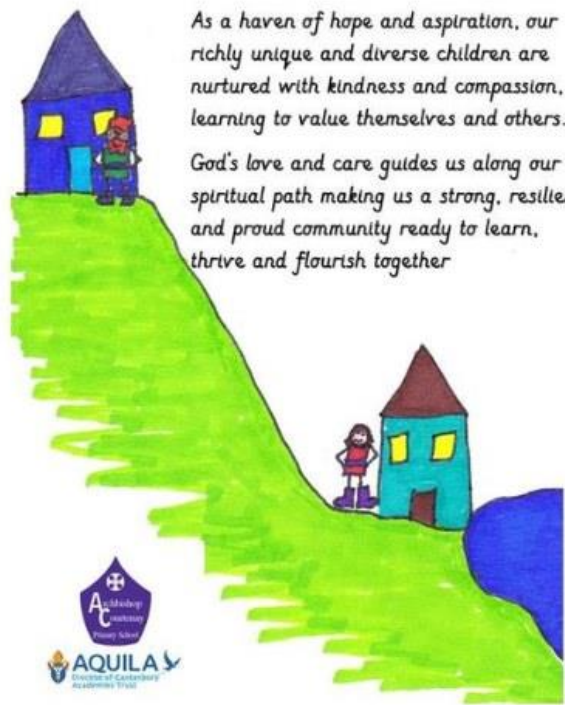




Archbishop Courtenay Primary School -
Friday 5th December



As a haven of hope and aspiration, our richly unique and diverse children are nurtured with kindness and compassion, learning to value themselves and others.

God's love and care guides us along our spiritual path making us a strong, resilient and proud community ready to learn, thrive and flourish together

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Dear families,

We are definitely in the Christmas spirit here at school! Our gorgeous Reception children performed their nativity this week, and it was truly amazing. For children who have only been at school for three months, their confidence and enthusiasm were sensational. A huge thank you to all our families who supported them at home with the songs, actions, and lines—I loved seeing parents actively participating in the audience!

I must also congratulate our dedicated staff. These events can be stressful and cause sleepless nights, but what an achievement it was. They can now rest easy knowing they did a fantastic job.

Next week, it will be the turn of KS1, and I am excited to see the treats they have in store for us.

Yesterday, Father Christmas made a special visit to our children. They have been so good this year that we felt a visit was essential. It was heart-warming to see the children interacting with Santa, especially knowing he took valuable time out of his busy Christmas schedule just for us.

Today's Christmas Fayre was a highlight in the school calendar, with a fantastic turnout! Many staff members spent hours organising the event—special thanks to Mrs Barnes and Mrs Gooding for their tireless planning to make it so special. We aim each year to accommodate the whole school, and this year I believe we did our very best.

The class stalls were wonderful, offering so many delightful goodies. A big thank you to all the stall holders, many of whom are parents, for sharing their wares—I particularly enjoyed the cake stall!

As we continue to celebrate this festive season, we are reminded of the joy and community spirit that makes our school such a special place.

Warm wishes

Sue Heather

Headteacher

SEND & Inclusion



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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Wrap Around Information



Wraparound:

<https://archbishop-courtenay.cbfs.uk>

Breakfast (7:30am-8:30am) £4

Social Club (3:15pm-4:15pm) £3

Wraparound (3:15pm-6pm) £12

Tax-free childcare vouchers = 20% off

Universal credits = claim up to 85% back

FOR SUPPORT CONTACT:

archbishop-courtenay@cbfs.uk

01444 523 335

Tuesday 9th December - KS1 Nativity @2pm

Thursday 11th December - KS1 Nativity @9:00am

Friday 12th December - Valley Park Pantomime

Friday 12th December - Christmas Discos

Tuesday 16th December - All Saints Church Service @9:30am

Wednesday 17th December - Christmas Dinner and Jumper Day

Friday 19th December - Last Day of Term 2 - SCHOOL ENDS AT 1:30PM

Monday 22nd & Tuesday 23rd - Christmas Holiday Club 10am - 4pm

Monday 29th & Tuesday 30th - Christmas Holiday Club 10am - 4pm

Schools Out!

Christmas Holiday Club

Providing free childcare and peace of mind.

Schools Out Club provides the opportunity for children aged between 4 - 13 to participate in a range of **sports & fitness** and **arts & craft** activities. Sessions run for **4 hours** between **10:00 - 14:00**.

Holiday Activities and Food Programme (HAF) places are now available. Simply log into the HAF website **holidayactivities.com** to book a space at one of our locations - or scan the QR code below.

Dates and locations:

Greenfields Community Primary School
Shepway, Maidstone
Archbishop Courtenay Primary School
Tovil, Maidstone
Tree Tops Primary Academy
Brishing Lane, Maidstone

Mon 22
December

Tue 23
December

Mon 29
December

Tue 30
December

HolidayActivities



Places for all other children available from **10 December 2025**.
Visit stonesinthecommunity.org/programme/schools-out-holiday-club
on the day to book a space at one of our locations or follow our social.



stonesinthecommunity.org

Collective Worship



This week in Collective Worship, we began our journey into Advent, the season in the Christian calendar that marks the beginning of a new church year. Advent is a time of preparation and anticipation as Christians get ready to celebrate the birth of Jesus at Christmas. It is a time filled with hope and reflection, reminding us to slow down during a busy season and focus on what truly matters.

We talked together about why Advent is often described as a time for waiting, looking, and listening:

- Waiting – Advent encourages us to wait patiently, just as people waited long ago for the coming of Jesus. It teaches us that good things often take time and that waiting can help us appreciate moments more deeply.
- Looking – During Advent, Christians look for signs of hope, kindness and light in the world. We encouraged the children to notice the good around them and to look for opportunities to help others.
- Listening – Advent is also a time to listen carefully — to stories, to others, and to our own thoughts. By listening, we can understand more about ourselves, each other, and the message of Christmas.

Mr. Freed also spoke to us about the Advent wreath and the meaning behind its four candles. The children learned that each candle represents something special:

- Hope
- Peace

- Joy
- Love

After exploring their significance, we lit the Advent candles to mark the beginning of this thoughtful and meaningful season.

We finished by practising some of the hymns we will be singing at our upcoming Christingle Service on 16th December.

EYFS: Darling and Rashford



What a wonderful week we have had in EYFS! We would like to begin by saying just how *incredibly proud* we are of the children for their amazing performances of our Nativity, “The Twinkly Nativity.” Their talent truly shone through—beautiful singing, confident dancing, and such impressive memory of all their lines! The children performed with confidence, enthusiasm, and huge smiles, and it was clear to see how much they enjoyed themselves.

A heartfelt thank you to all parents, carers, and family members who came to watch and support the children. Your presence helped create a warm, encouraging atmosphere that made the performances even more special. All the hard work definitely paid off! We would also like to give a big thank you to the whole EYFS team for their continued support, to Miss Renjish for leading the music, and to Mrs Zimina for the beautiful backdrop and props that brought the show to life.

Another highlight of our week was our fantastic trip to the Hazlitt Theatre to see the pantomime “Dick Whittington and His Cat.” We had such a brilliant time being entertained! Many of us found the cat absolutely hilarious, while others were mesmerised by the

talented dancers and singers. Some of us were *not quite as keen* on the Queen of the Rats—but she certainly made an impression! The 3D section was a real favourite; wearing the special glasses and seeing creatures like the giant snake and octopus leap out made us all jump and giggle.

In Maths, we have been learning about circles and triangles. Some children went on a shape hunt, while others enjoyed sorting shapes and discussing their properties.

In Drawing Club, we created wonderful drawings of Dick Whittington and his cat, using descriptive vocabulary to bring our characters to life.

What a *busy* and exciting week it has been! We hope you all enjoy a well-deserved rest this weekend.

Year 1 & 2



What a rainy and chilly week it has been! As the weather turns, we have been keeping our spirits high in the classrooms, and I must say how proud we are of our children for their continued aspiration and determination to complete their assessments. Their hard work and enthusiasm truly shine through, and it is wonderful to see them taking such pride in their learning.

In Frank Class, our young mathematicians have been exploring the fascinating world of geometry. This week, they have been counting faces and edges of various shapes, which has not only enhanced their understanding of geometry but also encouraged them to engage with the physical properties of objects around them. It's delightful to witness their excitement as they identify shapes in their environment!

Meanwhile, in Attenborough Class, the children have been busy estimating on a number line. This activity has been a fantastic way for them to develop their number sense and improve their estimation skills. They are becoming more confident in their abilities to make educated guesses, and it's heartening to see them support one another in this learning journey.

Rowling Class has also been making great strides in mathematics this week. They have been using ten frames to help consolidate their understanding of number bonds. This hands-on approach has allowed them to visualise numbers and see the relationships between them, making learning both fun and effective. The joy on their faces when they successfully complete a number bond is truly rewarding!

In R.E the children enjoyed hot-seating as different characters from the Nativity story and were retelling the story from that characters perspective, they really got in to character with their drama skills.

As we look ahead, I am thrilled to share that our Nativity practice has been in full flow! The children have been rehearsing their lines and songs with great enthusiasm, and we can't wait for you all to watch their performance next week. It promises to be a heart-warming experience that showcases their talents and the hard work they have put in. Please mark your calendars; you won't want to miss it!

Thank you for your continued support and encouragement at home. It makes a significant difference in our children's learning experiences. Together, we are fostering a love for learning that will last a lifetime.

Wishing you all a lovely weekend, despite the weather!

Thank you for your continued support.

KS1 Team

Year 3 & 4 Jobs, Shakespeare and Pankhurst



This term is flying by - can you believe it's December already and only 2 weeks until we break up?

This week the children have been busy in English creating characters and settings for their own stories that we will be writing next week. In maths we have continued on our quest to learn our multiplication times tables facts. In Art we have been creating still life compositions and science we have started to look at Rocks and how much they vary in shape, form, colour and features. Our RE learning this week has been to further explore the links in Christian baptism and the symbolism within this. We focused our learning on the story of John the Baptist. We have enjoyed the antics of our class elves and spotting what mischief they have been getting up to daily. Our week was finished off with the school Christmas Fayre. It was so lovely to see so many of you there!

Have a wonderful and restful weekend

The LKS2 Team

Story Board

John and Zechariah were poor. They were simple. The angel appeared to Elizabeth at night. It is a prophet.

Church leaders came to be baptized. John taught people about a coming. The Holy Spirit.

John the Baptist came and John said that he was only a prophet. He said that he was only a prophet.

John came and John says, "I am not worthy to be baptized by you." He said that he was only a prophet.

People thought John was the messiah. Such he was so popular.

John came and asked John to baptize him. John said that he was only a prophet.

John the Baptist is known as Saint John the Baptist.

Story of Saint John the Baptist

Word Bank: John, Zechariah, Elizabeth, Angel Gabriel, Jesus, Holy Spirit, Baptism, Jordan River, Wilderness, Preach, Imprisoned, Executed.

Read the story about Saint John the Baptist. Fill in the gaps using the words from the box.

Long ago, there lived an old Jewish priest called Zechariah, who lived with his wife, Elizabeth. They lived in Jerusalem.

One day, Zechariah was in the temple praying. Suddenly, an Angel appeared in front of him and told him that Elizabeth was going to have a baby. They called the baby John.

John grew up to be a strong and good man. He knew he had been born to do God's work so he spent his life encouraging people to be good and follow God.

John knew on his heart that Jesus would be coming soon and he wanted people to be ready. So, he preached to them so they could be clean from their wrong choices and prepare to live a better life.

One day, Jesus came to the Jordan River. He was baptized by John. After Jesus was baptized, he came up out of the water and the skies opened. Jesus and John saw the Holy Spirit coming down like a dove. A voice from heaven said, "This is my son, who I love. I am pleased with him."

King Herod didn't like John for some of the things that he said. So Herod had John arrested and put in prison. After John had been in prison for a while, King Herod had him killed.

Today, John the Baptist is known as Saint John the Baptist.

Draw a picture of Jesus being baptized.

Leo

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John the Baptist is known as Saint John the Baptist.



🌟 Weekly Round-Up – What a Fantastic Fourth Week Back! 🌟

It's been another busy and exciting week in school! This week was **assessment week**, and the children worked incredibly hard. All of us in **UKS2** are extremely proud of their effort and focus — well done to everyone! 🌟👏

🔬 Science

In Science, we have been learning all about the **Solar System**. The children explored the **planets and the moon**, and have been discovering how the planets **orbit the Sun**. Their curiosity and questions have been fantastic! 🪐🌙

🎵 Music

In Music, we have been starting to **write our own songs**. Last week, we looked at famous catchy songs and discussed why they are still popular today. This week, the children have been thinking about **how to write their own songs**, using **metaphors** and techniques to make their songs **catchy and memorable**. 🎧🌟

💻 Computing

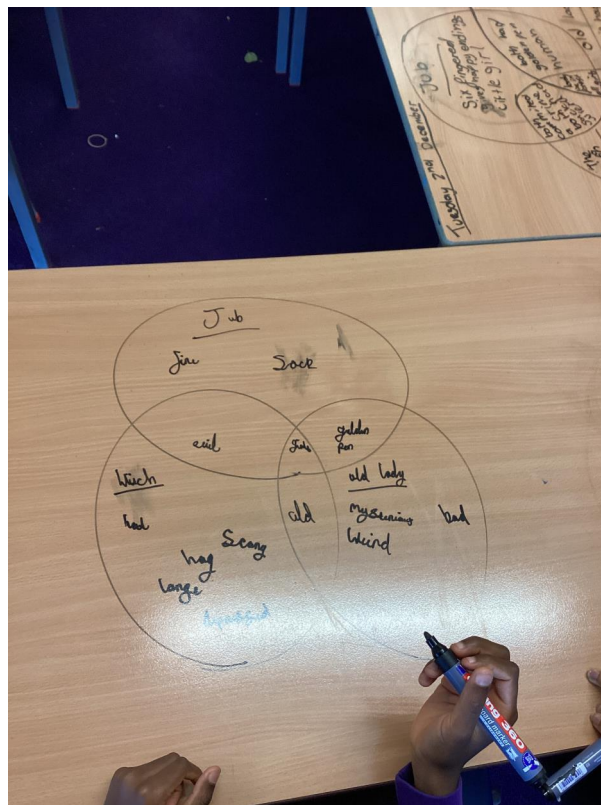
In Computing, the children have been experimenting with **Google Sites**, trying their hand at **creating their own websites**. They are enjoying bringing their ideas to life digitally! 🌐💻

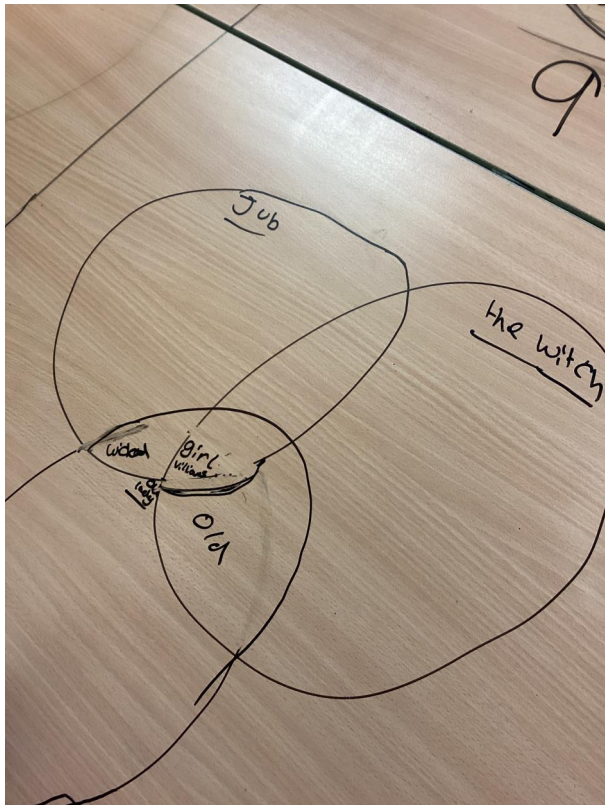
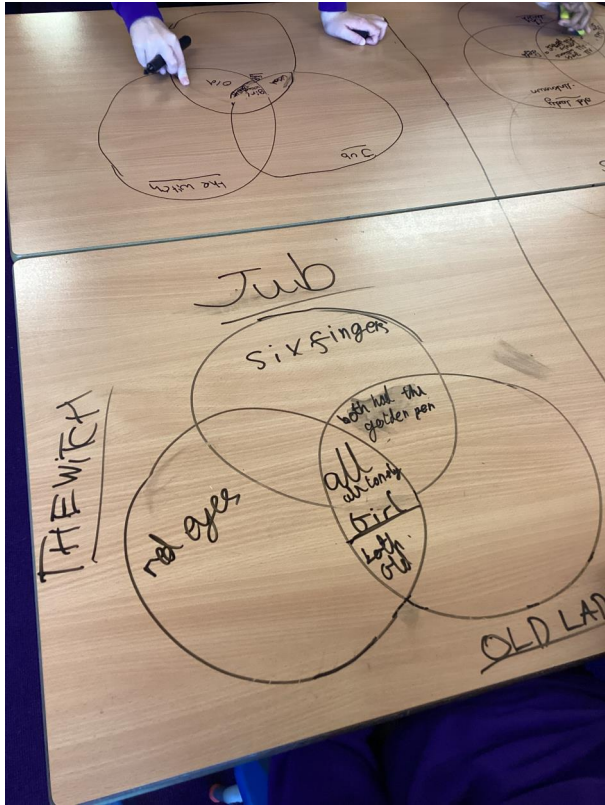
📖 English

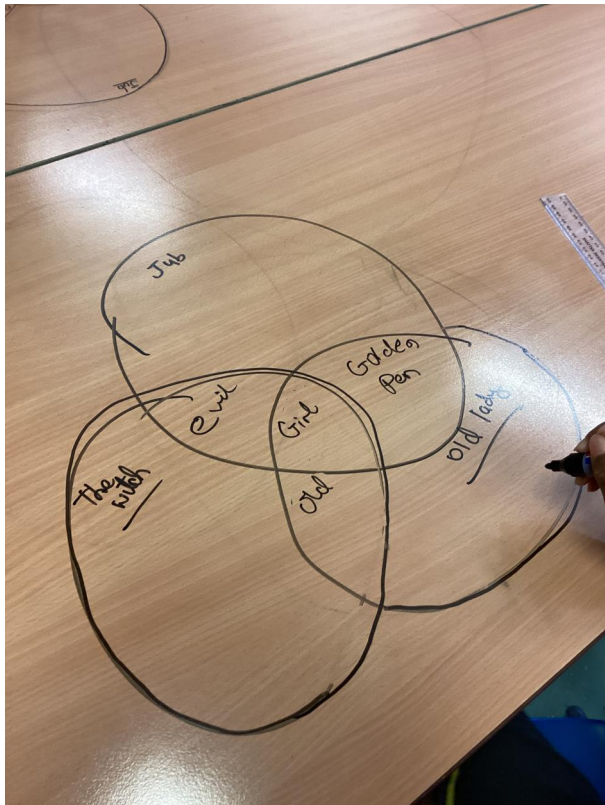
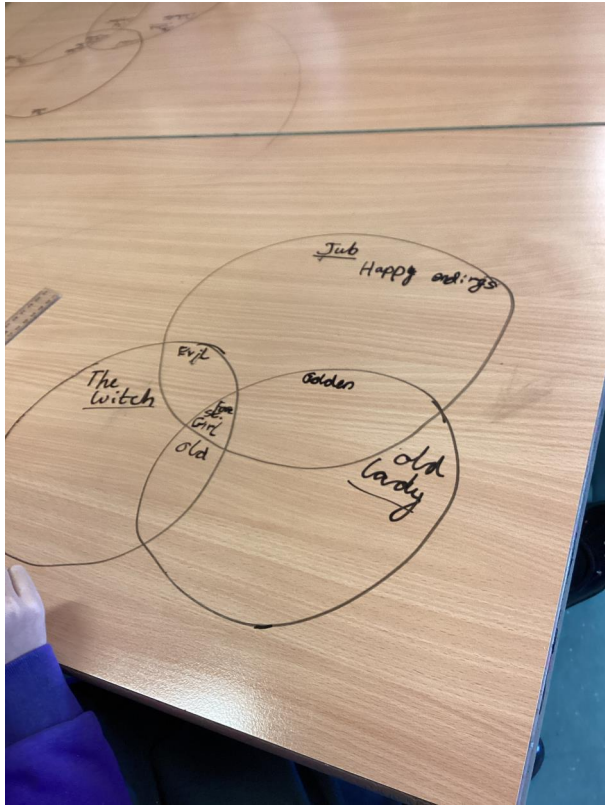
In English, we have been comparing characters from *The Lost Happy Endings*, focusing on **Jub, the witch, and the new character, the old woman**. The children explored their **similarities and differences**, building a deeper understanding of the story and the characters' motivations. 📖 😡

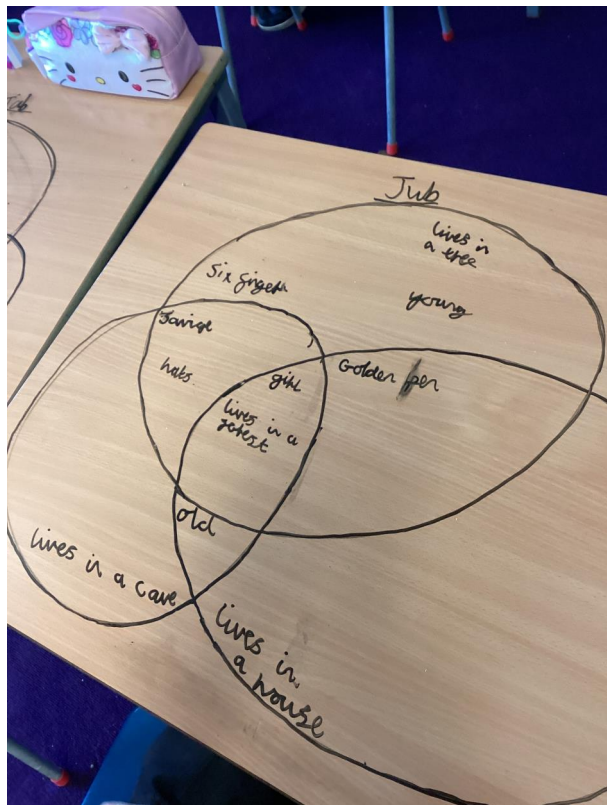
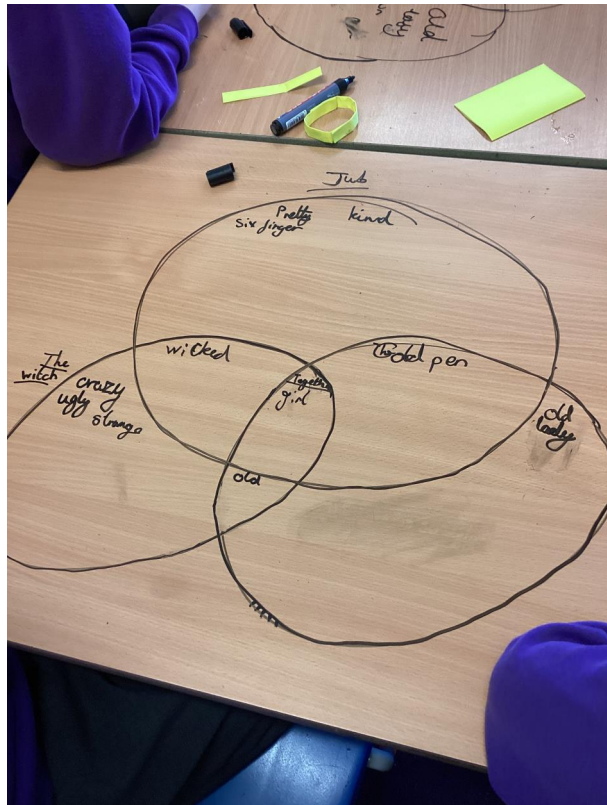
📖 ☁️ **Important Reminder**

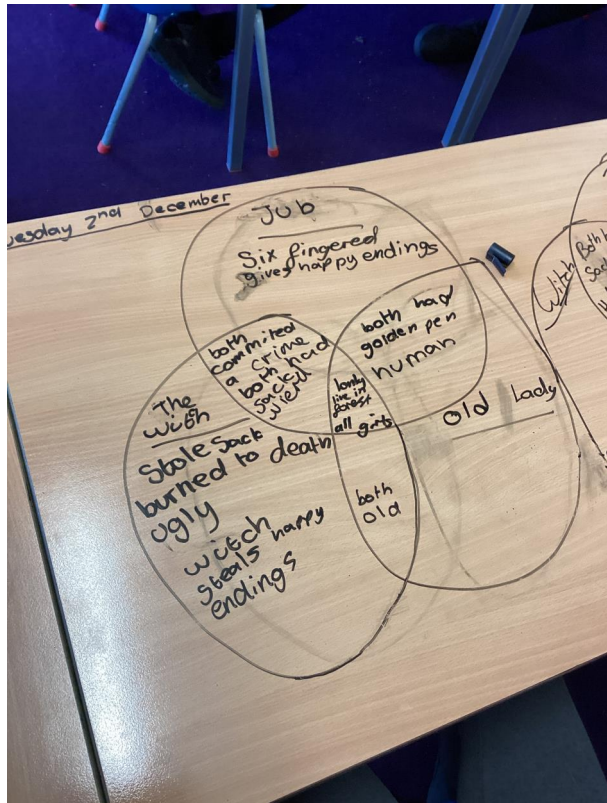
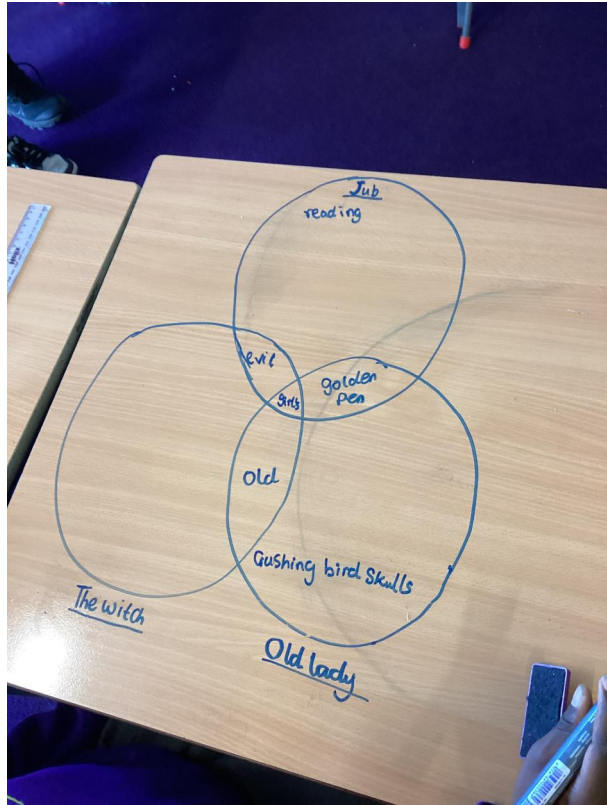
As the weather turns colder and wetter, please make sure your child brings a **coat suitable for all weathers**. If you haven't already, please also send in **wellies** so the children can enjoy outdoor activities **even in the rain**. 🌧️ 🧥











The ABC Archie Awards





1 - This week our four Archie's have been really excited to be awarded. Well done to the following children:

KS1: Muaaz :for consistently showing our school values, especially friendship. He cares about everyone and makes sure they are safe and well.

LKS2: Jacob : for always listening and showing kindness, respect and aspiration. He has been a great role model in Pankhurst Class!

UKS2: Xavier : for solving a conflict outside and making sure that the children were happy and friends again.

What wonderful kind and caring students you are - we are so proud of you all.

I wonder... who will Archie go and visit next week?

Contact Us



We are here to help you so please never be afraid to get in touch

Archbishop Courtenay Primary School

Eccleston Road

Tovil

Maidstone

ME15 6QN

01622 754 666

Office@abc.aquilatrust.co.uk

Headteacher@abc.aquilatrust.co.uk

Visit us on the web at <https://www.archbishopcourtenay.org.uk> or via Facebook
<https://www.facebook.com/ArchbishopCourtenay>

