



NEWSLETTER 2 Term 1
Friday 27th September 2024

Email: chiddinglyoffice@pioneerfederation.co.uk

“Achievement for All, Learning Together, Learning for Life”

Dear Chiddingly Families,

We’ve had lots going on these past two weeks, including Year 6 went to Safety In Action and learnt important safety skills. Both Willow and Sycamore Class have been doing brilliantly at their swimming lessons this term. Most classes have had a brilliant Forest School session already (just Sycamore to go)! Plus, we all had our individual photos taken and they look fabulous! Please check with the school office if you haven’t yet received your ordering code. Mrs Dann

Reminders

- **Willow and Sycamore**—please remember they have swimming on Tuesdays.
- **Sycamore Class** have Forest School on Thursday 3rd October. Please wear kit to school. **Oak Class** have it on Thursday 10th October. Oak Class will change at school.
- **All parents** — you will have received an email regarding the Flu Vaccination. Please follow the instructions if you would like your child to have it on 17th October.

Skills Builders (Last Two Weeks)



Skills Builders (Next Two Weeks)

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

Friday 4th October

Oak — Miley	Beech — Daisy
Willow — Alex	Sycamore — William

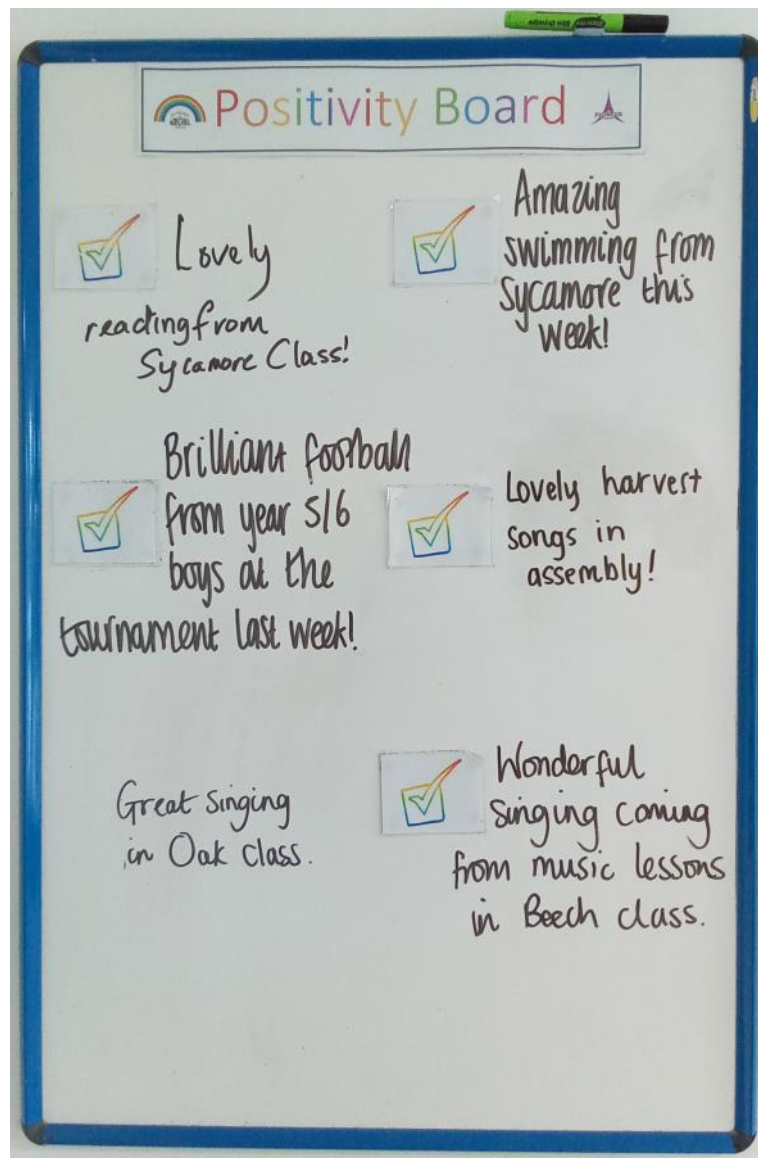
Friday 11th October

Oak — Liam	Beech — Ella
Willow — Alicia	Sycamore — Lyla



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



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: 90.39%

Whole school this year: 94.61%

Oak: 99.24%

Beech: 87.65%

Willow: 88.89%

Sycamore: 90.04%

Well done, Oak!



Class Updates

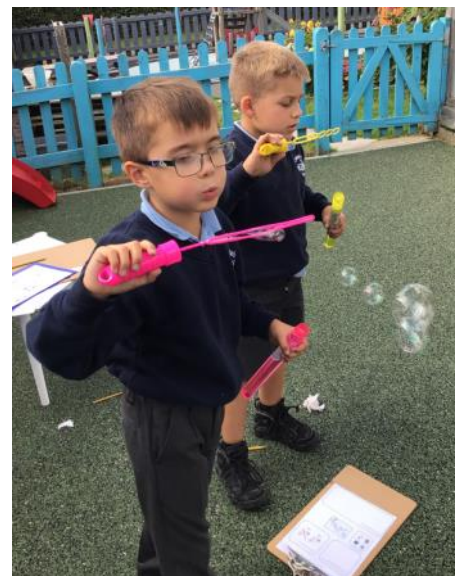
Oak

We have been busy learning all about Harvest. By following the stories of The Little Red Hen, Rosie's Walk and Oliver's Vegetables, we have learnt lots about life on the farm - we baked our own bread, made vegetable prints, sang lots of Harvest songs and built some farmyards in our construction area. We've also been busy discussing our families, where we live, what we look like, and how our differences are what make us special!



Beech

We have been very busy in Beech Class. The children have been investigating the weather and learning about the wind, the children blew bubbles to find out how strong the wind was and observed the direction the bubbles moved in. In PSHE we have been making our own mood monsters to explore emotions. We have been very busy in maths making using lots of different equipment to explore place value and in history we have been looking at different pieces of evidence used in the Great Fire of London.



Willow

Over the last couple of weeks Willow Class have been very busy. They have been writing instructions for how to build their cheese copter. They have followed instructions to make their own paper airplanes. They also had an amazing time at Forest school: building dens, jumping in the mud, cooking in the mud kitchen and best of all making their own jam on toast.



Sycamore

Sycamore have been very busy recently. They have been experimenting with both thermal conductors and insulators in Science (margarine experiment unfortunately not very successfully!). We had a brilliant poetry workshop with Hussein Manawer (before his appearance at the Chiddingly Festival) and we wrote and performed poems about things that we love. Year 6 have been on their first trip of the year and went to Bushy Wood to learn about safety in action when out and about in the world.



Forest School (Last Week)

Oak Class were very excited for their first session of Forest School as they headed out onto the school grounds and found somewhere to sit around the fire circle. The children learnt the rules for keeping safe around the fire.

A group of children went foraging for blackberries, and once they had collected enough they added a little water and using a large stick they crushed up the blackberries to make paint. Some children added charcoal to their paint to make a different colour to paint with. They then used sticks and leaves to create some beautiful pictures.

As the children explored the Forest School area they came across something: "I found a toad". Looking at it closer, what they had actually found was a rather large frog. The children watched the frog move and hop across the ground, and as they watched we talked about the markings on the frog and the differences between a frog and a toad. Oak also did lots of bug hunting, carefully placing their findings in magnifying pots so they could take a closer look.

There were all sorts of creations in the mud kitchen. A few of the children made some small mud cakes that were decorated with flowers and leaves. They walked around offering people a cake.

We finished our session with a game of 'keeper of the keys'. The children took it in turns to be the keeper in the middle, then running as fast as they could to catch their class mate that had just 'stolen' the keys. They got so engrossed that a few children did more than one lap of the circle. Great first session Oak Class!



Dates For Your Diary

October 2024

3rd — Sycamore Forest School

3rd — special menu for school census

10th — Harvest Festival assembly at 9.15am (parents welcome)

10th — Oak Forest School

17th — Flu Vaccinations and Willow Class trip

25th — Term 1 ends

November 2024

4th — Term 2 starts

12th, 13th, 18th & 21st — Open Days please book at: <https://forms.gle/3QHW4RdTKdrtzk396>

14th — Oak Forest School

21st — Beech Forest School

28th — Willow Forest School

29th — Book Fair

December 2024

5th — Sycamore Forest School

12th — Oak Forest School

20th — Term 2 ends

January 2025

6th — INSET Day

7th — Term 3 starts

14th — Term 3 ends

24th — Term 4 starts

April 2025

4th — Term 4 ends

22nd — Term 5 starts

May 2025

5th — May bank holiday

23rd — Term 5 ends

June 2025

2nd — INSET Day

3rd — Term 6 starts

July 2025

21st — Term 6 ends

22nd — INSET Day

Thursday 3 October 2024

Harvest

FEASTIVAL

KS1 – Free
KS2 - £2.97

MAINS

BBQ Chicken Burger
or
Vegetarian Quorn Hotdog (v)

Please make orders on ParentPay like normal but if your child wants the BBQ chicken burger please order the main meal and if they would like the vegetarian Quorn hot dog please choose the vegetarian option.

SIDES

Chips
Sweetcorn
Carrots

DESSERT

Sticky Apple Slice with Custard
or
Fresh Fruit

Also Available:

Jacket Potato with Cheese or Baked Beans

Be a **STAR** of your emotions

We all experience different emotions from time to time. In just one day, you may feel proud, excited, sad, anxious, nervous, and many other emotions.

Remember, all feelings are valid.

Shining a light on how you feel, particularly when you're feeling overwhelmed or anxious, can help you find coping strategies to support your emotional health and wellbeing.

STOP

Take a step back from whatever you're doing. How do your body and mind feel? Try putting your hands on your heart and belly, then quietly count to 10.

TAKE A BREATH

Practise a breathing activity. As you gently breathe in and out, trace one finger up and down the fingers of the other hand. How do you feel now?

AND

Continue to breathe deeply. Notice if any emotions come up; begin to label them. It's okay to not be okay! Try a sensory activity like push-ups, star jumps or using a calm down jar.

RELAX

When ready, share how you feel. Write it down, draw a picture, or talk with a trusted adult. This can help you find a way to resolve the situation. Then, do an activity to relax and let go!

To get started, follow the steps on the STAR model.



NEW! Oral Health webinar

with HALO (Healthy Active Little Ones)
& the Parenting Team



Battles with tooth brushing?



- Our Oral Health session for parents & carers covers:
- ◆ Advice on developing healthy habits for toothbrushing
 - ◆ Guidance on sugary foods
 - ◆ Bespoke support for children with SEND
 - ◆ Ideas to support your child's health and wellbeing

Families attending will receive a FREE toothbrush and toothpaste pack for their child/ children

Upcoming Dates:

Monday 7th October 12:30 to 2:30pm
Tuesday 26th November 6:30pm to 8:30pm

To book your place, email the Parenting Team
EH.O-19parentingteam@eastsussex.gov.uk
Or call: 01424 725800



Would you like to become a **NSPCC** volunteer and visit local schools to deliver **Speak out Stay safe** workshops to local primary school children? The **NSPCC School Service** is looking for enthusiastic volunteers to join our fantastic East Sussex team to visit two schools on average each month (term time only) to help us protect a generation of children from abuse and neglect. The more volunteers we have in our team, the more local children we can help support and keep safe.

You will receive full training and will be fully supported in your role.

For more information, please click here:

[**NSPCC | Volunteers**](#)

Parent & Carer



Lunch and Learn Online Workshops and In-person Family Hub Workshops with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing? If you do, these FREE webinars or our in-person small group workshops may be for you!

Lunch and Learn Webinars

How to support your child with worry and anxiety

Tuesday 22nd October 2024, 1pm to 2pm

Thursday 27th February 2025, 1pm, to 2pm

Wednesday 11th June 2025, 1pm to 2pm

How to support a worrying child with transition to secondary

Wednesday 21st May 2025, 1pm to 2pm

Small group in-person sessions

Supporting primary school children with anxiety and worry

Wednesday 2nd October 2024, 10am to 12pm @ Sidley Family Hub

Tuesday 8th October 2024, 10am to 12pm @ Uckfield Family Hub

Wednesday 5th February 2025, 12pm to 2pm @ Sidley Family Hub

Tea/Coffee and biscuits will be available, and we will be providing activities to make some items to take home with you to do with your child/ren

For more info and to book scan the QR code or visit:



www.tickettailor.com/events/mentalhealthandwellbeingineducation

If you have any questions, please email mhst.parentteam@eastsussex.gov.uk



September Sleep Tips for Your Child or Teen

By Me & My Mind, Mental Health Support Teams
mhst.info@eastsussex.gov.uk



Ensuring your child or teen gets a good night's sleep can be challenging but is crucial for their overall well-being. Here are some effective tips to help improve their sleep quality this September.

Create a Sleep-Friendly Environment

- **Comfortable Bed:** Ensure the bed is comfortable and inviting.
- **Dark and Quiet:** Make the bedroom dark enough for sleep and limit noise.
- **Sleep-Only Zone:** Use the bedroom exclusively for sleeping to create a strong mental association.

Encourage Daytime Activities

- **Fresh Air and Exercise:** Encourage plenty of outdoor activities and physical exercise during the day to help tire them out naturally.
- **Healthy Diet:** Establish a routine for eating a healthy, balanced diet. Avoid caffeine-containing drinks and foods like tea, coffee, energy drinks, and cola.

Establish a Routine

- **Consistent Bedtime:** Set a regular bedtime and wake-up time to regulate their internal clock.
- **Manage Anxiety:** Help your child manage anxiety by accessing appropriate support services.

Reduce Screen Time

- **Limit Screen Exposure:** Minimize screen time and avoid screens entirely at least one hour before bedtime. The blue light emitted from screens can interfere with the sleep cycle.



By following these tips, you can help your child or teen develop better sleep habits that will benefit their health and well-being. For more support, consider reaching out to mental health charities like [YoungMinds](#) or health services like the [School Health Service](#) or [East Sussex Family Advice Service](#).

Let's make this September the month of restful and rejuvenating sleep for your young ones!

STARTING WEDNESDAY 11TH SEPTEMBER

Jade Mona
Performance Academy

"Igniting Passion, Empowering Confidence, Unleashing Creativity."

JUNIOR

Nurture - Inspire - Grow

Dance Ready (Ages 4-11) - 3.30-4.30pm

Stage Ready (Ages 4-11) - 4.30-5.30pm

SENIOR

Ignite - Empower - Shine

Performance Ready (Ages 12-16) - 5.30PM-6.45PM

**Chiddingly Village Hall, Church Lane,
Chiddingly, BN8 6HE**

contact@jademona.com - 07595 363578