



# Istead Rise Primary Celebration Newsletter



4th March 2022

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Dear Parents and Carers,

It's been a busy few days at Istead Rise, and after the disruption of the last two years, it finally feels like school life is returning to normal. Yesterday was full of fun, as children (and staff!) did a great job dressing-up as their favourite literary characters to celebrate World Book Day, and today children from Year Five are off on an adventure to London for their visit to The Science Museum. As you will know, we have a number of guest speakers visiting the school over the coming weeks, to talk to children about different careers that might one day be

available to them, and we will soon be welcoming the 'real' Islambard Kingdom Brunel into school to put of a show for children on the topic of Science Technology Engineering & Maths (STEM). Parent drop-ins commence again this term and we will also be writing to you in the near future to invite you all to our next round of parent consultation meetings, which will be taking place next term.

We are also currently considering appointing a new Middy Meal Supervisor to our lunchtime team. We have not yet placed an advert for this position, but if you are interested in finding out more about this potential opportunity to join us, please contact our office team who will be able to provide more information.

I am also pleased to report that pupil attendance and punctuality have improved over the last two weeks. It is vital that children are brought to school on time and do not unnecessarily miss any further learning.

I thank you for your continued support and wish all Istead Rise families a fantastic weekend.

Steve Payne

**This link will take you to a copy of March's online safety newsletter**  
**[Online Safety Newsletter](#)**

**ELLIE'S MINI MARATHON**

Cyclopark, Gravesend, DA11 7NP

ellie's beloved mascot, Ellie, is calling all children aged 5-16 years old to join her for the best children's fun run in town.

**SUNDAY 13 MARCH '22**  
Registration 9am  
Race 10am

Registration £10

**Join Ellie and sign up today at:**  
[www.ellenor.org/minimarathon](http://www.ellenor.org/minimarathon)

Registered charity no. 10344  
[www.ellenor.org](http://www.ellenor.org)  
ellenorcharity FRC

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**Online Safety Newsletter** March 2022

**Poppy Playtime**  
Have you heard of Poppy Playtime? When chapter 2 just being released we thought it important that you're aware that whilst the name and characters suggest a horror game, it is a survival horror game with graphics that may not be suitable for your child. It has some characters such as 'Poppy', 'Winky' and 'Maggie Wiggles'. Please show this game before allowing your child to play it as it may not be appropriate for them - particularly young children.

**Smartwatches / Fitness trackers**  
Check what the smartwatch allows your child to do and if available, set appropriate restrictions. Talk to your child about the different settings and if you have, why you have set up the restrictions.

**What are the risks?**  
• Some smartwatches allow you to take photos. It is important to talk to your child about appropriate behaviour when taking and sharing photos. Once a photo is shared, they lose control of it.  
• Some smartwatches have internet access with the ability to download apps. You need to be aware of the potential of in-app purchases and viewing upsetting content.

Depending on the brand of smartwatch, you may be able to set up parental controls for example to restrict content and prevent purchases. More information about Apple Watch parental controls can be found here: <https://support.apple.com/en-gb/featurewatch/AppleWatch13/parental>

As always, ensure your child knows to talk to you or another trusted adult should they see anything inappropriate or that worries them whilst using their device.

Many schools discourage or do not allow the use of smartwatches - check your child's school Acceptable Use Policy as this will tell you if they are allowed in school.

**Further information**  
• <https://www.ellenor.org.uk/parents/child-safety/online-safety/children-with-smartwatches-fitness-trackers>  
• <https://www.internet-matters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-smartwatches>  
• <https://www.internet-matters.org/advice/supporting-your-people-with-send-online/>

**Supporting young people with SEND online**  
The internet can be a great place, but we need to be aware of the risks involved with being online. For children with SEND, they may encounter further challenges and therefore additional support may be required. There is a list of tailored information available to parents and carers and the following links are a great starting point:

- <https://www.mencap.org.uk/forparents/children-safety/online-safety/children-with-send/>
- <https://www.internet-matters.org/inclusive-digital-safety/advice-for-parents-and-carers/supporting-children-with-smartwatches>
- <https://www.internet-matters.org/advice/supporting-your-people-with-send-online/>

The above sites cover topics such as helping your child browse safely online, setting appropriate parental controls, activities to help discussions about being online and the steps you can take to help protect your child online.



WORLD  
**BOOK**  
DAY





WORLD  
BOOK  
DAY







World Book Day was phenomenal! The children wore costumes representing their favourite book character and were exceptionally confident in speaking to a wide audience about who they were and why they had chosen their character. In addition to this, Acorns class listened to a live performance from the author 'Julia Donaldson'. Many songs were sung during the theatrical performance from Julia and her characters and the children loved every minute.





# Acorns



**People who help us**

Term 4 has been super exciting so far. The children have been learning about 'People who help us.' Last week, the children learnt about a significant individual from the past - Florence Nightingale! The classroom was set out as a hospital with beds, an administration room, a waiting area, a chemist and more which ignited their passion for learning. These experiences led them to write a recount of a trip/visit they had had, to visit a nurse or a doctor!



**Fire! Fire!**

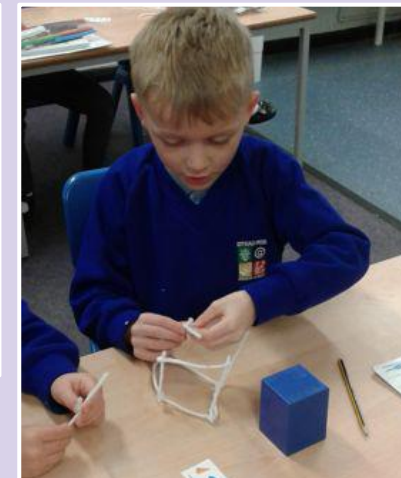
This week, Acorns class have been learning all about the Fire Brigade. The children dressed up, rehearsed a fire scene and made a healthy dinner back at the station! They were super excited to see a real fire engine close up at school





During Maths we have been measuring, comparing and adding lengths and heights of objects.

Year 2 have had a great start to this new term! We have worked hard in Maths on our learning of 2D/ 3D shapes. We have described their properties using the words, faces, edges and vertices



Using pipe cleaners, we were able to visualise and count the edges correctly.

These last couple of weeks, we have enjoyed some visitors to school to talk to us about aspirations for our future.



In English, we have continued writing our biography on the pilot Amy Johnson. We have loved learning lots of interesting facts about her and her achievements. It has even inspired some of us to think about becoming pilots in the future! We have also enjoyed learning about the Great Fire of London in History this term. We have thought about how different things were back in 1666 and how not having a proper fire brigade would have caused the fire to spread further! This learning made us even more excited when we were paid a visit by the real Fire Service! We had lots of questions to ask and were fascinated by everything we learnt!



# Sycamore

# Cherry

# Aspen

Sycamore have been working hard in English since the start of term 4.

They have been learning all about the incredible Mary Seacole and writing a biography about her life.

The children have really impressed us with the thoughtful questions they have been asking during these English lessons.

In Maths we have been learning all about bar charts, pictograms and tables. The children have interpreted these and presented data in their books.



We have started a new unit of work in history this term which focuses on the Ancient Greeks. The children had lots of fun looking at artefacts and trying to guess what they were for and who would have used them. During our history lesson this week the children learnt about important cities in Ancient Greece, including Sparta and Olympia.



Cherry Class have made a great start to the term showing a positive 'I can' attitude and persevering with challenges. The children have enjoyed visits from the fire brigade, a museum curator and an author as part of our future aspirations.



In English we have started a new sequence of learning a biography of Mary Anning. The children have enjoyed researching her life and legacy, they have enjoyed finding out

that she was a paleontologist who helped shape our understanding of fossils.



Maths we continue to work on fractions - learning how to add and subtract simple and mixed denominator questions. In history we are learning about the Scots. We continue to look at plants as part of our science and observe what is happening with our experiments.

In English we have started our biography writing on Molly Brown - Titanic survivor and women's rights campaigner.

Unsurprisingly, we have learnt lots of new information about this amazing and inspirational woman! We have been continuing our theme of light in Science, this week looking at reinforcing that light travels in straight lines and how shadows are formed. To help with this we have started designing and making a set of shadow puppets to retell a fairy tale or nursery rhyme. In maths we have continued our revision work in arithmetic, focusing on fractions and decimals.



When we were visited by Samantha Harris, the curator from Maidstone Museum, Year 6 took part in an extended Q & A session in order to find out more about her job, the work she does and the qualifications and possible routes into a fascinating job!





# Willow & Holly



Welcome back! Year 5 have been hard at work already this week. In Maths, we have started multiplication and division and many children have been working hard on TT Rockstars too - well done! In English, we have started our new sequence in which we are writing a biography about Ada Lovelace, a mathematician. Both classes have enjoyed carrying out research about her and finding out about her work and life. In History, we have started our Ancient Egyptians topic. Here are some photos of our Egyptian workshop that took place on the last day of Term 3. This was a great day and was enjoyed by all.







Cherry class really enjoyed looking for extracts from books to celebrate World Book Day in the Forest. They also enjoyed building bug hotels, looking for leaves and searching for birds in the trees



# Forest School





# Core Values

Week Ending 25.02

**Acorns Class**

**Tyler, Emilia & Ronnie for Independence**

**Oak Class**

**Elliott for Independence & Jack E for Perseverance**

**Palm Class**

**Joshua for Self Reflection & Martin for Perseverance**

**Sycamore Class**

**Millie H & Mila for Respect**

**Cherry Class**

**Abigail & Archie for Respect**

**Willow Class**

**Utre for Perseverance & Lilly for Respect**

**Holly Class**

**Sahib for Perseverance & Harry for Independence**

**Aspen Class**

**Calan for Respect & Violet for Independence**

Week Ending 04.03

**Acorns Class**

**Chace for Independence & Theo B for Respect**

**Oak Class**

**Alicia for Independence & Taylor for Perseverance**

**Palm Class**

**Lucas for Perseverance & Ruby H for Independence**

**Sycamore Class**

**Molly for Respect & Berta for Independence**

**Cherry Class**

**Tommy for Perseverance & Oliver for Respect**

**Willow Class**

**Ann-Louise for Respect & Aman for Self Reflection**

**Holly Class**

**Sienna for Respect & James O for Perseverance**

**Aspen Class**

**Dylan for Self Reflection & Jana for Independence**

***Congratulations  
to all of our winners!***

# House Points

W/E 25.02

**Bronzo**

**Dilan of Willow,  
Margaret of Oak,  
Eden & Poppy of Holly  
& Luc of Aspen**

**Silver**

**Charlie, Darcey, Harry,  
Teddy,  
Sujaan & Lyla of Oak &  
Scarlett of Sycamore**

**Gold**

**Lyra & Thomas of  
Sycamore**

W/E 04.03

**Bronzo**

**Oliver F & Matilda of Palm, Aman, Abishai &  
Isher of Willow, Molly & Poppy of Sycamore**

**Silver**

**Jack L, Bobby, Elliott, Constance, Samuel,  
Keira, Nyla, Stanley, Alicia, Henry & Dolly of  
Oak, Leah, Samuel L, Elvie, Arabella, Shae,  
Louie & Cooper G of Palm, Maisie & Brooke  
of Willow, Kasey, Ronak & Millie C of  
Sycamore, Sevak & Dylan of Aspen**

**Gold**

**Rosie, Nathan, Ollie, Carlyle, Ruby, Archie &  
Isabelle of Cherry, Theo of Sycamore**

**Platinum**

**Jessica S & Parsen of Cherry**



## Times Table Rock Stars



W/E 25.02

**Winning Class**

**1st Willow  
2nd Holly  
3rd Aspen**

W/E 25.02

**Most Valuable Player**

**1st Tyler C of Holly  
2nd Isher of Willow  
3rd Alfie of Willow**

**Rock Hero Status  
Harry P of Willow**

W/E 04.03

**Winning Class**

**1st Holly  
2nd Willow  
3rd Cherry**

W/E 04.03

**Most Valuable Player**

**1st Tyler C of Holly  
2nd Isher of Willow  
3rd Harry of Willow**

**Rock Hero Status  
Sevak of Aspen**

Mathletics

**Gold**

**Mathletics**

**W/E 25.02  
Ella of Oak**

**W/E 04.03  
Leo H**

***Congratulations  
for all your  
hard work!***



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

**Week 1  
W/C 7th  
March**

## Meat Free Monday (MF)

Meat Free Monday is a great way to improve health and well-being by naturally increasing your vitamin and mineral intake. One day a week can make a real difference - [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Margarita Pizza with Potato Salad V	Sweetcorn & Green Beans Ve
	Sweet Potato & Vegetable Dhal with Rice Ve	<b>Dessert</b>
	Jacket Potato with Baked Beans Ve or Cheese V	Cinnamon & Sultana Bread & Butter Pudding with Custard Ve

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Burger in a Bun with Oven Baked Wedges	Peas Ve & Coleslaw V
	Vegetarian Burger in a Bun with Oven Baked Wedges Ve	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce Ve	Marble Sponge with Custard V

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Roast Chicken Fillets in Tomato Sauce with Roast Potatoes	Carrots & Cabbage Ve
	Chick Pea & Cauliflower Bake with Roast Potatoes Ve	<b>Dessert</b>
	Wholemeal Pasta with Cheese Sauce V	Waffles with Berry Compote V

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken & Beef Sausage with Mashed Potato & Gravy	Broccoli & Sweetcorn Ve
	Vegan Mince & Vegetable Pie topped with Mashed Potato Ve	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese V	Carrot Cake V

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Oven Baked Fish Fingers with Oven Baked Chips	Baked Beans & Peas Ve
	Vegetable Fingers with Oven Baked Chips Ve	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce Ve	Pear & Berry Crumble Ve with Custard V

### Freshly Baked Bread:

Pumpkin & Carrot V Wholemeal V

#### Week 1:

1<sup>st</sup> Nov, 22<sup>nd</sup> Nov, 13<sup>th</sup> Dec, 3<sup>rd</sup> Jan, 24<sup>th</sup> Jan, 14<sup>th</sup> Feb, 7<sup>th</sup> Mar, 28<sup>th</sup> Mar

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Mac n Cheese with Garlic Bread V	Broccoli Florets & Carrots Ve
	Vegetable & Bean Stew Ve with Garlic Bread V	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese V	Homemade Fruit Yoghurt V and Fresh Fruit Platter Ve

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Chicken Fajita with Rice	Green Beans & Sweetcorn Ve
	Vegetable Fajita with Rice Ve	<b>Dessert</b>
	Wholemeal Pasta with Cheese Sauce V	Sticky Toffee Pudding with Toffee Sauce V

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Lemon & Thyme Roast Chicken Fillets with Roast Potatoes & Gravy	Cauliflower & Peas Ve
	Sweet Chilli & Vegetable Stirfry Noodles V	<b>Dessert</b>
	Jacket Potatoes with Baked Beans Ve or Cheese V	Orange & Lemon Drizzle Cake Ve

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Sweet Potato Topped Cottage Pie	Carrots & Cabbage Ve
	Spinach, Courgette & Feta Filo Tart with Mashed Potato V	<b>Dessert</b>
	Pasta with Tomato Sauce Ve	Cherry Cookie Ve

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Battered Fish Fillets with Oven Baked Chips	Baked Beans & Peas Ve
	Vegan Bean Burrito with Oven Baked Chips Ve	<b>Dessert</b>
	Jacket Potato with Baked Beans Ve or Cheese V	Chocolate & Courgette Sponge with Chocolate Sauce V

### Freshly Baked Bread:

Courgette, Oat & Thyme V Wholemeal V

#### Week 2:

8<sup>th</sup> Nov, 29<sup>th</sup> Nov, 20<sup>th</sup> Dec, 10<sup>th</sup> Jan, 31<sup>st</sup> Jan, 21<sup>st</sup> Feb, 14<sup>th</sup> Mar, 4<sup>th</sup> Apr

MF Monday	<b>Main Meals</b>	<b>Vegetables</b>
	Quorn Sausages with Potato Wedges V	Peas & Cauliflower Ve
	Squash & Butterbean Curry Ve with Naan Bread V	<b>Dessert</b>
	Pasta with Tomato & Basil Sauce Ve	Homemade Fruit Yoghurt V and Fresh Fruit Platter Ve

Tuesday	<b>Main Meals</b>	<b>Vegetables</b>
	Beef Chilli Con Carne with Rice	Sweetcorn & Carrots Ve
	Vegan Chilli Con Carne with Rice Ve	<b>Dessert</b>
	Jacket Potato with Tuna Mayonnaise or Cheese V	Banana Flapjack Ve

Wednesday	<b>Main Meals</b>	<b>Vegetables</b>
	Herby Roast Chicken Fillets with Roast Potatoes & Gravy	Green Cabbage & Roasted Root Vegetables Ve
	Vegan Sausage Loaf with Roast Potatoes & Gravy Ve	<b>Dessert</b>
	Wholemeal Pasta with Creamy Salmon or Cheese Sauce V	Maryland Sultana Cookie V

Thursday	<b>Main Meals</b>	<b>Vegetables</b>
	Turkey Vegetable Casserole with Pasta	Green Beans & Carrots Ve
	Roasted Ratatouille Pasta Bake V	<b>Dessert</b>
	Jacket Potatoes with Baked Beans Ve or Cheese V	Vanilla Shortbread Ve with Homemade Lemon Curd V

Friday	<b>Main Meals</b>	<b>Vegetables</b>
	Oven Baked Fish Fingers with Oven Baked Chips	Baked Beans & Peas Ve
	Spinach & Tomato Pastry Pocket with Oven Baked Chips V	<b>Dessert</b>
	Pasta with Cheese Sauce V	Chocolate & Beetroot Brownie V

### Freshly Baked Bread:

Sunflower, Rosemary & Tomato V Wholemeal V

#### Week 3:

15<sup>th</sup> Nov, 6<sup>th</sup> Dec, 27<sup>th</sup> Dec, 17<sup>th</sup> Jan, 7<sup>th</sup> Feb, 28<sup>th</sup> Feb, 21<sup>st</sup> Mar

### 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.