



14<sup>th</sup> Feb 2025

# High Firs Primary School

# NEWSLETTER

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## MESSAGE FROM MR KILBRIDE

Another term draws to a close with a lovely sunny day – something of a rare treat over the past few weeks and hopefully a sign of things to come after half term.

The children have all done some activities this week to do with safer use of the internet as Tuesday was Safer Internet Day. We held an assembly on Tuesday where Mrs Ford introduced us all to this year's theme of 'Too good to be true.'

See the information box below with a special challenge for everyone to try out over the half term break – we look forward to sharing some of your great photos created in assembly after the break.

There was a lovely sense of achievement in assembly this morning, where in addition to our Special Mention certificates that are given out every week, we congratulated 8 children who Mrs Verge had chosen as PE stars of the term – they were Willow and Mason from Year 3, Luca and Beatrice from Year 4, Omolayo and Scarlett from Year 5 and Ethan and Grace from Year 6 – who have all shown great skill, control and creativity in gymnastics this term.

We also thanked our Year 5 play leaders for their efforts since September in setting up games for children to play at lunchtimes – they are: Omolade, Omolayo, Daisy, Isabella, Morgan, Rakshanaa, Sadiya, Selena, Mariana and Lily. Over half the children in school have joined in with what they have set up at one time or another – great job! A new group of 10 Year 5s will take this work on after half term.

We hope you all have a lovely half term break and that the weather allows for some outdoor time that has been hard to come by of late. Stay safe and we will see you all back again on Monday 24<sup>th</sup>.

## School Governors

Did you know yesterday was National School Governors' Awareness Day? We would like to take this opportunity to thank our school governors – Steve Geary, Julianne Barnes and Howard Marshall, and our clerk Alice Plane – who undertake four key roles as governors for our school, alongside Mr Kilbride and Miss Rennie as staff members of the governing body:

- Setting the strategic direction and long-term goals for the school
- Ensuring financial stability and compliance with statutory requirements.
- Overseeing the performance of the leadership team
- Ensuring that the school's values and vision are upheld

School governors are the UK's largest voluntary body – they are a tremendous support and have a positive and critical impact on schools across the UK. We do currently have vacancies on our governing body for members of the public who are not parents of children at our school to join us so if you know someone who might be interested in undertaking this interesting and vital role please do ask them to get in touch with us for more information.



National School  
Governors'  
Awareness Day



## HOUSE POINTS

	This Week	Term Total	Top Scorers this week
BEECH	121	860	Freya S, Sophia M
CHESTNUT	126	808	Faye R, Esme B
OAK	123	620	Tallulah C, Isla W, Tunde O
ASH	105	857	Hannah N, Daisy G-S, Scarlett T



Achieving more together



## Competition time



Tuesday the 11<sup>th</sup> of February was safer internet day and in school the children have been learning about how to stay safe on the internet.

This year's theme is 'too good to be true' and the children have had the chance to discuss how things we see on the internet could be 'too good'.

Mrs Ford showed the children a range of images and they had to decide which were true and which were not!

On the theme of this topic the children are invited to take part in a competition to create something that is 'too good to be true'. It could be a photograph of your toy in a real-life situation. Or you might create a newspaper article with yourself in it. Or you could ask someone to help you to take a photograph of yourself doing something extraordinary! Entries can be emailed to the school office or printed and sent in with your child when we return to school. Entries will be shared with the rest of the school in assembly.

### Special Mentions

Well done to all of our children who received a Special Mention and certificate from their teacher today –

- Nihaad D – super progress in her phonics.
- Tevin A – great effort in his independent writing.
- Frankie B – for moving like a gymnast in PE.
- Isla W – lovely sentences about Mama Panya's pancakes.
- Oscar P – his detailed report about the Emperor Penguin.
- Freya S – her detailed report about the Emperor Penguin.
- Iyah M – incredible effort and improvement in her writing.
- Henry RW – a brilliant attitude to learning and hard work in all his lessons this week.
- Chloe P – fantastic dance moves in PE.
- Edward S – for his enthusiasm in Maths linked to finding the perimeter.
- Lottie A – for working hard in all tasks this week.
- Lily G – fantastic work on decimals in Maths and mountain wildlife in Geography.
- Bethanie L – great improvement in her writing, with particularly improvement in vocabulary choices.
- Fraser D - great improvement in his writing, with particularly improvement in vocabulary choices.



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### Register Rabbit

Congratulations to this week's Key Stage winners of Register Rabbit for their excellent attendance:

**YEAR Rec**  
**YEAR 5**

Our class attendance this week was:

- Reception – 97.8%
- Year 1 – 97.3%
- Year 2 – 91.9%
- Year 3 – 97%
- Year 4 – 95.9%
- Year 5 – 98.5%
- Year 6 – 97.8%



## Parent information and support online sessions



Kent Emotional Wellbeing Teams  
Medway Emotional Support Teams

Introduction to Autism 28/02/2025 12:30 – 2.30pm

Understanding Anxiety 10//03/2025 5:30 – 7.30pm

Sleep & Autism 27/03/2025 5.30 – 7.30pm

Me & My Child: Understanding Resilience 9/04/2025 10.30am – 12.30pm

Visit [www.high-firs.kent.sch.uk/parentworkshops](http://www.high-firs.kent.sch.uk/parentworkshops) to book

### In our classes this week

- Reception – found different ways to make 5.
- Year 1 – learned to chop fruit to make their own healthy fruit salad.
- Year 2 – created posters to show others how to be healthy.
- Year 3 – practised writing using inverted commas to show.
- Year 4 – learned about food chains and food webs.
- Year 5 – have written information texts about the formation of different mountain types.
- Year 6 – used clay to create a dragon's eye.



### Coming up after half term...

#### Wednesday 26<sup>th</sup> February

Year 4 class assembly at 10.10am

Followed by Times Table check meeting for parents.

#### INSET DAYS

- 30<sup>th</sup> June
- 21<sup>st</sup> July
- 22<sup>nd</sup> July

#Stay Safe  
Get Active

Got to drive?

Park and stride!

Sign up to join us at -  
<https://high-firs.kent.sch.uk/park-stride/>

No Parking

Think before you stop.  
Choose a safe spot...

... and please show consideration to our neighbours.



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Free and anonymous mental health support whenever you need it.



Providing NHS services



Scan to get started or visit: [kooth.com](https://kooth.com)



It can be hard to know what to do when you have something on your mind. That's why Kooth is here. We are totally free and anonymous — and we're here whenever you need us. Go to [kooth.com](https://kooth.com) whenever you're worried, feeling low — or just need someone to listen.



**Feeling worried?**

Text chat with our team. They're here to support you with whatever you're going through. We won't ask for your name or address and you don't need a referral from your doctor.



**Feeling alone?**

Use our forums and discussion boards to get advice, find people who feel the same — and to help others. You can also share your experiences anytime by submitting a poem or article.



**Feeling unsure?**

It may help you to write your feelings down, or to set a personal goal. At Kooth, you can set goals and use an online journal whenever you choose.



**Feeling lost?**

We have a tonne of helpful podcasts, videos and articles on all kinds of topics, from self harm, anxiety and depression to coming out, relationships and self care.

			Live text chats with our team from midday to 10pm on weekdays and from 6pm to 10pm at weekends.
Free to use	No doctor's referral needed	We're a BACP* accredited service	

Start here [kooth.com](https://kooth.com): free access to support today.



\*BACP stands for British Association for Counselling and Psychotherapy. We're an accredited service, and our practitioners are either BACP accredited or working towards it. You're in safe hands.



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# autism south east



Autism South East works with autistic people and their families, providing support groups, autism friendly activities and delivering information talks to families, carers, and professionals. Autistic people see, hear and feel the world differently which can cause anxiety and challenges in every day life. Many Autistic people and their families can feel very isolated with nowhere to turn.

Autism South East is an Autistic led organisation with over 75 years of combined experience working with autism both personally and professionally. We seek to improve the lives of Autistic people and their families, relying solely on donations and fundraising to reach people all over the South East of England. We provide support groups, social groups, autism friendly activities and deliver information talks to Autistic people, their families, carers and professionals. We provide welcoming environments, at our events and online, with a network of people who understand.

We believe that Neurodiversity should be celebrated in our communities and that Autistic people should feel proud of who they are. "For every person who understands autism better, another Autistic person will be happier." (Quote by an 11 year old Autistic author)



We run support groups, social groups and autism cafés in different areas - informal settings where autistic people, their families and carers can have a coffee and chat.



Autism South East organise talks and workshops by various speakers on autism-related subjects for autistic people, their families and carers, as well as organisations and professionals.



We occasionally run autism friendly activities, such as Lego sessions, art/craft, cake decorating and more! If you'd like to volunteer to help, please do get in touch!



We have a Facebook page 'Autism South East' where you can find and share information about autism. All our events are also posted on there- you can find them under the events tab. We have a Facebook group, 'Autism South East Discussion Group' where you can discuss anything autism related and talk to others.



[www.autismsoutheast.co.uk](http://www.autismsoutheast.co.uk)  
[information@autismsoutheast.co.uk](mailto:information@autismsoutheast.co.uk)

Autism South East is a Community Interest Company (C.I.C.) registered in the U.K.

Find us on social  
@autismSEuk



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