

Thames View Primary School Newsletter



Responsibility

Resilience

Respect

Special events coming soon

11th October- #HelloYellow Day for Mental Health (Wear something Yellow)

14th October PTA Disco

21st October – last day of term

31st October & 1st November Staff Development Days

Mrs Rogers Message

This week, Year 6 have had an adventure to Dover Castle on Monday. The weather was kind and not too cold. The children took part in a workshop about Operation Dynamo, the story of the Dunkirk evacuations in World War 2, as well as learning about how the Castle played an integral part in England's defenses in both World Wars. Year 3 and 4 have been to the Orchard Theatre in Dartford Today to watch David Walliam's Demon Dentist and enjoy an ice cream in the Theatre. Year 6 have also been practicing Hockey in PE and those selected to represent the school in next week's Hockey competition at Holcombe Hockey Club will be receiving a letter. Year 1 have been starting to learn about Forest School and both Reception and Year 1 will begin to go to Forest School after half term. Year 2 have been learning all about George's Marvellous Medicine in lessons, to further promote the new school Houses, with Key Stage 1 being themed in the books of Roald Dahl. Please keep the 20th October as a date for your diary, as this will be our first parents evening of the year. I hope you all have a lovely weekend and stay safe, Mrs Rogers.

#HelloYellow

This year we will be celebrating Mental Health on the 11th October. On this day, the Inclusion Hub will be running different competitions and talking to the children about mental health and what support is available for children who might feel anxious in school. The wellbeing dogs will be part of this day and will be offering wellbeing support for all. We will be asking for any loose change on the school gates to donate to #HelloYellow and to support mental health charities. Please do not send money in to school with the children but please donate in the school buckets on your way in to school.

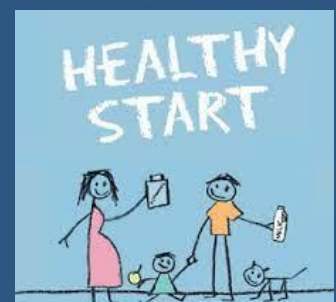
Quote of the week

"You're off to Great Places! Today is your day! Your mountain is waiting, So... get on your way!"

Dr Seuss

Healthy Start

Do you have a child under the age of 4? If so you might be eligible for some help to buy milk, fruit and vegetables. This can be up to £8.50 per week. Have look on this link: <https://services.nhsbsa.nhs.uk/apply-for-healthy-start/>



#HelloYellow
YOUNG MINDS



View prim

Trust

Census Movie and Pizza Day



Golden Ticket



Golden Ticket is every Friday and a child in each Key Stage 2 class can win the golden ticket for outstanding effort, behaviour and for showing our 3 school values,

Respect,

Responsibility

Resilience.



STARS OF THE WEEK



Sparkles AM	Sparkles PM
Annabelle	Stefan
Archie	Etta

PE champions

KS1 : Oliver
KS2: Taylor



Class	Reading	Writing	Maths	Star of the Week	Golden Ticket
Pippin	Bowie	Amelia	Reggie	Carter	
Sunrise	Willow	Rosie	Maeven	Savanah	
Elstar	Leo	Thomas	Arian	Elliot	
Kanzi	Georgie	Austin	Layla	Florence	
Fortune	Molly	Eliza	Luella	Olive	
Liberty	Nora	Esmee	Alexander	Chloe	
Opal	Andrew	Olivia	Albert	Daniel	Rose
Topaz	Amelia	Daniel	Anthony	Katie	Logan
Victory	Ronnie	Jack	Jacob	Laynie	Taylor
Enterprise	Matei	Scarlet	Ellis	Alfie	Emma
Windsor	Vanessa	Poppy	Frankie	Beau	Harry
Blenheim	Roxie	Nuha	Phoebe	Libby	Rex
Pioneer	Finley	Ramneet	Oliver	Joshua	Ruby-May
Discovery	Kailon	Maxwell	Max	Amelia	Bryony



Attendance Awards: KS1 : Sunrise 97.83% KS2: Topaz 98.17%

PTA NEWS

If you have any time to support the PTA, please see the school office for more information.

Halloween Disco
Friday 14th October

Next PTA Event
Firework Night
6th November 22
Tickets

NEARLY SOLD OUT

<https://buytickets.at/thamesviewpta/685516>



9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN



@BELIEVEPHQ

WORRY TIME



- Set aside a time each day for your child to worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them.

ACTIVITY PLANNING



- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities.

WELLBEING



- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep.

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings.

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they have. Try to challenge them with your child and come up with more realistic and helpful ones.

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day.

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way.

BEING PRESENT



- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



GOOD NEWS!
Our 2nd hand school uniform shop is now open

Tuesdays from 3.10pm
 Thursdays from 8.35 am until 9.15 am.
 Plenty of uniform items in good condition available for a cash donation. You can find us in the Key Stage 1 building, by the main entrance



If your child has outgrown their school uniform or PE kit and it is still in good condition that others could make use of please drop them into the 2nd Hand uniform shop at the times mentioned or to the school office
 We are particularly looking for the following items-
 7 years plus in anything:
 Logo jumpers and cardigans
 Fleece
 PE T-shirts in all colours
 PE Shorts
 Navy Joggers

DICE

Understanding the risks young people face in modern society
 Information and support for families with teenagers and pre-teens

DICE is a 4 week parenting support programme. It provides families with information, advice and support that can help them to provide a safe and protective environment for their child or young person.

Session 01

Introductions and thinking about the life of a teenager

Session 02

Exploitation and the grooming process

Session 03

Digital Dangers

Session 04

Parenting top tips & support networks



DICE

Starting 14th November at The Chatham Children and Family Hub – ME4 5AZ
9:00-11:30am



If you would like further information on this please call the following number: 01634 335145.

If you are interested in attending please contact Mrs Stevens, our Pastoral Support Liaison Worker to complete a form for the course organiser.