



St. George's CEP Newsletter

Issue 15: Friday 13th January 2023

'Bringing faith and education together'

Our value this term is KINDNESS

Do not let kindness and truth leave you. [Proverbs 3:3]

What a wonderful surprise to find this beautiful piece of artwork on my desk. It was created and designed by Eva (Year 6), who was inspired by Charlie Macksey and our school value this term of 'Kindness'.

It has been a great week in school but, unusually for us, a relatively normal one! It's been a pleasure visiting classes this week, seeing the children enjoying their lessons and working hard. The start of this term has shown a real determination from the children to master cursive handwriting and being proud of their presentation.

We also started forest schools and swimming again. The children's positive behaviour always being commented on.

Our clubs also started again this week. How lucky we are that every teacher in school takes at least one club each week. They are certainly inspiring our learning. Our journalism club are starting on edition 2, our gardeners are getting ready to create a colourful spring around our grounds, the zen of Yoga and exhilaration of our sports clubs.... Then there is our Young Voices Group! It's so uplifting hearing them in final rehearsals before they are off to perform at the London O2 Arena next week – what an experience it will be! If you want to see and hear them yourselves, they will be in Church at 10am leading a Sunday service on Sunday 22nd January – would be great to see you there. There's always a chance to see the children as Year 6 lead a whole school worship in Church on Monday 16th January at 10am with coffee and cake to follow!



Inspired by Eva- Year 6

'School Readiness and Wellbeing Review'

Back in September parents completed a 'School Readiness and Wellbeing Review' covering health and development, identification of health needs (both physical and emotional) and offers support parents felt would be valuable.

After analysing the questionnaires from over 450 schools across Kent, the following public health key themes were identified that parent's/carers would like support. Please see the links later in the newsletter.

Respect Courage Kindness Forgiveness Hope Honesty

You can find out about what's going on at St George's in a variety of ways:

Visit the school website: www.st-georges-wrotham.kent.sch.uk/

Follow us on twitter: @StGeorgesKent and Instagram: stgeorgesceprimary_wrotham

Keep up to date with newsletters on our website and keep an eye on the class pages

Bringing faith and education together "Letting our light shine" (Matthew 5:16)



Bringing faith and education together

Our week in pictures...





Bringing **faith and education** together

Public health key themes for parent's/carers support.

For parents; smoking, alcohol, diet

[Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters.

[One You Kent | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - Whether you want to lose weight, get active, quit smoking, or just feel better about life, One You Kent is here to support YOU.

Oral health

[Oral health promotion resources | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) – Here you will find some oral health promotion resources that are useful for parents, adults with special needs and their carers and professionals.

[Dental services - NHS \(www.nhs.uk\)](http://www.nhs.uk) – Information about NHS dental services, how to find an NHS dentist and how much treatment costs.

Continence

[Home - ERIC](http://eric.nhs.uk) - Find out how you can keep your child's bowel and bladder working properly from birth. Clinically approved information and resources to help you and your child.

Immunisations

[Immunisation Team | Kent Community Health NHS Foundation Trust \(kentcht.nhs.uk\)](http://kentcht.nhs.uk) - The NHS has a guide to help you understand the vaccines offered in the UK and when to have them. It also explains how they work and why they're safe and important.

Sleep

[Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](http://gosh.nhs.uk) – Here you will find an information sheet from Great Ormond Street Hospital (GOSH) explaining about sleep hygiene. Having good sleep hygiene can help your child both to settle to sleep and to stay asleep.

[Sleep problems in young children - NHS \(www.nhs.uk\)](http://www.nhs.uk) - Lots of young children find it difficult to settle down to sleep and will wake up during the night. For some people, this might not be a problem. But if you or your child are suffering from a lack of sleep, there are some simple techniques you can try.

St. George's Church of England Primary School Helpful Dates for Term 3

Monday 16 th January:	Class Worship in Church 10am (Led by Year 6) ALL WELCOME
Tuesday 17 th January:	Young Voices at 02 (NO FOOTBALL OR NETBALL CLUB THIS WEEK)
Monday 6 th February:	Class Worship in Church (Led by Year 5)
Tuesday 7 th February:	Parent Consultations (Years R and Year 6)
Thursday 9 th February:	Parent Consultations (Years R and Year 6)
Friday 10 th February:	Last day of Term 3
Monday 20 th February:	First day of Term 4

PE, Swimming & Forest Schools Days Term 3

	Monday	Tuesday	Wednesday	Thursday	Friday
PE	Cedar Years 3	Beech & Maple Year 1 & Year 2	Beech and Willow Years 1 & 4	Maple - Year 2 Hazel & Sycamore Years 5 & 6	Willow Year 4 Non swimmers in Years 5& 6
Swimming					Swimmers from Years 5 & 6
Forest Schools					Cedar Year 3

