



TEMPLE EWELL CHURCH OF ENGLAND PRIMARY SCHOOL

NEWSLETTER

TERM FOUR NO. 3

THURSDAY 30TH MARCH 2023

Dear Parents/Carers,

The school community had a minute's silence last Thursday to remember all those who have suffered bereavement since the start of the pandemic. Our children spent the day being reflective and thoughtful as well as having opportunities to think about a brighter future ahead. Each child also tied a yellow ribbon on the driveway fence to symbolise hope.

It was lovely to see so many families join us for our Easter Service in the church this morning. Thank you to all the children for singing and reading so beautifully.

Thank you for all your kind donations towards Comic Relief on Friday 18th March. We raised £113 for the charity.

Congratulations to Charlie in Sycamores class who won the 'Name The Bunny' competition to raise money for the PTFA. A total of £91 was raised. The bunny's name is Freddie and he is looking forward to going his new home for Easter! The children are all enjoying their Easter celebration activities this week. Thank you to The Friends for organising the fantastic Chocolate Tombola yesterday which raised £231. The Easter egg hunt and film afternoon raised £346.50. All funds will go to the PTFA to buy valuable resources for the school.

Well done to all the children who performed in the Rock Steady concert on Monday. It was wonderful to see the progress you have all made and your enthusiasm performing together – keep it up!

To encourage our children to read over the Easter break we are setting another Easter Reading Challenge. We would like children to have their picture taken whilst reading in a 'place that celebrates spring!' This could be in their garden or maybe somewhere interesting during a day trip with the family. Please could photos be printed and sent into school on the first day of term. There will be a prize for our favourite entry per class!

Well done to Oaks and Sycamores classes who both had the highest attendance this term at 97%.

They will be enjoying a class treat this week.

I hope you all have a restful Easter break. We look forward to welcoming the children back for term 5 on Monday 17th April.

This term's class attendance:

Acorns: 92%, Willows: 91%, Elms: 94%, Sycamores: 97%, Oaks: 97%

Kind regards,

Angela Matthews

Headteacher



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OUR CHRISTIAN SCHOOL VISION AND VALUES

Forgiveness

Acceptance

Inspiration

Trust

Hope

*Faith in God,
ourselves and each other.*

**Breakfast Club
Contact:
01304 822665**

"I can do all things through Him who strengthens me." Philippians 4:13

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Pritt Stick Tag Day

Coronation Celebration day

Kings Coronation (Bank Holiday)

KS2 SATS (Year 6)

KS1 SATS (Year 2)

Class Photos

Summer Fair

Sports day

Sports day (back up)

Y6 Leavers' Service

Friday 31st march

Thursday 4th May

Monday 8th May

Tuesday 9th May - Friday 12th May

Monday 15th May

Thursday 25th May

Thursday 29th June 2.30pm

Tuesday 4th July (Acorns, Willows & Elms - am, Sycamores & Oaks - pm.

Family picnic at lunchtime)

Tuesday 11th July

Tuesday 18th July 2pm

New dates are shown in **bold** type.



Academic Year 2022/2023 Dates

Easter Holiday	Monday 3rd April - Friday 14th April 2023
Term 5	Monday 17th April -- Friday 26th May 2023
Half Term	Monday 29th May - Friday 2nd June 2023
Inset Day	Monday 5th June 2023
Term 6	Tuesday 6th June - Thursday 20th July 2023
Inset Day	Friday 21st July 2023
Summer Holiday	Monday 24th July - Monday 4th September 2023
Insert Day	Friday 1st Septemeber 2023
Inset Day	Monday 4th September 2023
Term 1	Tuesday 5th September - Friday 21st October 2023
Half Term	Monday 23rd October - Friday 27th October 2023
Term 2	Monday 30th October - Friday 15th December 2023
Christmas Holiday	Monday 18th December - Tuesday 4th January 2024
Inset Day	Tuesday 4th January 2024
Term 3	Wednesday 5th January - Friday 9th February 2024
Half Term	Monday 12th February - Friday 16th February 2024
Term 4	Monday 19th February - Friday 28th March 2024
Easter Holiday	Monday 31st March - Friday 12th April 2024
Term 5	Monday 15th April - Friday 24th April 2024
Half Term	Monday 27th May - Friday 31st May
Term 6	Monday 3rd June - Friday 19th July 2024
Inset Day	Monday 22nd July 2024
Inset Day	Tuesday 23rd July 2024



Well Being News

The Five Ways to Well Being



Connect



Keep learning



Be active



Take notice



Give

As adults, we are best placed to support our children if we look after our own Well Being. The Five Ways to Well Being are a proven approach that helps to maintain resilience, helping us to recharge and reset.

Connect

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, try to do something different today and make a connection:

- *Talk to someone instead of sending an email
- *Ask how someone's weekend was and really listen when they tell you
- *Put five minutes aside to find out how someone really is
- *Give a colleague a lift to work or share the journey home with them.

Keep learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

- *Sign up for a class
- *Set up a book group
- *Do a crossword or Sudoku
- *Research something you've always wondered about
- *Get on Duolingo and learn a new language

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Today, why not get physical? Here are a few ideas:

- *Take the stairs not the lift
- *Go for a walk at lunchtime
- *Walk into work - perhaps with a colleague – so you can 'connect' as well
- *Get off the bus one stop earlier than usual and walk the final part of your journey to work
- *Do some 'easy exercise', like stretching, before you leave for work in the morning

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- *Get a plant for your workspace
- *Have a 'clear the clutter' day
- *Take notice of how your colleagues are feeling or acting
- *Take a different route on your journey to or from work
- *Visit a new place for lunch.

Give

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

- *Why not join our PTFA – The Friends?

REMINDER

- Please remember to check all the *“dates to remember”* on Page 2 of your newsletter refresh your memory with what is coming up.

PARENT CAFÉ

What is a Parent Café?

It is

- a monthly support group for parents, carers, grandparents.
- a place to share ideas, ask questions and have a voice
- an opportunity to learn something new
- a place to get to know other members of our school community
- inclusive, free, open to everyone and flexible (come when you can/want/need)

Why should I come?

Have you ever

- wondered why your child struggles with sleep/eating/noise?
- thought about referring your child for a diagnosis?
- felt like it is only you that finds parenting difficult?
- wanted to know what services and support are available?
- fancied tea and cake with new friends?

When and where and who?

Ms O'Connor hosts the cafes each month in the Millennium Hall at school.

Each month alternates between Wednesday afternoons and Thursday mornings to fit in with as many parents and carers as possible. The Café is hosted during the school day.

Thursday 15th September 9am – 10am Thursday 23rd March 9am – 10am
Wednesday 19th October 2pm – 3pm Wednesday 26th April 2pm – 3pm
Thursday 17th November 9am – 10am Thursday 25th May 9am – 10am
Wednesday 14th December 2pm – 3pm Wednesday 28th June 2pm – 3pm
Thursday 26th January 9am – 10am Thursday 20th July 9am – 10am
Wednesday 22nd February 2pm- 3pm

Dover Town Carnival

Dover has had a carnival for as long as I can remember! It used to be sooooo big and start from River all those many moons ago.

However over the years, like many other towns in our area, it has downsized considerably.

Dover Town carnival is fortunate to be still going and this is a credit to the participants, committee and the residents of Dover who continue to support it.

I myself was involved with Dover Town carnival for many years, my daughter was honoured to be crowned junior queen and senior queen in her teenage years, she's almost 27 now!

This year I hope team Temple will have an amazing time and experience of being involved in a long standing tradition.

Miss Smith

Carnival Club

This year Dover Town carnival will be on Sunday 13th August.

Temple Ewell will be entering a float this year!

In terms 5 & 6 Miss Smith and Ms Carpenter will be doing an after school club on a Monday for years 3 - 6. The children will design and make props for them to wear and for decoration of the float.

If your child would like to be part of the carnival club, **all children and parents/carers must be available on the day of Sunday 13th August. Parents/carers may be required to stay with their child throughout the day.**

Volunteers will be welcome!

Kindest regards

Miss Smith & Ms Carpenter