



Dear Parents and Carers

We hope you are all well and managing to overcome the difficult fuel situation. Despite being a rural school, we have still had excellent attendance from our children, so we are very grateful to you all for the extra effort you have gone to.

You may have heard, or had experience of, a sickness bug that appears to be in the school. We are taking all our normal precautions and maintaining high hygiene standards, but please be aware that it has been prevalent in several classes. We have also suspended whole-school assemblies in the short term as a preventative measure. It is obviously important in these circumstances that the school office has your data collection sheets for all your contact details, and that you are contactable in the event of your child being ill. Can I also remind you that we ask children to remain at home for 48 hours after their last bout of sickness before returning. This helps to ensure they are fully recovered, and helps to prevent the illness spreading.

We wish you all a relaxing weekend.

Best wishes

Suzanne Farr

Dear parents,
Welcome back to a new academic year. I hope you and your children have settled back in to school life and all that it entails. A warm welcome to our youngest members of the school and their families, I hope that your children are starting to feel part of the Capel 'family' and enjoy all that it has to offer. As a governing body we have met for our first meeting of the year to decide on our focuses for the coming months, delegating roles to ensure a robust, supportive and challenging system is in place for Mrs. Farr and her team, and starting to implement our newly devised School Strategy Plan. We were delighted to hear from Mrs. Farr how well the children have taken to being back in school and that their attitude towards their learning is as admirable as ever.

The Governing Body are looking forward to working alongside you all as a community to have as 'normal' a year as possible.

Best wishes,

Lisa Summers (Chair of Governors)



Year 3 had a visit from someone who lived in the Stone Age this week! The class were able to quiz her all about the time period she lived in and how she managed to visit us. It was all very exciting and we learnt a great deal.

Upcoming Dates and events

October—Black History Month

4th October—Headboy/Headgirl Vote

4th October—Fantastic Fred—Mental Health workshops

6th October—PTA AGM 7pm

8th October—Headboy/Headgirl Investiture

12th October—Year 2 Event

13th October—Author visit to school

14th October—Owl visitors to school

15th October—Harvest Festival

18th October—School photos

19th October—Reading Army Training 2pm

21st October—Kent Test results

21st and 22nd October 9:30-11:30 Open mornings for prospective new parents

25th October—Half Term

1st November—Term 2 starts

9th and 10th November—Parent Consultations

12th November—Year 3 Class Assembly (parents invited)

24th November—Science Day



Hello everyone, my name is Oeda (pronounced Ooda) O'Hara and as some of you already know, I have been working at Capel as the school counsellor since April. I have already had the pleasure of meeting some of your lovely kids.

Occasionally children may need help with their problems and worries, especially in these difficult times of Covid and lockdowns! Sometimes, no matter how well they get on with their parents, children might find it hard to talk to them. Often having a problem or concern can affect a child's behaviour and ability to achieve at

school.

I work at Capel every Wednesday and may be able to help.

How can school counselling help?

I listen to the children without judging them, we talk about their thoughts and feelings and what is worrying them. Initially we look at 6 sessions on school premises. The length of these sessions may vary, depending on the age of the child and their attention span. I like to give the child choices and enable them to decide what works for them, like maybe colouring whilst talking, or playing a game.

What we discuss during sessions is confidential but the child is told that I may discuss their problems with other people and get help for them if I think they are at risk or in danger.

How does your child get to see me?

Your child may ask to see me in school, or you or a teacher may recommend it. Counselling needs to be a voluntary process, and when counselling is offered to children, you will be asked for your permission.

I would love for counselling to become more of a normal and useful activity in and outside of school. A way to work in a positive way on problems, and to realise how much better it feels when we share our feelings and worries.



Luna and Star had a fantastic time with Imogen at the weekend. She made sure they had plenty of cuddles, lots of lovely green vegetables to eat and she found out that they love spinach, kale and broccoli, but were not so keen on sprouts! Thank you Imogen for taking care of them.

Thank you to everyone who helped the PTA by bringing in items for the Happy School Bags, generous clothing donations by parents raised £169.50.



After-School club have been busy growing vegetables and have been lucky enough to eat them as part of their dinners. They have grown and eaten tomatoes, potatoes, courgettes and runner beans.



I know it's early to be thinking about it, but we wanted to let you know about changes to our usual Christmas season.

We have taken the decision not to have a Christmas Fayre this year. It takes a huge amount of preparation and cost to set up, and with potential Covid implications in the winter, we felt it best to be cautious and focus on other celebratory events rather than have to cancel at the last minute.

We will still be having our usual Christmas raffle, repeating the success of last year's online event. With that in mind, if you, or anyone you know, runs a business and is happy to donate a prize, we would be extremely grateful.

We are also hoping to have an after-school event for the children, but more will be shared nearer the time!



COVID Information

I'm sure you are already aware, but local schools are seeing a rise in positive cases lately. With the absence of bubbles and changes to self-isolation rules, we will not be closing classes should we get an outbreak. Please help us by keeping us informed of positive cases in your household and if you have chosen for your child to self-isolate as a result. The current rules state that if the child is negative, they may come to school. Every family situation or level of infection may be different, so please call if you are unsure and wish to discuss your situation with us.

This week class R have been exploring using their senses. They used key texts to support their learning and then explored different activities to try out using their senses first hand!



Do you want to make a profound **difference** to the lives of the next generation?

Do you have the drive and enthusiasm to help safeguard Capel Primary Schools core **learning** principles of ensuring young people grow a thirst for knowledge, develop enquiring minds and successfully refine the skills required for life?

Could you commit to a key role in leading a passionate and caring group of professionals, who need the freedom and support to **pioneer** new ideas and methodologies?

Do you have the confidence to grasp the changing educational climate and have the vision to ensure our schools not only survives but thrives!



Capel Primary School wants to ready children for jobs that do not even exist yet, it excites us to see learners thriving in our setting and we are looking for individuals to join us on our journey. If you answered 'yes' to any of the questions above then I ask you to consider the role of **School Governor**. Please contact our school office for further details office@capel-tonbridge.kent.sch.uk