

Valence News

You reap what you sow

Dear Parents and Carers

The famous expression — 'you reap what you sow' from St Paul's Letter to the Galatians in the New Testament could not be more true in the present horrific conflict in Israel and the Palestinian territories of Gaza and the West Bank. Terrorism and the massacre on innocent people can never be justified whatever the cause but inevitably the retaliation against acts of terrorism as terrorism itself will mean that countless more innocent lives will be lost. I have opened this newsletter with this comment because many of our children and young people are talking about it and asking questions. Such conversations and discussions are helpful but it is all too easy for polarised positions to be taken so we must together do everything we can to promote a balanced view, to champion tolerance, respect, diversity and freedom. There are many resources available but you may find this useful:

<https://solutionsnotsides.co.uk/blog/2021/avoiding-antisemitic-islamophobic-hate-speech>

Of course reaping what we sow conjures up harvest themes and the school always holds a special Harvest Festival assembly which allows us to think together about all those people who grow food, those that process and transport it, the shops that sell it and those who prepare it for us. When there is conflict whether in Israel/Gaza, Ukraine or elsewhere food supplies are often disrupted and whilst we might all be complaining about food inflation perhaps we should remember all those who do not know where their next meal is coming from, whether in war torn areas or closer to home in our own country. Let us hope and pray that people in Gaza will soon receive the vital aid they need to survive especially water, food and medicines.



We have reached the end of Term 1 and it is difficult to know where the past few weeks have gone. When we return boarding students will be celebrating Halloween. They have been decorating their bungalows in preparation for a Halloween party. But no sooner will that have gone and we shall be turning our attention to Christmas. I never like thinking about it until Advent comes but as we break up quite early inevitably we will be focussing on it long before then. But before that we have break which I am sure students and staff will all be looking forward to.

I hope next week is enjoyable for all of you.

With kind regards and best wishes.

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Mental Health & Wellbeing - CoRAY Project, The Charlie Waller Trust

The Charlie Waller Trust is one of the UK's most respected mental health charities with a mission is to educate young people and those with responsibilities for them.

The CoRAY Project has worked in partnership with the Charlie Waller Trust to develop a pack of mental health lessons and resources. Working with young people, researchers and clinicians, based at the University of Oxford, developed evidence informed advice for dealing with difficult thoughts and feelings they most wanted support with.

Ready -to-go resources on mental health and wellbeing are available for parents and carers and young people with additional learning needs. These packs can be used at home to have important conversations with your children and young people. Please visit the link below for more information.

<https://www.charliewaller.org/what-we-offer/projects-in-partnerships/coray>

or

[CoRAY Project - The Charlie Waller Foundation](#)

Sexual Harm Prevention - Shore, The Lucy Faithfull Foundation

Shore is part of the Lucy Faithfull Foundation, a charity working to prevent all forms of child sexual abuse. The aim of the website is to prevent harmful sexual behaviours among young people.

Research shows that under-18s are responsible for one-third of sexual offences against young people in the UK. Shore's mission is to address this pressing public health issue by offering a safe and anonymous place with accessible, practical advice and dedicated support for young people concerned about harmful sexual behaviour (HSB).

There are advice pages for young people focusing on some difficult scenarios they may be dealing with. You can find a topic library to help learn and get answers to questions young people may have.

Shore have also provided a website sharing information for parents and carers covering important topics such as how abuse happens, potential warning signs in adults and children, and how to keep children safe online.

Please discuss with your young people and visit the link below for more information.

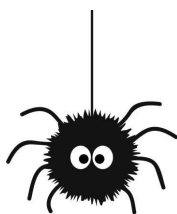
<https://shorespace.org.uk/>

or

[Shore Space - The Lucy Faith Foundation](#)



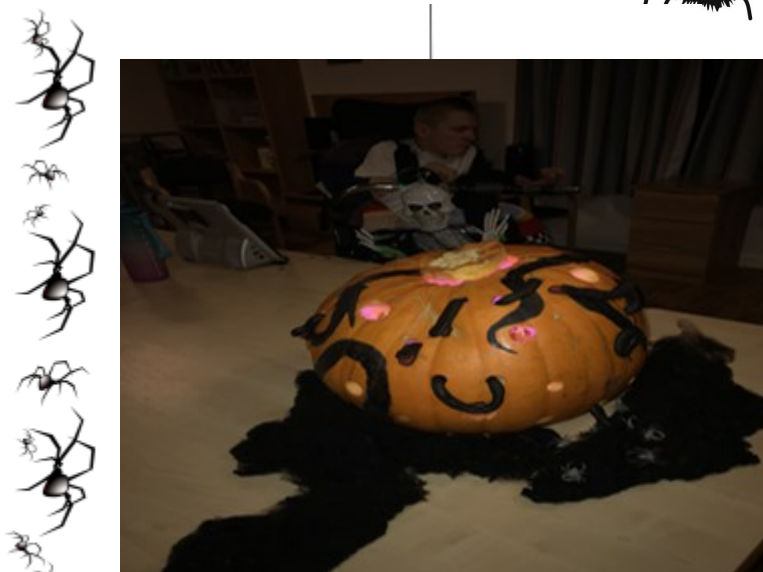
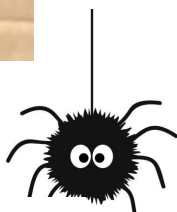
Pumpkin Time at Valence



**First came choosing the pumpkins
then carving them.**



Well Done to the residential students. Jo Chivers was greeted with ghostly music and spiders falling from the ceiling very creepy indeed .



Dear Parents,

If you have any uniform requirements, these must be submitted in the first week after half term to reception. This is so we can do a bulk order.

Kind regards Karen (*Reception*)

Senior Staff On-call Rota from 20th October 2023

Contact details:

Jo Chivers 07896 905095
 Roland Gooding 07896 905605
 Lisa Kavanagh 07912 124724
 Matt Strange 07894 483673

Day	Date	Time	On-call	Overnight
Friday	20/10/23	09:00 To midday	Jo Chivers	Closed for Half Term
		Midday to 4pm	Lisa Kavanagh	
Saturday	21/10/23	Closed for Half Term		
Sunday	29/10/23			

Monday	30/10/23	07.30 To midday	Matt Strange	Lisa Kavanagh
		Midday to 4pm	Lisa Kavanagh	
Tuesday	31/10/23	09:00 To midday	Lisa Kavanagh	Jo Chivers
		Midday to 4pm	Jo Chivers	
Wednesday	01/11/23	09:00 To midday	Jo Chivers	Matt Strange
		Midday to 4pm	Matt Strange	
Thursday	02/11/23	09:00 To midday	Matt Strange	Roland Gooding
		Midday to 4pm	Roland Gooding	
Friday	03/11/23	09:00 To midday	Roland Gooding	Closed
		Midday to 4pm	Lisa Kavanagh	

