



Istead Rise Primary Celebration Newsletter

Friday 23rd June 2023



Headteacher Mr S Payne

Deputy Headteacher: Mrs M Clark

Telephone: 01474 833177

Email: irpoffice@swale.at

Website: www.isteadrise.org.uk

Twitter: [@IsteadRisePS](https://twitter.com/IsteadRisePS)

Facebook: [Facebook](https://www.facebook.com/IsteadRisePS)



Monday 26th - Friday
3rd July Year 6 PGL

Monday 3rd July
Year 5 Trip
Kent Police Open Day

Tuesday 4th July
Sports Day

Tuesday 11th July
Year 6 Production to
Parents 1.30pm

Thursday 13th July
Year 6 Production to
Parents 6.30pm

Friday 14th July
Colour Run

Wednesday 19th July
Year 6 Leavers
Assembly to Parents
9.30am

Thursday 20th July
End of Term 6

Friday 21st July
INSET DAY
School Closed

Dear Istead Rise Families,

As normal, our pupils have been extremely busy and making us all proud with their continued hard work. End of year assessments have been underway and, so far, the outcomes are looking fantastic. We look forward to sharing more detail on your child's progress with you soon in the end-of-year reports that will be with you next month.

I also offer a big thank you to every one of you who joined us last week for parent consultations. It was a pleasure to welcome so many of you into school and I hope you found it useful and informative.

I would like to wish all Year Six pupils who are attending next week's residential trip a fun and exciting week - I look forward to hearing all about it!

I hope you enjoy another action-packed newsletter and wish you all a great weekend!

Steve Payne

Theo of Oak,
George, Harry,
Samuel & Saskia of
Palm & Louie of
Sycamore took part
in the District
Sports Evening last
Thursday the 15th.
The children all
tried their best and
were amazing.
A big well done to
our medal winners
from all of us at
Istead Rise
Primary!



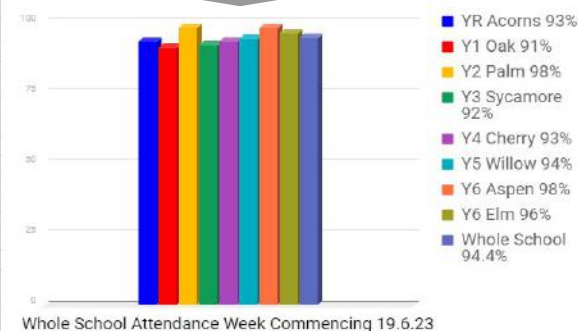
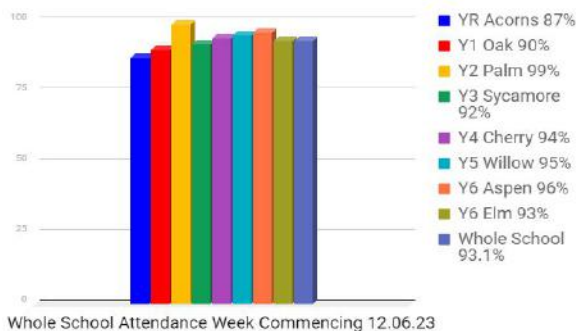
Attendance Class Awards

W/C 12.06.23

KS1 - Palm KS2 - Aspen

W/C 19.06.23

KS1 - Palm KS2 - Aspen



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Kent Test 2023

SEND & Inclusion

This week, our SEND and Inclusion newsletter focus is on ADHD. The symptoms of attention deficit hyperactivity disorder (ADHD) can be categorised into 2 types of behavioural problems: **inattentiveness** (difficulty concentrating and focusing) and **hyperactivity and impulsiveness**.

Many children with ADHD have problems that fall into both these categories, but this is not always the case. For example, around 2 to 3 in 10 people with the condition have problems with concentrating and focusing, but not with hyperactivity or impulsiveness.

Looking after a child with ADHD can be challenging, but it's important to remember that they cannot help their behaviour. Some day-to-day activities might be more difficult for you and your child, including:

- getting your child to sleep at night
- getting ready for school on time
- listening to and carrying out instructions
- being organised
- social occasions
- shopping

ADHD is more often diagnosed in boys than girls. Girls are more likely to have symptoms of inattentiveness only, and are less likely to show disruptive behaviour that makes ADHD symptoms more obvious. The symptoms of ADHD in children are well defined, and they're usually noticeable before the age of 6. They occur in more than 1 situation, such as at home and at school.

If your child has ADHD, there are many teaching strategies and class resources to help your child learn. It is not necessary to have a formal diagnosis in order to have this support in school.

Please feel free to contact us via the school office if you have any questions about support for your child's SEND needs.

Mrs Clark and Mrs Andreou



Dates for your diary

26th - 30th June - Year 6 PGL Trip
3rd July - Year 5 Trip to Kent Police Open Day
4th July - Sports Day - (KS2 - Morning, KS1 - Afternoon)
5th July - Transition afternoon - Years 1-6
6th & 7th July - Year 6 Secondary Transition Days (Gravesham schools)
13th July - The Hub - Tea and Cake Celebration
14th July - Children's Colour Run
18th July - Attendance Shop
19th July - Year 6 Leavers' Assembly & Attendance Prizes for KS1 and KS2
20th July - FIRPS Year 6 Leavers' Celebration
21st July - INSET DAY - School closed to pupils.



Central Theatre, Chatham, presents

a relaxed and signed performance of their Panto, **Aladdin**. This show has been specially adapted for children who might benefit from a more relaxed environment.

During this performance, the house lights will be left on, there'll be no loud noises or special effects and you can feel free to move around the auditorium if you like, there is also a breakout area in case anyone needs a moment to themselves.

The performance will take place on **28th December 2023 at 5.30pm**



SEND & Inclusion

Tips to help your child self-soothe!

Supporting your child in learning how to self-soothe is an important life-skill to learn. It will help to reduce anxiety and stress which will support their mental health as they mature.



Cry, let it out!
It releases chemicals to help you feel better.



Dance around the house!



ADHD & IMPULSIVITY

Try to stay calm and in control when your child is impulsive. Use simple language to explain how their actions impact upon others.

"When kids lack impulse control, they tend to act hurriedly and without adequate reflection on the possible consequences. Impulse control is also known as response inhibition."

- 1 An ADHD child does not mean to be impulsive.
- 2 They may lack the vocabulary to express themselves so act impulsively instead.
- 3 They may not realise until it is too late.
- 4 Help and understanding is needed to help them control their impulses.



AUTISM CAFÉ
EVERY SECOND WEDNESDAY
OF THE MONTH



GREENHITHE - ST. MARY'S CHURCH
LONDON ROAD
GREENHITHE (DARTFORD), DA9 9ND

We run monthly drop in sessions on Wednesdays at Greenhithe Community Café. Whether you are autistic yourself or a parent, carer or professional, come along for a chat with us! Tea, coffee and other refreshments available at the café.

10:00-12:00

Booking isn't required for our autism cafés.
Just turn up!



**MONTHLY
AUTISM
COFFEE
MORNINGS**



EMMANUEL BAPTIST CHURCH
GRAVESEND TOWN CENTRE
WINDMILL STREET, GRAVESEND, DA12 1BB

DATES FOR Q1+2 2019:
• 10TH JANUARY
• 7TH FEBRUARY
• 6TH MARCH
• 17TH APRIL
• 1ST MAY
• 5TH JUNE
• 3RD JULY

Autism South East hold monthly drop in sessions on Friday mornings at Emmanuel Baptist Church in Gravesend. Whether you are on the spectrum yourself, a parent, carer, teacher or friend; come along for a chat with us! Free tea, coffee and biscuits are provided.

10:00-11:30AM

#AUTISMFRIDAY

No pre-booking required



Bronze Peg Up Points

W/E 23.06
Holly, Charlie C & Olivia of Willow



Core Values Congratulations To All Our Winners



Week Ending 16.06

Acorns Class

**Belle for Respect, Charlie for Independence
& Archie for Self Reflection**

Oak Class

Devan for Respect, Emilia & Tyler for Self Reflection

Palm Class

**Neveah for Respect, Jack E for Perseverance & Nyla for
Independence**

Sycamore Class

Oliver M, Maya & Elvie Rose for Self Reflection

Cherry Class

Berta for Perseverance, Thomas & Lillie for Self Reflection

Willow Class

Oliver for Perseverance, Jude & Jessica for Self Reflection

Elm Class

**Mia & Alfie for Independence, Tyler C for Respect
& Rylan for Perseverance**

Aspen Class

Tany for Perseverance, Ryah & Charlotte for Independence

Week Ending 23.06

Acorns Class

**Valerie for Independence, Lennon for Respect
& Daisy for Self Reflection**

Oak Class

**Zachary for Independence, Annabelle for Perseverance
& Leo H for Respect**

Palm Class

William for Perseverance, Charlotte & Lyla for Independence

Sycamore Class

Kai for Independence & Summer for Perseverance

Cherry Class

Tommy & Ronnie for Self Reflection

Willow Class

Elsie & Parsen for Self Reflection, Seth for Respect

Elm Class

Dilan, Isher & Florence for Perseverance

Aspen Class

Isabella T & Ezekiel for Perseverance, Ellenor for Independence

Silver Peg Up Points

W/E 16.06
Parsen of Willow

Gold Peg Up Points

W/E 16.05
Theo H & Affan of Oak, Carter & Berta of Cherry
W/E 23.06
Darcey & Alicia of Palm

Platinum Peg Up Points

W/E 16.05
Otis, Freddie & Esme of Sycamore, Scarlett & Molly of Cherry
W/E 23.06
Maya, Ava, Ruby H & Summer for Sycamore



Times Tables Rock Stars

W/E 16.06
Most Valuable Player
1st Harjot of Aspen
2nd James S of Aspen
3rd Edward of Sycamore

W/E 16.06
Winning Class
1st Aspen
2nd Sycamore
3rd Cherry

W/E 23.06
Most Valuable Player
1st James S of Aspen
2nd Nihaal of Sycamore
3rd Thomas VA of Cherry

W/E 23.06
Winning Class
1st Aspen
2nd Cherry
3rd Sycamore

**Rock Hero
Status
W/E 16.06
James S
Aspen
0.95 Seconds
W/E 23.06
Thomas VA
Cherry 0.99s**



Squirrel Day

Lots of fun has been had this week in Acorns Class. The children have learnt that Red squirrels are the only squirrel species native to the UK. and that most of the UK's red squirrels live in Scotland.

Red squirrels have: bushy tails, red fur, a white belly and tufted ears in winter.



First, we practised drawing squirrels on paper. Next, we drew them onto our plant pots. Then, we painted the pots. After we had painted the pots we added some soil, sunflower seeds and water. We can't wait to see if the squirrels like them when they grow.



Oak



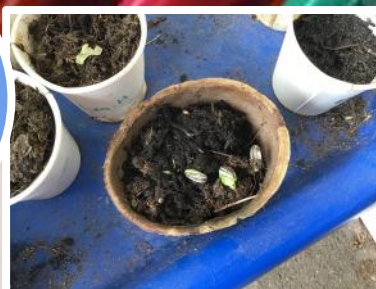
Palm



Wow! What another busy few days of school. The children really enjoyed the 'Squirrel Survival Day' where they designed and made their own squirrel feeder. Later on that day, they decorated a feeder to be put in the forest to encourage more squirrels.



In Science, we have been growing lots of plants. These started off as sunflower seeds and are growing quite quickly already. Our beans are also growing at a rapid rate.



We also completed a litter pick in the school grounds, where thankfully, the children didn't find too much rubbish!



Year 2 enjoyed their activities for 'Squirrel Survival Day'. We spent the morning looking at minibeasts and their habitats. We then designed and created a minibeast out of clay.

In the afternoon, we went outside to do a litter pick around the school grounds. We enjoyed helping the environment and making our school a nicer place for the animals to live in.



Cherry



We have had a busy few weeks in year 3. We had a lot of fun during our last science lesson. The children used musical instruments and did an experiment involving water to see how sound travels. We have been learning about rainforests in geography and the children have been introduced to some new animals that they had never heard of before! Squirrel Survival Day was also a huge success and the children were so well behaved and passionate about litter picking around the local area.



The children in Cherry Class have had a busy fun packed couple of weeks. We have finished writing instructions for how to make a cushion and are looking forward to writing a recount about our amazing Harry Potter themed day. In maths we have been looking at different triangles: equilateral, isosceles and scalene as well as learning the properties of quadrilaterals. Science we enjoyed learning how sound was made using instruments and voices. We then thought about the scientific reasoning of vibrations causing the sound to travel. In geography we learned about the water cycle and how in meteorology, cloud cover is measured in oktas. We had a go at measuring the clouds. All of the children have worked so hard to learn their multiplication tables and as a reward they received a craft and ice-cream afternoon which they thoroughly enjoyed.

Willow

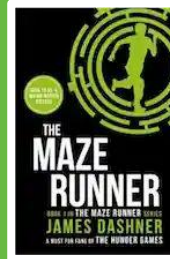
Last week, the first Bikeability group had their sessions on road safety and did exceptionally well, with the Bikeability leaders complimenting our pupils on their concentration and behaviour. The second group will take their course in the first term of Year 6.

In Guided Reading we have continued our theme of dystopian texts, looking at *The Maze Runner*, which the children really enjoyed - especially with their ideas of the ending of the extract.

We are ready to draft our newspaper report in English, having looked at the elements needed and the difference between direct and reported speech.

In Maths we have continued to look at decimal numbers with addition and subtraction. In science we have now looked at the forces of gravity and air resistance, with some excellent investigative work on whether weight is important when using air resistance to slow a falling object down.

We have also spent this week taking the Year 5 end of year assessments, and despite the heat, the children have conducted themselves in a way which makes it clear that they want to achieve their best.



Elm & Aspen

Year 6 have been busy again with our rehearsals! Things are starting to take shape and the children are looking forward to their performance.

Swimming lessons have started this week and have been enjoyed by all.

Some thoughts from the children about what they've enjoyed recently:

"I'm really happy that I've got a part and will read my lines to everyone" - Maddy

"I've enjoyed learning and singing the songs" - Darcie

"I've enjoyed PE. I like learning new cricket skills" - Henry

"I liked playing football during PE" - Alfie B

"I've enjoyed spending time with my friends" - Tany

"I've really liked Maths" - Maisie



Hosted by

In partnership with

ENERGISE

HOLIDAY CLUB

Get ready for a summer of "Fun, Fitness and Food."

10AM - 2PM Gravesend

Scan here to book

24TH - 27TH JULY

Online Registration

Fun Activity Programs

Craft, jewellery making, stone painting, team games, football, assault courses, crazy science, bush craft and a talent show.

Ages: Yr 1 to Yr 6.

If you qualify for free school meals or are on low income it's free

A low cost of £5 per day for employed parents

VENUE: ROSHERVILLE HALL, ROSHERVILLE PARK NORTHFLEET DA11 9GP

CONTACT US

TEL | 07983118017

scabookingforms@gmail.com

Bikeability

Cycling Proficiency for the 21st century



Some of our year 5 children have completed their level 1 and level 2 bikeability course this term. They spent the first part of the course learning skills on the playground, before moving out onto the road. Well done to Ruby, Rosie, Olivia, Maisey, Oliver, Archie, Lily, Jessica, Tommy and Nathan.



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

Week 1

Monday	Main Meals	Vegetables
	BBQ Chicken Pizza with Baked Jacket Wedges	Sweetcorn Ve
	Margherita Pizza with Baked Jacket Wedges V	Dessert
	Jacket Potato with Baked Beans Ve	Chocolate Rice Krispie Cake V

Tuesday	Main Meals	Vegetables
	Beef Bolognese with Spaghetti	Peas Ve
	Vegan Bolognese with Spaghetti Ve	Dessert
	Jacket Potato with Cheese V	Carrot Cake V

Wednesday	Main Meals	Vegetables
	Roast Chicken with Roast Potatoes & Gravy	Seasonal Greens Ve
	Macaroni & Cheese V	Dessert
	Jacket Potato with Salmon Mayonnaise	Vanilla Ice Cream V

Thursday	Main Meals	Vegetables
	Chicken Fajita Wrap	Steamed Carrots Ve
	Vegetable & Bean Burrito Ve	Dessert
	Pasta with Roasted Tomato & Basil Sauce Ve	Maryland Cookie V

Friday	Main Meals	Vegetables
	Breaded Fish Fingers	Chips & Baked Beans Ve
	Vegetable & Bean Chimichangas V	Dessert
	Pasta with Cheese Sauce V	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 1
Week Commencing 26th June

Week 2

Monday	Main Meals	Vegetables
	Beef Burger in a Bun with Baked Jacket Wedges	Carrot Sticks Ve
	Vegetable Burger in a Bun V with Baked Jacket Wedges e	Dessert
	Wholewheat Pasta with Arrabiatta Sauce Ve	Lemon Drizzle Sponge V

Tuesday	Main Meals	Vegetables
	Beef Lasagne	Sweetcorn Ve
	Vegetable Fajita Wrap Ve	Dessert
	Jacket Potato with Cheese V	Flapjack Ve

Wednesday	Main Meals	Vegetables
	Lemon & Thyme Roast Chicken with Roast Potatoes & Gravy	Green Beans Ve
	Ratatouille Pasta Bake Ve	Dessert
	Jacket Potato with Baked Beans Ve	Orange Shortbread Biscuit Ve

Thursday	Main Meals	Vegetables
	Chicken Paella	Broccoli Ve
	Vegetable Pasanda with Rice Ve	Dessert
	Pasta with Tomato & Vegetable Sauce Ve	Apple Crumble Ve with Custard V

Friday	Main Meals	Vegetables
	Breaded Fish Fingers	Chips & Baked Beans Ve
	Spiced Squash & Spinach Samosa Ve	Dessert
	Pasta with Cheese Sauce V	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	Vegetables
	Chicken and Beef Sausages with Mashed Potato & Gravy	Peas Ve
	Vegan Sausages with Mashed Potato & Gravy Ve	Dessert
	Pasta with Cheese Sauce V	Apple & Carrot Flapjack Ve

Tuesday	Main Meals	Vegetables
	Beef Chilli with Steamed Rice	Steamed Carrots Ve
	Vegetable Chilli with Steamed Rice Ve	Dessert
	Jacket Potato with Cheese V	Chocolate & Beetroot Brownie V

Wednesday	Main Meals	Vegetables
	Sticky Glazed Chicken	Spicy Potato Wedges Ve & Coleslaw V
	Margherita Pizza V	Dessert
	Pasta with Tomato & Basil Sauce Ve	Cherry Cornflake Cake V

Thursday	Main Meals	Vegetables
	Creamy Pesto Chicken with Fusilli Pasta	Green Beans Ve
	Vegetable Pasta Bake V	Dessert
	Jacket Potato with Baked Beans Ve	Vanilla Ice Cream V

Friday	Main Meals	Vegetables
	Breaded Fish Fingers	Chips & Baked Beans Ve
	Vegetable & Bean Stuffed Pitta Pocket Ve	Dessert
	Pasta with Tomato & Lentil Sauce Ve	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



BM2 Istead Rise
February 2023
All products are subject
to availability

pabulummm
HONESTLY GOOD FOOD