



Friday 7th March 2025

Dear Parents/Carers,

I hope you all had a good week.

I am writing with my usual weekly letter of news and information. I can be contacted at exehead@aspire-kent.org.uk between 8am - 5pm Monday to Friday for queries and questions. Also Lauren my PA can be contacted at lriby@aspire-kent.org.uk. Any requests for meetings or appointments can be made through Lauren - thank you.

Football at ASPIRE-

As part of International Woman's day this week Miss Liddicoat secured 8 free places for girls in year 3-5 to attend a morning of football with the FA today.

I am sure you will join me in wishing them the best of luck and hope that they thoroughly enjoyed the experience. What a lovely day to play!

Online Safety-

Recently 'The Seven P's of online safety have been recommended, which may be of interest to you-

-Passwords- make them strong and only share with your parent or carer

-Profile- do not show your real name, age, school or where you live

-Personal details- keep it private

-Posts- beware- they can stay online forever

-Phishing- watch out for scams and tricks

-Protect - your device with regular updates and high privacy settings

-Parents/Carers- tell them what you do online

Emotional Regulation Session-

There is a support session for parents and carers around Understanding Emotional Regulation. This is run by NEFLT and hosted at **Bower Grove School on Friday 21st March, 10-11.30am for FREE**. There is also an option to attend online if unable to go to the School.

To book a place call Bower Grove School on 01622 726773 or email psg@bower-grove.kent.sch.uk.

Reminder of Chiddingstone Castle Book Week Event-

This Sunday 9th March Chiddingstone Castle is running a literary event. Children will be able to take part in a variety of literary activities and all of these are included in the Castle Tickets. Furthermore children can come dressed as their favourite book character for the chance to win a prize.

For this year, tickets to Chiddingstone have changed to 'pay a day and return free for a year'.

For more information or to book tickets visit - <https://www.chiddingstonecastle.org.uk/>

World Book Day-

Thank you to all parents and carers for their support with the fantastic outfits that we have seen across ASPIRE today!

Wishing you all a lovely weekend.

Kind regards,

Emma Hickling
Executive Headteacher