

Herne Bay Infant and Nursery School

Weekly Update

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Issue 1 - Term 1

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Dear Families

As this is our first newsletter of the school year 'welcome back!' We have had a wonderful two weeks getting to know our new classes. The children are settling in well to their routines. We have a fantastic term ahead of us. We will be distributing **Curriculum letters** to parents in the coming week, so please make sure you read them to see what your child will be learning this term.

With the changeable weather, please can we remind you to ensure your child comes into school with a named waterproof coat.

Year 1 and 2 parents have had '**Meet the Teacher**' sessions this week via Zoom, which have been very positive. Ahlberg class have their zoom meetings next week, so please look out for emails with the link.

Just a quick reminder that the school gates open at 8.40am school starts at 8.50am. Please ensure your child is in school on time, ready to start a fun day of learning. The gates close exactly at 9am at drop off time to ensure the children can move safely around the site. All parents should have exited the gates by 9am. If you find the gates are shut when you try to leave, please return to your child's class where a member of staff will escort you through the office.

The children have their lovely **new uniforms/school items** and we would urge you to please put your child's name on them. We are sure you would like your child not to lose items, as these things aren't always cheap and we are more likely to be able to return lost items if named. If your child loses any clothing, please check our lost property basket in the front lobby, where unnamed lost clothing is put at the end of the school day.

School Clubs start from the 15th September, so if your child is booked on to a club, please check the clubs' letter dates and pick up times.

Please can we remind parents, do not park on the pavement or on the zig-zag lines around the school. Please consider the safety of children when parking. If you have to drive to drop off/pick up your child, please park responsibly and be considerate of local residents and avoid blocking driveways or accessways. Parking Enforcement Officers can issue motorists with penalty charge notices (PCN) for waiting, stopping, or parking on yellow zigzags where restrictions are in place. We recommend walking where possible, as drop off and pick up can get very busy. This not only causes issues for our local residents but more importantly, this is a safeguarding issue and could cause an injury to a child.



Well done to all those who took part in the **Summer Library Reading Challenge**. We are delighted to inform you that our school came second in the challenge out of 37 schools that took part. What a fabulous achievement. To celebrate our wonderful readers, we will have a special assembly, where the children can wear their medals and the

class with the with the most completers will receive a £5 voucher from the Herne Bay Infants and Juniors school PTA.

Finally, if your **contact information** has changed for you or your child, please amend your details using the Arbor App. If you have any problems, please contact the office.

Thank you for all your support.

Stars of the Week

Year 1	Year 2
Jeffers Class Maya For always being ready to learn.	Percival Class Niamh For great use of adjectives in her writing.
Ahlberg Class Ethan For kindness and manners in class.	Shireen Class Victor For following our school rules of Ready, Respectful and Safe.
	Grey Class Ruben For having a fabulous start to his new life at our school.

Golden Sticker Winners

Year 1	Year 2
Ahlberg Class Barnaby and Aleena	Percival Class India and Lewis
Jeffers Class Harry and Abel	Shireen Class Lois, Ivy and Oscar
	Grey Class Olivia-May, Andrea and Faith

Writer of the Week has been awarded to Sonny in Grey Class.

Well done and keep up the good work.



What a great start to the term with all classes being our **attendance winners** of the week. Punctuality Parrot is very pleased with you all. Well done and keep up the good work!



Dates for your diary

- Fridays - Grey Class Swimming (see letter for details)
- Fri 10th Oct - Flu vaccinations for pupils
- Tue 14th Oct - Year R Height and Weight screening
- Wed 15th Oct - School Photographer
- Fri 17th Oct - NELFT Coffee morning for parents/carers
- Fri 17th Oct - End of Term 1**
- Mon 27th Oct - Start of Term 2**



10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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