

East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



NEWSLETTER



ISSUE 15 FRIDAY 26TH MAY 2023



East Hoathly Families,

Wow what a very busy Term 5 we have had at East Hoathly!

Owls and Squirrels have worked incredibly hard this term in their end of key stage SATS and we are all so proud of how they tackled these this term.

Nursery have been enjoying lots of sports and races on the big field and Foxes have been creating some fantastic Greek art.

Hedgehogs have eagerly been watching their caterpillars grow and we can't wait to see what they have turned into when we return.

The FPTA hosted a fantastic quiz and fun run which have raised some well-earned funds for the school and brought the community together for an evening of taxing questions and a morning of fun in the sun!

We hope you all enjoyed sports morning today and wish you a very happy half term! Don't forget Monday 5th June is an INSET day so we will see you all on Tuesday 6th June.

Mrs Whyte



Achievement For All, Learning Together, Learning For Life

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.

FPTA Upcoming

Events



23 June: Farmers Market

Key Dates

Jun 2023

5/6—INSET

6/6—Term 6 starts

23/6—Farmers Market

Class Photos

A reminder that the deadline to order class photos for free delivery back to school is Monday 29th May.



Letters Sent Home

This Week

Squirrels - Famous Faces Dress Up Day

Foxes - Hands on History [Click here for Google Form](#)

All - Class Photos Reminder

Please contact the School Office if you would like another copy of any letters.



Upcoming Forest School Dates

Wednesday 7th June - Nursery

Wednesday 14th June - Squirrels

Wednesday 21st June- Foxes

Wednesday 28th June - Owls

Wednesday 5th July - Hedgehogs



**NOW
HIRING!**

The Pioneer Federation are currently looking for a dedicated Caretaker to keep our East Hoathly site looking its best.

Whilst we are recruiting for this role we are looking for someone who may be able to help us in the interim.
For further details please contact 01825 840247 or easthoathlyoffice@pioneerfederation.co.uk

<https://pioneerfederation.co.uk/vacancies>

Allergy Reminder

Please can we remind all families, including our nursery families that we have children with severe allergies so therefore nuts and kiwi products should not be included in packed lunches.



Ground Force Day

We had a fantastic whole school ground force event, with all classes helping to look after our school. A special thanks to Mrs Fawls and Mrs Smith for volunteering for the afternoon to help us!



East Hoathly Fun Run

On Sunday The FPTA held their Family Fun Run, the sun shone and we had a fantastic turn out of runners. It was amazing to see so many of you there and a big thank you to Jacs, Anna, Emma and the FPTA for all their hard work with making this event such a success!

The event has raised nearly £3,000! If you know of anyone who may be able to help us with match funding this amount please get in touch!



Choir

Pupils from our school choir were invited to sing in a local fundraiser this month. The event raised funds for St James and St Peter's Hospice and was held in East Hoathly church. The choir and many others performed across the afternoon and evening, together raising over £5500! A big well done to those who came and performed.



NEWS FROM...



This week we heard Mikute received our USB stick, with instructions for how to play foursquare. They are hopefully going to learn how to play and let us know how much they enjoy it. Mrs Whythe has been Whatsapping Mr Buck Way from Mikute.



Mr Buck Way - Good afternoon ladies and gentlemen

We are very glad to receive a flash drive (memory stick), balls, pump, letter and instructions for the game.

When I handed over the materials to the headteacher, Harry was very thankful for the presents to Mikute.

This has been a great surprise and he bid me say to the administration of East Hoathly a big thank you.

I hope each we are all well.

Once more, Mikute is filled with joy after being told by Chris that You (East Hoathly) have donated money to Mikute for the water project as one of the major areas of our lessons this year. This will be really helpful since our tap water from the water board supply was disconnected last month for unsettled bills.

East Hoathly

We are so glad you are pleased. It was the children who came up with the fundraising ideas and to send the video after we saw your fantastic one a while ago. We hope you enjoy playing foursquare and hope the water project continues. We are in our last few days before our May holiday, which starts on Monday.

Tomorrow (Friday) is our sports day, where each child takes part in lots of fun races and families join together for a big picnic.

Our Year 5/6 pupils have just arrived home from their post SATS camp and activity holiday and our younger children have been enjoying forest school this week.

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. Attendance for this week is:

Whole school: **91.4%**

Year: **94.7%**

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold

Hedgehogs: **87.6%** Squirrels: **92.9%**

Foxes: **92.0%** Owls: **91.2%**

Well done, Squirrels Class!



Owls Class



This week Owls Class have been on their residential trip to Walton Firs Activity Centre. A full write up of all the exciting things they got up to will be in our next newsletter!





News from Nursery



This week in Nursery we have been busy clearing and planting in our growing area. We have loved finding the bugs that have come up! We have all helped make bee's for World Bee Day and learned some interesting facts about bumblebees. We found out that they have 5 eyes, two big eyes and 3 small eyes, they are covered in hair, not fur and smell with their antenna! We have also been making faces in our exploration area, where we used different materials to create different emotions. Then we learnt about the story of Noah's Ark and had lots of fun cutting out the animals and matching them in 2's to stick on our very own ark!





Squirrels Class



For Mental Health Week Squirrel Class learnt about what anxiety is and how it might affect us. Next, we looked at things that can help us to feel calmer when we might be feeling worried. Finally, we talked about who we might confide in when we are feeling anxious about anything and need to talk.

May 15th-21st is Mental Health Awareness WEEK

What makes you feel calm? Have a think and talk to your friends. Draw an idea into each thought bubble- you can draw a happy, smiley picture of you too!

having a dream building

playing with my dog

me!

have a drink outside!

What is anxiety?
anxiety is feeling worried.

May 15th-21st is Mental Health Awareness WEEK

What makes you feel calm? Have a think and talk to your friends. Draw an idea into each thought bubble- you can draw a happy, smiley picture of you too!

Reading a book

Stroking my bunny

Going to the park

I Like doing these three things



On Wednesday afternoon, Squirrel Class made apple crumble! For D.T this term, they have planned what ingredients they would need, designed their own packaging using persuasive language and learnt about food safety in the kitchen. The children worked really well as a team to produce some scrumptious puddings ready to enjoy at home.



Community Garden Visit

On Monday the 22nd of May, a volunteer from the Community Garden came to visit. James told us lots of fascinating information about plants. We learnt about the herbs we could grow in our gardens, including parsley and basil which we got to taste! Also, we learnt about spider plants which produce little plantlets which are referred to as spiderettes. They got this name as they hang from the plant like a spider on a web. After the discussion, we got to plant a spiderette ready to take home.





Owls Forest School - Wednesday 17th May 2023

The bluebells are growing in the woodland, so to preserve these amazing plants, the Owls had their session on the field this week.

We spent the first part talking about risk assessments and the things the children can do to make sure they are safe when learning about fire. The Owls stacked wood from thick to thin, to lay a fire. Then the class used fire strikers to ignite cotton wool from a spark. It took a lot of perseverance and persistence to use the fire striker- "...it is not as easy as it looks...". It was great to see how the children were supporting and encouraging of each other, sharing tips, working together and taking turns really well. They are developing skills of patience, resilience, focus, perseverance and encouragement. So many of the children were successful at independently starting a fire by the end of the session.

Once the fire was going the class went and picked dandelions. The Owls made sure they were free from dirt and bugs and then pulled the petals to add to some pancake mixture. Then using the great fire they had made, the pancakes were cooked over it in a frying pan. Lots of the children tried them. It is good to see them experimenting with trying new, unfamiliar foraged foods. The class were very enthusiastic about cooking and want to try more during their next forest school session.

This week the Owls had a go at 'leaf wapping', or leaf printing. They chose some leaves and flowers from around the site and arranged them on half a piece of fabric. The fabric is then folded over and then hammered to tap the plants and printing the leaf shapes onto the fabric in a symmetrical pattern.

Some children used secateurs to cut willow from the dome, strip it of its leaves and cut it into lengths. They then placed this in a metal tin, which went on the fire to make charcoal. Lots of the class explored and played independently, making dens and swings with tarpaulins, rope and found pieces of wood.

A huge thank you to the parent volunteers who came and supported the children so brilliantly and got involved in all of their activities.







Hedgehogs Thursday 24th May

Hedgehogs set off for the woods together on a beautiful bright morning. On the walk to the woods the children spoke about what plants they had observed, such as buttercups and blue coloured speedwell. They compared the heights of the stinging nettles, bracken and cow parsley as they passed by. We talked about the importance of not picking any plants that we are unfamiliar with and the reasons why;

"The bees need them for nectar"

"We mustn't stop the plants growing, they help us to breathe"

"Things might prickle or sting us"

This week the children had a go at 'leaf wapping'; printing with leaves and flowers. They collected different leaves and flowers in the woodland and learned to identify them by their shapes. They found buttercups, speedwell and bluebells. They took hammers and fabric and folded the flowers into the fabric and hit the sap and juice out of them with hammers, creating symmetrical patterns on the fabric.

The class all found 2 sticks, tapped out patterns and sang a song together. We played a game of '1,2,3 change tree' where the children had to run to find a new tree to be safe at before the end of a countdown. There was lots of time for independent play this week, with the children balancing on the slack line, swinging on the hammock, digging in the mud, creating mud mixtures and paint and exploring the woodland in spring.

At the end of the session the class managed to pass 2 'woodland whispers' all the way along the line of them, listening brilliantly to each other. They also shared some of the things they had enjoyed about their session. Well done Hedgehogs, it was great to see the children engaging so well with developing their physical risk and challenge when exploring the woodland. A huge thank you to the parent volunteers who came and supported the children so brilliantly and got involved in all of their play.





Forest School



Values Certificates

Friday 9th June:

Hedgehogs Class - Alexander

Squirrels Class - Corey

Fox Class - Mary

Owl Class - Ned

Friday 16th June:

Hedgehogs Class - Madeleine

Squirrels Class - Luke

Fox Class - Carmella

Owl Class - Aaron



Headteachers Awards

Max

Annabelle

Sophie T

Freya

Golden Broom

Foxes Class



WELL DONE!

Dates for your Diary 2022/2023

May 2023

26/5—Sports Day and Picnic / Last day of Term 5

Jun 2023

5/6—INSET

6/6—Term 6 starts

23/6—Farmers Market

Jul 2023

11/7—Summer Production Dress

Rehearsal

12/7—FGB Meeting

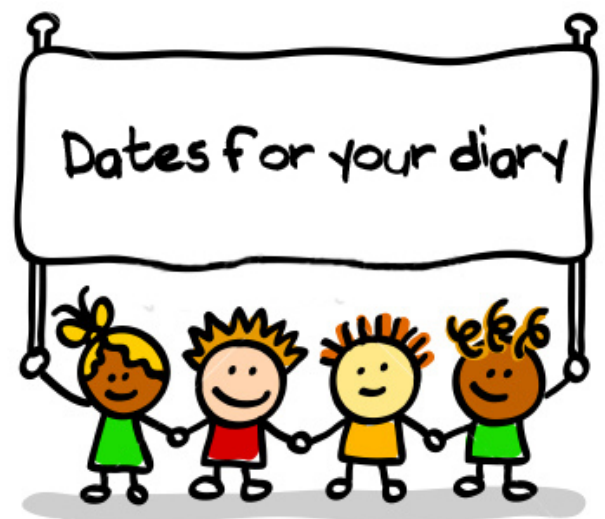
13/7—Summer Production Performance
1.30pm & 6pm

14/7—Reports out to parents

17/7—Parent Consultation for Reports

20/7—Leavers Service/Last day of Term 6

21/7—INSET





PIONEER
FEDERATION

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



Introduction to our new Parent carer Practitioner Vickie Pelling who works with Park Mead

Would you like to know how to help your child more with their fears & worries? or maybe you'd like help with something else like getting them to go to sleep or to go to school?

Vickie one of the parenting practitioner's from the 'Me & My Mind Team' would like to set up some sessions at the school to help parents & carers with supporting their child's emotional wellbeing, but first would like to know what would be most valuable for you and your child just now".

Please click this [link](#) to complete a short survey.

Vickie Pelling Parent & Carer Practitioner for Park Mead Primary, Mental Health Support Teams

Updated dates for Spring and Summer 2023:

3/3/23 'The Thrive Approach and Zones of Regulation' 2-3pm at Chiddingly School

25/4/23 Topic to be confirmed - let Mrs Leahy know of any requests 2-3pm at St Marys

16/5/23 'Supporting Adult Mental Health in Adult Mental Health Week' 2-3pm at Park Mead

4/7/23 'Transitions - between classes and between schools' 2-3pm at Park Mead

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Club Flyer

Type of Club:

After School Club

Activity:

Golf

Where:

East Hoathly Primary School

Date:

Monday

Monday 12th June - Monday 10th July 2023
(5 Sessions)

Time:

15:15-16:15

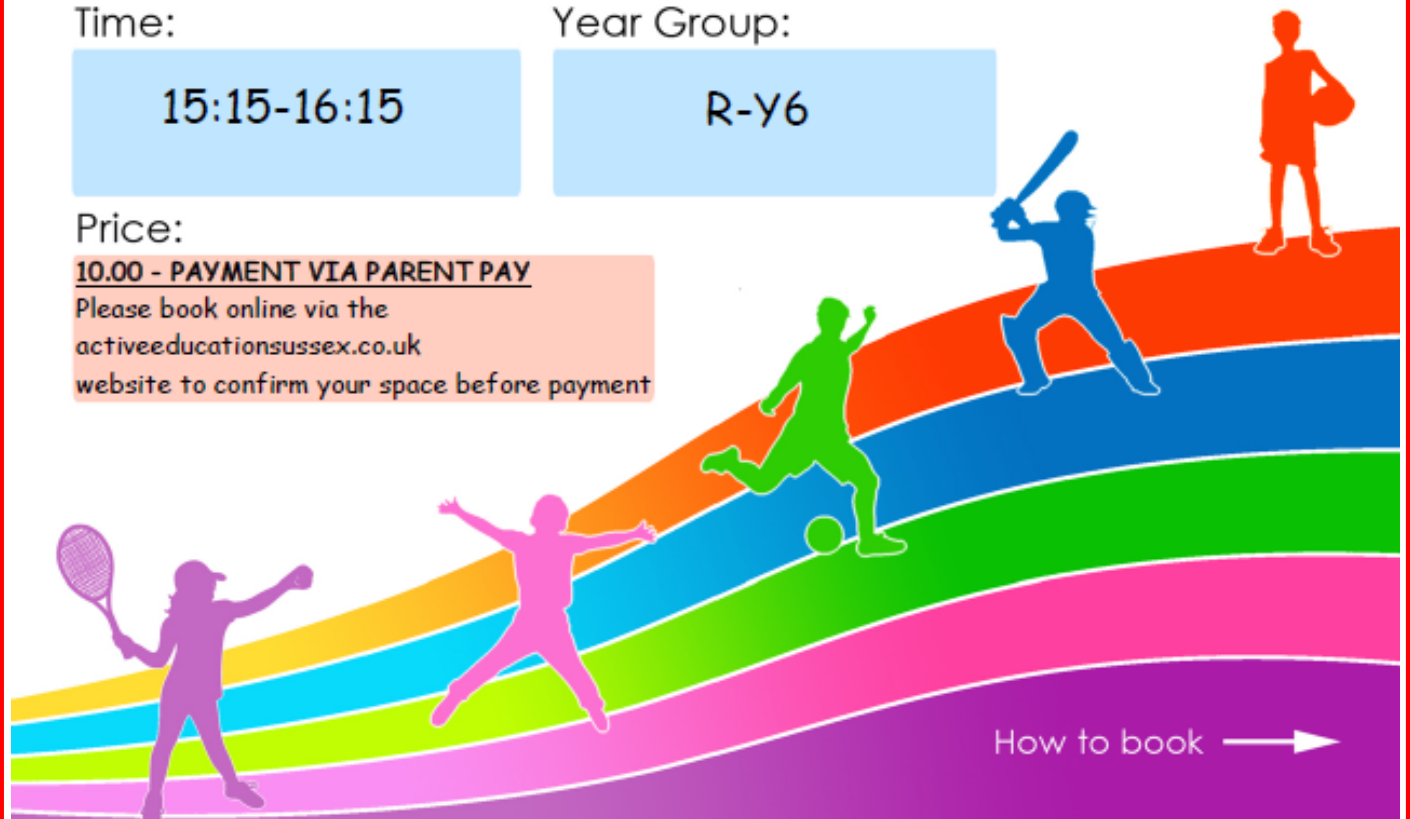
Year Group:

R-Y6

Price:

10.00 - PAYMENT VIA PARENT PAY

Please book online via the
activeeducationsussex.co.uk
website to confirm your space before payment





Club Flyer

Type of Club:

After School Club

Activity:

Rounders

Where:

East Hoathly Primary School

Date:

Thursday

Thursday 8th June - Thursday 13th July 2023
(6 Sessions)

Time:

15:15-16:15

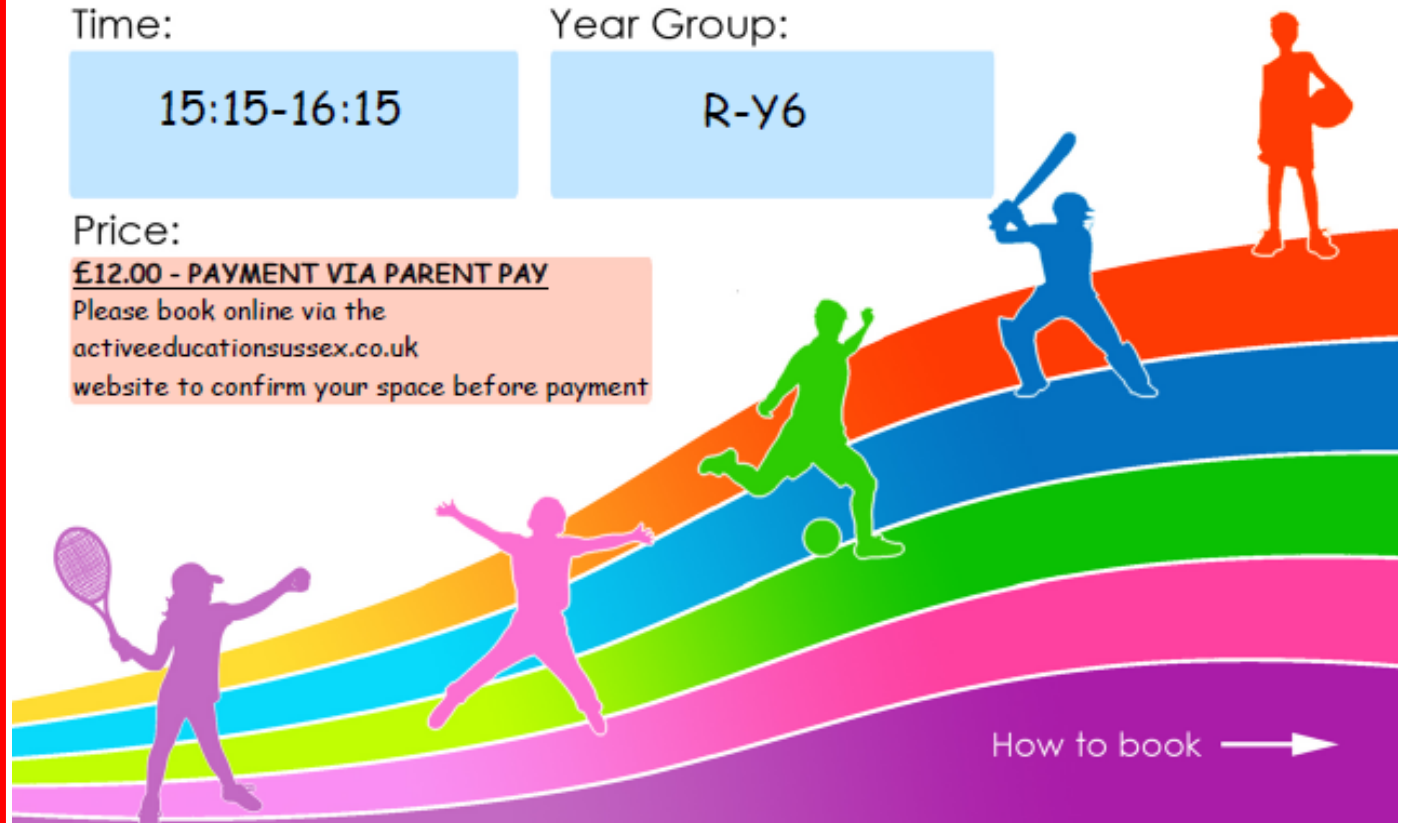
Year Group:

R-Y6

Price:

£12.00 - PAYMENT VIA PARENT PAY

Please book online via the
activeeducationsussex.co.uk
website to confirm your space before payment



How to book →

Half term at Planet Golf.....

HALF TERM FUN!

27th May
Selfie Saturday
Competition

28th May
10am
SEN Session

28/29th May
Astronauts have
landed

30th May
Kids VS Adults
Tournament

31st May
Aliens have
escaped

1st June
Dress up day!
Free glow
necklaces

2nd - 3rd June NEW:
Interplanetary adventure



Join us for an out of this world
crazy golf experiience!

We have SO
much going on
this half term!!

Use code **SCH10** to get 10% off your
half term visit at Planet Golf *

2nd game free
with every game purchased

T&Cs apply **

- cannot be used in conjunction with other offers
- ** Free round to be played on same day as purchased round



planetgolf.uk

East Hoathly Farmers Market

23 JUNE, 3.30-5.30
SCHOOL PLAYGROUND



OPEN TO ALL

COME AND SUPPORT
LOCAL PRODUCE MAKERS
SMALL BUSINESSES
AND YOUR LOCAL SCHOOL

