

Welcome Back

Start of Term 2 Newsletter

Welcome back! Term 2 is already shaping up to be an exciting one, packed with enriching experiences and festive fun.

- **Year 6 and Year 5** are heading off on their school trips, with Year 5 also begin their swimming lessons.
- **Year 4** will be enjoying outdoor learning at Forest School in Harrietsham.
- **Year 3** kicked off the term with an action-packed adventure day at PGL Grosvenor Hall.
- **Years 1 and 2** are starting preparations for our much-loved **Christmas Nativity**.
- **Years 3 to 6** will be performing at the **Lenham Lights switch-on**, and we're looking forward to **Cookies and Carols in Rainbows**.
- We'll wrap up Term 2 with our beautiful **Carol Service**.

Our amazing **PTA** also has a full calendar of events planned. If you're able to lend a hand, please do let us know—your support makes all the difference!

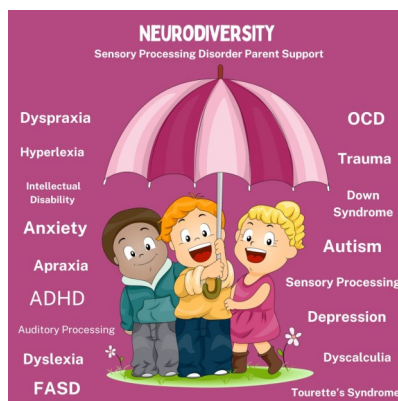
Please also come and join us for coffee and biscuits on Friday 14th November at our first Family Forum.

Term 2 Theme

Each term will focus on a special theme. This term the theme is **Neurodiversity**. Neurodiversity is a word used to describe the different thinking styles that affect how people communicate with the world around them.

It is an umbrella term - a word that sums up lots of different things. It includes autism, ADHD, dyslexia, dyspraxia, dyscalculia and Tourette's.

This theme will be explored in assemblies through stories and books, and also in PSHE lessons.



Term 2 dates

- 27.10/28.10 Year 3 PGL day
- 30.10 Year 5 start swimming
- 7.11.25 PTA Doughnut sale
- 10.11.25 School Tour for 2026
- 12.11.25 PTA Jungle Book
- 13.11.25 School Tour for 2026
- 14.11.25 Children in Need
- 14.11.25 Parent Forum
- 20.11.25 School Tour for 2026
- 25.11.25 School Tour for 2026
- 25.11.25 Online safety talk 2pm
- 3.12.25 School Tour for 2026
- 11/12.12.25 Nativity performances
- 18.12.25 Christmas Discos
- 19.12.25 Carol Service





I Messages

As mentioned in the October Newsletter we are focusing on the using an "I Message" to communicate to their friends when they do not like something.

Morning Snack for Key Stage 2 children

As part of our ongoing commitment to your child's well-being, we would like to highlight the importance of providing a healthy morning snack for students in Years 3-6.

To support a balanced diet, please consider the following healthy snack options:

- **Vegetables/Vegetable Sticks:** Such as celery, cucumber, peppers, or carrot.
- **Cheese:** A piece of cheddar cheese or a Babybel cheese round.
- **Fruit:** Fresh or dried options like pineapple, mango, kiwi, plain raisins, apricots, blueberries, or banana slices.
- **Wholegrain Snacks:** Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes, and small pitta breads.
- **Yoghurt:** A healthy and convenient option.

We aim for a common-sense approach to snack time, prioritizing health and nutrition. As such, we kindly ask that **no chocolates, sweets, or crisps be sent for breaktime**. By adhering to these guidelines, we can ensure that all children have access to nutritious snacks that support their learning and well-being.

PLEASE REMEMBER WE ARE A NUT-FREE SCHOOL!

The best way for your friend to know how you are feeling is for you to explain in a calm manner.

Many people do not always realise they have upset you. So, we are going to use an I Message.

I feel sad and do not like it when you push me. Please stop.

You have told them how you feel



And you have told them what you want to happen.



The reply should then be 'sorry' and the behaviour should stop.



If you have a questions please contact the school office:

office@lenham.kent.sch.uk



UPCOMING EVENTS 2025

PLEASE LET US KNOW IF YOU CAN HELP



**COFFEE TIME
EVERY FRIDAY**

ON THE PLAYGROUND AT 15:00

£1 a
cup

**31ST
OCT**

**7TH
NOV**

**DOUGHNUT
FRIDAY**

ON THE PLAYGROUND FROM 15:05

**CHRISTMAS
SHOPPING EVENT**

**15TH
DEC**

**18TH
DEC**

**CHRISTMAS SILENT
DISCO
KS2- 3:15-4:30**

**THE PTA DO AN AMAZING JOB- BUT THEY NEED HELPERS
IF YOU CAN HELP AT ANY OF THE EVENTS ABOVE, PLEASE
EMAIL THE SCHOOL OFFICE**



Presents

Parents are
an important
part of our
Lenham
Family.



LENHAM FAMILY *Forum*

Come and join our family forum for ALL parents following our school PRIDE values outlined below.

FRIDAY 14TH
NOVEMBER AT
14:50

P- Parent Support
R- Respect
I- Inclusion
D- Diversity
E- Encouragement

Come and meet everyone - coffee and biscuits will be provided. We would love to meet you and build a great family forum together!



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website



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