

East Hoathly C.E. School  
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East Sussex  
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NEWSLETTER 29  
Friday 10th May 2019

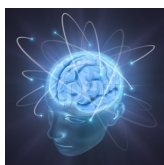
Ex-  
ecutive Headteacher: Mr James Procter  
Email: office@easthoathly.e-sussex.sch.uk

### Mental Health Awareness Week

For the week beginning Monday 13th May, we will be marking Mental Health Awareness Week.

The theme of the week is Body Image and children will be focussing on this in their classrooms.

Please see the poster attached to the newsletter for more information.



### WORD OF THE WEEK

**Milquetoast**

Definition of

(adjective) in English:

1) Feeble, insipid or bland.

Milquetoast

### Sports Day

Just a reminder that Sports Day is on the horizon—**Thursday 23rd May**. Sports Day will start with a family picnic on the field at **12pm**, before races begin at 1pm.

As this term is a short one, we will be utilising Sports Day as the Enrichment activities the children partake in once every term.

The children are practising the different races in their PE lessons and have been working really hard on their resilience and teamwork.

A letter about the children's teams and more information will be making its way to parents soon.

We hope to see you all there!

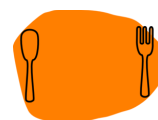


### Menu Change

Please be aware that on **Thursday 16th May**, the menu will change.

**On Thursday, there will be fish fingers or Quorn dippers (V) with chips with strawberry ice-cream.**

**On Friday, there will be BBQ Meatball Pasta or Cheese and tomato pasta (V) with pear upside down cake for dessert.**



### Allergies

Just a gentle reminder for parents that there are children with nut allergies in the school and that we are a **nut-free school**. Please consider this when bringing treats (for birthdays) into school. Also, a member of staff is severely allergic to kiwi.

Please refrain from including these in your child's lunch box.

Thank you for your support.



## Forest School

Reception had their first Forest School adventure last week. We looked for signs of Spring and admired the beautiful bluebells. Lily noticed that the pine trees are "leaking" which prompted lots of talk about sap and how trees grow and the difference between live and dead trees. Scarlett said "dead trees are rotten, they break easy and don't have roots."

We experimented with bark rubbings and practised balancing on logs - Alex worked hard "making the wobbly log balance" by putting sticks on one end to weigh it down. We looked carefully for minibeasts which inspired Oscar to build a giant centipede with "more than 16 legs!"

Finally we spent a few peaceful minutes listening to the sounds of the forest with the help of magic pine cones. We cannot wait to go back to the forest next week!



## Wellbeing

We will be sharing a new wellbeing poster with you every week. Posters will be aimed at both adults or children.

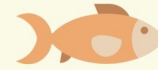
This week, the poster provides an idea of which foods are useful for increasing your brain power! Chocolate? Who knew? This week's poster suggests an activity or strategy for every day of the week to



1

### Blueberries

Studies have shown that blueberries can help to improve memory.



2

### Salmon

Salmon contains DHA, an omega-3 fatty acid which helps to stimulate brain cell growth



3

### Broccoli

Broccoli contains Vitamin K which helps to improve cognitive abilities

4

### Spinach

Spinach can help keep your brain alert. It is rich in several vital anti-oxidant vitamins

5

### Dark Chocolate

Dark chocolate contains flavonoids which can help improve blood flow to the brain

6

### Avocado

Avocados contain monounsaturated fats which help prevent hardening of blood vessels

## Our Church School

Last Friday, the children presented the work they had done in class about the School's Visions.



Catherine in Year 2 has shown courage this week by "trying my best in running races, even though it might be hard."



## BIRTHDAYS!

### Birthdays for this week!

Happy Birthday to **Kenzie Hamill** in **Year 1!**

★ **HAPPY** ★  
**BIRTHDAY!**

## Learning Powers

On Friday 17th of May, there will be a celebration assembly at **9.15am**,

the following children will be celebrating their achievements:

Reception      **Oscar Simonetti**

Year 1/2        **Malakai Sibanda**

Year 3/4        **Esther Wright**

Year 5/6        **Ethan O'Brien**

## Attendance

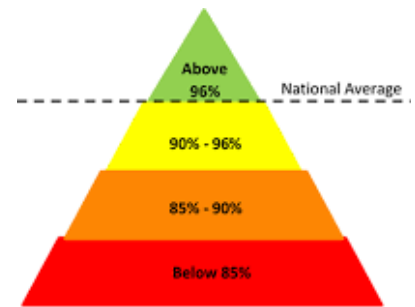
The whole school attendance for this year so far is: **95.8%**

This week's attendance: **93.7%**

Reception - **96.7%** Year 1/2 - **95.7%**

Year 3/4 - **95.2%** Year 5/6 - **87.6%**

Well done to **Reception** for having the highest attendance! this week!



## Headteacher's Award

**Harry Sutton** in **Reception**, for excellent progress in his writing, shown by a super **Hungry Caterpillar** story.

**Alex Bridger** in **Reception**, for a writing a fantastic story about the **Hungry Caterpillar**.

Well done **Harry** and **Alex!**



## Diner of the Week

Nursery - **Joseph Frizzell**

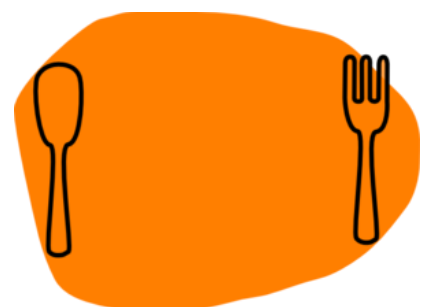
KS1 - **Grace Keen**

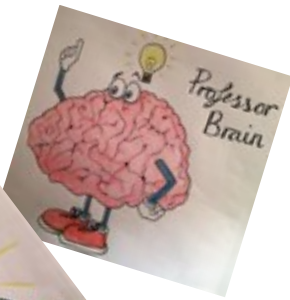
KS2 - **Isabella Freezer**

### Champion Tables

KS1 - **Saturn** - 16 points

KS2 - **Jupiter** - 19 points





**Willow - Reception**

Willow is Captain Britain because she was a super friend to our friends at Chiddingly.



**Maisy - Year 1**

Beatrice says that Maisy is an Inspector Ingenious because when she was planning her expedition, she planned it really carefully.



**Spencer - Year 3**

I think I am Detective Find-It because I try really hard in maths to find and work out the answer.



**Elsie - Year 5**

I am really good at thinking up games at playtime and am always kind to my friends and I include everybody.



## Positivity Board

Please pop in any time to write down something that you would like to share or send an email.

As always, thank you for your support!

## Positivity Board



If you are a child, parent/carer, member of staff or even a visitor, please pick up a pen and write your positive comments about the school community!



Year 5 & 6 showed great Code breaking skills to crack CODE 2... 2 more codes to go!



Both Reception classes from East Hoathly and Chiddingfold have enjoyed a fantastic Forest School Day!



The children have enjoyed practising for Sports Day in PE! 😊



Nursery have been listening really well when practising for Sports Day!



Year 3 and 4 have worked really hard on co-ordinates in Maths this week.



Y6 enjoyed their Co-kart session with Mr Stringer.



Great to celebrate so many children achieving great things in clubs & activities outside of school.



Year 1 and 2 showed great understanding of peace in RE this week - they also utilised the prayer spaces.



Great maths from Year 6 today! 😊



Year 2 have worked really hard on their quizzes this week!

## Nursery News



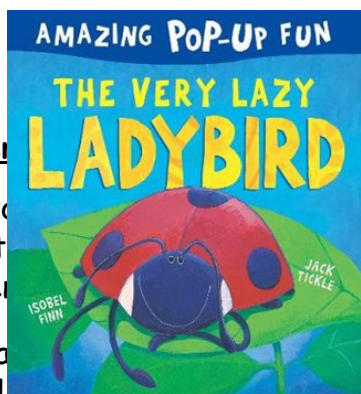
This week in Nursery, our story of the week was 'The Very Lazy Ladybird' which inspired beautiful artwork. The children chose materials they liked from the art caddy, including tissue paper and paint to create their own ladybird pictures.

The children enjoyed practising measuring with metre sticks and weighing with scales to see which objects were the shortest, longest, lightest and heaviest. This was a great way to introduce the children to measure and they enjoyed measuring whatever they could find!

During PE with Mr Lawrence, the children have enjoyed practising their races for sports day. Our races this year will consist of a running race, hurdles, dressing up and crawling through tunnels.

Sports Day will be on **Thursday 23rd May**, with Nursery's races starting at **11:30am**. If your child does not attend nursery on this day, you are more than welcome to bring them along and meet us on the field to participate but you will need to stay with them. From 12pm, the children will join the rest of the school and their families for a picnic lunch. You are more than welcome to bring your own picnic, however, if you would like the school to provide your child with a cold lunch, please inform Nursery staff by Friday 17th May.

The children are really excited for Sports Day and we hope to see you there!



### Reminder

If you would like to be able to apply suncream to your child, please complete and return the suncream forms. Please provide your child with a sunhat.

Please contact the nursery to email if your child will not be attending Nursery.

### Dates for the diary

**Thursday 23/5** — Sports Day: Parents' Picnic 12-1pm, Nursery races from 11:30–12pm

**Friday 24/5** — End of Term 5

**Monday 3/6**—INSET Day

**Tuesday 4/6**—Start of Term 6

If you would like the staff to be able to apply suncream to your child, please complete and return the suncream forms. Please provide your child with a sunhat.

Thank you for all of your support,

Nursery Team

## **Dates for your diary 2018/2019**

### **May 2019**

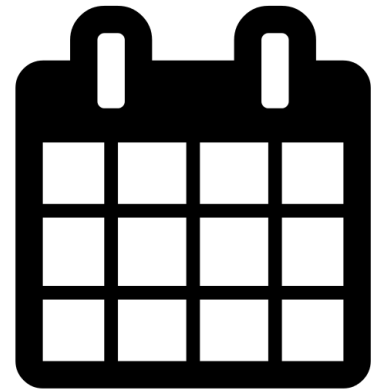
- 13th—Mental Health Awareness Week
- 13th—SATs Week (Year 6)
- 23rd—Sports Day and picnic 12pm (parents invited)
- 24th—Term 5 ends
- 26th—Family Fun Run (parents invited)

### **June 2019**

- 3rd— INSET Day
- 4th—Term 6 starts
- 7th— Year 6 Safety in Action—Herstmonceux 9.30-11.30am
- 12th—Parent Forum 9.00-9.25am (parents invited)
- 25th—Year 6 Leavers—Crowborough 10.30am (parents invited)

### **July 2019**

- 5th—Patina (Year 5 and 6 parents invited)
- 8th—Bikeability Week
- 8th—Summer Production dress rehearsal 1.30pm (parents invited)
- 11th—Summer Production 1.30pm (parents invited)
- 11th—Summer Production 6.30pm (parents invited)
- 12th—Reports out to parents
- 16th—Parent Consultations—reports only— 4-6pm
- 19th—Enrichment Morning (parent volunteers may be required)
- 23rd—Leavers' Service 9.30am (parents invited)
- 23rd—Term 6 ends





# EAST HOATHLY FAMILY FUN RUN

**SUNDAY 26TH MAY**  
**EAST HOATHLY**  
**PAVILION**

£8 per adult 5km race.

£5 per adult 1km race.

£5 per child (5km or 1km; includes one go on bouncy castle)

See the school website for photos from last year's fabulous event  
<http://easthoathly.pioneerfederation.co.uk/fpta/>

\*bouncy castle subject to weather

**5km race at 10:30am**  
**1km race at 11:30am**

**Medal and  
certificate for all  
finishers**

**Official race  
photographer**

**Refreshments inc.  
bacon butties and  
cakes**

**Bouncy castle\***

**EAST HOATHLY  
CE SCHOOL FPTA**

Registered charity number  
1089642