



Friday 20th January 2023

Dear Parents/Carers,

I am writing to you at the halfway point of the term, as usual it seems to be flying by! I have included the usual round of news and information.

Possible Teacher Strike Days

It has been announced that the National Education Union has voted to strike - the dates are below with the ones that will affect the Aspire schools highlighted in yellow. I have contacted all teachers across Aspire and asked them to let us know if they are choosing to take part (legally they don't have to). I will keep you updated - at present we are hopeful that no Aspire school or class will have to close, but obviously I can't be one hundred percent certain.

Strike Dates - the ones highlighted may potentially affect the Aspire schools.

The full list of projected strike days are as follows:

Wednesday 1 February 2023: all eligible members in England and Wales.

Tuesday 14 February 2023: all eligible members in Wales.

Tuesday 28 February 2023: all eligible members in the following English regions: Northern, North West, Yorkshire & The Humber. Wednesday 1 March 2023: all eligible members in the following English regions: East Midlands, West Midlands, Eastern.

Thursday 2 March 2023: all eligible members in the following English regions: London, South East, South West.

Wednesday 15 March 2023: all eligible members in England and Wales.

Thursday 16 March 2023: all eligible members in England and Wales.

Information from Kent School Health

Please find below some information we have been sent from Kent School Health

For parents; smoking, alcohol, diet

Better Health - NHS (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](http://kentcht.nhs.uk)

[\(kentcht.nhs.uk\)](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](#) - 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 \(gosh.nhs.uk\)](https://www.gosh.nhs.uk/sleep-hygiene-in-children-and-young-people) –

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 \(www.nhs.uk\)](https://www.nhs.uk/conditions/sleep-problems-in-young-children) - 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.

A Free Family Magazine

We have been sent the below link and thought it may be useful to some of you

FamilyFirst

**The UK's best parenting magazine is free for all
carers, parents & grandparents- Enjoy!**

https://issuu.com/sevenstarmedia/docs/ff_winter2022_digital160123



Some information from Mega camps

Mega camps have sent us some information for activities they are offering over the February half term - please see link - [.https://www.megacamps.net/kids-activities-tonbridge.php](https://www.megacamps.net/kids-activities-tonbridge.php) Please note the activity vouchers for those children who receive benefit related free school meals are only available for Christmas, Easter and Summer, so these are paid for activities.

Information from Kent Adult Education

Kent Adult Education are offering a range of free family courses. These include nature focused events, children centre, parenting and family English, Maths and Language courses. For full details of all their courses visit: <https://www.kentadulthoodeducation.co.uk/>. I hope you might be able to make use of these courses.

Speech and language Advice line

Advice Line

An Advice Line was opened in September 2022 to parents and professionals who want advice from an SLT, a Physiotherapist or an Occupational Therapist about any child not currently known to the Kent Children's Therapies service. Most calls to the advice line have come from parents, but teachers and SENCOs are also welcome to use the service. Our clinicians are able to provide you with advice, sign-posting to further information, or we may recommend a referral for a fuller assessment.

The Advice Line is open on 0300 123 7004, Monday to Friday, between the following hours:

Speech and Language Therapy – 10.00-12.30 and 13.30-15.30

Occupational Therapy/Physiotherapy – 9.30-12.00 OR 14.00-16.30

I hope you have found this information useful. I will of course keep you updated re the strike dates

Wishing you all restful weekends,

Kind regards,

Emma Hickling

Executive headteacher

Aspire Federation