



Friday 10th March 2023

Dear Parents/ Carers,

I am writing with my end of the week round up of news and information. I can always be contacted at exehead@aspire-kent.org.uk between the hours of 8am - 5pm.

Infant Agility Festival

Whilst Tuesday was a very wet and miserable day for most, a group of KS1 children from Kingswood, Platts Heath and Ulcombe attended an action packed infant agility and multi-skills festival at Harrietsham Primary School!

As always, the children of Aspire were a credit to their schools and showcased their sporting abilities to all. From slalom races to speed stacking and long jump to bowling, the activities at the festival were exciting and challenging.

Here is what some of the children had to say about the event:

Kingswood

'I like it because I'm having a fun time.' Gaia

'Basketball was the best bit because I'm good at bouncing the ball.' Freddie

Platts Heath

'It was fun and a challenge. It was a good idea to move our bodies as exercise is good for you. Our favourite activity was the skittles bowling' Laney and Skye

Ulcombe

'Best day ever!' Paddy

'It was really fun and I liked doing it all' Joseph

Thank you to Mrs Russell and Miss Spice for supporting the Platts Heath team during the morning session. I thoroughly enjoyed supporting Ulcombe in the morning session and Kingswood during the afternoon!

Miss Liddicoat



Energy vouchers

We have been informed today that we can issue vouchers to those pupils who are in receipt of benefit related free school meals. These vouchers help parents manage rising energy costs. The vouchers are for £50 and will be issued as post office vouchers which can be used to top up meters

These vouchers will be issued by the end of term

Please contact your child's school office if you have any questions about these vouchers
 These vouchers can only be used to support families to pay for energy costs.

Mental Health Training

Everyday Mental Health Training - a free, one-hour course which provides an opportunity for people to learn more about mental health, how they can practice self-care, and also how they can support others who may be struggling.

This is a great course for families and parents/carers who may benefit from learning more about how they can have conversations about mental health. It's also a great opportunity to give them advice around how they can cope with their mental health – something which is important given the challenges many of us face currently as a result of the cost-of-living crisis.

Our next dates are on the 14th of March and the 20th of March – linked below.

<https://www.maidstonemind.org/everyday-mental-health-training-14th-march/>

<https://www.maidstonemind.org/everyday-mental-health-training-20th-march/>

Parent Reflection Teams

KENT EDUCATIONAL PSYCHOLOGY AND SPECIALIST TEACHING AND LEARNING SERVICE WOULD LIKE TO INVITE YOU TO TAKE PART IN A POSITIVE AND SOCIABLE ONLINE APPROACH TO PROBLEM SOLVING WITH OTHER PARENTS FROM AROUND THE COUNTY

Each meeting will consist of a minimum 3/maximum 8 other parents known as a team. The issue holder presents a problem to the team to reflect on and discuss together with each reflecting conversation lasting between 30-40 minutes.

PARENT REFLECTION TEAMS COME AND JOIN US!

*FOR MORE INFORMATION JUST ASK OUR FRIENDLY TEAM AT: EDUCATIONALPSYCHOLOGYSUPPORT@KENT.GOV.UK
Cooperative Safe Strength-focused Psychologically informed Fun and sociable*

Cold weather

This week we have seen snow, driving rain and sleet. The temperatures are cold. Please make sure your child is dressed appropriately with a warm coat and possibly hats and gloves. We do play outside unless it is heavily raining, so it is important the children are warm. Thank you for your support

Wishing you all pleasant family weekends,

Kind regards
Emma Hickling
Executive Headteacher