



GUSTON

CHURCH OF ENGLAND PRIMARY SCHOOL

NEWSLETTER 14th October 2022



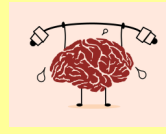
Mental Health Awareness Week

We have been busy this week, talking about the importance of Mental Health.



On Monday we marked Hello Yellow Day by telling each other jokes and on Tuesday we were visited by the Fantastic Fred Experience, where children learn the importance of:

- Food (Eating the right foods)**
- Rest (Getting enough sleep)**
- Exercise (Being active)**
- Devices (Managing time on digital devices)**



If you'd like to learn more, please talk to your children or visit: www.thefantasticfredexperience.com

2022/2023

TERM 1

Week 7

Monday 17th October
3- 4pm Y6 Dodgeball Club
3-4pm Gurkha Culture Club

Tuesday 18th October
Y5 & Y6 Visit to Dover Castle
3-4pm Y5&6 Netball Club

Wednesday 19th October
Y3 Visit to Dover Museum
3-4pm Y1&2 Gymnastics
6-7pm Karate Club

Thursday 20th October
Individual & Sibling Photos
3-4pm Y1-Y6 Forest Club
3-4pm Y3,4 & 5 Rugby Club

Friday 21st October
2:30pm Celebration
Assembly—All welcome

Half term Holidays
24—28 October

TERM 2

Week 1

Monday 31st October
Staff Development day—No pupils in school

Tuesday 1st November
3-4pm Y5&6 Netball Club

Wednesday 2nd November
3-4pm Y4, Y5 & Y6
Gymnastics
6-7pm Karate Club

Thursday 3rd November
3-4pm Y3,4 & 5 Rugby Club
3-4pm Y1 & Y2 Forest Club

Friday 4th November
2:30pm Celebration
Assembly—All welcome

Forest School Date Changes
You will most likely have already seen the email sent to you earlier this week with the changes to dates for Forest School. Please let the office know if you require a paper copy of the schedule.



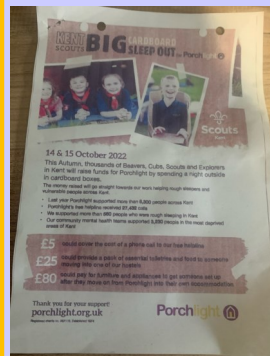
Royal British Legion Poppy Appeal
From veterans of the Falklands War and WW2 to those who continue to play a vital role in service to Britain today, we are once again supporting this charity by selling Poppies, wristbands, reflective tags and zip pulls at the office from Monday. There is no set price for these items but a contribution will be greatly appreciated.



Harvest
Thank you to everyone who was in a position to donate contributions to our Harvest Festival this year, it is very much appreciated, particularly in the current economic climate.
All contributions will be donated to The Dover Foodbank.



Sponsored Sleep Out
We are very proud of Jude (Y6) who is spending tonight, sleeping under cardboard raising money for Porchlight. If you would like to sponsor him, please either see Jude's mum (Lisa) or click on the link below.
Amazing effort Jude - well done!
https://www.justgiving.com/fundraising/doverdistrict?utm_medium=qr&utm_source=offline&utm_term=d093b1518



Happy Birthday to:
Pritika
We hope you have had a wonderful day!

Individual & Sibling Photographs
Tempest Photography will be in on Thursday (20th) to take individual and any sibling photos. If your children have uniform with the school logo, please wear this on the day.

