



Friday 11th October 2024

Dear Parents/Carers,

I hope that you have 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 Iriby@aspire-kent.org.uk. Any requests for meetings or appointments can be made through Lauren - thank you.

Final Reminder Online Safety Meeting-

Both information sessions will take place next week on **Wednesday 16th October 2024**. The first option will take place between **2-3pm and can be joined virtually** using the following link:

<https://meet.google.com/svr-phav-uvc?hs=122&authuser=0>

This presentation will then be repeated at **6pm** using the following link:

<https://meet.google.com/afg-wtce-mow?hs=122&authuser=0>

Dance and Movement Festival-

This week, children from KS1 across Aspire took part in a dance and movement festival at Aylesford Secondary School.

Children took part in a variety of activities linked to dance and movement. We danced like swifties to Taylor Swift, played movement charades, created dance sequences and played musical statues to Baby Shark!

It was a fantastic morning and great fun was had by all! (Teachers included!)

Thank you to Miss Liddicoat for arranging this.



Cross Country-

On Friday 4th October, a selection of children from all key stages across Aspire, took part in a cross country event at Mote Park.

Distances ran were:

KS1 - 1KM

Lower KS2 - 1.5KM

Upper KS2 - 2KM

The children represented Aspire with pride and all did very well! Thankfully, the weather was kind and the event was a huge success!

A special mention to Annabella and Kevin who both ranked in the top 20 of runners for their category. There were approximately 100 runners per category!

Active 60-

Active 60 is an initiative that encourages children to be physically active for 60 minutes a day, split between 30 minutes at school and 30 minutes at home.

The initiative is intended to help children develop healthy lifestyles and reduce sedentary behaviour. For more information on the importance of this and the benefits that keeping active for at least 60 minutes a day, you can have a look at the Chief Medical Officers Physical Activities guidelines-

<https://assets.publishing.service.gov.uk/media/5d839543ed915d52428dc134/uk-chief-medical-officers-physical-activity-guidelines.pdf>

Secondary School Applications-

Please be reminded that Secondary School applications are now open for September 2025.

You can apply using the link below-

<https://www.kent.gov.uk/education-and-children/schools/school-places/secondary-school-places#:~:text=Applications%20for%202025,interest%20to%20list%204%20schools.>

Applications close on Thursday 31st October 2024.

Smartphone Free Childhood-

A parent at Kingswood has shared with me some interesting information regarding a smartphone free childhood. This is a current movement for parents to join together to discuss the potential impacts smartphones can have on children exposed to them at a younger age.

For more information visit- <https://smartphonefreechildhood.co.uk/>

Wishing you all a great weekend.

Kind regards,

Emma Hickling
Executive Headteacher