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NEWSLETTER

17th January 2020

Nightingale Class Update

Nightingale Class has made a fantastic start to the term. We have been very busy with our new topic of 'Our Country', learning all about the countries that make up the United Kingdom. We have learnt the country flags and the symbols.

We have started the term with some excellent designing of inventions, inspired by "Rosie Revere, Engineer" by Andrea Beaty, and the children have written some explanations and instructions to go with their invention.

We have also been learning about the weather and seasonal changes throughout the year and have been excited to have kept a weather diary this week.



Art in the style of Joan Miro



Bossy Imperative Verbs

Enjoyment Challenge Independence Confidence Resilience

Nightingale Class Update Cont...

In maths, we have been learning about coins so a great way that you can continue to support this at home, is to show the children when you are using coins in real life and allow them to show you what they have learnt.



Thank you for your continued support with reading, spellings and homework. It really does help the children to continue to develop their learning.

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Laughter Club Update

We live in an age where we all seem to be so very busy and find less and less time for relaxation, let alone any ME TIME. Who needs more laughter in and relaxation in their lives? I think most of us do! Relaxation & Laughter Workshop is all about doing just that! So, what are my classes about? We work on some laughter exercises (imagine if you were a kangaroo, how would you laugh?) and group games (team handshakes is one example). There are de-stressing tips such as, don't forget to breathe. If you are angry, take a huge deep breath - it helps to calm you. We also work on how to add more fun, happiness and well-being into your life (eg: more fresh air and less screen time!). Then there is a laughter meditation and a mindfulness meditation where we might hear the story of the Happiness Factory, the Five Unicorns or the Flying Carpet. This relaxation time is done lying down with blankets and cushions - it really is totally relaxing!

Laughter boosts immunity, it actually burns calories, it helps with stress levels and gives you those happy hormones! Relaxation & Laughter Workshop consists of lots of laughter exercises that encourage you to laugh. If you don't laugh, you are encouraged to fake it! Fake laughter inevitably leads to real laughter. The body doesn't actually know the difference between fake laughter and real laughter so your body gains the benefits anyway.

For more of an idea of what I do have a look at this link from the TV programme, This Morning <https://www.youtube.com/watch?v=jsCkXauJvIc>

Part of my class is based on Laughter Yoga.

As you are aware, I will be taking regular Relaxation & Laughter Workshops at the school, (Starting THIS MONDAY!) and it would be amazing to see some of your children there!

I'm charging £4 per class, or £10 for the first three classes. (Please bring the money in a clearly marked envelope.) The workshop dates are as follows:

20th January , 10th February and 16th March

It would be great to see you there!!

Catherine Demir **07816301110**



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Laughter Club

Relaxation & Laughter Workshop

Straight after school finishing at 4:15pm



**Monday 20th January
Monday 10th February
Monday 16th March**

We will learn how to add more laughter and relaxation into our lives!

**There will be laughter exercises, de-stressing techniques, mindfulness meditation, laughter meditation and sharing positive news!
(children are asked to bring a blanket and a cushion)**

**£4:00 per class or £10 for all three.
Pay on the day**

For more info please message Catherine: 07816301110

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Community News

Children's Centres

Tunbridge Wells

Sunshine Community Hub



FREE

Toast, Tea & Toys
and Craft Activity

When:

Every

Wednesday

Starting 8 January 2020

Time:

9.00-10.30

Where:

Sunshine Community Hub

Cranbrook Children's Centre

TN17 3JZ

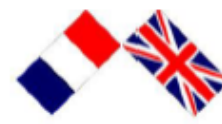


No booking required, please just pop in



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Community News



Sandhurst Twinning Association

QUIZ NIGHT



When????

Saturday 7th March 2020

Where????

Old School Hall, Sandhurst

What time????

7.00 for 7.30 start – 10.00pm

Cost????

£10 per person includes supper



Up to 8 per team, either book as a whole team or we will put you together with others to make a whole team.

Please bring your own nibbles, drinks and glasses.

To book your place(s):

Call: Jill Oliphant 850414 or email: jillmoliphant@gmail.com

Call: Judy Avery on 850623 or email: judyavery@outlook.com

Parking at School



There is a “no parking zone” at the bottom of the drive to school so please do NOT park on the yellow lines. We have recently been notified that our community police team has noticed illegal parking here and will return during the next few weeks to check on cars. Registration numbers could then be forwarded to the police or traffic wardens.

Please could you also park with consideration outside the shop and garage—some parents are reporting that if everyone parked extra carefully there would be even more room to park.

Attendance and Punctuality

Class	Percentage Attendance
Potter	97.5%
Nightingale	99.1%
Darwin	95.4%
Pankhurst	98.8%
Shakespeare	95.7%
Churchill	96.9%



Well done to Nightingale
this week!!

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Diary Dates

6th Jan	Back to school
9th Jan	Open Morning Attendance Bounce
14th Jan	Y6 and R School nurse in for height and weight checks
17th Jan	Young Voices singing at the Friendship Club 2pm
20th Jan	Laughter Club after school Governor Meeting
5th Feb	Young Voices 2020 at the O2 London
10th Feb	Laughter Club after school Bike-ability for YR and 1
14th Feb	End of Term 3
24th Feb	Start of Term 4



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