

Newsletter Issue 1



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10th September 2026





Headteacher's News

Welcome back, we hope you all had a lovely summer break.

The children look so smart in their new uniform and are settling in so well in their new classes – it is wonderful to see.

We hope you popped in to the 'Meet the Teacher' session on Tuesday and have read your class newsletter / information so you are fully informed about the term ahead for your child.

We have our first non uniform day this Friday, to bring in items for the Flower Show. We love non uniform days and hope you do too!

Helen in the office, sends a weekly reminder of dates so you can keep up to date with all you need to know as there is always so much going on in school – this is meant to help you, we hope it does!

We keep all school dates on the website and there is a link below in every newsletter so you can see what is going on in school too.

This newsletter is sent each fortnight and collated by Wendy in the office, who also orchestrates clubs and trips and first aid!

We will be looking out for children in class each week who have shown our school values – kindness, forgiveness, service or courage and celebrating this every Friday in worship. Families are welcome to join Friday worship each week at 9am. Just sign in and take a seat – it will brighten your day!

We are so lucky to have a fabulous team at Sissinghurst – we are delighted you are with us for another great year.

Have a lovely weekend when it gets here

Sarah Holman and the team at Sissinghurst



[Click here for dates](#)

Message from FOSS

Dear Parents and Carers,

FOSS has a busy school year planned. We are pleased to be able to add even more fun to the school year and to raise funds for our amazing school in the process.

Our first big event of the year is the Glow Disco on Friday 16 October, We always need lots of parent volunteers to run the stalls that the children love! Please look out for the volunteer sign up sheet that will come out when tickets become available.

After half term we have the Pantomime. (Oh yes we have!) This year it will be Friday 27th November 2026 the experience is free, our gift to the children but we sell optional snack packs for the children to eat while they enjoy the show in the school hall.

Christmas Shopping Day is on Thursday 3 December. This is often described as “the best day of the year”. The children absolutely love visiting our pop up shop and buying up to 4 gifts for their family. We rely heavily on generous donations from families to stock our shop. Please hang on to any unwanted gifts until our donation day. More information will follow. We will need parents to come and wrap gifts on the day. Please put it on your diary!

Our next FOSS meeting is on Wednesday 23rd September at 6:30pm the milkhouse Sissinghurst. Please come along. Everyone is welcome. Many hands make light work!

Many thanks for all your support.

FOSS.



Flower Show - Saturday, 12 September and Non-Uniform Day - tomorrow, Friday 11 September

Just a reminder that the flower show is on Saturday, 12th September and non-uniform day for entries is tomorrow, Friday, 11th September. The entry categories are as follows:

- Young Person's Photography (16 years and under) 'Harvest time'

Children's Classes - 11 years and under

- 4 Digestive or Rich Tea biscuits decorated for Halloween
- Sock puppet
- School art work: Anti-litter poster maximum size A.4

The poster is framed by a decorative border featuring various autumn-themed illustrations such as pumpkins, gourds, and different types of flowers in shades of orange, yellow, and brown. The background within the border is a light cream color with faint, larger-scale floral patterns.

12th September

AUTUMN FLOWER SHOW

2.30pm at Sissinghurst Primary School

Classes include:

Flowers, Vegetables, Cookery (Apple & raisin tea bread, Jar of Jam, Jar of Jelly, Chocolate Fridge Cake, Cheese & Chive crispies), Flower Arrangements, Photography (Harvest and Weather) and Children's classes (4 biscuits decorated for Halloween, Sock puppet and Anti-litter poster)

Children's classes free to enter

Teas, Cakes, Raffle and Side Shows

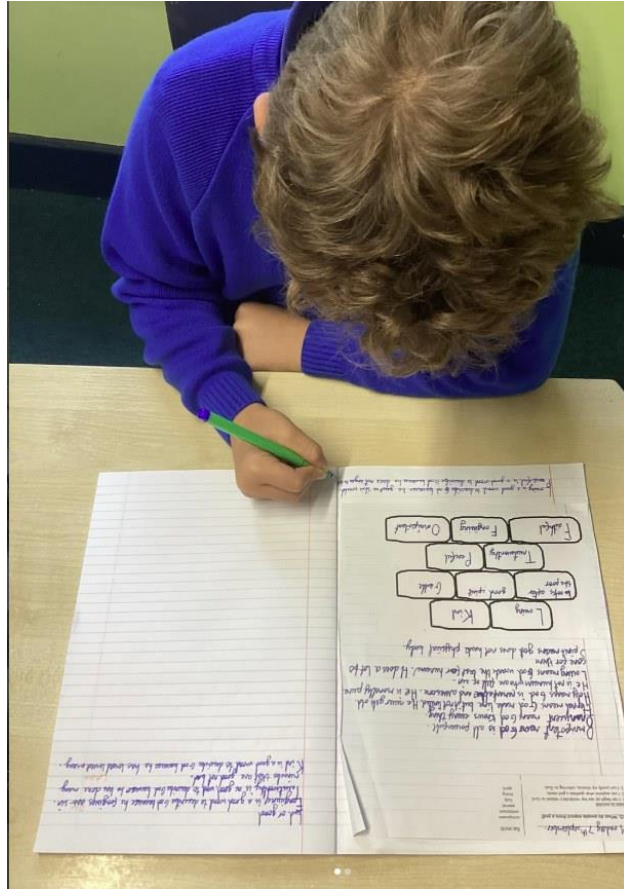
More details from
www.sissinghurstflowershow.co.uk

Instagram

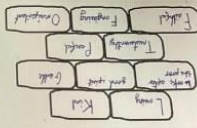


Do follow us on instagram (<https://www.instagram.com/sissinghurstprimary/>) to keep up to date on all the exciting activities/ lessons the children are taking part in. Here are a couple from the last two weeks:

Y5 RE lesson where the children were discussing what qualities they think God should have and why. Great discussion and reflection:



Language is a good word to describe it and because it's good in the world
it's not a good word to describe it and because it's not a good word to describe it.



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Skiathos Dog Sanctuary

Mr & Mrs Humberstone would like to say a huge thank you to Charlie R's nanny (Roosters of Cranbrook Pet Store) for her very kind donation to the Skiathos Dog Sanctuary. Your generosity is truly appreciated and will make a wonderful difference to the dogs in need.



NHS Toolkit for Primary School Children



Things you should have at home

Your GP practice or pharmacist will not generally give you a prescription for medicines for a range of common childhood illnesses. Instead, these over-the-counter medicines are available to buy in a local pharmacy or supermarket. The team of health professionals at your local pharmacy can offer help and clinical advice to manage minor health concerns and, if your symptoms suggest it's more serious, they'll make sure you get the care you need.

Thermometer – for fevers

Digital and forehead thermometers are available for checking your child's temperature. As a general rule, in children, a temperature of over 37.5C (99.5F) is a fever. If your child does have a fever, there are various things you can do to bring it down: Give children's paracetamol (for children three months and over) and encourage your child to drink extra fluids, use their favourite cool drink, or ice lollies. Make sure your child is not wearing too many clothes – a vest or pants is enough if the house is at a normal temperature. Reduce the night-time bedding to a light cotton sheet only. Make sure your child is up-to-date with immunisations.

Simple pain killers

Ask your pharmacist for advice. Paracetamol suitable for children can be bought from a supermarket or pharmacist. There is no need to ask your GP for a prescription.

Antihistamines

These are medicines often used to relieve symptoms of allergies, such as hay fever. Speak to your pharmacist about what is suitable for your child. You do not need a prescription.



Oral rehydration sachets

For diarrhoea. Ones that can be dissolved in water are the most suitable products for children. These replace the salt and water lost in diarrhoea.

Plasters for cuts and grazes

Most cuts and grazes are minor and can be easily treated at home. When the wound has stopped bleeding, wash it under tap water.

Avoid using antiseptic as it may damage the skin and slow healing. Pat it dry and apply a plaster.

Minor wounds should start to heal within a few days, but if they don't, use NHS 111 online or by phone.

Stay sun safe

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

From March to October in the UK, children should:

- cover up with suitable clothing
- spend time in the shade, particularly from 11am to 3pm
- wear at least SPF30 sunscreen.

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

Common childhood health issues

Head lice

Head lice are tiny insects that live in all types of hair. They are a common problem. The only way to be sure someone has head lice is by finding live lice or eggs. You can do this by combing their hair with a special detection comb, which can be bought at a pharmacy. Although largely harmless, they can be irritating and live in the hair for a long time.

You don't need to contact your GP practice. Your pharmacist will be able to recommend treatment or you can remove them with a special fine-toothed comb.

Conjunctivitis

Treatment isn't usually needed for conjunctivitis because the symptoms often clear up within a couple of weeks. Regularly washing your hands and not sharing pillows or towels will help prevent it spreading.

Children don't need to stay away from school if they have conjunctivitis, unless they are feeling particularly unwell.

Coughs and colds

It's normal for a child to have several colds a year. This is because there are hundreds of different cold viruses and young children have no immunity to any of them as they have never had them before.

They gradually build up immunity and get fewer colds.

Most colds get better in five to seven days, but can take up to two weeks in small children.

If your child has had a cough that has lasted longer than three weeks, contact your GP practice.

If your child's temperature is very high, or they feel hot and shivery, they may have a chest infection. You should contact your GP practice or NHS 111.

Upset tummy

A stomach ache, including stomach cramps or abdominal pain, doesn't usually last long and isn't usually caused by anything serious.

If you're concerned, a pharmacist can give advice and suggest any medication that may be required, such as oral rehydration. If your child has diarrhoea, most cases will clear up after a few days without treatment and you may not need to take them to the GP. They should drink plenty of fluids – frequent small sips of water – until it passes.

Threadworm

Threadworms, also known as pinworms, are tiny parasitic worms that infect the large intestine of humans. They are common in children under the age of 10. They look like pieces of white thread in your child's poo. If you think you or your child may have threadworms, you can usually treat the infection yourself with medication available at pharmacies without a prescription.

However, pregnant women must not buy medication from a pharmacy. They should speak to their GP practice or use NHS 111 online or by phone.

Asthma

Did you know that asthma is the most common long-term medical condition affecting children and young people? If you are the parent of a child or young person with asthma, speak to your GP practice or local pharmacist to discuss getting an asthma management plan in place.

Having an asthma action plan in place will help you understand how to correctly use inhalers.

Find more information at www.SaferAsthma.co.uk

Sore throats

Sore throats are often caused by viral illnesses, such as colds or flu.

Your child's throat may be dry and sore for a day or two before a cold starts. You can give them paracetamol or ibuprofen to reduce the pain.

Most sore throats get better on their own after a few days. Pharmacists can assess and treat sore throats for children aged five and over.

If your child has a sore throat for more than four days, a high temperature and is generally unwell, contact your GP practice.

What to do if your child is unwell

It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts.

You know better than anyone else what your child is usually like, so you'll know when something is seriously wrong.

If your child does not seem to be seriously ill, you can usually look after them at home. They should feel better in a few days.

If they're uncomfortable, you can give them children's paracetamol or children's ibuprofen. Check the leaflet to make sure the medicine is suitable for your child and to see how much to give them.

A pharmacist can give you advice about how to ease your child's symptoms and whether you need to see a doctor.

Strep A

Strep A is a common type of bacteria. Most strep A infections are mild and easily treated, but some are more serious.

Symptoms of a strep A infection

- flu-like symptoms, such as a high temperature, swollen glands or an aching body
- sore throat (strep throat or tonsillitis)
- a rash that feels rough, like sandpaper (scarlet fever)
- scabs and sores (impetigo)
- pain and swelling (cellulitis)
- severe muscle aches
- nausea and vomiting.

Strep A infections are more common in children, but adults can also sometimes get them.

Most strep A infections are not serious and can be treated with antibiotics. On rare occasions, the infection can cause serious problems. This is called invasive group A strep (IGAS).

Be antibiotic aware

Antibiotics will have no effect on viruses, such as colds and flu, most sore throats, and may do more harm than good. Taking antibiotics when they are not needed increases the risk of getting an infection later that resists antibiotic treatment.



Use the right NHS service for you

Many minor health issues can be dealt with at home or by seeing a pharmacist. Pharmacists can assess and treat earache, impetigo, infected insect bites in children aged one and over.

You can visit an urgent treatment centre if your child has a suspected broken bone or fracture, a sprain or a strain, minor cut, burn or scald.

You don't need an appointment and they are

open a minimum of 12 hours a day from 8am to 8pm, 365-days-a-year, including bank holidays.

If you're not sure where to go or what to do, use NHS 111. Available 24/7 online at 111.nhs.uk or by phone.

You can also visit www.StopThinkChoose.co.uk for a list of local services, including a map of pharmacies and urgent treatment centres.

Help your child stay safe with vaccinations

Making sure your child has all the right vaccinations is important – vaccinations are safe, effective and help protect people at risk of getting seriously ill from viruses.

Before primary school

At three years and four months, your child will be offered pre-school vaccinations. These consist of one vaccination offering protection against diphtheria, tetanus, pertussis and polio and one offering protection against measles, mumps and German measles (rubella). These are safe to be given together. There is no upper age limit on these vaccines, so if your child has missed either of them, please contact your GP practice.

Vaccinations are safe and important as they strengthen your child's immunity to help them fight disease and infection as they begin school.

If your child has not received these immunisations yet, they can catch up. You can contact your GP practice to check your child's immunisation history and to book an appointment, if necessary.

At primary school

From September, all primary school children are also offered the nasal flu vaccine by the School Aged Immunisation Service – it is important for them to be vaccinated against flu as it is an unpleasant illness and can lead to further serious problems, such as pneumonia and bronchitis.

If you have a primary school-aged child who has a long-term health condition, they may also be eligible for a flu vaccine at their GP practice.

If your child is unable to have the nasal flu vaccination, due to pork (porcine) gelatine, then an injectable vaccine is available.



Flu

All primary school children are eligible for a free flu vaccination, along with children at secondary school and those aged two and three.

MMR

Children should have been vaccinated against measles, mumps and rubella (MMR) before they started primary school. If they've not had two doses, you can ask your GP practice.

Covid

Some children are eligible for a Covid-19 vaccine. Check our website for details.

More details about vaccinations:

www.GetVaccinatedNow.co.uk

Looking after your child's mental health

Your child's mental health is just as important as their physical health.

Support for children with special educational needs and disabilities

Neurodivergent children, including those with ADHD or autism can access support in schools and locally without needing a formal diagnosis. Find information about support available at www.ndkentandmedway.co.uk

If you are concerned that your child has special educational needs or a disability, you can find out what local support is available by visiting Kent County Council's information hub or Medway's Local Offer:

Kent
www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities

Medway
www.medway.gov.uk/localoffer

Captain Wonderweb tours primary schools across Kent with a simple message from the NHS, which encourages children to talk to others, eat better, use tech less, get rest and be active. If you need NHS advice, search 'supporting a child with mental health needs' on nhs.uk

Oral health

A regular teeth-cleaning routine is essential for good dental health.

Make sure your child attends regular dental check-ups as advised by a dentist.

Find information about keeping your child's teeth and gums healthy at www.nhs.uk/live-well

Life-threatening emergency?

If the illness or injury is life-threatening, including a rash that doesn't go away when pressed with a glass, don't hesitate to call 999 straight away.

September 2025




Sissinghurst Little Free Library

Book lovers of all ages now have a new place to discover their next read, with the opening of the Sissinghurst Little Free Library beside Sissinghurst Village Hall.

Inspired by the international Little Free Library movement and launched during the UK's National Year of Reading, the library is a free community book exchange where everyone is welcome to borrow a book, leave a book or simply stop and browse.

The library has been stocked with a wide range of donated books for children, teenagers and adults, covering everything from picture books and popular fiction to gardening, cookery, history, biography and science.

The project has been supported by local residents through generous book donations, practical help and encouragement throughout its development. Funding towards the renovation and installation was provided through a Cranbrook & Sissinghurst Parish Council community grant.

Project organiser Suzanne Kavanagh said:

"I wanted to create something simple that would encourage people of all ages to enjoy reading and help bring the community together. It's been wonderful to see how many people have supported the project, whether by donating books, sharing ideas or lending a hand. I hope the library becomes a well-used part of village life for years to come."

The Sissinghurst Little Free Library is open at all times and is located beside the pathway leading to the playground at Sissinghurst Village Hall.

Everyone is welcome to use it. There is no membership, no cost and no need to register. Simply take a book to enjoy, return it when you've finished if you wish, or leave another book for someone else to discover.

Residents are also encouraged to donate good quality books in suitable condition to help keep the shelves fresh and varied throughout the year. Please contact suzanne_ashley@hotmail.com to arrange the donation.



Drama Workshops with
East Sutton Community Youth Theatre

The Sissinghurst Drama Class

Will be held in the

Main Hall

On

Fridays from 7.45 a.m. to 8.50 a.m.

AUTUMN TERM starts on Friday 11th Sept. 2026

School Years 2 to 6.

Drama with Mike Dyer-Ball.

Mike is a Professional actor, who trained at the Central School of Speech and Drama, appearing at many repertory Theatres, including the Marlowe, the Vaudeville Theatre, West End, and in TV drama, such as *Casualty*. Formed ESCYT in 1993.

Scenes, Drama Exercises ["Suspension of Disbelief"] such as *Outdoor Survival*, *Hotel Fabuloso*, *Haunted House*, and a host of other activities.

Confidence building/Imaginative/FUN!

COST for Eleven weeks, only £60.00.

☺ It is loads of fun ☺ Why not give it a try?

Please don't miss this golden opportunity!
Brochure and Enquiries, please 'phone/email:

Mike Dyer-Ball: www.escyt.co.uk

On 01622 844321 / 07885 790 781/mike@escyt.co.uk

WINGS & WHEELS WEEKEND 2026

| 12TH & 13TH SEPTEMBER | 10AM TO 4PM |
RAF MANSTON HISTORY MUSEUM CT12 5DF



Climb in the Cockpits



CHARITY NUMBER: 1179982



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Fire Engine Rides



Tank Rides



Loads of Vehicles



Museum Entry

OPTIONAL PRE-BOOKING AVAILABLE

USUAL MUSEUM ADMISSION PRICES APPLY | RIDE ADMISSION SEPARATE

info@rafmanston.co.uk

www.rafmanston.co.uk



What Three Words - remarried.mornings.pave



Refreshments available

Subject to change due to unforeseen circumstances including, but not limited to, weather conditions, mechanical breakdowns and shortage of volunteers and/or exhibitors.

SISSINGHURST SCOUT GROUP has vacancies

SQUIRRELS 4 - 6
BEAVERS 6 - 8
CUBS 8 - 10½
SCOUTS 10½ - 14
YOUNG LEADERS 14 - 18
ADULTS 18+

Each week we help young people
enjoy fun and adventure while
developing skills for life.

We'd love you to JOIN US.
Get in touch to find out more.

We welcome new YOUTH and ADULT
members. Weekly meetings are on
Wednesdays.

CONTACT Arun by email:
enquiries@SissinghurstScouts.org.uk



Feedback

We welcome feedback. Please use the form
here <https://www.sissinghurst.kent.sch.uk/form/?pid=86&form=16> if you ever have any
suggestions for us to consider.

News & Events

For upcoming local events in the parish of Cranbrook & Sissinghurst:

<https://cranbrookandsissinghurstpc.co.uk/whats-on/upcoming-events/>

Sign up to receive 'Be In The Know' emails from the parish council:

<https://cranbrookandsissinghurstpc.co.uk/>

Or follow the Parish Council Facebook page

<https://www.facebook.com/CranbrookandSissinghurstPC>

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