

TEMPLE MILL TIMES



Friday 10th October 2025 Issue no. 6

Message from Mrs Willson

Today is World Mental Health day. World Mental Health Day aims to spread awareness about mental health and the importance of looking after it! The day is a chance for everybody to talk about mental health and emphasise how important it is to reach out if you're struggling.

The day was first celebrated in 1992 at the initiative of the World Federation for Mental Health, an organisation that advocates mental health education worldwide!

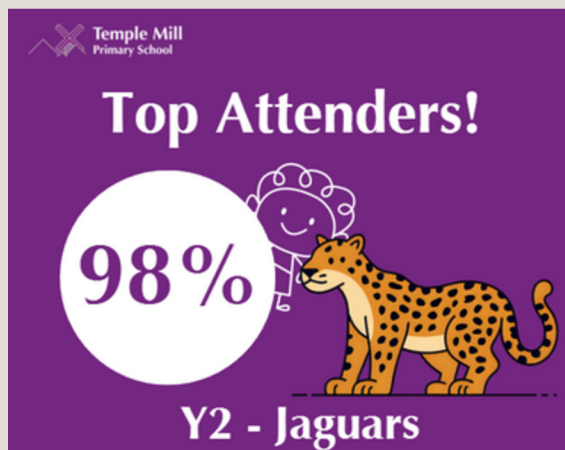
There are many ways in which we can support each other, but I often say to the children the best medicine anyone can have is kindness. If you can choose to be anything in the world, choose kindness. Kindness doesn't just help other people, but it also improves our own physical and mental health. Whether we're giving kindness, receiving kindness or even just witnessing kindness, it can have a great effect on us! There is even research that proves it helps. See more in our Safeguarding Station section.

In the world we live in today, kindness towards each other and ourselves is often disregarded. But we need kindness now more than ever, so be kind to yourself this week and be kind to others. What will your act of kindness be?

Attendance

Our class winners this week and Temple the Cat are Jaguars with 98%!

At the end of every term, we will be awarding the termly attendance winners with a cookies and milk treat. (All dietary requirements will be accommodated)



Upcoming dates:



Term 1

- 14th October - School tours for new entrants
- 15th October - Height and Weight checks YR and Y6
- 15th October - Art Gallery Opening for Nursery, YR, Y1 and Y2 2:45pm - 3:15pm
- 16th October - School tours for new entrants
- 17th October - Art Gallery for Y3 - 6 9am - 9:30
- 17th October - Last day of term 1

Term 2

- 20th November - school tours for new entrants
- 27th November - school tours for new entrants
- 11th December at 9:30am - iRock concert
- 17th December - PANTO
- 18th December - Christmas Discos
- TBC - Christmas nativities and performances
- 19th December - Term ends



Sailing on the seas



We were very lucky to have one of our parents visit Reception this week to talk about his job as a tugboat captain on the River Thames. He shared how his role involves helping large container ships safely reach the shore, transporting important goods such as food, fuel, toys, and cars. He also works closely with firefighters and the RNLI to help save lives and keep people safe on the river.

This inspired the children's learning as they worked together to build their own tugboats using junk modelling materials, large crates, and blocks.

Harvest Thanks

We would like to express our thanks to the whole school community for the harvest contributions. We were able to provide Medway Food bank with countless bags of food and household items. We learnt in assembly how and why this amazing charity support the families in the local area



Celebration Corner

Our stars this week are

Meerkat

Mason and Robyn

Jaguar

Jaxon and Aajay

Cheetah

Neriah and Olivia

Leopards

Brishti and Serena

Lions

Abigail and Eden

Tigers

Rayyan and Riley



You're invited to Our Portrait Garden Art Gallery!

Dear Parents/Carers,

We are very excited to invite you to our upcoming Art Gallery events, 'Portrait Garden' where every child will have their self-portrait artwork on display. This is a wonderful opportunity to celebrate our artistry and creativity of all our children from Nursery to Year 6.



sneak preview



Gallery Events

Nursery, Reception, Year 1 & Year 2

Wednesday 15th, 2:45 – 3:15pm

Nursery & Reception: Displays in the classrooms.

Parents are invited in to view the artwork with their child.

Year 1 & Year 2: Displays in the hall.

Children will meet their parents there then return to class for normal dismissal at 3:15pm.

Years 3 - 6

Friday 17th, 9am – 9.30am in the hall and atrium

Children's work will be displayed in a whole-school gallery. Parents are warmly invited to attend and view the artwork with their child.

We look forward to welcoming you and celebrating the amazing creativity of our children! – Mrs Ximines

Lost Property



We have a large collection of lost property. Our Year 6s have been sorting through and tried to match names to children but we still have a large selection of unclaimed clothing. Next week, we will be putting out tables outside main office with clothing on. Please come and check





House point winners this week



33



42



43



35

Safeguarding Station

THE SCIENCE OF KINDNESS

Kindness helps our minds and bodies in so many ways...here are just a few of the amazing effects it has on our health.

KINDNESS CAN HELP US FEEL HAPPIER

When we experience kindness, a hormone called dopamine is released in our brain which gives us a feeling of elevation and lifts our mood – it's often referred to as 'Helper's High'.

KINDNESS IS GOOD FOR THE HEART

Have you noticed that when you are kind to someone you feel good inside? Acts of kindness are often accompanied by a feeling of emotional warmth, which in turn produces the hormone oxytocin in your body. Oxytocin causes the release of a chemical called nitric oxide, which expands your blood vessels, reduces blood pressure and protects your heart.

KINDNESS SLOWS AGEING

Kindness has been shown to slow the ageing process. Remarkable research found that oxytocin can reduce levels of free radicals and inflammation (two main culprits of ageing) in our cardiovascular system, which slows ageing at the source.

KINDNESS IMPROVES RELATIONSHIPS

We tend to like people who show us kindness. This is because kindness reduces the emotional distance between two people and helps us feel more 'bonded'. Our evolutionary ancestors had to learn to cooperate with one another. The stronger the emotional bonds within groups, the greater were the chances of survival and so 'kindness genes' were etched into the human genome. So today, when we are kind to each other, we feel a connection that strengthens our existing relationships and helps us to create new ones.

KINDNESS IS CONTAGIOUS

Just as a pebble creates waves when it is dropped in a pond, so acts of kindness ripple outwards. When we are kind, we inspire others to be kind and studies show that it actually creates a ripple effect that spreads outwards to our friends' friends' friends – that's an amazing three degrees of separation! This means that when you are kind to one person, that one act of kindness will positively affect up to 125 people!

