



**East Hoathly C.E. School**  
**Church Marks Lane**  
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Friday 16th December

## Newsletter 14

### Collective Worship Thought of the week:

From Rev Hodgins assembly:  
 "We sang Away in a Manger and learnt about the angels and shepherds."  
 Sam P and Orlaith, Reception Class



### Growth Mindset Quote of the week:

"A Tough Woodlouse is all about never giving up. I will just keep trying."



Lexi Smith, Reception Class

### Celebrations of the week:



#### Diners of the week

Nursery - Ethan Hillier-Gainey  
 KS1 - Danny Puttick  
 KS2 - Amelia Freezer

#### Star Book of the week

Luke Williams

Samuel Lonsdale



### Citizen of the Week

Holly Lonsdale



For being supportive of others during nativity rehearsals and performances

### Learning Powers Certificate

We would like to invite **everyone** (parents, grandparents, carers, friends) to celebrate the learning from the week with us during our Friday celebration assemblies.  
 On **Friday 6<sup>th</sup> January** in our celebration assembly at **9.15am** the following children will be celebrating their achievements. Please come along if you are free.

Reception Class - Lucas Mitchell    Year 1/2 - Brooke Mitchell  
 Year 3/4 - Tom Fox    Year 5/6 - Eve Tomsett



## Dates for your diaries:

21<sup>st</sup> Dec - Christingle Service 2pm

**3<sup>rd</sup> Jan - Start of term 3**

*18<sup>th</sup> Jan - 25<sup>th</sup> Jan - Maths Week*

24<sup>th</sup> Jan - Parent Forum 9am

9<sup>th</sup> Feb - End of term celebration 2.30pm

2<sup>nd</sup> Mar - Book Day

15<sup>th</sup> Mar - Parent Forum 9am

21<sup>st</sup> Mar - Parent Consultation Evening 4pm-6pm

23<sup>rd</sup> Mar - Parent Consultation Evening 4pm-6pm

31<sup>st</sup> Mar - Easter Service 9.25am

2<sup>nd</sup> May - Parent Forum 9am

2<sup>nd</sup> May - School Nurse to see Reception Pupils (Vision and Hearing)

4<sup>th</sup> May - Swimming for Year 3/4

11<sup>th</sup> May - Swimming for Year 3/4

15<sup>th</sup> May - Enterprise Week

18<sup>th</sup> May - Swimming for Year 3/4

22<sup>nd</sup> May - Awe & Wonder Day - celebration 2.30pm

25<sup>th</sup> May - Swimming for Year 3/4

5<sup>th</sup> June - Inset Day

8<sup>th</sup> June - Swimming for Year 5/6

14<sup>th</sup> June - Parent Forum 9am

15<sup>th</sup> June - Swimming for Year 5/6

22<sup>nd</sup> June - Swimming for Year 5/6

29<sup>th</sup> June - Swimming for Year 5/6

4<sup>th</sup> July - Sports Day 9.30am & Picnic 12.00

7<sup>th</sup> July - Table Tennis Tournament at Chiddingly

7<sup>th</sup> July - Reports out to parents

10<sup>th</sup> July - Bikeability week for Year 6

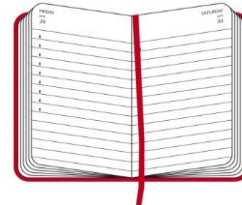
10<sup>th</sup> July - Dress Rehearsal for Summer Production 2pm

11<sup>th</sup> July - Summer Production 2pm & 6.30pm

14<sup>th</sup> July - Parent Consultation Evening 4pm-6pm to discuss reports only

20<sup>th</sup> July - Leavers Service

21<sup>st</sup> July - Inset Day



*Any changes to the above diary will be in italics.*

**Just to remind all parents that Term 3 starts on  
Tuesday 3<sup>rd</sup> January 2017.**

It is good practice to inform parents of the school attendance figures. We will be reporting this information in our newsletters.

### Attendance

Our attendance percentage for this school year to date is:

**95.4%**

### Class Attendance Figures for last week:

Year R - **97.8%**

Year 1/2 - **90.7%**

Year 3/4 - **91.4%**


Year 5/6 - **95.5%**

### Interesting Word of the Week

Each week there will be an interesting, useful but unusual word for the community to get to know.

We will select a word and provide a definition for it. Pupils will be asked by Miss Lewis and Mr Procter in Friday's assembly what the word is and what it means. They will ask them to put the word into a sentence to show they have understood the meaning. This is to help build up pupils vocabulary through the year.

**This week's word is:**



Rapturous

**Definition:**

**Full of, feeling, or manifesting ecstatic joy or delight.**



Spelling, Punctuation and  
Grammar



Spelling, Punctuation and  
Grammar

## Year 5/6



Last week, Year 5/6 sang at the Winter Garden as part of the 'Big Christmas Sing'. Thank you to all the parents and friends who came to watch and support the children - we certainly had the loudest cheers in the audience!

The children performed extremely well and remembered all their words and actions - well done!



Continuing with our festive musical appearances, this week Year 5/6 sang for the residents of our local care home, Lydfords.

The children sang beautifully and received lots of praise for singing their traditional carols.



## Nursery News

Our letter sound this week: c,k    Our number this week is: 5

We have been very creative this week with lots of Christmas crafts. We performed the Nativity and were fantastic woolly sheep! Thank you to all that came to watch, all the children and costumes were brilliant!



### Dates for your diary:

Christingle Service 21st December 2pm

Last day of term 21st December

We are back to Nursery on Tuesday 3rd January 2017

Thank you,  
Nursery Staff

## GROWTH MINDSET

### Our Tough Woodlouse this week:

Hector Parris

For not giving up when learning his line for our Nativity and for writing super sentences in literacy!

## Growth Mindset Success Story



## Jack Andraka

Considered to be a classic example of a child prodigy, Jack Andraka is so young to be a cancer researcher that we think he must be born genius. In reality, he spent hours upon hours researching, experimenting and reading science journals. He formed a project and sent it to 200 leading professors, receiving 199 rejections. Instead of giving up in the face of failure, he persevered and achieved sponsorship and world fame along the way.

## FPTA News

Thank you for all your efforts, the Winter Wonderland raised an incredible £3650 for our children - simply astounding!

In addition, the other fundraising (cards, bags, wreaths, baubles) brings that total to £3881.22.

It remains to gather the wish-lists from the school and ensure the money is spent wisely.

Have a wonderful Christmas, you've all earned it!

Thanks again,

Leigh, FPTA

### Winner of Bauble Competition



Congratulations to Sophia for winning the FPTA bauble competition.  
Well done!

## Scholastic Book Fair

Thank you to all the parents and children that bought books from our recent book fair. The school has also been able to order some books for our school resources for the children.

## Church Service - Sunday 11<sup>th</sup> December

Message from Reverend Phil:

Luke read really well at the Carol Service yesterday, melted hearts and was a real credit to the school!

### ***Christ's birth and Kingdom foretold***

The people who walked in darkness  
have seen a great light;  
those who lived in a land of deep darkness—  
on them light has shined.

For a child has been born for us,  
a son given to us;

authority rests upon his shoulders;  
and he is named

Wonderful Counsellor, Mighty God,  
Everlasting Father, Prince of Peace.

His authority shall grow continually,  
and there shall be endless peace  
for the throne of David and his kingdom.

He will establish and uphold it  
with justice and with righteousness  
from this time onwards and for evermore.

The zeal of the LORD of hosts will do this

*Isaiah 9.2,6-7.*



## Dogs

We have put new dog hooks on the fence opposite the school gates. Please can these be used and not the school gate when dropping off and picking off your children. Thank you.



## EYFS & KS1 Nativity 'The Sleepy Shepherd'



Nursery, Reception, Year 1 and 2 put on two fantastic performances of 'The Sleepy Shepherd' with plenty of singing and laughs along the way! All the children looked fantastic and it really showed how much they had enjoyed putting the performance together.



A big thank you to the FPTA for serving refreshments and being part of the festive atmosphere!

## KS2 Carol Concert

Years 3, 4, 5 and 6 performed a beautiful Carol Service with traditional carols like 'We Wish You a Merry Christmas' and 'Silent Night' alongside several readings highlighting the true meaning of Christmas. The children all sang beautifully and looked very festive in their bobble hats, holding candles! The children thoroughly enjoyed rehearsing their performance and had great fun on the evening.

Jessica, Year 4 says "I enjoyed the carols, they made me feel Christmassy. Everybody's reading was great and very clear."

Zach, Year 3 says "I liked the singing, the songs we chose to sing were sung loudly and clear. I really liked 'We Wish You a Merry Christmas!'"



### Christingle Service



At 2pm there will be a Christingle service in the church. Everyone is welcome to attend this service. Please can any donations go into 'The Children's Society' Christingle candles and be returned to school by Wednesday 21st December.



### Season's Greetings

Congratulations to all the children for all their achievements during the autumn term and we wish you all a very Happy Christmas and New Year!

**Merry**  
**Christmas**

We look forward to seeing you all again on Tuesday 3<sup>rd</sup> January.

## Fun Favourites

Thursday 19<sup>th</sup> January & Friday 20<sup>th</sup> January

Thursday 19<sup>th</sup>  
January

**Fish Goujons**

**Veggie Burger in a Bun (v)**

*Served with*

**Chips**

**Garden Peas**

**Baked Beans**

*Served with*

**Jelly with Fruit**

Friday 20<sup>th</sup>  
January

**Chinese Chicken Noodles**

**Macaroni Cheese (v)**

*Served with*

**Fresh Carrots**

**Sweetcorn**

*Served with*

**Apple & Sultana Flapjack**

  
Chartwells





*High Weald Lewes Havens  
Clinical Commissioning Group*

*Don't*  
**just go  
to A&E**



You could get quicker  
treatment closer to home

## Accident and Emergency (A&E) departments are for critical or life-saving situations.

For less severe problems there are a number of services available where you can go:

- **Your GP**
- **Out of hours GPs**
- **Walk in centres**
- **Minor injuries units**
- **Pharmacies**
- **NHS 111 for assistance, information and to access the out-of-hours doctors**
- **Emergency dental service**
- **Emergency contraception and sexual health**
- **Ophthalmologists (for minor eye conditions)**

### Your GP

GPs specialise in treating many health problems and can also often treat minor injuries. Because your practice is local to you, it makes getting there easier and you may not need to wait as long as you would at A&E. Although GP practices vary slightly with their surgery opening times, generally they should be open from 8.30am until 6.30pm Monday to Friday and most are also open longer on some days during the week and sometimes at weekends too. It is worth finding out what these are next time you visit your doctor, or by checking your practice's website. An immediate consultation may not always be available; however practices will do their best to see you as soon as possible. Your practice will also have your medical history to hand, which helps them make the best treatment decisions for you.



## Out of hours GPs

When your own GP surgery is closed, and you have a problem you feel cannot wait for the surgery to open, you can still access advice or a face-to-face consultation with a GP. Out of hours GPs are based at Chapel Street Surgery in Newhaven and Uckfield and Crowborough community hospitals. You will need to call 111 first and if you need a consultation the advisor will let you know which one is open, most locally to you.

## Walk in centres

If the surgery where you are registered is not open, it is possible to see a GP at one of the walk in centres based at Brighton or Eastbourne railway stations, without having to register.

Consultations are seven days a week between 8am and 8pm:

**Brighton Station Walk In Centre:** 03333 210946

**Eastbourne Station Walk In Centre:** 01323 726650

## Minor injuries units

Minor injuries units are open from 8am-8pm seven days a week at Lewes, Uckfield and Crowborough community hospitals.

Minor injuries units treat sprains and strains, broken bones (not hips), wound infections, minor burns and scalds, minor head injuries, insect and animal bites, minor eye injuries, injuries to the back, shoulder and chest. X-ray facilities are for shoulder, upper arm, collar bone, elbow, wrist, hand, ankle, foot, toe and knee.

If attending a minor injuries unit it is worth noting that X-ray opening times are:

**Uckfield Community Hospital, Framfield Road, TN22 5AW**

01825 745030: Monday to Friday 9am-5pm (closed 12.30-1pm)  
and 12 noon-6pm at weekends.

**Crowborough Memorial Hospital, Southview Road, TN6 1HB**

01892 603602: Monday to Friday 9am-4.30pm (closed 12.30-1pm).

**Lewes Victoria Hospital, Nevill Road, BN7 1PE**

01273 474153/402504: Monday to Friday 9am-5pm (not weekends).



## Pharmacies

Your local pharmacist can help with advice on a number of different problems such as: coughs, sore throats, wound dressings, skin rashes, diarrhoea/vomiting, constipation, headache, minor eye conditions, hay fever, head lice, insect bites and worms. They can also help with inhaler or insulin pen problems or emergency supplies of regular medications. Need late, Sunday, Bank Holiday opening times? Call NHS 111 for this information or search "pharmacies" at: [www.nhs.uk](http://www.nhs.uk).



*NHS 111 for health problems and access to out of hours doctors*



Telephone 111 any time, 24 hours a day, seven days a week for 365 days of the year. You will be asked a series of questions relating to your health problem and be offered advice on further action, or treatment. Consultations with out of hours doctors are also arranged via 111.

## Emergency dental service

This is for urgent, out of hours, emergency dental treatment, when your own dentist is closed (or if you do not have a dentist). Call promptly to avoid disappointment. NHS dental charges apply.

**Lewes:** 01273 486444. Lines open: Weekdays from 6.30pm-10.30pm. Weekends and bank holidays from 9am-1.30pm.

**Hailsham:** 01323 449170. Lines open: Weekdays from 6.30pm-10.30pm. Weekends and bank holidays from 1pm-5.30pm.

**Hastings:** 01424 850792. Lines open: Weekdays from 6.30pm-10.30pm. Weekends and bank holidays from 9am-1.30pm.

Need a dentist in daytime hours? **Dental helpline:** 0300 123 1663





## Emergency contraception and sexual health

**At practices:** The Circle Room (under 25s) at School Hill Surgery Lewes, 01273 480888. Drop-in at Meridian Surgery, Peacehaven 01273 588200.

### **Details of local community-based clinics:**

Eastbourne: Avenue House, 01323 416100, Freephone 0808 168 1282  
[www.eastsussexsexualhealth.co.uk](http://www.eastsussexsexualhealth.co.uk)

Brighton: Claude Nicol Centre, The Royal Sussex County Hospital, 01273 523888.  
Morley Street Clinic, 01273 242091 [www.brightonsexualhealth.com](http://www.brightonsexualhealth.com)

**Pharmacies, walk in centres and the out of hours GP service (available via NHS 111) can often provide help with emergency contraception.**

## Optometrists (for minor eye conditions)

If you have a problem with your eyes, this service can assess and treat you. The service is funded by the NHS and is available from local opticians throughout the area. Appointments are normally available within 5 working days. If you are unsure whether your symptoms can be assessed and treated by the service, please contact one of the optometry practices listed in this leaflet and they will advise you. Conditions covered by this service include:

- Red eye or eyelids
- Dry eye, gritty and uncomfortable eyes
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring flashes and floaters
- Painful eye
- In-growing eyelashes
- Recent and sudden loss of vision
- Foreign body in the eye

**Ingram & Schofield**, Peacehaven,  
BN10 8JR 01273 582549

**Sussex Eyecare Opticians**, Seaford,  
BN25 1LS 01323 892211

**Wilson, Wilson & Hancock**, Lewes,  
BN7 2AF 01273 472360

**Spectrum Eyecare**, Lewes, BN7 2AH  
01273 480303

**Specsavers Opticians**, Uckfield,  
TN22 1PX 01825 746750

**Focus Medical Eye Centre**, Hailsham,  
BN27 1BJ 01323 442062

**Arthur Hayes Opticians**, Crowborough,  
TN6 1DR 01892 664826

**Pople & Broad Opticians**, Heathfield,  
TN21 8JB 01435 863232



A&E departments provide immediate emergency care for people who show the symptoms of serious illness or have injuries that could be life threatening, such as:

- **Loss of consciousness**
- **Stroke**
- **Acute confused state and fits that are not stopping**
- **Persistent, severe chest pain**
- **Serious injury/trauma**
- **Choking**
- **Breathing difficulties**
- **Severe bleeding that cannot be stopped**
- **Severe allergic reactions**
- **Severe burns or scalds**



## Please remember

A&E is there to use when the situation is urgent, when it is not safe to wait and there is no simple alternative available elsewhere. We want all patients to get high quality care in the best place for them - whether that is at a pharmacy, their GP or A&E.

### Health Help Now - download the app

Download the app for East Sussex and find out where to go for help according to your problem.

**[eastsussex.healthhelpnow.nhs.uk](http://eastsussex.healthhelpnow.nhs.uk)**

**HEALTH**  
**help NOW.**

For more information about health services in the community telephone Sussex Community NHS Foundation Trust HQ  
01273 696011 **[www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)**

This leaflet can be provided in other languages and formats on request.  
Produced by High Weald Lewes Havens Clinical Commissioning Group.  
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