



Newsletter



Term 1 2022

Week 5

Friday 7th October

Dear Parents/Carers,

We have had another busy week at Riverside. Here is just one tiny part of the learning from each year group:

Year 6 have been learning all about Shackleton's journey to Antarctica and developing their Geography skills.

Year 5 have been learning about the physical and human features of London and looking at how the population has changed over time.

Year 4 have been practising their tennis skills in PE.

Year 3 have made stone age jewellery out of clay as part of their History topic.

Year 2 have been talking about healthy eating and have planned a healthy sandwich ready to make next week.

Year 1 have looked at their senses this week in Science and enjoyed some fun investigations into them.

Reception have learnt about autumn and have used their creative skills to make autumn leaves.

Nursery have been looking at environmental sounds and went on a listening walk around the school grounds.

Next week we are looking forward to our Harvest Assembly. If you are able to, please send in a donation for this by Tuesday 11th October.

Please make sure you book an appointment for parents evening. If you have any problems with the online system, please phone the school office.

I hope you all have a wonderful weekend.

Yours sincerely,

Mrs Robson
Head of School

Attendance

The classes with the best attendance this week are:

Badgers

Seals

Squirrels



WELL DONE!

THANK YOU

I would like to say a huge thank you to **Tony Lorenzo Bakery and Café** for sponsoring our reading vending machine and filling it up with lots of lovely new books.

PROUD MOMENT...

I was extremely proud of our Year 6 pupils last weekend when they visited Kingswood Residential Centre for a weekend of exciting adventure activities. I visited them on Saturday and they showed fantastic behaviour and attitudes which were commented on by staff at the site. They supported and encouraged each other to have a go at new experiences and enjoyed challenging themselves. Even the staff enjoyed the challenges too! Well done Owls Class!

Upcoming Events

- 12th October—Harvest Festival
- 19th October—Parents Evening 4pm-6pm
- 20th October—Parents Evening 4pm-8pm



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Be Mindful

Mindfulness means noticing what is happening right now. What can you see? What can you hear? How does your body feel? What are you thinking? Take time throughout the day to notice what is happening in the moment.

Talk about It!

How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

Healthy Body, Healthy Mind

Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

We Are All Unique

Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

Be Kind

Being kind and taking care of your friends and loved ones helps them to feel happy, and can make you feel happier too!

Make Time for Fun

Playing and spending time doing hobbies you really enjoy is a great way to keep your mind healthy and happy!

Ask for Help

We don't have to feel happy all the time. It's ok to feel sad. If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.

