

Digital Ambassadors / School Council



On Wednesday 7th June 2023 the School Council/ Digital Ambassadors led their own assembly about online safety. They gave the children tips and reminders about how they can stay safe online.



For girls aged 7 to 10

Brownies

Brownies offers girls exciting opportunities to take on new challenges, make brilliant friends and discover the world around them.

'I had never climbed before. I was scared of heights. But I climbed and rang the bell all by myself and felt really proud of myself.'
Poonam, aged 10

Find out more about Brownies at girlguiding.org.uk/brownies. Register your daughter at girlguiding.org.uk/joinus or call 0800 169 5901.

WE DISCOVER, WE GROW
Girlguiding
Registered charity number 306016.



Henry of Palm Class spent half term in the Lake District. During his holiday Henry climbed Cat Bells with his Dad, which is 451m high.

Henry had to rock scramble all the way to the top and then navigate his way back down over rough terrain.

Here is Henry with the medal he received for this amazing achievement. Henry's Mum and Dad were beyond proud as indeed are we! A big well done from all us at at Istead Rise Primary School.

Acorns

Acorns adopted some new pets recently. For our minibeasts project, we were kindly donated a large number of stick insects. Everyday the class give them water to drink and fresh leaves to eat.

We experienced a musical treat when Nathan brought his violin in for show and tell!



For our learning, we discovered all about minibeasts. Mrs Summers bought in a giant tarantula from Peru for Acorn Class to look at.



Acorns



This week Acorns have learned about parts of the body in our PSHE lessons, Nathan was drawn around and together we labelled the parts of his body.

Mr Payne set Acorn Class a challenge this week. First to sketch an Oak Tree leaf, then to use their sketches to find an Oak Tree in our school grounds. After a walk around, everyone managed to spot the Oak Tree.



In order to brighten up our environment we decided to plant flowers, strawberry plants and tomato plants in our outside area. Mrs German kindly showed us how to plant and care for our new garden area.



Oak



Welcome back to a new term!

During Design and Technology, the children have learnt about levers and sliders and made a book telling the story of Humpty Dumpty. These books were fantastic and the children worked really hard on them.

The children have been very busy in Science looking at plants. Last term they grew cress, and started their broad beans which they will watch continue to grow and also plant some sunflowers.

In English, we are using our knowledge of adjectives, conjunctions, verbs and adverbs to write more complex sentences with our character descriptions.

Year 2 have settled quickly back into a new term and are working hard in all our lessons. In Science, we have been finishing off our learning on habitats by focusing on the microhabitats we have on our school grounds. The children visited the school pond as well as finding logs and leaf piles to search through for the creatures that lived there.



In English, we have started writing a description of a pirate ship thinking about its physical features and jobs that pirates might be doing on board. The children have come up with some fantastic vocabulary which they can use in their writing later this week.

Our geography lessons this term are all about the seaside. We have discussed as a class things we already knew about the beach and what you might find or do there. In groups, we then used maps and atlases to label some of the key beaches from around the UK.



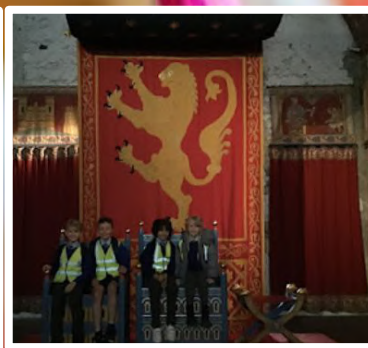
Palm



We had a fantastic Samba Day last term. The children really enjoyed it and learnt so much about Samba music.

We also had another Superclass afternoon which the children loved!

This term we are looking forward to Squirrel Survival Day and the planned activities.



Year 4 enjoyed their trip to Dover Castle at the end of last term and did themselves and our school proud with their learning and behaviour. They all enjoyed the secret codes and ciphers workshop and Poppy proved to be a natural code breaker!

Cherry were proud of the Alice in Wonderland themed cushions that they made as part of a D.T. project. They all did an amazing job, I'm sure you'll agree!

This term we will be reading Harry Potter and the Philosopher's Stone with a Harry Potter themed day planned to enrich our writing. In maths we are learning about angles and will be taking the Government's Multiplication Times Tables Check next week.



Willow



At the end of last term we completed our work on the First World War, including the creation of our own trenches. The focus on this in DT was strengthening materials when joining them, especially at corners.

This term we are continuing with our work on decimals in maths, while in reading we are looking at a range of extracts from dystopian-based novels. Our first writing sequence is a newspaper report, and relates back to the events we wrote last term in our gothic ghost story - where the report picks up what happened following the events of the story. We finished our 2-term unit on living things and habitats at the end of last term with a special set of visitors that we had to make suitable habitats for and have now started our next science unit, which is all about forces.

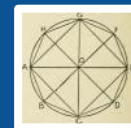


Elm & Aspen

A busy start to Term 6 for Year 6!

In English, we have started a new writing sequence - writing a description. So far, we have recapped fronted adverbials and have practiced using a variety of these to add depth and interest to our writing. We have also sourced high-level vocabulary which we will use in our description. Today, we also practiced using figurative language such as similes, metaphors and personification. Both classes came up with some great sentences which Miss.Waters and Mrs. Brown were really impressed with.

In Maths, we have started Geometry and this week, looked at identifying parts of a circle and using a compass to draw a circle.



3, 2, 1, Action! The rehearsals for our upcoming Year 6 Leavers production have started! Well done to the whole year group so far! Everyone is taking their role seriously and making a great effort to learn their lines. We can't wait to share it with you, watch this space!



SEND & Inclusion

Local Support From Autism South East

Kent PACT and the SEND Information Hub invite you to

PACT IN THE PARK

Thursday July 27th 11am– 3pm

DARTFORD CENTRAL PARK

CRANFORD ROAD, DARTFORD, DA1 1JP

Kent PACT and the SEND Information Hub invite Parent Carers and their families with SEND to our free event in Dartford Central Park on Thursday 27th July 2023.

- Fully accessible 'Buccaneer Bay' adventure play park
- Fully accessible water park
- Fully accessible café
- Changing rooms
- Children's fair
- Local organisations, stalls and more!
- Free parking



Registered Charity Number 1194016



AIR-SOFT COMBAT SESSIONS

Future Survival run bi-weekly Air-soft sessions. Although these sessions aren't exclusively for autistic people, they are formed of smaller groups in an autism-friendly environment. Great for under 18s and family as well as beginners.



Mondays and Wednesdays
5pm-6:30pm

Autism South East followers use the code
southeast
for a £5 discount

autismse.uk/airsoftfs
(redirects to Future Survival booking)

Future Survival
51-53 New Road
Gravesend
DA12 0AD
(Use near entrance)

THINGS I WISH I'D KNOWN...



Things I Wish I'd known Before
Starting Secondary School
BBC BITESIZE



YOUTH CLUB



AT FUTURE SURVIVAL
FUTURE SURVIVAL GRAVESEND
51-53 NEW ROAD, GRAVESEND
DA12 0AD
(ENTRANCE AT REAR)

10am-12pm
6th May, 10th June & 1st July

£11 or £16.95 with two games of laser tag

Come and join our new youth club for autistic 10-16 year olds in Gravesend. Activities will include retro gaming, pool and board games.

Parents/carers required to stay throughout, refreshments can be purchased on site.

BOOK YOUR PLACES NOW!



Lego Club

Limitless fun

Join us for a creative play Lego session. Lego bricks and trays will be available for imaginations to run wild!



Every third Thursday of the month*
6pm-7:30pm

16/02/23, 16/03/23, 20/04/23, 18/05/23,
15/06/23, 20/07/23, 21/09/23,
19/10/23, 16/11/23 & 14/12/23

BOOK NOW
AUTISMSEUK/LEGOCUB

£2.50
PER CHILD

Suitable for ages 5-16 years.
Pre-diagnosis and siblings welcome.
Parents are required to remain throughout.
Drinks will be available for a donation.

The Meeting Place
Orchards Shopping Centre
Dartford
DA1 1DN

Term 6 has arrived and the summer break seems just around the corner. It is a time of transition for all pupils, whether it's looking forward to a new class next year, a change of Key Stage, or for our year 6 pupils - a new school! Many people feel excited about their next steps and many feel a nervous anticipation. We will support all pupils to have a successful transition and those pupils with SEND will receive enhanced support.

Thank you to all those parents who were able to attend SEND parent consultations and gave us such fantastic feedback about the SEND provision at Istead Rise. We made sure all your kind comments were passed on to the relevant members of staff.

Mrs Andreou and Mrs Clark.

EMOTIONAL SUPPORT



Preparing your child emotionally for transition.

SEND & Inclusion

Dates for your diary:

12th June - Year 1 & 2 Phonics screenings start

14th June - Class photos

15th June - Parent Consultations - Mrs Andreou has bookable appointments for SEND queries

20th June - Y6 Mayfield Grammar Transition meeting.

6th and 7th July - Secondary school transition days.

Questions for my child's new school/setting

SENCo Name and Contact Details:

Question	Answer
Who is responsible for leading the support my child will access? How do I contact them?	
Who will be the key person that will support my child?	
What do you already know about my child?	
What could support 'look like' for my child's needs?	
How will my child's targets be decided and how are they reviewed?	
What is your behaviour policy? How will this be applied to my child?	
What rewards are available? How can my child earn these?	
Who is available to help my child if they are upset and/or worried?	
What will break and lunch time look like for my child?	
How will my child be supported for transition?	
What after school activities/clubs are there?	
How will information about my child's needs be shared with other staff and how will we make sure this is implemented consistently?	
What can I do to help prepare my child to be a pupil in your school?	

5 TIPS FOR COPING WITH ANXIETY



1 Talk to someone you trust

Talking to someone you trust who will listen to you and show they care about what's making you anxious can be a big relief.

2 Try to manage your worries

Write down your worries and keep them in a particular place. Maybe in a notebook or on pieces of paper you put in an envelope or jar.

3 Look after your physical health

Getting enough sleep and eating regularly can give you energy and improve your mood to help cope with difficult feelings and experiences.

4 Try breathing exercises

Breathing exercises can help you feel more in control. Try the 4-7-8 breathing technique. Breathe in for 4 seconds, out for 7 and hold for 8.

5 Keep a diary

It can help to make a note of what happens when you get anxious or have a panic attack. This could help you spot patterns in what triggers you.



Bronze Peg Up Points

W/E 26.05

Jack of Willow & Masen of Elm

W/E 09.06

Holly, Charlie C & Olivia of Willow

Silver Peg Up Points

W/E 26.05

Archie of Willow

W/E 09.06

Ezekiel & Eden of Aspen, Kamahni of Elm & Jessica of Willow

Gold Peg Up Points

W/E 26.05

Saskia of Palm, Tyler, Florence & Ashiya of Oak, Samuel-Yanis & Josh of Sycamore, Theo, Millie C & Alfie of Cherry

W/E 09.06

Florence, Darcy, Iyla, Rajah, Samantha & Sophie of Oak

Platinum Peg Up Points

W/E 26.05

Freddie, Cooper M, Delphine, Katelyn, Esme, Emilia, Lucas, Matilda & Shae of Sycamore

W/E 09.06

Mila of Cherry

Gold Mathletics

W/E 26.05

Nihaal of Sycamore

**Congratulations
for all your hard work!**

Diamond Peg Up Points
W/E 26.05
Nihaal of Sycamore
WOW!
Congratulations

Times Tables Rock Stars

W/E 26.05

Most Valuable Player

1st Edward of Sycamore
2nd Samuel-Yanis of Sycamore
3rd Jeremiah of Sycamore

W/E 26.05

Winning Class

1st Sycamore
2nd Cherry
3rd Willow

W/E 09.06

Most Valuable Player

1st Jeremiah of Sycamore
2nd Ronak of Cherry
3rd Ezekiel of Aspen

W/E 09.06

Winning Class

1st Elm
2nd Cherry
3rd Sycamore

Rock Hero Status
W/E 09.06
Isaac T
0.9 Seconds



Core Values Congratulations To All Our Winners

Week Ending 26.05

Acorns Class

Nathan, Ellie & Milan for Self Reflection

Oak Class

Freya & Ronnie for Self Reflection, Ava for Perseverance

Palm Class

Amaia for Respect, Rosie for Self Reflection & Bobby for Independence

Sycamore Class

Abril & Katelyn for Self Reflection, Shae for Perseverance

Cherry Class

Ronak, Lillie & Mila for Self Reflection

Willow Class

Jessica D & Margaret for Self Reflection Isabelle for Perseverance

Elm Class

Brooke & Dilan for Independence, Emily for Respect

Aspen Class

Tyler-James & Alice for Self Reflection,
Sharad for Perseverance

Week Ending 09.06

Acorns Class

Rei for Respect & Louie for Independence

Oak Class

Luna & Devan for Perseverance, Ronnie for Self Reflection

Palm Class

Evelyn & Samuel for Perseverance, Keira for Respect

Sycamore Class

Josh for Perseverance, Emilia & Edward for Self Reflection

Cherry Class

Finn for Self Reflection & Scarlett for Perseverance

Willow Class

Tommy for Independence, Mia for Perseverance
& Cerys for Self Reflection

Elm Class

Dylan, Tabitha & John for Perseverance

Aspen Class

Maddy, John & Harry for Perseverance



Let's see what's for lunch...

Week 1

Monday	Main Meals BBQ Chicken Pizza with Baked Jacket Wedges Margherita Pizza with Baked Jacket Wedges V Jacket Potato with Baked Beans Ve	Vegetables Sweetcorn Ve Dessert Chocolate Rice Krispie Cake V
	Main Meals Beef Bolognese with Spaghetti Vegan Bolognese with Spaghetti Ve Jacket Potato with Cheese V	Vegetables Peas Ve Dessert Carrot Cake V
	Main Meals Roast Chicken with Roast Potatoes & Gravy Macaroni & Cheese V Jacket Potato with Salmon Mayonnaise	Vegetables Seasonal Greens Ve Dessert Vanilla Ice Cream V
Tuesday	Main Meals Chicken Fajita Wrap Vegetable & Bean Burrito Ve Pasta with Roasted Tomato & Basil Sauce Ve	Vegetables Steamed Carrots Ve Dessert Maryland Cookie V
	Main Meals Breaded Fish Fingers Vegetable & Bean Chimichangas V Pasta with Cheese Sauce V	Vegetables Chips & Baked Beans Ve Dessert Chocolate & Courgette Sponge V
Freshly Baked Bread: Pesto Bread V Wholemeal Bread V		

Week 1:

20th February, 13th March, 5th April, 24th April, 15th May, 5th June, 26th June, 17th July, 28th August, 18th September, 9th October

Available Every Day:
Fresh Fruit Ve
Yoghurt V or Jelly Ve

Pabulum Salad Bar

Children can help themselves to an unlimited selection of freshly prepared healthy salads. Our new salad bar features all of the children's favourites, is completely free of the 14 recognised allergens, is suitable for vegetarians and vegans and packed full of fibre and nutrients.

Week 2
Week Commencing 12th June

Week 2

Monday	Main Meals Beef Burger in a Bun with Baked Jacket Wedges Vegetable Burger in a Bun V with Baked Jacket Wedges e Wholewheat Pasta with Arrabiatta Sauce Ve	Vegetables Carrot Sticks Ve Dessert Lemon Drizzle Sponge V
	Main Meals Beef Lasagne Vegetable Fajita Wrap Ve Jacket Potato with Cheese V	Vegetables Sweetcorn Ve Dessert Flapjack Ve
	Main Meals Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy Ratatouille Pasta Bake Ve Jacket Potato with Baked Beans Ve	Vegetables Green Beans Ve Dessert Orange Shortbread Biscuit Ve
Tuesday	Main Meals Chicken Paella Vegetable Pasanda with Rice Ve Pasta with Tomato & Vegetable Sauce Ve	Vegetables Broccoli Ve Dessert Apple Crumble Ve with Custard V
	Main Meals Breaded Fish Fingers Spiced Squash & Spinach Samosa Ve Pasta with Cheese Sauce V	Vegetables Chips & Baked Beans Ve Dessert Apple & Parsnip Cake V
Freshly Baked Bread: Tomato & Herb Bread V Wholemeal Bread V		

Week 2:

27th February, 20th March, 10th April, 1st May, 22nd May, 12th June, 3rd July, 4th September, 25th September, 16th October

Week 3

V - Suitable for vegetarians
Ve - Suitable for vegans & vegetarians

Monday	Main Meals Chicken and Beef Sausages with Mashed Potato & Gravy Vegan Sausages with Mashed Potato & Gravy Ve Pasta with Cheese Sauce V	Vegetables Peas Ve Dessert Apple & Carrot Flapjack Ve
	Main Meals Beef Chilli with Steamed Rice Vegetable Chilli with Steamed Rice Ve Jacket Potato with Cheese V	Vegetables Steamed Carrots Ve Dessert Chocolate & Beetroot Brownie V
	Main Meals Sticky Glazed Chicken Margherita Pizza V Pasta with Tomato & Basil Sauce Ve	Vegetables Spicy Potato Wedges Ve & Coleslaw V Dessert Cherry Cornflake Cake V
Tuesday	Main Meals Creamy Pesto Chicken with Fusilli Pasta Vegetable Pasta Bake V Jacket Potato with Baked Beans Ve	Vegetables Green Beans Ve Dessert Vanilla Ice Cream V
	Main Meals Breaded Fish Fingers Vegetable & Bean Stuffed Pitta Pocket Ve Pasta with Tomato & Lentil Sauce Ve	Vegetables Chips & Baked Beans Ve Dessert Chocolate Shortbread Biscuit Ve
Freshly Baked Bread: Garlic & Rosemary Bread V Wholemeal Bread V		

Week 3:

6th March, 27th March, 17th April, 8th May, 29th May, 19th June, 10th July, 11th September, 2nd October



pabulummm
HONESTLY GOOD FOOD

BM2 Istead Rise
February 2023
All products are subject
to availability