosie & Austin for Self
Reflection, Benji for Respect

Year 1

Billy & Max for Self Reflection,
William for Respect

Year 2

Louie & Evie for Perseverance,
Melissa for Independence

Year 3

Aubany & Jacob T
for Self Reflection,
Adriana for Perseverance

Year 4

Tyler & Pixie for Self Reflection,
Iyla for Respect

Year 5

Elliott for Respect, Evelyn &
Henry for Perseverance

Year 6

Louie, Kai & Matilda for
Perseverance



W/E 08.05
Winning Class
1st Year 4
2nd Year 3
3rd Year 5

W/E 08.05
Most Valuable Player
Rajah of Year 4
Charlie B of Year 3
Frank of Year 3

W/E 15.05
Winning Class
1st Year 4
2nd Year 3
3rd Year 5

W/E 15.05
Most Valuable Player
Devan of Year 4
Jacob of Year 3
Tyler of Year 4

W/E 22.05
Winning Class
1st Year 3
2nd Year 4
3rd Year 5

W/E 22.05
Most Valuable Player
Jacob F of Year 3
Jaxon of Year 3
Tyler of Year 4



FAMILY ADVICE COFFEE MORNING

TUESDAY 16th June
10AM – 12PM

AT IFIELD SMILE SCHOOL
Cedar Ave, Gravesend DA12 5JT



TO ATTEND, PLEASE EMAIL Hannah Walsh: hw Walsh@ifield.kent.sch.uk

THIS SUPPORT GROUP IS LED BY OUR FAMILY ADVICE TEAM AND IS FOR PARENTS AND CARERS OF CHILDREN WITH DISABILITIES. ALL WELCOME.



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 26TH MAY 2026

Time:
09:30-11:30

To book a place please contact:
riversidefh@kent.gov.uk



For more information scan the QR code

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



Gravesham Family Hubs

Timetable

Monday 20th April - Friday 22nd May

Our Family Hubs:

Riverside 03000 422342 Dickens Road, Gravesend, DA12 2JY riversidefh@kent.gov.uk	Chantry 03000 420007 Ordnance Road, Gravesend, DA12 2RL chantry@kent.gov.uk	Kings Farm 03000 413838 Cedar Avenue, Gravesend, DA12 5JT kingsfarmfh@kent.gov.uk	Northfleet 01474 351451 Hall Road, Northfleet, DA11 8AJ northfleet@kent.gov.uk	Shears Green 03000 420895 Packham Road, Northfleet, DA11 7JF shearsgreenfh@kent.gov.uk	Lawn 03000 421125 Lawn Road, Northfleet, DA11 9NB lawn@kent.gov.uk
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All of our groups and services are free to attend.

Morning

Afternoon

Monday

Chantry Talking Walk in (KCHFT) 9.30am-11.30am	Lawn Baby Group 9.30am-10.30am	Lawn Child Health Clinic (KCHFT) 9.30am-11.30am	Lawn Speak out Parents 18 ⁺ May 10am-11.30am	Riverside Baby, Family & You 20 ⁺ Apr-18 ⁺ May 12.30pm-2.30pm	Chantry Stay & Play 1pm-2.30pm
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Tuesday

Kings Farm Baby Group 9.30am-10.30am	Lawn Stay & Play 9.30am-11am	Kings Farm Child Health Clinic (KCHFT) 9.30am-11am	Kings Farm NCT Infant Feeding Group 10am-12noon	Northfleet BeYou (LBST+) 4.30pm-6pm	Northfleet Compass 4.30pm-6pm	Northfleet Gravesend Street Cricket 5pm-6pm
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Wednesday

Riverside Baby Group 9.30am-10.30am	Shears Green Stay & Play 9.30am-11am	Riverside Baby Massage 22 ⁺ Apr-20 ⁺ May 1.30pm-2.30pm	Riverside Understanding your child 7 ⁺ May-23 ⁺ July 12.30pm-2.30pm	Lawn NCT Infant Feeding Group 1.30pm-2.30pm	Riverside Stay & Play 1pm-2.30pm	Riverside NCT Infant Feeding Group 1.15pm-3.15pm
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Thursday

Riverside Child Health Clinic (KCHFT) 9.30am-12noon	Riverside Childminders Session 9am-11am	Chantry Baby Group 9.30am-10.30am	Riverside Little Talkers 24 ⁺ Apr-22 ⁺ May 10.30am-11.30am	Riverside Stay & Play (SEND) 1pm-2pm	Shears Green Baby Group 1.30pm-2.30pm	Kings Farm Bookworms 1 ⁺ , 15 ⁺ May 2pm-3pm	Northfleet Sports on Your Doorstep 4.30pm-5.30pm
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Friday

Lawn Baby Massage 24 ⁺ Apr-22 ⁺ May 9.30am-10.30am	Kings Farm Stay & Play 9.30am-11am	Lawn NCT Infant Feeding Group 9.30am-11am	Riverside Stay & Play (SEND) 1pm-2pm	Shears Green Baby Group 1.30pm-2.30pm	Kings Farm Bookworms 1 ⁺ , 15 ⁺ May 2pm-3pm	Northfleet Sports on Your Doorstep 4.30pm-5.30pm
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Please Note: Signing in will not be available until 10 minutes before the session starts.

www.kent.gov.uk/familyhub

Family Hub Sites are run by Kent County Council

Information

Stay & Play A relaxed session for families with play, singing, stories and messy fun for children aged 0-5 years.	Stay & Play (SEND) Session aimed at children aged 0-5 years with SEND needs or social communication difficulties. It encourages socialisation, play and interaction with others.	Baby Group A welcoming space to bond with your baby and meet other parents. Includes songs and sensory play. For babies who are pre-walking.	Stepping Up A 6-week programme for 5-11 year olds to boost confidence, manage emotions and make friends.
Little Talkers A playful 6-week course for 2-5 year olds to build speech, language and attention skills. Contact graveshamfh@kent.gov.uk for further details.	Baby Massage 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 graveshamfh@kent.gov.uk for further details.	Bookworms 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 graveshamfh@kent.gov.uk for further details.	Baby, Family & You A supportive course for expectant and new parents to build positive routines and confidence in baby's first year. Contact graveshamfh@kent.gov.uk for further details.
Strengthening Family Relationships A workshop to help parents reduce conflict and build positive relationships. Contact graveshamfh@kent.gov.uk for further details.	Time to Shine (SEND) Small, supportive group for children with SEND to build confidence and social skills through fun activities. Contact graveshamfh@kent.gov.uk for further details.	Healing Together A 6-week trauma-informed programme for children aged 5-16 years to support emotional wellbeing and recovery. Contact graveshamfh@kent.gov.uk for further details.	Parenting Support Advice Online Online/Email for friendly advice on any parenting questions (0-19 years). For further details contact ParentSupportandAdvice@kent.gov.uk
Speak Out Parents Lawn Family Hub Monday 18 ⁺ 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 graveshamfh@kent.gov.uk	The Communication Tree 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 graveshamfh@kent.gov.uk for further details.	Making it REAL Practical tips and activities to help parents support early reading and writing at home. For children aged 2-4 years. Contact graveshamfh@kent.gov.uk for further details.	Understanding Your child A 10-week course helping parents understand behaviour and emotions from toddler to teen years. Contact graveshamfh@kent.gov.uk for further details.
Healthy Start Vitamins Are you eligible for Healthy Start Vitamins? If so, complete this form to order your Healthy Start Vitamins to your door.	Free for 2 Some 2-year olds can get up to 15 hours of free childcare per week! For more information and how to apply.	Useful Contact Numbers: Health Visitor 03000 132204 Midwife 01322 429753	Please Note: For Health and Safety reasons there are room capacity limits in place. For more information about opening times give your local centre a call

[@Graveshamfamilyhubs](https://www.facebook.com/Graveshamfamilyhubs)

[@Graveshamfamilyhubs](https://www.instagram.com/Graveshamfamilyhubs)

[@Graveshamfamilyhubs11-19](https://www.instagram.com/Graveshamfamilyhubs11-19)

www.kent.gov.uk/familyhub
Family Hub Sites are run by Kent County Council



SUMMER SCHOOL 2026

MONDAY 10TH - FRIDAY 14TH AUGUST

9AM - 2PM

NORTHFLEET SCHOOL FOR GIRLS

AGES 6-8: £36 A DAY/£160 A WEEK (EARLY BIRD £145)
AGES 9-12: £38 A DAY/£175 A WEEK (EARLY BIRD £160)
AGES 13-16: £40 A DAY/£185 A WEEK (EARLY BIRD £170)

BOOKING LINK: beaumontacademy.co.uk



MEOPHAM HOLIDAY CLUB TIMETABLE

HOLIDAY CLUB FOR CHILDREN FOR SCHOOL YEARS 1-7



TUESDAY
26TH MAY

OBSTACLE COURSES & MULTI SPORTS

LUNCH TIME & FREE PLAY

SUNCATCHER ARTS & CRAFTS

WEDNESDAY
27TH MAY

SWEET TREAT MAKING

LUNCH TIME & FREE PLAY

BADMINTON & PICKLEBALL

THURSDAY
28TH MAY

GIANT INFLATABLES

LUNCH TIME & FREE PLAY

PLAYDOUGH MAKING

FRIDAY
29TH MAY

JEWELLRY MAKING

LUNCH TIME & FREE PLAY

END OF HALF TERM DISCO

BOOK NOW!

01474 814199

INFO@MEOPHAMLEISURE.ORG

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

FOSTER FOR KENT

LOCAL AUTHORITY
Fostering
SOUTH EAST

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03000 420 002



WATER SMART PROGRAMME

Booking essential as limited FREE spaces for 8yr to 16yr
Must be able to swim

Always choose a safe place to swim

What do I do in an emergency?



Let's learn about pool, river, canal, lake & beach safety

27th, 28th & 29th MAY 2026

13.30 to 15.00

Cygnets Leisure Centre, Old Perry Street, Northfleet DA11 8BU

To book call

Jak 07813713036

Jo 07974183693



KCC Community Wardens working in partnership with Gravesend Life Saving Club, Cygnets Leisure Centre & Northfleet & Ebbsfleet Lions Club CIO

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



Coming Soon to Northfleet!

Darts Camp

2 DAYS OF FUN GAMES, FRIENDLY COMPETITIONS, AND PLENTY OF CHANCES TO WIN GREAT PRIZES.

ALL ABILITIES WELCOME!

HALF AND FULL DAY OPTIONS AVAILABLE

WOMBWELL PARK PAVILION NORTHFLEET DA11 8AU

Thursday 28th May Friday 29th May

8 - 15 Years

Scan the QR Code for Full Details on how to book or visit www.sports4change.co.uk



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 & OVER 50s CLASSES

We have a team of highly qualified instructors, so each class will be instructed with adaptions for all levels including beginners.



REFORMOLOGY STATION APPROACH MEOPHAM DA13 0HP
www.reformologymeopham.co.uk
info@reformologymeopham.co.uk
@reformologymeopham
reformologymeopham



FREE PARKING. SEE WEBSITE FOR DETAILS

Free Dental Check-Ups for Children



Ensuring healthy smiles for every child

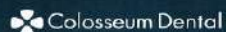
We believe in the importance of accessible healthcare. Every child should have access to high quality, essential dental care, no matter their circumstances.

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:

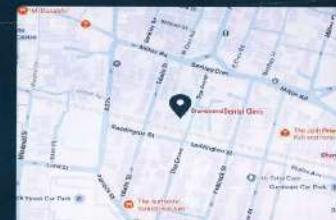
- FREE dental check-ups for children
- FREE gifts & resources for every child
- Helpful oral health advice to parents and carers to help to understand how to support your child's dental health at home



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 providing your name and a contact phone number, quoting 'LSW' in the email.

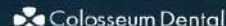


Address

Gravesend Dental Clinic
43 The Grove
Gravesend
DA12 1DF

Email

reception.gravesend@colosseumdental.co.uk



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