



NEWSLETTER 12 Term 4  
Friday 17th March 2023

Email: [chiddinglyoffice@pioneerfederation.co.uk](mailto:chiddinglyoffice@pioneerfederation.co.uk)

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

Dear Chiddingly families,

Term 4 is gathering momentum with classes fully engrossed in their topic learning and working hard in their assessment weeks.

Community links have been strengthened with Sycamore Class having a workshop run by the NSPCC on the theme of 'Speak out, stay safe' and the class have also been able to use the sports facilities at Bede's Senior School, with an afternoon of PE activities led by the Year 12 BTech students. The class enjoyed a range of sports over three hours and were highly praised for their behaviour and effort.

Here's hoping for a good end to the term and for the sun to appear...

Mr Cline

### Skills Builders (Next Two Weeks)

You are welcome to join us in our celebration assemblies on Fridays at 9.15am.

The following children will be celebrating their Skills Builders in the next two weeks:

#### Friday 24th March

Oak—Marnie                      Beech— Theo  
Willow— Lily Le                Sycamore—Stanley

#### Friday 31st March

Oak—Mila                         Beech— Darcy  
Willow— River                 Sycamore—Ethan




### Skills Builders


Congratulations to these children who had their Skills Builders celebrated in the last two weeks.





Positivity Board

 Positivity Board 

  
Amazing singing from  
Sycamore this week!

  
Great Forest School  
with Oak Class

  
Willow were brilliant  
at sending musical  
messages to each other!

  
Yr 5 & 6  
"William Morris"  
wall paper  
designs and  
printing are  
looking great.





## Chiddingly Stoolball Team are Winners!

A massive well done to the Chiddingly Stoolball team for winning the Indoor Stoolball League this week against Pett. They have won 21 out of 24 of their matches this league! A special mention to the two Miss Waterman's from Chiddingly School and also Park Mead's Secretary, Mrs Davidson, who are all part of the stoolball team. Amazing victory ladies, well done!



## Attendance

The Pioneer Federation goal is an average attendance rate of 97%, recognising that each school day provides opportunities for learning, as well as social and emotional development. It is noticeable when students miss school as it impacts on their progress.

**Less than 94.9% - Red**

**95 to 96.4% - Amber**

**96.5 to 99.9% - Green**

**100% - Gold**

Whole school this week: 93.98%

Whole school this year: 94.4%

Oak: 94%

Beech: 95.17%

Willow: 92.67%

Sycamore: 94.14%

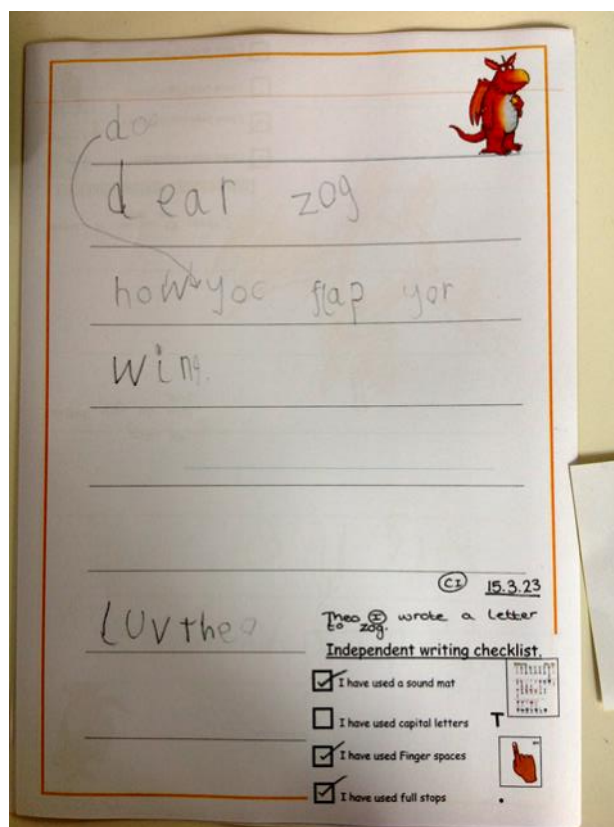
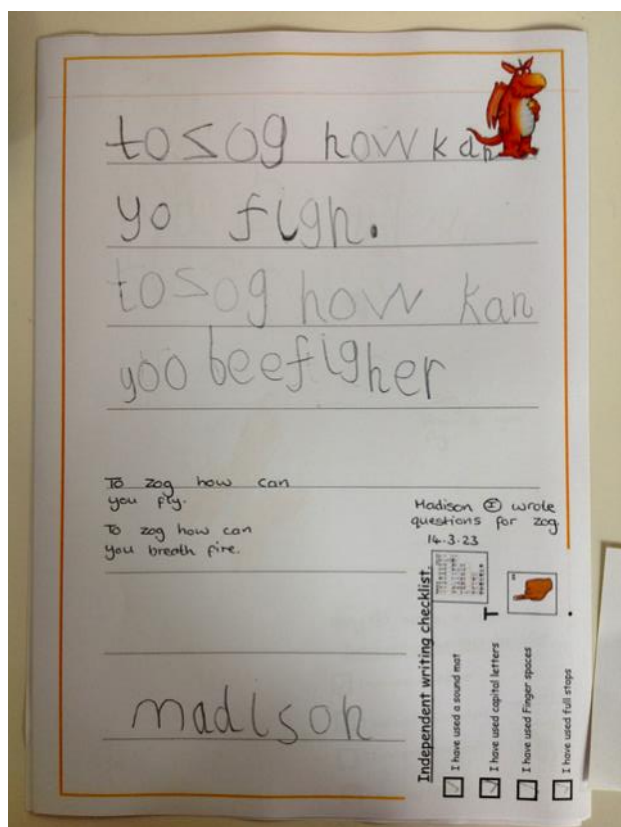
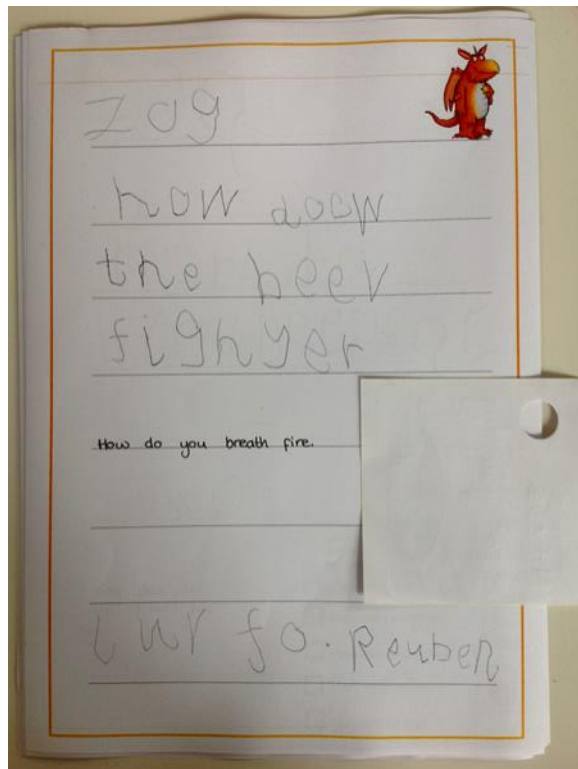
Well done, Beech!



# Class Updates

## Oak

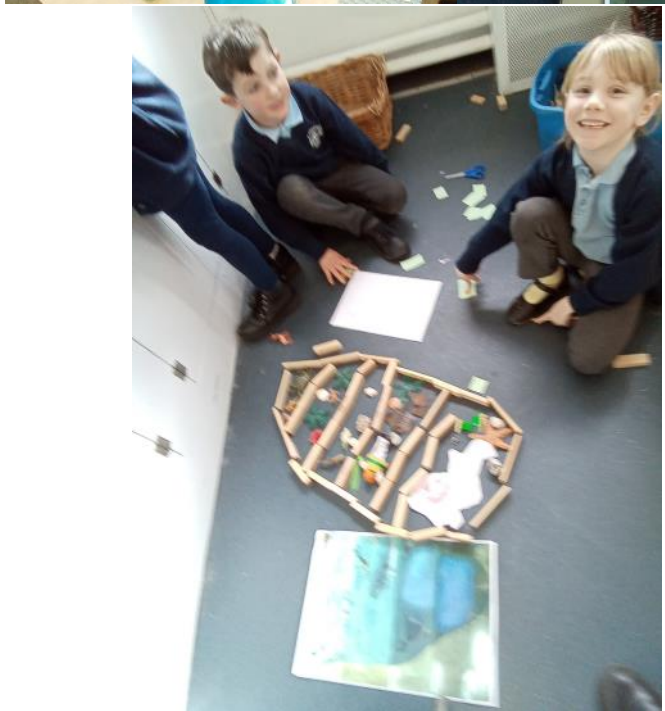
This week Oak Class have been looking at the book Zog. They have loved exploring the story and thinking about dragons. They have written letters to Zog independently which they have put on the fire at forest school to send to Zog. He has sent them letters back answering their questions. They have also made their own dragons out of clay and been pushing themselves to be more independent in their work.





## Beech

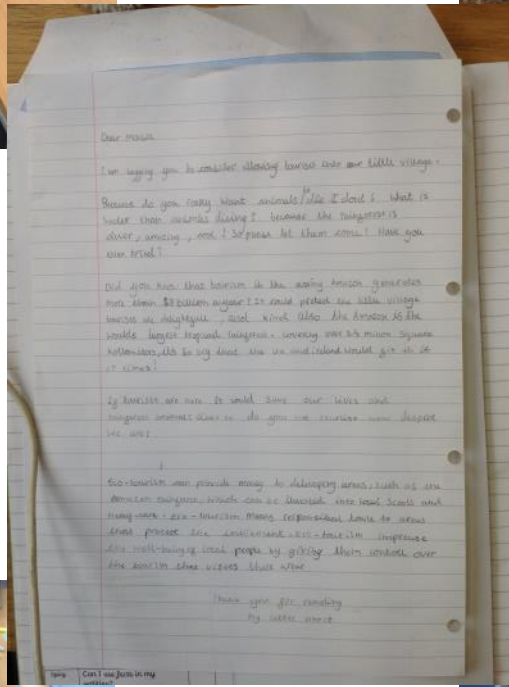
Beech have been learning about the oceans. They found out about the deepest part of the ocean and the creatures who lived in it.





# Willow

We have been closely observing the rainforest this week, making our own 'rainforest in a bottle' - these have helped us to observe the habitat in which these plants thrive. Alongside this, we have been writing some (very convincing) persuasive letters to logging companies and story characters, encouraging them to protect the rainforest and those who live there.



## Sycamore

Sycamore Class have been studying the printing style of William Morris as part of their Victorian topic. In Art with Miss Webb, they have designed a printing template and used paints to create their own print masterpieces!





## Forest School—Beech Class

Over the past two weeks Beech Class have enjoyed Forest School sessions. In the first session they explored the mud kitchen and water station, went bug hunting, toasted some marshmallows and did some den building.

In the second session they were looking at the life cycle of a frog. They looked at habitats and actual frog spawn! They also made a frog and blew it across the table with a straw to see how far it went. During this sessions they had the opportunity to make bird feeders out of lard and bird seed, and plant some beetroot, carrots and radish in pots.





## Forest School—Oak Class

This week Oak Class had their first Forest School session at Chiddingly! They were dragons in training school just like Zog: flying, roaring and even breathing fire (squirting water!). They made dragons from sticks and using leaves as the wings. They had so much fun using the mud kitchen and water station, bug hunting and toasting marshmallows. They also burnt their letters on the fire to send to Zog!



# Dates For Your Diary!

## March 2023

23rd—Year 5/6 girls football team at Bede's

23rd—Oak Class Forest School and Medieval Tournament

28th—Easter Fun Run

30th—Oak and Beech Class Forest School

30th—Sycamore Victorian Exhibition Day

31st—Beech Class Animal Encounter

31st— Term 4 ends

## April 2023

17th—Term 5 starts

25th—Parent & Carer Coffee afternoon at St Mary's

## May 2023

1st—Bank Holiday

8th—Bank Holiday

16th—Parent & Carer Coffee afternoon at Park Mead

26th—Term 5 ends

## June 2023

6th—Term 6 starts

## July 2023

4th—Parent & Carer Coffee afternoon at Park Mead

20th—Term 6 ends







**PIONEER**  
FEDERATION

# Welcome PARENTS AND CARERS

## PARENT AND CARER COFFEE SESSIONS FOR MENTAL HEALTH AND WELLBEING.

Mrs Leahy (inclusion manager and SENCO) and Me and My Mind would like to invite you to join us for a drink and biscuit. Parents and carers from all Pioneer schools are welcome to all sessions!

### CONTACT

No booking required.  
Any questions, please email:  
Mrs Leahy  
sleahy@pioneerfederation.co.uk

### Introduction to our new Parent carer Practitioner Vickie Pelling who works with Park Mead

Would you like to know how to help your child more with their fears & worries? or maybe you'd like help with something else like getting them to go to sleep or to go to school?

Vickie one of the parenting practitioner's from the 'Me & My Mind Team' would like to set up some sessions at the school to help parents & carers with supporting their child's emotional wellbeing, but first would like to know what would be most valuable for you and your child just now".

Please click this [link](#) to complete a short survey.

**Vickie Pelling** Parent & Carer Practitioner for Park Mead Primary, Mental Health Support Teams

### Updated dates for Spring and Summer 2023:

~~5/3/23 'The Thrive Approach and Zones of Regulation' 2-3pm at Chiddingfold School~~

25/4/23 Topic to be confirmed - let Mrs Leahy know of any requests 2-3pm at St Marys

16/5/23 'Supporting Adult Mental Health in Adult Mental Health Week' 2-3pm at Park Mead

4/7/23 'Transitions - between classes and between schools' 2-3pm at Park Mead



# EASTER FUN RUN

Novembers Football Fun Run raised £419 which we used to organize three amazing unique sporting activities for the whole school to enjoy.

This Fun Run has been chosen by the children during our school councils to raise money for **sport and playground equipment**

**\*Don't forget to bring Easter Bunny themed bonnet or headwear to wear whilst performing the Active Mile**

MARCH

28



CHIDDINGLY PRIMARY | ACTIVE EDUCATION SUSSEX



Active Education Sussex invites you to sponsor your child to complete as many laps of 'The Active Mile' as they can to raise money for **SPORT AND PLAYGROUND EQUIPMENT**. To make it more fun we would like your child to come into school with **Easter Themed Bonnet/Headwear** for the Fun Run.

### **PRIZE DRAW!!**

Active Education Sussex are donating two pairs of brand new running trainers for one lucky boy and one lucky girl to win. Along with 10 other fun prizes! Each £5 raised will earn your child 1 raffle ticket into the prize draw. There is no limit to the amount of raffle tickets any one child can earn. For every £5 raised a new raffle ticket with their name on will be entered into the prize draw! Prizes will be drawn randomly week commencing 17<sup>th</sup> April 2023. **Please ensure your sponsorship money is paid on parent pay by 3:30pm Friday 14<sup>th</sup> April 2023. GOOD LUCK!**

Name	Address	Number	Total Sponsorship
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Sponsorship Total: £

# Win a prize in our logo competition!

Greening Chiddingly is a local community group who need YOUR help to draw an eye-catching design for their new logo

Feel free to use your own imagination - we can't wait to see your wonderful ideas!

**Free entry!**



Please look out for an entry form in your book bag, or download one from [www.greeningchiddingly.org](http://www.greeningchiddingly.org). Forms should be returned to school reception by 30 March 2023.



## Holiday food and fun is back for the Easter holidays!

Otherwise known as the HAF programme, this initiative is funded by the Department for Education and is now in its third year. It is all set to provide more enriching activities this Easter, free of charge for children who receive benefit related free school meals. The programme ensures that children can have fun, eat healthily, and socialise with their peers during the school holidays of Easter, summer and winter.

There are activities for young people in Reception to Year 11 inclusive. A meal is provided at each session for everyone who attends. To see what's on offer and to book a session, parents should click on the 'List of holiday clubs' button on our [Holiday food and fun webpage](#).

Last year we had some amazing feedback from families.

Here's a sample of what they said:

### Parent/ carer comments:

- An excellent, inclusive, friendly holiday club. My son begged to go every day, he had a great time. He made friends, loved the people who ran the club, learnt new skills too.
- My son comes back so happy and counts down the days until he can go back again!
- My child has been much more active than usual because of this club. He has had fun and spent time with new friends.
- My children loved this club. It gave them something to look forward to. I really hope they can do it again.

### Young people's comments:

- I enjoyed getting out of the house.
- Loved learning how to cook breakfast and lunch. It was super tasty.
- I learned that even if you make mistakes, you can turn them into art.

For families that do not currently receive benefit-related free school meals but think they may be eligible, please visit our [Free school meals webpage](#) to find out how to apply.



Download your **FREE** copy of

# family grapevine

Essential information for families with children 0-18 years

The **MUST HAVE** Family Directory  
from bump to teens!

Find the latest issue online  
or scan the QR code:



[www.familygrapevine.co.uk/  
eastbourne-wealden-lewes](http://www.familygrapevine.co.uk/eastbourne-wealden-lewes)



[EWLFamilyGrapevine](https://www.facebook.com/EWLFamilyGrapevine)



[ewlfamilygrapevine](https://www.instagram.com/ewlfamilygrapevine)







Chiddingly Church are holding a Mother's Day service at 10am on Sunday 19th March. All families are welcome to attend the service and all mums will given a potted plant as a thank you.



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times; it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Carley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of 'Engage Support', a mobile app focusing on mental health awareness with the goal of providing resources and self-help to young people.



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