

# East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



# NEWSLETTER



ISSUE 8 FRIDAY 20TH JANUARY 2023

Dear East Hoathly Families,

Thank you for a wonderful beginning to Term 3; hopefully all the children have been enjoying learning their new topics. Squirrels class have been busy learning about 'The Great Fire of London', sequencing the events of the fire, writing recounts and using their geographical skills to identify the compass directions of locations in London. Hedgehogs have been busy learning about their topic 'Off we go', spending their Friday afternoon on the playground using a variety of transport - bikes, scooters and trikes.

In Key stage 2, Owls class have been learning about 'The Shang Dynasty' of Ancient China; they have been focusing on particular landmarks in China and using this information to write their own trip itinerary. Foxes have also had a busy start of Term 3 learning about 'Roald Dahl' and enjoying their visit to forest school this week.

Nursery have been enjoying the frosty weather we have had, playing and exploring in the ice! Well done to all the children and families for a lovely term so far, we look forward to the great events to come in the next three weeks!

Have a wonderful weekend,  
Miss Williams



If you need the newsletter, or any other school letter, to be in a different format, please speak with Mrs Mackmin in the school office.

If you need help or support with access to any information, please also contact Mrs Mackmin.

## Menu Change

From Monday 23rd January Chartwells will no longer be able to offer tuna as a option for jacket potatoes, or wraps when they return. This is unfortunately due to a rise in cost for this item.

## Key Dates

### Jan 2023

27/1 - Squirrels Trip to Anne of Cleves House

### Feb 2023

8/2 - Safer Internet Day

9/2—FGB Meeting 5-7pm

10/2—Last day of Term 3

20/2—Term 4 starts

## Upcoming Forest School Dates

Wednesday 25th January - Owls Class

Wednesday 1st February - Nursery

Owls - Please come into school in Forest School kit and bring in school uniform to change into.

Nursery - Please bring in Forest School kit to change into.



## Strike Action

You are probably aware that on Wednesday 1st February the NEU will be taking the first day of Industrial Action as part of their national campaign to increase pay for teachers.

At present East Hoathly Primary School & Nursery will continue to be open as normal on 1st February.

## Sporting Achievements

Congratulations to Sam in Year 6 for representing East Hoathly in the British Schools Gymnastics Association, Trampoline Championships. Sam competed with all the qualifiers from the southern zones to qualify for the National finals and won! Sam will now represent our school in Northampton for the National Finals in March.

This is an absolutely fantastic achievement well done Sam!



## Coffee Afternoon

There will be a parents coffee afternoon at Park Mead on Tuesday 24th January from 2.00-3.00pm.

There will be a short presentation from East Sussex Behaviour and Attendance Service (ESBAS) on school attendance, behaviour and anxiety followed by a Q&A Session. Parents from all Pioneer schools are welcome.

If the carpark is full please use the Bedes carpark and let their office know you are visiting Park Mead.



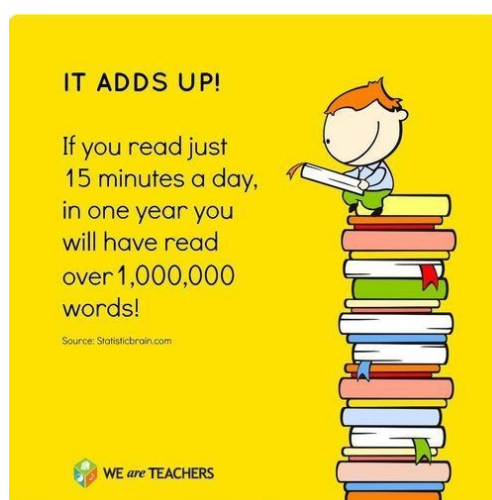
## Reading at Home

Reading is a vital skill for life. It not only supports knowledge and experiences but also allows us to increase our confidence and understanding in many aspects of our lives. Helping children to make progress in reading is most successful when it is done in partnership between home and school.

We ask that children read at home 3 times across the week and should then be recorded in children's reading books.

Each week, classes will be adding up their reads at home and these will be celebrated in celebration assembly on a Friday. The class with the most combined reads will received a Mystery Read Reward—this might be a 'mystery reader to read their end of day story or a new class reading book;

**This weeks reading at home winners are Squirrels  
Well Done!**





## School Meals Price Increase

With UK food price rises soaring to a record rate in December, within East Sussex this is affecting the school meals contract to a point of operations being untenable without a further in year meal price increase.

Within the East Sussex contract, on average food prices have risen by a further 7.5% since September alone.

Therefore, from Monday 30<sup>th</sup> January 2023 the meal prices will be as follows:

**Primary: £2.60**

This will be protected until September 1<sup>st</sup> 2023.

## Active Mile

This year so far in the Active Mile East Hoathly have run a total of:

**366.2 miles**

**WELL  
DONE**





### Updates from Malawi this week via Whatsapp:

Good morning East Hoathly,

We are now winding up the third week since we opened the term of thirteen weeks.

The graph for attendance in classes has short bars.

This is due to the following reasons;

- 1: Most learners are taken to the gardens to assist parents in order to curb hunger in the households.
- 2: The geographical settings also play a role in the absentia of learners. Most learners come from distances of 2-3 kilometres to reach the school. So in the midst of rains, they stay home.
- 3: Some have no school uniforms, so when their guardians fail to purchase one for them, they are sent back from school
- 4: Others are not reporting for classes due to lack of scholastics especially exercise books.



These are some of very young schoolgirls who were made absent by guardians to help them draw water from the school's borehole while their friends were in class

03:39

We will be having a visit from Chris Knott on Friday 10th February - He will be sharing some further information, helping our learning about water.





## News from Nursery



In Nursery this week, we were exploring ice and we did a science experiment to see how it melts. We had lots of fun hearing how the ice sounds under our feet.



We also created our own 'thank you' cards and thought about people in our lives that we would like to thank for different things.





# News from Hedgehogs



This week the children in Hedgehog class have had a wheel week! We have created our own buses using junk modelling, thinking about the different techniques we need to join the pieces together. We also have explored transport from the past and present, building on our knowledge of explaining and describing similarities and differences.

We brought our own bikes and scooters in on Friday to explore movement and travelling. We practiced avoiding objects (and each other!) as well as how to be safe on our bikes.





## Squirrels - Wednesday 11th January

Squirrels are thinking about the 'Great Fire of London' as their learning journey this term, so today they had a go at fire lighting. They watched as some sparks made a fire and observed it spread quickly as it did in London in 1666. They talked about fire safety and what a fire needs to burn; fuel, spark, air.

They discussed the materials and their properties that the houses were built with, how they were so close together and how this led to the spread of the fire. They watched as we used some water to extinguish the fire completely at the end.

After their great fire the Squirrels set off for the woods in the sunshine.

Once in the woods, the children each found two sticks to tap out a rhythm song with. Then they learned how to identify different animals from their footprints by counting their toes. Badgers - 5, foxes -4, deer- 2.

They used flour, sieves and stencils to create their own animal foot prints on the woodland floor. The class listened to the story of 'The Gruffalo's Child' and talked about different animal houses, in trees, in holes underground and under logs and the tracks that the animals made in the story.

Then there was time to explore and play in the woodland. Some children took some small wooden items to create a lovely fairy village with.

Some children moved leaves and created the image of a hedgehog on the ground, with large sticks to represent the spikes on the hedgehogs back.

Some of the class discovered some plants sprouting under the leaves on the woodland floor and talked about what they might be and how they will grow. We will be back to look next time.

Lots of the class worked to develop the den of sticks they had started last session and they had a go at digging out an old root from the forest floor, showing great perseverance and problem solving. They built the den into a 'stick mansion' this week!

The Impact of Forest School for the children is the knowledge the children have gained from the Forest School experience.

The impact can be seen through the skills, tools used, art and craft activities, observations and knowledge of the fruit, plants trees in relation to the seasons and the skills involved in learning how to play Forest School games.



The Squirrels class ended their session by talking about what they had enjoyed about their session.

*" fire lighting, sparks, the game, The Fire of London, making a fairy house, nature, sunshine, the animal prints, bluebells, all of it!"*

At the end of the session the class played the '1,2,3, change tree' game, running and dodging each other to find another tree. There was lots of agility, critical thinking and enjoyment seen - Well Done Squirrels.

A huge thank you to the parent volunteers who came and supported the children so brilliantly and got involved in all of their play, especially the game of 1,2,3, change tree- it looked like the adults thoroughly enjoyed themselves. We can't wait until next time!



Bella, Koko, Charlie, Chloe and Riley building a mini village.



Dylan with his hedgehog art.



Henry and Reuben balancing on a log!



# Values Certificates

This week:

Hedgehogs Class - Madeleine

Squirrels Class - Riley

Fox Class - Oliver L

Owl Class - Samuel

Next Week (Friday 27th January):

Hedgehogs Class - Indie

Squirrels Class - Daisy

Fox Class - Jemima

Owl Class - Beatrice



Friday 3rd February:

Hedgehogs Class—Hugo

Squirrels Class— Chloe

Fox Class— Annabelle

Owl Class— Caiden

Headteachers Awards

Ezra

Daisy

Oscar

Stanley

Golden Broom

SQUIRRELS CLASS



WELL DONE!

## Dates for your Diary 2022/2023

### Feb 2022

- 8/2—Safer Internet Day
- 9/2—FGB Meeting 5-7pm
- 10/2—Last day of Term 3
- 20/2—Term 4 starts

### March 2022

- 2/3—World Book Day
- 7/3—Parent Consultations
- 9/3—Parent Consultations
- 12/3—17/3—Book Fair
- 27/3—FGB Meeting
- 31/3—Easter Service/ Last day of Term 4

### April 2022

- 17/4—Term 5 starts

### May 2022

- 1/5—May Bank Holiday
- 8/5—Coronation Bank Holiday
- 9/5—SATs week
- 16/5—FGB Meeting
- 21/5—Family Fun Run
- 22/5—24/5—Y5/6 Residential
- 26/5—Sports Day and Picnic / Last day of Term 5

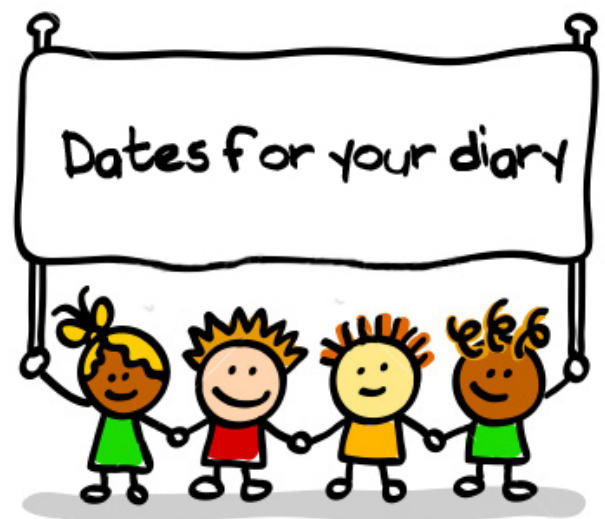
### Jun 2022

- 5/6—INSET
- 6/6—Term 6 starts

### Jul 2022

- 11/7—Summer Production Dress Rehearsal
- 12/7—FGB Meeting
- 13/7—Summer Production Performance 1.30pm & 6pm
- 14/7—Reports out to parents

- 17/7—Parent Consultation for Reports
- 20/7—Leavers Service/Last day of Term 6
- 21/7—INSET



# East Hoathly Family Fun Run

Sunday 21st May

Whilst we are still desperately hoping to go forward with this event, unfortunately we won't be able to do it unless we have volunteers for marshalling on the day (other jobs available too!). If you can help please get in touch with the School office or anyone on the FPTA asap so we can confirm the event - it will be such a shame if we have to cancel.

It's a really lovely community event, raising money for sporting and play equipment for the School - we are hoping lots of the children and parents will want to take part in the 1km, 5km or 10km too.

Some jobs are just for an hour or two, and the whole event will be over by lunchtime. All volunteers get a free bacon sandwich and a drink!

If any businesses are able to help with sponsorship or a raffle prize we would love to hear from you too!

Thank you,

The FPTA





# Digital Wellbeing at School

Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



## Supporting Digital Wellbeing

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:



- 1 Effective time away from devices
- 2 Healthy and appropriate expression online
- 3 Positive influences and interactions
- 4 Critical thinking around information and online harm



## Poor Digital Wellbeing

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

- 1 An over-reliance on technology
- 2 Exposure to abuse or online harm
- 3 Poor online/ offline balance
- 4 Negative influences or social interaction



## What Can Schools Do?

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

- 1 Encourage appropriate breaks away from devices
- 2 Create safe spaces for individuals to talk through concerns
- 3 Encourage the use of parental controls and filtering options for apps where necessary
- 4 Appropriate offline activities in school
- 5 Have staff maintain a good understanding of trends and popular apps
- 6 Develop a school community approach towards online critical thinking
- 7 Explain what harmful online content is and ways it can present itself
- 8 Making the community aware of online reporting routes



To find out more about Digital Wellbeing visit the SWGfL hub:  
[swgfl.org.uk/topics/digital-wellbeing/](http://swgfl.org.uk/topics/digital-wellbeing/)

or scan the QR code



## Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](http://saferinternet.org.uk/professionals-online-safety-helpline)

Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](http://swgfl.org.uk/harmful-sexual-behaviour-support-service/)

Report Harmful Content:  
[reportharmfulcontent.com](http://reportharmfulcontent.com)





# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18  
CENSORED

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS  
National Online Safety  
#WakeUpWednesday





# 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](mailto:sleahy@pioneerfederation.co.uk)

### DATES FOR YOUR DIARY

- 11/10/22 - Park Mead - 2 to 3pm - Understanding anxiety
- 15/11/22 - Park Mead - 2 to 3pm - East Sussex School Health
- 17/11/22 - St Mary's - 9.05 to 10.05 - The Thrive Approach
- 1/12/22 - East Hoathly - 9.15 to 10.15 - The Thrive Approach
- 12/1/23 - St Marys - 9.05 to 10.05am - Open for Parents (Triple P)
- 24/1/23 - Park Mead - 2 to 3pm - Education Support, Behaviour and Attendance Service (ESBAS)
- 3/3/23 - Chiddingly - 2.15 to 3.15
- 21/3/23 - Park Mead - 9.15 to 10.15 - Education Support, Behaviour and Attendance Service (ESBAS)
- 25/4/23 - St Marys - 2 to 3pm - Open for Parents (Triple P)
- 16/5/23 - Park Mead - 9.15 to 10.15 - Adult Mental Health Week
- 15/6/23 - St Marys - 9.05 to 10.05am - Open for Parents (Triple P)
- 4/7/23 - Park Mead - 9.15 to 10.15 - Enjoying the summer holidays