



Ramsgate

Arts Primary School

Dear Parents and Guardians,

I read an interesting article the other day about mental health and medical diagnosis amongst adults and children. You don't need to be a doctor to have noticed that certain medical conditions that used to be rare now appear to be more common and Neurodivergence was one of the buzz words of 2024. The data backs this up. ADHD diagnosis doubled for boys and trebled for girls between 2000 and 2018. In the 1940s, autism was thought to affect one in 2,500 children, while today one in 100 has been diagnosed. In addition to this, latest statistics show that 1 in 5 children have been diagnosed with a mental health condition. At RAPS, we currently have 24 ADHD or ASD referrals triggered by parents (either in the process or waiting for a diagnosis), this is in addition to those already diagnosed. In a school of 420 pupils, this is well above the statistics mentioned above.

It certainly isn't my job to unpick or share my opinions about this increase in diagnosis and mental health conditions. Wellbeing now is as important as English and Maths, so I thought it would be poignant to share with the parent community what we are doing at RAPS to support our children's wellbeing to try and curb the tide of this potential mental health crisis.

I know Mrs Hughes and Mrs Elliott will be sharing this in the coming weeks, but it is important to share what just goes on in a RAPS classroom on a daily and weekly basis to support our children:

- Personal Development weeks at the beginning of each term
- Class 'worry boxes'/'worry monsters' in classrooms
- 'Mindful Mondays' (from 8.30-9.30) - where the whole school enjoys a calm, gradual start to the day with children partaking in play-based and creative activities, breathing exercises and guided meditation
- Emotional check-in
- Movement breaks
- EYFS and KS1 calming tents
- Using WING phrasing to support children to be able to communicate their feelings (I wonder..., I imagine..., I notice..., I guess...)
- Class circle-times to encourage listening, talking, sharing among the children
- WOW moments caught throughout the day by staff, including our praise assembly
- Class story-time to develop emotional literacy
- Class-based acts of kindness
- Roles and responsibilities around class and around the school.

RAPS is committed to fostering an environment that nurtures resilience, positivity and celebrates difference. We urge parents to engage in open conversations with their children about their feelings and experiences. Together, we can create a robust support system that extends beyond the school gates.

Warm regards,

Nick Budge.

TERM 4 @RAPS

Parent Reading for Year 1 - Every other Wednesday at 2.40- 3pm

Parent Reading for Year 2 - Every other Wednesday at 2.40- 3pm (2nd April)

Parent Reading Reception - Every Wednesday

Upcoming Events

Thursday 27th March

Seaside Singers to see Yr6 1-2pm

Friday 28th March

The Speaker @Royal Harbour

1-3pm

Tuesday 1st April

RAPS Creative Showcase

Tuesday 1st April

Yr 2 Significant People Theme Day

Thursday 3rd April

Rock steady Concert

Thursday 3rd April

Yr 4 To the Corner for Easter

Workshop 1-3pm

Thursday 3rd April

KS1 Easter Bonnet Parade

Thursday 3rd April

LAST DAY OF TERM

Friday 4th April

INSET DAY

Tuesday 22nd April

BACK TO SCHOOL

Thursday 24th April

Yr 6 SATs Parents Evening

Thursday 24th April

Yr 2 ARK Trip

Friday 25th April

KS2 visit St Lawrence College 9.30-10.30

Thursday 1st May

Yr 1 Trip to Powell Cotton Museum

Thursday 1st May

ADHD Parent Workshop 5pm

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

WHAT'S IN THE NEWS?



RECEPTION SPACE DAY

AS PART OF THEIR "SPACE EXPLORERS" TOPIC, RECEPTION HAD AN EXCITING SPACE DAY FILLED WITH FUN, HANDS-ON ACTIVITIES! THE CHILDREN WORKED TOGETHER TO ENJOY ICE PAINTING, A SPACE-THEMED FASHION SHOW, BUILDING ROCKETS USING 3D SHAPES AND PAINT, AND CREATING ALIEN FACES WITH LOOSE PARTS. THE FASHION SHOW WAS A HIGHLIGHT, WITH EVERYONE PROUDLY SHOWCASING THEIR CREATIVE SPACE-THEMED COSTUMES.



YOUNG VOICES @O2

SINGERS FROM RAPS JOINED THOUSANDS OF OTHERS TO FORM ONE OF THE WORLD'S LARGEST SCHOOL CHOIRS AT LONDON'S O2 ARENA.

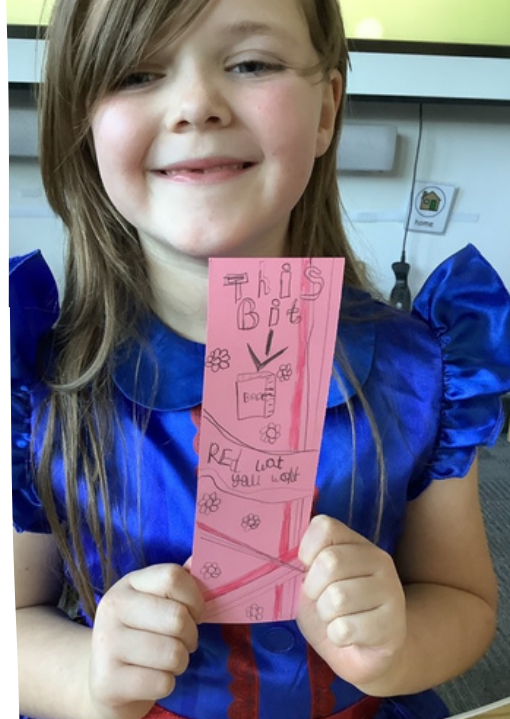
AFTER MONTHS OF REHEARSING, THE CHILDREN FROM KEY STAGE 2 WERE PART OF THE YOUNG VOICES PROJECT THAT SEES SCHOOLS FROM AROUND THE UK TAKE PART AT A NUMBER OF KEY ARENAS NATIONWIDE.



LAST TERMS LEARNING.



LITERACY WEEK



MP POLLY BILLINGTON VISITED RAPS!!



MP POLLY BILLINGTON VISITED RAPS LAST WEEK. DURING A FACT-FINDING VISIT THE MP WAS IMPRESSED WITH THE SCHOOL'S INNOVATIVE CURRICULUM THAT CONTINUES TO EXPAND ON ITS WIDE RANGE OF CREATIVE OPPORTUNITIES SINCE OPENING NINE YEARS AGO.

SHE WAS GIVEN A TOUR OF THE CAMPUS ACCOMPANIED BY PUPIL GUIDES, DISCUSSED HER STRONG SUPPORT FOR ARTS IN EDUCATION, AND TALKED IN ASSEMBLY ABOUT HER ROLE AT WESTMINSTER AND IN HER CONSTITUENCY.



THE MP ALSO CHATTED WITH RAPS LEADERS INCLUDING VIKING ACADEMY TRUST EXECUTIVE HEAD TEACHER MICHAELA LEWIS, HEAD OF SCHOOL NICK BUDGE AND TEACHERS.

SHE VISITED CLASSROOMS TO WITNESS LESSONS IN ACTION, LISTENED TO YOUNG UKULELE PLAYERS IN THE MUSIC SUITE, AND ADMIRERD THE MANY ART AND LITERATURE EXHIBITIONS AROUND THE BUILDING.



RAPS CREATIVE SHOWCASE

1ST APRIL 2025 @5PM

PERFORMANCES BY

TEAM BRUN-CIALIS / TEAM MILLIDINE / TEAM
BULLARD / TEAM HAYZELDEN / TEAM PRESSLEY /
TEAM GODWIN / TEAM WILLIAMS / TEAM BERAET /

CHOIR / DANCE TROOP / UKUELE ORCHESTRA / WHOLE SCHOOL
SONGS / CLASS DANCES / SPECIAL GUEST PERFORMANCES / ART
EXHIBITION /

THE GRANVILLE THEATRE

VICTORIA PARADE, RAMSGATE CT11 8DG

DOORS OPEN AT
4.30PM



PURCHASE YOUR TICKETS VIA MCAS APP UNDER STORE

INFORMATION

SNACKS AT BREAKTIMES

Please can snacks brought into school be healthy – e.g. fruit, vegetables, cereal bars or popcorn etc. We do not consider crisps, cakes, pastries, chocolate confectionary or sweets to be an appropriate healthy snack and therefore cannot be eaten during break.

LOST PROPERTY

We also now have a lost property box that is situated on the main playground next to the main office doors. This is where all lost property will be kept.



PARKING

Please be considerate and kind when parking on and around the school grounds.

Please park safely in the designated parking spaces provided.

NAMING CLOTHING

Please can parents ensure that children's jumpers, coats etc are labelled with your child's name in them. This makes it so much easier to return lost property to the rightful owner.

SCHOOL UNIFORM

Please make sure your child is wearing correct school uniform/P.E Kit.

SOCIAL MEDIA.

You can find us on Twitter, Instagram and Facebook. Please give us a follow.

