

East Hoathly C.E. School
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East Sussex
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Executive Headteacher: Mr James Procter

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NEWSLETTER

ISSUE 16 FRIDAY 21st JANUARY 2022

Dear East Hoathly Families,

Our value of perseverance has been a key one already this term! Our year 5 and 6 runners showed excellent physical and mental strength when taking part in the local (very muddy!) cross country event in their fancy new East Hoathly sports kit! Hedgehogs have also been persevering in Forest School (very muddy!) when creating, balancing and laughing in the forest. Squirrel's perseverance was clear when they spent an afternoon digging through 'dinosaur poo' to work out if they were carnivores, herbivores or omnivores. Foxes have continued to persevere with their creative writing skills and put them to excellent use when writing about the Snow Witch!

We really enjoyed a visit from Father Jeremy this week - his worships are always ones to remember!

Have a restful weekend,

Miss Lewis



Achievement For All, Learning Together, Learning For Life

Letters

Please make a note of the following letters that have been sent home and need a reply. The due date for each reply is in brackets:

Hedgehogs: Bodium Castle Trip (31st Jan)

All: Tilly the School Dog (26th Jan)

Term 3 Key Dates

Feb 2022

8/2—Safer Internet Day

10/2—FGB Meeting (Google Meet)

11/2— Malawi Day / Last day of Term

PE Kits

From next week can all KS2 children please come to school in their PE kits on their PE days.

For Foxes and Owls class this will be on a MONDAY

This is to avoid missing any lesson time with changing and also to help with any privacy issues with getting changed for the older children.

KS1 children will continue to get changed for PE in school.



FPTA

A big thank you to the FPTA for kindly donating £250 to each class to help support class trips and keep costs down for our families.

We are very excited to plan some trips for this year!

The first being Hedgehogs up coming trip to Bodium Castle next month and this donation has supported the cost of the coach. Thank you FPTA!



Newsletter

Please note that from this term our Newsletter will now be coming out fortnightly. The next issue will come out on the 28th January.

2022 Challenge

The 2022 challenge starts on 2.2.22. We are encouraging pupils to raise £20.22 in a month, please find further details and some fundraising ideas on page 16 and 17.





Cross Country



Last week some of our 5/6 pupils went to a federation cross country event on Tuesday 11th January at Chiddingly School. It had been a wet and drizzly day, but despite the weather conditions, everyone persevered through the mud!

We all started off with a quick warm up session, followed by stretches led by Mr Brett. The races were split into two groups with the girls running first, followed by the boys. Each group then ran an outstanding 8 laps around the field which is equivalent to around 2km. We were all so pleased! They definitely deserved a drink of water and a rest after all that running!

Everybody finished the race and team East Hoathly did us all proud. Well done to all the runners that took part. They all showed incredible perseverance, resilience and embracing their growth mindset on facing the challenge.

Following this event 3 pupils qualified for the South Downs area—Samuel, Aaron and Jack.



The final took place on Thursday and all 3 completed the race and did fantastically well against lots of competition. We are all incredibly proud of you, well done Samuel, Aaron and Jack!

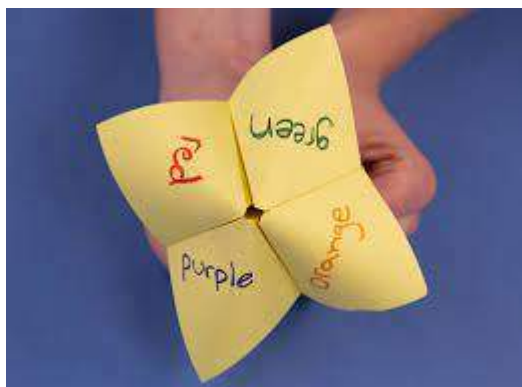
Squirrels class Parent Spelling Workshop.

Thank you so much to the parents who were able to attend the workshop. This was just an opportunity to share ideas for supporting the spelling development of the children in year 1 and 2.

Some of the activities we shared are below:

<p>Rainbow Write</p> <p>Write your spelling words using multi-coloured pencils</p> <p>spell</p>	<p>Matching Pairs</p> <p>Make a matching pairs game by writing each of your spellings out twice on pieces of paper or card.</p>
<p>Dough Letters</p> <p>Roll out sausage shapes using play dough. Make each of the letters from your spelling word.</p>	<p>Word Search</p> <p>Hide your spelling words inside a word search.</p>
<p>Pyramid Words</p> <p>Create a spelling pyramid</p> <p>s sp spe spel spell</p>	<p>Spelling Train</p> <p>Write your spelling words in one long train using different coloured pencils</p> <p>spellwordschoolpencil</p>
<p>Picture Words</p> <p>Draw a picture and hide your words within the picture</p>	<p>Silly sentences</p> <p>Write the silliest sentences you can with your spell-</p>

Another idea we shared was to create a 'spelling chatterbox'.



Some parents may remember making these as children, but this time the child's spelling words could be under the final flap! It's a good way to turn spelling learning into a game!

If you would like any further help with supporting your child's home learning, please see Miss Lewis or your child's class teacher.

Look out for details of Parent maths workshops we will be holding after half term.



NEWS FROM NURSERY



This week in Nursery, we have great fun with an activity called 'Dance Write'. Where we drew patterns in coloured shaving foam whilst listening to music!





Last week in Forest School, Hedgehogs had great fun making fat balls for the birds and hanging them on trees. We also visited the pond, went on a bug hunt and enjoyed stomping in the mud!



"Forest school was good, I liked pretending I was stuck in the mud! I loved making the bird feeder I think the birds would love mine"

Leo



"Some of us made fat balls for the birds because they were hungry"

Sami



"Forest school was lovely
I splashed around in the
mud it went splish splosh!"

Harry



Hedgehogs had a fantastic session in the forest this week.
They explored weight and balance whilst making their own seesaw!



They also created hedgehog homes and found
some early signs of spring!



PE Challenge

Each week across our federation the children are working together to complete a fitness challenge. In our PE sessions we are starting with 30 of high intensity movement and this term its Star Jumps!

We are counting how many star jumps we can do across the whole school and seeing if we can improve week on week.

This weeks scores are:

East Hoathly - 4266

Chiddingly - 4558

Park Mead - 5242

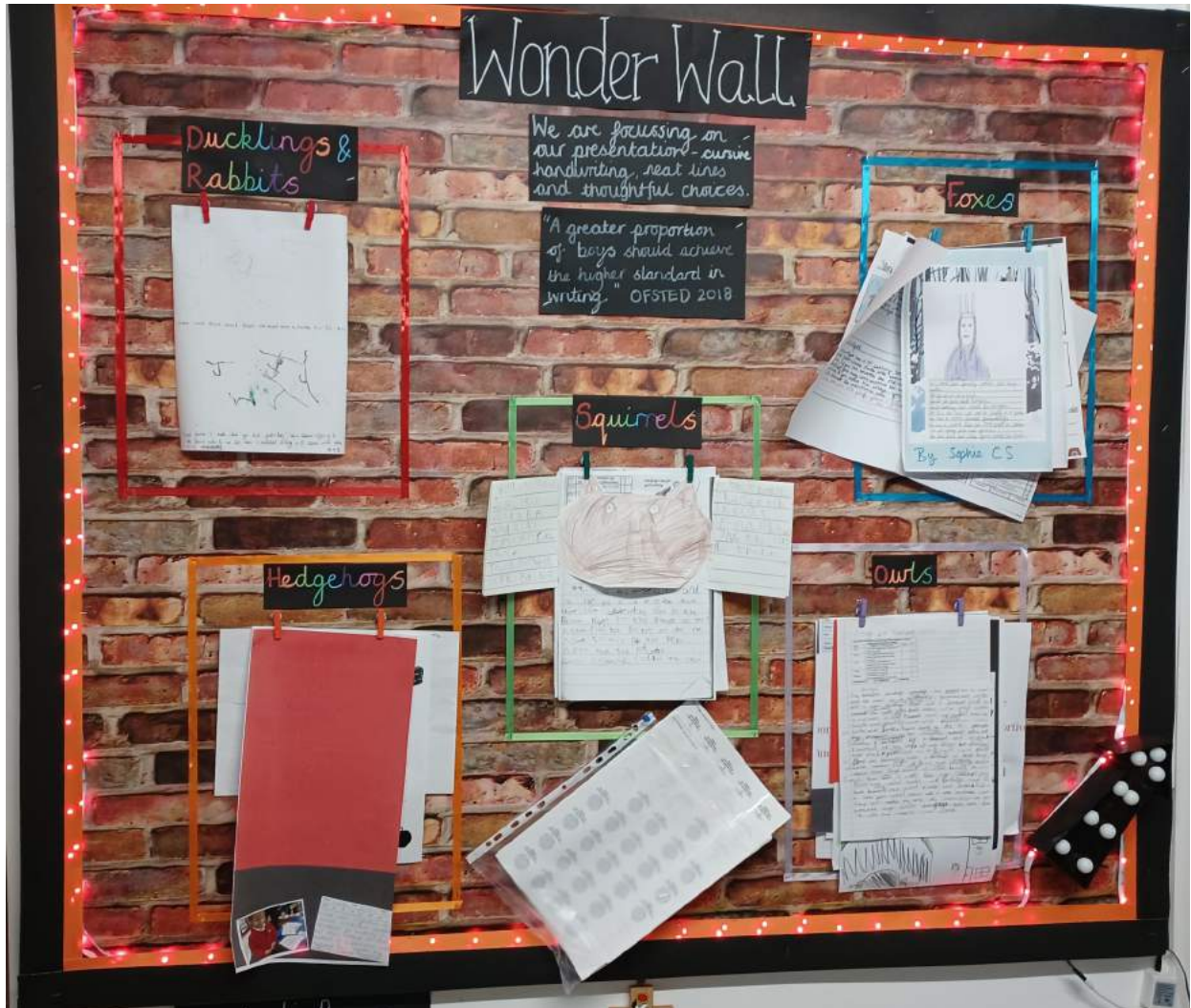
St Mary's - 3265

We are aiming to keep these scores rising across the term.



The Wonder Wall

Each class has a 'frame' to fill each week with some super writing.



Well done to Sophie Campbell-Stephen and Daniel Ring
who had their work on the wall this week!

Learning Powers

Learning Powers certificates go to...

This Week:

Hedgehogs— Rae Malcolm

Squirrels Class— Thady Bradley

Fox Class— Mr Lulham (as nominated by Kitty, Delilah and Bella)

Owl Class— India Stark

Next Week will be:

Hedgehogs— Harry Palmer

Squirrels Class— Dylan Cornwall

Fox Class— Myla Bulba

Owl Class— Harry Watkins

These will be received on Fri 28th Jan.

Parents/Guardians can now attend our celebration assemblies on a Friday at 9.25am.

WC 31st Jan will be:

Hedgehogs— Leo Simonetti

Squirrels Class— Ezra Brown

Fox Class— Shared Privately

Owl Class— Freya O'Sullivan

These will be received on Fri 28th Jan.

Parents/Guardians can now attend our celebration assemblies on a Friday at 9.25am.



WELL DONE!

Dates for your Diary 2021/2022

Feb 2022

21/2—Term 4 starts

March 2022

3/3—World Book Day

8/3—Parent Consultations

10/3—Parent Consultations

Apr 2022

1/4—Easter Service 9.25am/Last day of Term 4

18/4—Bank Holiday

19/4—Term 5 starts

27/5—Sports Day and Picnic/Last day of Term 5

May 2022

2/5—May Bank Holiday

18/5—Lockdown Practice

Jun 2022

6/6—INSET

7/6—Term 6 starts

19/6—Family Fun Run

Jul 2022

5/7—FGB

12/7—Summer Production Dress

Rehearsal

14/7—Summer Production Performance
1.30pm & 6pm

15/7—Reports out to parents

19/7—Parent Consultation for Reports/
Leavers Service 9.25am

20/7—Last day of term

21/7—INSET





School Clubs



Please see below the list of After School Clubs that we are offering for Term 3.

Clubs will start the week commencing **10th January 2022**. However, please take note of the start dates for the individual clubs.

Please note that should your child wish to take part in any of the clubs, you **must** return a permission slip. If a permission slip is not handed in, your child will not be able to take part in the club. More forms can be obtained from the office if needed.

Please note homework club is no longer being run through school. If there are any parents willing and able to volunteer to run this or any other club please contact the school office. Contact information for club leaders can be obtained through the office.

<u>Day</u>	<u>Club</u>	<u>Time</u>	<u>Adult</u>	<u>Total Number</u>	<u>Age Group</u>	<u>Cost</u>
Monday	Piano and Singing (starts 10th Jan)	11:30-3:00pm 30min slot per child	Rick Simonetti		All	All enquiries to Rick Simonetti
Monday	Multi Sports—KS1 (starts 10th Jan)	3:15 - 4:15pm	Premier Sport— Mr Brett	15	KS1 only	No charge
Wednesday	Piano and Singing (starts 12th Jan)	11:30-3:00pm 30min slot per child	Rick Simonetti		All	All enquiries to Rick Simonetti
Wednesday	Guitar (starts 12th Jan)	12:00-3:00pm	Stuart Bligh		Y1+	All enquiries to Stuart Bligh
Thursday	French (starts 13th Jan)	8:00—8:50am	Felicity Poirier	12	All	All enquiries to Felicity Poirier
Thursday	Multi Sports -KS2 **NOW FULL**	3:15 - 4:15pm	Premier Sport— Mr Brett	15	KS2 only	No charge
Thursday	Gingers Dance 'Dance Ready' (starts 20th Jan)	3:30 - 4:30pm	Jade Doig	15	Y1+	All enquiries to Jade Doig
Thursday	Gingers Dance 'Stage Ready' (Starts 20th Jan)	4.40—5.30pm	Jade Doig	15	Y1+	All enquiries to Jade Doig
Friday	Red Butler Music School—Electronic drumming (starts 15th Jan)	9:00am 30min slot per child	RBMS		Y1+	All enquiries to Red Butler Music School
Friday	Choir (Starts 15th Jan)	1.00pm-1.30pm	Miss Lewis		All	No Charge

I would like my child.....
to join the club for Term 3
Signed..... (Parent /Guardian)

I would like my child.....
to join the club for Term 3
Signed..... (Parent /Guardian)

I would like my child.....
to join the club for Term 3
Signed..... (Parent /Guardian)

I would like my child.....
to join the club for Term 3
Signed..... (Parent /Guardian)

I would like my child.....
to join the club for Term 3
Signed..... (Parent /Guardian)

Understanding Children's **Mental Health**

How to identify when your child needs support with their mental health and what you can do

We know that it is sometimes hard to know what to do when your child is experiencing difficulties and to recognise what is normal everyday behaviour for your child as part of growing up or the start of a mental health difficulty.

- Me & My Mind provides a 1-hour workshop on understanding mental health and what mental health difficulties might look like for a child.
- The workshop includes strategies to help Parents and Carers to manage mental health difficulties at home.
- Including resources and activities ideas that you can do at home with your family.

Tuesday 15th February 2022, 4pm to 5pm
[Click here to book](#) or email us

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk
Call: 01273 335585



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

Understanding Sleep:

What is it and how can you support your child?

Sleep plays a central role in our learning, emotional regulation, behaviour, and how we interact with others – all of which might help to explain the vital role that sleep plays in our ability to interact and cope with the world around us.

- Me & My Mind provides a 1-hour workshop on understanding sleep and what may cause sleeping difficulties.
- The workshop includes strategies to help Parents and Carers to promote good sleep habits at home.
- Including resources and activities ideas that you can do at home with your family.

When?

Friday 11th February 2022
1.45 pm to 2.45 pm

Where?

Park Mead Primary School

Please contact the school to book a space

Me & My Mind is a Children's Mental Health service working in your school.

We can be contacted on:

Email: mhst.info@eastsussex.gov.uk
Call: 01273 335585



or scan the QR code for a short film about our team.



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team



We invite you all to take part in the **2022 CHALLENGE**

To kick-start our year of fundraising to support the education of children at East Hoathly, we are pleased to introduce the 2022 challenge! From 2.2.22 we are encouraging our pupils to raise £20.22 in a month! Sponsorship forms are coming home this week.

You can do it individually, as a family or as a group (siblings can raise this amount together if desired). How you do this is up to you!

You could even use the number 22 to inspire you – here are just a few ideas

- 22km sponsored bike ride over half term
- help your family with 22 jobs
- bake and sell 22 cupcakes
- sponsored read of 22 books
- perform a 22 minute sponsored dance routine
- make 22 pieces of art to sell to friends and family
-

Collection day
Wednesday
2 March

Use your imagination! We can't wait to see your creative ideas!

£20.22 is your target but there is no minimum amount, and no maximum should you raise more! There will be a certificate for everyone who takes part.



Parentkind
Member Association

STAGE & DANCE ACADEMY

Ginger's
Academy



DANCE READY

THURSDAY 3.30PM-4.30PM

STAGE READY

THURSDAY 4.30PM-5.30PM

BOOK YOUR PLACE
NOW

Nurture - Discovering every child's way of learning, encouraging them to stand tall, be brave & embrace their unique self.

Inspire - Offering experienced and professional tuition, providing effective training methods & exciting content.

Grow - Developing children's skills within singing, acting and dancing whilst growing confidence & self-belief.

Date: Thursdays in term time

Cost: £45.00 for six sessions (£75.00 for both classes)

Age: 6-11 year olds

Address: East Hoathly Pavilion, BN8 6EG

🌐 Enroll online www.gingersdance.co.uk

☎ or call **07595 363578**

www.gingersdance.co.uk | 07595 363578 | jade@gingersdance.co.uk

📘 @gingersdance | 📷 @gingers_dance

January/February 2022

HALO East Sussex - Information to share with families

Don't forget to hold the 'ctrl' button on your keypad when clicking the links in this newsletter

REAL Project

"Raising Early Achievement in Literacy"



Would you like to support your child's speech and language development at home and receive a free treasure bag of activities?

Please see the flyer for more information about this online workshop that will be on Zoom.

To book a place please contact Angela Russell
arussell@ncb.org.uk
 07432 739032

Parenting What's on

Please see the attached guide for what support is available for parents between January and March 2022 from the Open for Parents Team



Parenting guide
 Countywide Jan to Mar

The booklet contains information about the team, an outline of each course available, the dates they are running and all the details on how to book a place on any of them.

Winter Safety Message

Coats and car seats...

Winter is a tricky time for car seats. As a general rule, bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat. In a car crash fluffy padding in a coat immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.



Here are some top tips to keep your little ones warm and safe on winter car journeys:

- Use a blanket over your child once the straps have been put on and tightened
- Don't forget you can still use hats, mittens and booties to keep little ones warm in the car
- If your child is in a carrier type car seat, consider storing this in the house when not in use. This will reduce body heat loss when a child sits in it as it will already be at room temperature.
- Dress your child in thin, non-bulky layers that won't interfere with strap safety.

Oral Health – 50 things to do before you are 5 idea!

#15 Dressing up capturing children's imagination with everyday dress up play.



Use clothes or objects to pretend to be someone else like a dentist to support your child's knowledge of oral health and to have discussions about how to look after your teeth.

Try borrowing these books from the library and sharing them with your child;

- Why Should I Brush My Teeth? By Usborne Books
- Tusk Trouble by Jane Clarke
- Open Wide, What's Inside by Alex Rushworth

For a list of other great stories and books see the British Dental Associations recommended reading list here: [Oral Health Books](#)

Physical Activity Ideas



We all know how exhausting it can be keeping up with children, did you know they actually need 3 hours of physical activity every day. Not only do they need lots of movement but they also need variety.

Why not check out this list of 49 fun activities that you can do at home to help your children to move more and develop lots of different skills – most are no cost activities.

[Active for Life - ideas for 2-4yr olds](#)

Recipe Idea!

Guidelines for under 5's suggest that children should be eating a portion of 'oily fish' once every 3 weeks, however, recent research from the National Diet and Nutrition Survey found that average consumption is well below the recommended amounts (even for adults).



What do we mean by 'oily fish'? Basically, it means fish that are particularly high in omega 3 fatty acids, so salmon, mackerel and sardines.

However, we all know that getting children to eat, or even try, oily fish can be a challenge. Why not try one of these tips and recipes if you have a reluctant fish eater in the house (these tips work for older children and adults too)

- **Samies** – try using canned salmon or mackerel instead of tuna [Smoked Mackerel Sandwiches - Happy Healthy Kids](#)
- **Fishcakes** – you can introduce strong fish flavours really well in fish cakes (and these are also a great way of adding extra hidden veg) [Pea & salmon fishcake recipe | Jamie Oliver recipes](#)
- **Dips** – try making this yummy dip (with either salmon or mackerel) and dipping veg sticks, breadsticks or crackers in it. [Super Salmon Dip - PhunkyFoods](#)
- **Pizza Toppings** – why not add sardines to your pizza. Super easy way of getting that oily fish into your diet. [Best Homemade Sardine Pizza](#)