



Chiddingly Primary School

Muddles Green

Chiddingly

Lewes

BN8 6HN

NEWSLETTER 5

Friday 11th October 2019

Executive Headteacher: Mr James Procter

Email: [office@chiddingly.e-sussex.sch.uk](mailto:office@chiddingly.e-sussex.sch.uk)

"Achievement for All, Learning Together, Learning for Life"

## Open Days

We have our open days on 12th November at 1.30pm to 2.30pm and 5th December at 6pm to 7pm. Please email the office or ask Mrs Dann to book, if you have a child due to start primary school in September 2020. You can find more information from ESCC's website:

<https://www.eastsussex.gov.uk/educationandlearning/schools/admissions/school-admissions-booklet-for-september-2020-21/>

The 'Starting School for the First Time?' leaflet is also attached to this newsletter.

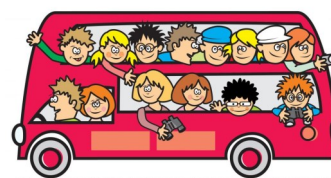
## This Week's Birthdays

Happy Birthday to Emily on 14th October!



## Sycamore Class Trip

Please remember to return your child's permission slip and payment for their trip to Newhaven Fort, if you haven't already done so.



## British Values Day Menu

On Friday 18th October, we are having a British Values Day. Please find the lunch menu for the day attached to this newsletter.

If there are any parents who are able to help out on the day, please let Mrs Dann know.



## Wellbeing Poster

We share a new wellbeing poster with you in the weekly newsletter. This week's poster highlights to us that exercise has lots of benefits, not just physically, but mentally too.



ParentPay  
COUNT ON US

JOIN MILLIONS OF PARENTS  
ON PARENTPAY

## Diner of the Week:

### **Annie Budgen**

For always being polite,  
showing good table  
manners and also following the golden rules.



## Learning Powers Certificate

On 18th October at 9.10am the following children will be celebrating their achievements. Please come along if you are free.

Oak - Joseph

Beech - Jesse

Willow - Kalian

Sycamore - Verity

## Lost Cardigans

Please keep an eye out in case you have accidentally got any cardigans with Lilly G's name on!

## Parent Forums (3.00pm)

10th December — Mrs Vile's session on Multiplication tests

T3: 22nd January

T4: 31st March

T5: 29th April

T6: 23rd June



## Eco News

The new eco group has been assembled and eco boards updated! Now the hard work begins. The children will be encouraging recycling and saving energy plus looking after the garden area.



Please remember that we have a crisp packet recycling scheme. The crisp packet box is in the hall and you are welcome to bring packets in to school to recycle. Ask Mrs Dann if you are unsure where the box is.



## Top Table winners:

**Japan (20 points)**

Coco, Amber

Sophia M, Hollie

Lacey

The runners up were Brazil with 18 points.

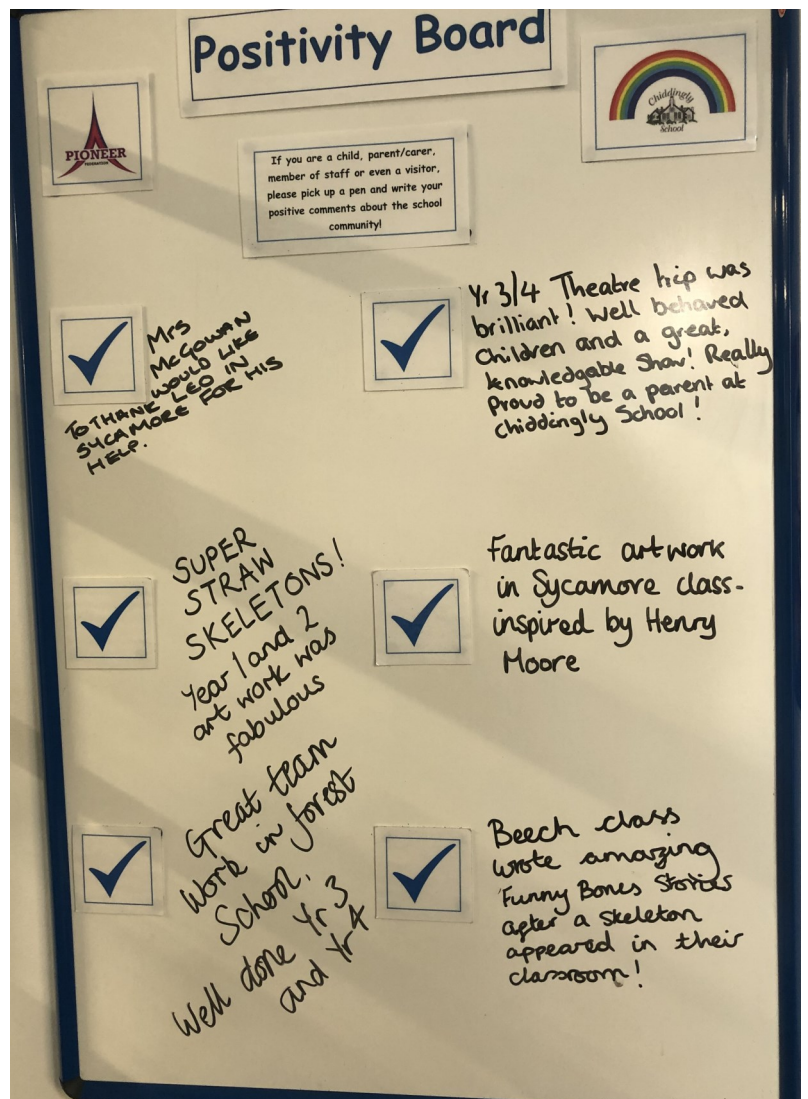
*If you need the newsletter or other school letters to be in a different format please speak to Mrs Dann in the school office. If you need help or support with access to any information, please also contact Mrs Dann.*

## Positivity Board

This board enables parents/carers, staff, children and visitors to write positive comments, or thoughts, about their time in school or during events that they would like to share with others.

Please pop in any time to write down something that you would like to share. In the newsletter every week, there will be a picture to share and celebrate the positivity within our school and community.

As always, thank you for your support!



## Attendance

The whole school attendance for this year so far is **97.16%**

This week's attendance: **98.25%**

**Oak - 98.67%**

**Beech - 98.67%**

**Willow - 98.52%**

**Sycamore - 97.2%**

Well done to **Oak and Beech** for having the highest attendance this week!

**100% - gold**

**96.5 to 99.9% - green**

**95 to 96.4% - amber**

**Less than 94.9% - red**

## School Disco & Football Club

The school disco is on Tuesday 22nd October and we are aware there are parents who have already paid for the football club. Therefore, your child can attend the disco after football club for a reduced rate of £2.

If your child is attending football club, please make sure they bring their full football kit for outdoor weather, including a waterproof coat. If the weather is bad, the coach will set the children up with indoor activities instead.



## Rainbow Room

On 23rd October, we will be having our official open ceremony for the Rainbow Room at 3.15pm! All parents are welcome to attend.

A letter will also be coming out shortly for you to return, if you give permission for your child to have their photo taken on this day and sent to the Sussex Express. This will come out via ParentMail in the next week so please keep an eye out.



## Mental Health Day — Oak

Oak Class had a circle time where they talked about what makes them happy and what makes them sad.

'People when they're kind make me happy'. Charlotte

'Funny things make me happy...I like to laugh!' Wilf



## Mental Health Day — Beech

Beech Class looked at a Kandinsky painting and found out how he used colours to express feelings. They then made their own.



## Mental Health Day — Willow

In Willow, we spent time exploring what mental health is and found out it was 'looking after your mind as well as your body.' We then thought of ways of looking after our minds and we practised mindful breathing and yoga. We learnt that breathing is really helpful to get rid of negative thoughts and a great way to get our body calm as we learnt that our mind affects our behaviour.



## Mental Health Day — Sycamore

Sycamore Class discussed coping strategies and made matchboxes with coping strategies inside to remind us how we could cope with certain emotions.



## Forest School

This week, Willow Class made their very own bows and arrows, like they might have done in the Tudor times! They also made a bug house with sticks, cones, straws, leaves, etc. before tidying up the little pond area in the garden. They then made mud faces and had free exploration time.

Willow Class ended the session with some smores and hot chocolate by the fire. It was a lovely but windy day, so Miss Waterman had a bit of trouble lighting the fire initially!

A big thank you to Miss Waterman for all her planning and all the volunteers again for their help and support.



Eagle  
Eyes



Look at the pictures for  
clues to the words in the  
text

Stretchy  
Snake



Stretch the words out  
S-L-O-W-L-Y to sound out  
the word

Skippy  
Frog



Skip the word and read to  
the end of the sentence,  
then hop back and try the  
word again.

Chunky  
Monkey



Look for a **smaller** chunk  
that you **know** inside the  
**bigger** word.

Flippy the  
Dolphin



If the vowel sound doesn't  
make sense, flip it



## Reading Strategies

We have re-designed the strategies we teach to the children to enable them to decode words effectively when reading at any level. Each strategy has a character to help the children to remember the different methods they can use to make sense of the word they are reading. Please use these at home when reading with your child and ask them about the strategies.



## **Dates for your diary 2019/2020**

### **October 2019**

18th — British Values Day

25th — Harvest Festival @2pm & end of term

### **November 2019**

4th — Term 2 starts

8th — Year R&6 Measurements (school nurses)

11th — Anti-bullying Week & Remembrance Service at 9.25am

12th — Open Day at 1.30pm

21st — Scholastic Book Fair Week

25th — Vaccinations (nasal spray)

26th & 28th — Parent Consultations 4pm-6pm

30th — Christmas Fair

### **December 2019**

2nd — Wellbeing Day

3rd — Pantomime at school (paid for by PFCS)

5th — Open Evening 6pm

9th — Production dress rehearsal at 1.30pm

10th — Parent Forum at 9am

12th — Production at 1.30pm and 6.30pm

20th — Chiddingly Christingle at church & end of term

### **January 2020**

6th — INSET day

7th — Term 3 starts

22nd — Parent Forum at 9am

### **February 2020**

14th — International Day & end of term

24th — Term 4 starts

### **March 2020**

5th — World Book Day

10th & 12th — Parent Consultations 4pm-6pm

27th — Enrichment Day

31st — Parent Forum at 9am

### **April 2020**

3rd — Easter Service at 2pm & end of term

4th — Easter Quiz

20th — Term 5 starts

29th — Parent Forum at 9am

### **May 2020**

7th — VE Day celebrations

8th — School closed (bank holiday)

11th — Year 6 SATs Week

15th — Enrichment Day

22nd — Sports Day and picnic and end of term

### **June 2020**

1st — INSET day

2nd — Term 6 starts

22nd — Sycamore residential trip (Monday to Wednesday)

23rd — Parent Forum at 9am

### **July 2020**

3rd — School Disco

7th — Production dress rehearsal at 1.30pm

11th — Summer production 2pm and 6.30pm

12th — Reports out to parents

14th — Parent Consultations regarding reports only

21st — Leavers' Service at 2pm and end of term



Our AGM is **Monday 21st October at 7:30pm** in the school hall, so if you are a parent/carer/guardian of a Chiddingly Primary School child, please pop along for a drink and see what PFCS is all about and/or come along to put yourself forward for a role on the committee.

At our AGM, an update will be given on the events and success of the last academic year, including money raised and spent. A new committee will be elected, although the current committee are happy to stand again, we welcome new nominations.

Amy McGowan will be stepping down as chair from the PFCS due to personal reasons. She has enjoyed her time in the role as chair and will continue to support the PFCS as a member of the PFCS at meetings and events etc. If you are interested in this role please speak to her. **This can be a shared role.**

**2nd Hand Uniform** - The PFCS has 2nd hand uniform which they sell all year round. If you are interested in viewing the items please speak to Amy McGowan or Carolyn Robins. We will be trying to get it out on display as often as we can. If you have any items your child has outgrown then please feel free to pass them on to a member of the PFCS. Thank you.

### **PFCS Dates**

Monday 21st October - PFCS AGM - Start at 7:30pm

Tuesday 22nd October - Fancy Dress Disco - School Hall - 3:30pm-5:00pm  
**(Please return money and letters to the school office by 15th October)**

**Volunteers needed please**

Saturday 2nd November - Chiddingly Village Market - Chiddingly Village Hall - 10am-12pm

Wednesday 6th November - Bag 2 School Collection - Outside School Hall - 8:55am

Saturday 30th November - PFCS Christmas Fair - School Hall - 10am to 1pm

**Volunteers needed please**

Monday 2nd December - Wreath Making Workshop - School Hall - 7:00pm -  
£15 per person - sign up sheet with Mrs Dann

Tuesday 3rd December - Mother Goose Pantomime - School Hall - 1:30pm

Saturday 7th December - Chiddingly Village Market - Chiddingly Village Hall - 10am-12pm

Fancy Dress

Disco

Tuesday  
22nd  
October

3:30pm -  
5:00pm

£3.50 per child

Snacks provided

Fancy Dress Optional

Volunteers Essential

# Parents and Friends of Chiddingly School Upcoming Events

**21st October**

**PFCS AGM**

Elect a new committee  
and discuss future  
events

**7:30pm**

**22nd October**

**Fancy Dress  
Disco**

3:30pm - 5:00pm  
£3.50 per child

**Volunteers Required**

**6th November**

**Bag 2 School  
Collection**

Unwanted clothes,  
shoes, cuddly toys to  
be brought into school  
by:

**8:50am**

**22nd November**

**Break the Rules Day**

Choice of rule to be  
broken in exchange  
for either chocolate  
or £1



**30th November**

**Winter Fair**

Santa Grotto, Cakes,  
Games, Grand  
Raffle, Stalls and  
lots of fun

**10:00 am - 1:00pm**

**2nd December**

**Wreath Making  
Workshop**

£15 per person, spaces  
are limited and need to  
be booked

**7:00pm**

**12th December**

**Christmas  
Production**

in School Hall

**1:30pm and 6:30pm**

**20th December**

**End of Term**

Happy Christmas!

The PFCS would like to  
say thank you for all  
your support so far this  
year.



Parents and Friends of Chiddingly School



**Monday 2nd December at 7:00pm**

**Chiddingly School Hall**

**Muddles Green, Chiddingly, East Sussex, BN8 6HN**

£15 per person this will include mulled wine or hot drink and a mince pie.

Please bring your own scissors or wire cutters and any decorations, cinnamon sticks, orange slices etc

To book please see Mrs Dann at reception or speak to Amy McGowan or email: [pfcs@chiddingly.e-sussex.sch.uk](mailto:pfcs@chiddingly.e-sussex.sch.uk)



# What are the benefits of exercise on physical health?



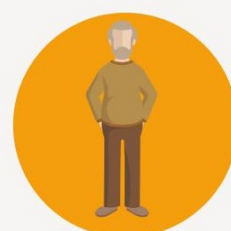
Reduced risk  
cardiovascular disease



Strengthens bones  
and muscles



50% lower risk  
of type 2 diabetes



Helps to  
control weight



Improves  
sleep



Improves energy  
levels

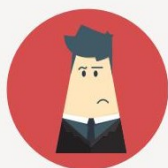


30% lower risk  
of dementia



Prevents  
cognitive decline

# What are the benefits of exercise on mental health?



## Reduce stress levels

Exercise can help to reduce your cortisol levels



## Improves social well being

Whilst exercising you might meet new people and develop more friendships



## Reduced anxiety

When you exercise your brain releases endorphins which can help to calm you down



## Increased self esteem

As you become faster, fitter and stronger you start to improve your self confidence



## Reduced risk of depression

Exercise can help to improve your mood



## Boost Brainpower

Exercise can help to improve cognitive functioning including decision making and learning



KS1 Free

KS2 £2.05

18 / 10 / 2019

## British Values

Choose a Main Meal...

**Crispy Fish & Chips**

or

**Quorn Dippers & Chips (v)**

or

**Jacket Potato with Baked Beans, Cheese or Tuna**

**Mayo**

On the Side...

**Baked Beans**

**Garden Peas**

For Dessert...

**Apple and Berry**

**Crumble with Custard**

or

**Yoghurt or Fresh Fruit**



Don't forget! If your child is in Reception, Years 1 or 2, then you can get their packed lunch or hot meal free of charge!

  
**Chartwells**  
EAT LEARN LIVE

## What happens when

### September 2019

Apply online or call 0300 33 09 472 for a form

**15 January 2020 (closing date)**

Online applications – midnight 15 January 2020

Paper forms must be received by the

Admissions Team by 15 January 2020

*Please note: ensuring applications are returned on time is the responsibility of parents and carers.*

### 16 April 2020 – Decision day

Decisions are sent by email on the offer day.

If we are unable to email you, we will post you the decision letter. Online applicants have the ability to view the decision online.

### June and July 2020

Appeals for parents who are unhappy with the decision.

### September 2020

Children start at their new school.



## Need more information?

In addition to applying for a place, you can also find out about school life such as transport, meals, term dates, uniform etc at [eastsussex.gov.uk/schools](http://eastsussex.gov.uk/schools)

If you need specific advice on applying for a school place email the Admissions Team who will be able to answer detailed enquiries on the admissions process.

Email: [admissions@eastsussex.gov.uk](mailto:admissions@eastsussex.gov.uk)

You can find independent advice online by visiting Ace Education Advice ([www.ace-ed.org.uk](http://www.ace-ed.org.uk))



[eastsussex.gov.uk](http://eastsussex.gov.uk)

East Sussex  
County Council



## Starting school for the first time?

If your child was born between **1 September 2015 – 31 August 2016** you must apply by **15 January 2020**

Apply online – don't miss the deadline!  
[eastsussex.gov.uk/schools](http://eastsussex.gov.uk/schools)





## Step 1 – Look at schools

It's easy to find out about schools by going to our website [eastsussex.gov.uk/schools](http://eastsussex.gov.uk/schools)

Look at the Schools in East Sussex page for:

- a list of schools in your area;
- school websites; and
- Ofsted reports and school performance data.

You can use the internet at your local library. If you prefer we can send you a list of schools.

You can contact individual schools to find out about open days and viewings.

If you live in East Sussex (excluding Brighton & Hove) you must apply to East Sussex even if the schools you prefer are in another area.



## Step 2 – Understand the admissions system

You should put up to **three** school preferences when you apply. It is important to put a second and third preference in case we cannot give you your first preference. **If you don't apply for any school place your child will not be allocated a school.**

- If a school has enough places, then everyone who applied will be given a place.
- If there are not enough places for everyone the 'admissions criteria' will decide which children will be given the places.
- Criteria change from school-to-school so you will need to understand the rules for the schools you prefer.
- Please note that most primary schools do not take into account where your child goes to nursery or pre-school.

The criteria for all schools can be found on our website [eastsussex.gov.uk/schools](http://eastsussex.gov.uk/schools)

**Summer born children** – If you are thinking about deferring your child's entry to school by an entire school year, you will need to request this at the same time as applying as if they are starting at the same time as their peers. If for some reason you are not able to make your request by **15 January 2020**, any late requests will be considered up until **31 March 2020** but this is the final deadline.

## Step 3 – Apply by 15 January 2020

You can apply online at [eastsussex.gov.uk](http://eastsussex.gov.uk)

Step-by-step instructions will guide you through your online application.

Applying online means:

- your application is safe;
- you can be sure your application has been received; and
- a decision will be emailed to you.

You can access the internet at your local library.

If you prefer a paper form please email [admissions@eastsussex.gov.uk](mailto:admissions@eastsussex.gov.uk)

Use this space to record your online details

Email:	<input type="text"/>
Password:	<input type="password"/>

