



Friday 31st January 2025

Dear Parents/Carers,

I hope you all had a good week.

I am writing with my usual weekly letter of news and information. I can be contacted at exechead@aspire-kent.org.uk between 8am - 5pm Monday to Friday for queries and questions. Also Lauren my PA can be contacted at lriby@aspire-kent.org.uk. Any requests for meetings or appointments can be made through Lauren - thank you.

Children's Mental Health Week-

Next week is Children's Mental Health Week - **3rd - 9th February 2025.**

ASPIRE Schools are recognising the above week and celebrating it by either a wellbeing non-school uniform day or a wellbeing walk. **Please look out for messages from your own school's regarding how they are celebrating this.**

This year's theme is 'Know Yourself, Grow Yourself' in partnership with Here4You supported by the Walt Disney Company and the characters of Inside Out 2!

Please see link below to find out more-

<https://www.childrensmentalhealthweek.org.uk/#disney>

Online Safety-

How Safe is WhatsApp for Children - NSPCC

WhatsApp is one of the most popular instant messaging apps, used by over 2 billion people in 180 countries. This allows people to connect with people individually or join group chats where lots of people can contribute.

Although rated at 16+, all that is required is a phone number, however, children and young people can easily subvert the restrictions placed on its access. All it takes is one child in a class to be on whatsapp, and all the others will wish to join. This can lead to increased vulnerabilities for child users.

The NSPCC has released its own analysis about the dangers of the app. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

Maidstone Girls Grammar School Taster Sessions-

Maidstone Girls Grammar School are offering further taster sessions next term.

These are an opportunity for both parents and students to experience the community and outstanding education offered at their School.

These sessions are for Year 5's to get a taste of life at MGGS.

There are various dates in February for year 5's to attend these sessions, with activities including Music, PE, Website Designs and History.

Please see leaflet attached for more information or visit the website to book-

<https://www.mggs.org/joining-us/joining-our-year-7/open-events-for-joining-in-year-7/#y5transition>

EMC Academy Taster Sessions-

EMC Academy are calling for any players who may wish to trial to join the team.

These are all held on Monday evenings at various times for different age ranges-

U6/U7- 5.30pm–6.30pm

U8- 5.30pm-6.35pm

U9-U12- 5.30pm-6.40pm

U13-U14- 6.50pm-8pm

U15-U16- 8pm-9pm

Goalkeeper sessions are also available.

These take place at Cornwallis Academy (ME17 4HX).

Please visit www.emc-academy.co.uk or contact Jamie on 07471167032 for more details.

Leaflet is also attached for further information.

Wishing you all a lovely weekend.

Kind regards,

Emma Hickling
Executive Headteacher