

# East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



# NEWSLETTER



ISSUE 16 FRIDAY 16TH JUNE 2023

East Hoathly families,

We have had a fantastic start to the term. Hedgehogs have been taking part in lots of exciting activities with their new topic 'Splash'. Squirrels enjoyed a dress up day for their new topic 'Famous Faces'. Foxes have enjoyed a 'Hands on History day' with our friends at Park Mead. Owls Class have returned from their fantastic residential trip and have a bumper busy term in store with visits to Berwick Solar Farm and Bedes next week! They are also embarking on lots of different activities for their new topic 'Inside Out'.

We hope everyone has a fabulous weekend in the beautiful weather we are having! Can we please remind everyone next week to ensure children come into school with sun hats, water bottles and apply sun cream before coming into school.

Kind regards,

Mrs Mackmin



*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

### June 2023

**19/6** - Y6 Diocese of Chichester Leavers Service

**20/6** - Owls Class Solar Farm trip

**21/6** - KS2 Make A Difference Day at Bedes

**23/6**—Farmers Market

## PE Days

Hedgehogs - Monday and Thursday

Squirrels - Mon and alternate  
Thursdays

Foxes—Friday

Owls—Monday and alternate  
Thursdays



## Letters Sent Home

### This Week

**Squirrels** - Science Observatory trip

**Foxes & Owls:** Bedes Make A Difference Day

**Owls:** Year 6 Diocese of Chichester Leavers Service

**Owls:** Solar Farm Trip

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**— Hedgehogs

**Wednesday 28th June** - Owls

**Wednesday 5th July** - Foxes

## Summer Performances & Celebrations

This year the main summer production will be performed by Foxes and Owls classes in the church on Thursday 13th July at 1.30pm and 6pm.

Hedgehogs will be performing an end of year celebration in celebration assembly on Friday 30th June and Squirrels will be performing a class celebration in celebration assembly on Friday 7th July - parents are welcome to attend these celebrations.

In Nursery the children moving onto school will be having their leavers celebration and performance on Wednesday 19th July at 1.30pm in the nursery garden.

The Year 6 leavers service will be Thursday 20th July at 9.30am in the church.

## Online 'Supporting Your Child with Anxiety & Worry- Online Workshop' - Wednesday 12<sup>th</sup> July from 6-7.30pm

The Me & My Mind Team are running a free 90-minute online 'Supporting Your Child with Anxiety & Worry' workshop. This is for any parent or carer who would like to know more about supporting their child with anxiety and worry. The session will include understanding what anxiety and worry is, how to identify when your child needs support with anxiety, and practical things you and your child can do at home to help. For more information and to book go to [Supporting Your Child with Anxiety & Worry - Ticket Tailor](#). Places are limited. Please book early to avoid disappointment!

## King's Academy Ringmer

### Open Evening/Morning Dates 2023/24

Please find below Kings Academy open evening and morning dates for our current Year 5 parents for the intake year 2024/25.

Open Evening - Wednesday 20th September 2023. Open Mornings - Monday 25th September - Tuesday 3rd October 2023.

Please note that all events will need to be booked via their online booking service which they will advertise on their website this summer. <https://www.kgaringmer.uk/>

## 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: **95.5%**

Year: **94.7%**

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold

Hedgehogs: **94.2%** Squirrels: **95.9%**

Foxes: **95.8%** Owls: **95.6%**

Well done, Squirrels Class!



## Staff News

We have a couple of staffing updates we would like to share with you:

- We are delighted to announce that Miss Caddick is expecting a baby in the Autumn. A huge congratulations to Miss Caddick and her family!
- We are super excited that Miss Williams is getting married over the summer holidays. She will be returning to teach Squirrels Class and also her role as Senior Teacher in September as Mrs Tucker!

**CONGRATULATIONS!**

# Farmers Market

## 23 June 3.30-5.30

Please join us on the school playground and field 3.30-5.30.  
We have loads of amazing stalls including:



Miall's cocktail sorbet  
<https://www.mialls.co.uk>

Generation 11 Gin  
<https://generationdistillers.co.uk>

Downsview Farm Dairy and ice creams  
<https://www.downsviewfarm.co.uk>

Home Farm Bakery

Only with Love Brewery  
<https://onlywithlove.co>

Sussex Honey

Pick'n'Mix Cocktails  
<https://picknmixcocktails.co.uk>

Resident Pheasant Chocolate  
<https://residentpheasant.co.uk>

The Cow Shed Blackboys  
<https://www.thecowshedblackboys.co.uk>

Judy Myles' Jams

The Hedgewitch Foraged Fine Foods  
<http://hedgewitch.me>

Craft-Fi Creations personalised items  
<https://m.facebook.com/craftficreations>

Misty Acres Flowers

Snowball Bakes

Rose Tinted Vinyl personalised stainless steel bottles

FPTA Cake stall,  
Tea & Coffee  
and Pimms Bar

Face Painting

Bumper Hamper Raffle  
with products and  
vouchers donated  
by stallholders

Ox Burger Van

Al Fresco Fish & Chips

Ice Cream





## News from Nursery



This week in Nursery, the children were delighted to see Miss Stubbs and meet baby Zara! We have been having lots of fun in the garden with the paddling pool and other water play. We have been talking lots about wearing our sun hats and the ways we can stay safe in the garden when the weather is so warm! We have also been making origami boats, where they all followed the instructions with support to make their own and then sailed them on the water.



## News from Hedgehogs Class



Over the past two weeks, Hedgehog's have dived feet first into their water themed topic! In music, we have been listening to different types of ocean themed songs and found different sea themed ways to move to the beat. We particularly loved 'Herring Song' by Eliza Carthy, where we came together and skipped and jumped to the tune!



In our follow up lesson, we explored different types of instruments and experimented with different dynamics. We then worked in small groups to create our own pieces of music to represent the story of 'The Snail and the Whale'.



This week in Art we have experimented with printing. We investigated the illustrations in the book 'Seahorse' by John Lawrence. We used printing tiles to draw our design on, then painted onto them and pressed them onto cartridge paper!





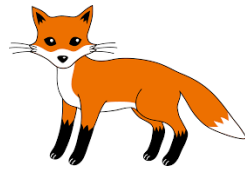
## News from Squirrels Class



Chartwells visited us again to teach us about food waste. We learnt about how much food is thrown away. Eating just one more piece of food from your plate, putting food scraps on the compost heap and growing your own vegetables from cuttings are some ways we can help. At the end of the session, we learnt how to make some banana milkshake and got to try some!



# News from Foxes Class



On Thursday 8<sup>th</sup> June 2023, to further enhance our learning of Ancient Greece, Foxes Class joined the children at Park Mead School to take part in a carousel of activities. To start the day, we began our day by exploring the timeline of our history. The children were able to see where Ancient Greece fitted into our timeline. They then had the opportunity to examine artefacts from Ancient Greece, took part in a battle, handling armour, and creating masks from Greek theatre. Mrs Fry was also dressed up as a Greek soldier!



# News from Owls Class



Owls had the best time on their residential before the half term holidays. We did a range of activities, which all of the children had a great go at. Lots of smiles were had and fears conquered! The children were brilliantly behaved and got stuck in to all elements of the residential - even the washing up!



## Monday

- Caving
- Shelter building
- Archery
- Nightline
- Frisbee
- Archery



## Tuesday

- High ropes
- Buggy building
- Maze
- Climbing
- GPS
- Camp fire



Wednesday

Adventure course

Low ropes

Crate stacking



# Residential Trip!



Here we was doing the adventure course. There was places to jump, duck, push, over, under, through and much more! We also did a race! We took a jug of water, and whoever kept the most water in the jug won! **23rd**

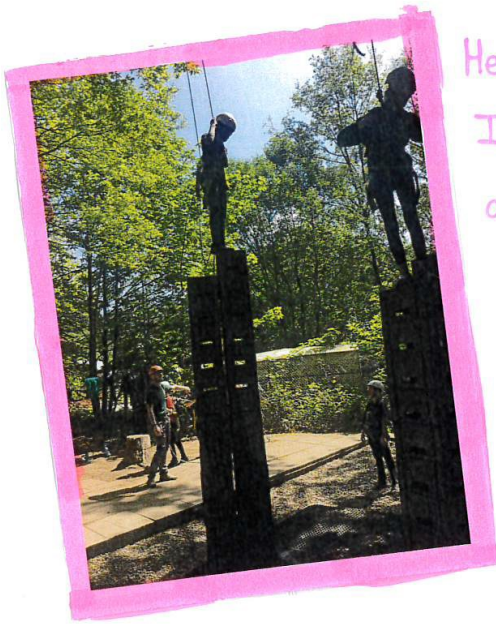
In this point of view, we found a toad! We named our team, the team potatoes! So, we named the toad potato! Afterwards, we put our mascot potato, in the grass. **23rd**



In this photo we was making a campfire. We found a stick, and cleaned one end to put on the marshmallow. I had two!

**22nd**





Here I was crate-stacking! It was really fun! I got to 11, but then, it wobbled and they all fell down! I was proud!

**23rd**



In this point of view, Delilah and Me were on the adventure course! It was really fun when exploring! **23rd**



Here we was doing the low ropes. It was really wobbly, but Kitty and Delilah were protecting me.

**23rd**

Here we were listening to the instructions of the covering. The gloves smelled of foot cheese!

**21st**



## NEWS FROM...



This week we heard from our friends in Mikute that they had watched our Four Square video and have been learning to play. We then got this message and video back - Mikute love foursquare as much as we do!

We are now planning on how we can help raise money to help with Mikute's water bills. More on this soon!

Please visit this link to watch the videos - <https://pioneerfederation.co.uk/easthoathly/international-school-links/>



Good afternoon ladies and gents

Just an update

Today, we had a very beautiful meeting with different stakeholders School officers. The meeting was led by Chris and his team.

We have been encouraged to work hard and base on communication as the back bone of the new whole relationship.

On behalf of Harry (The headteacher, who sent me to represent him) I want to thank so much for this development. Being in partnership with East Hoathly is a great opportunity for Mikute Primary School.

Thank you

Good morning ladies and gentlemen.

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.



# Sports Day

We had a fantastic Sports Day on the last day of term. Thank you so much to all the families that were able to join us!

The results were: **Winning team: White**

White 757

Blue 752

Red 439

Congratulations to White Team and to all the children for trying so hard and making incredible achievements in all their events!





### Squirrels Forest School - Wednesday 14th June

The last session of Forest School of the year brings a time of reflection. The whole class thought about their Forest School experience and it's IMPACT on them this year. In small groups they chatted and recorded some of their ideas.

*"I felt joyful, happy and proud because I achieved new stuff, like making a fire"*

*"Forest School makes me feel calm, happy and relaxed"*

*"I can feel how soft the flowers are"*

*"I got better at building a den, last it was a pile of sticks and now it looks better"*

*"I love the slack line, making paper birds and building dens"*

*"I feel better because I have lots of fun at Forest School"*

*"I feel happy because I love doing exciting things"*

*"I like climbing on the logs and balancing on slacklines"*

*"My climbing skills have got better, I want to climb more trees now"*

*"We could play more hide and seek games"*

*"I feel happy and alive in the woods"*

*"I feel happy and calm"*

*"We learned about growing flowers and how to make bug palaces"*

*"The ropes and swinging on the hammock are my favourite!"*

*"The trees in the woods are great, they are there to get us air to breathe"*

*"I love animals and plants, so I love the nature at Forest School"*

We then set off for the woods together on a beautiful bright morning. On the walk to the woods the children collected samples of wildflowers and plants on sticky tape, they tried to create the colours of the rainbow. They talked about, buttercups, herb Robert and blue coloured speedwell. They were careful to avoid the stinging nettles.







Some of the plants had grown so much since the last time we visited the wood, lots of the bracken was taller than the children and the adults!

We took a jar of cream along the way to try to create butter, inspired by the buttercups. The children took it in turns to shake the jar furiously throughout the morning and in the end it changed to make butter, which they tasted with crackers in the woods! It turns out the buttercups were correct- they do like butter!

The class all found 2 sticks and tapped out patterns and sang a song together to start the woodland session. The children had a go at creating symmetrical butterflies with pastels and paper, attaching them to sticks to fly around the woodland once created.

There was lots of time for independent play this week, with the children digging in the hard mud, balancing along fallen logs, making nests for birds with sticks and leaves and exploring the woodland in summer. The Squirrels were really good at challenging themselves to balance on the slack line and took care to take turns well. They loved swinging on the hammock and independent play on the fallen logs, decorating them with pastels. At the end of the session 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.

A huge thank you to the parent volunteers who came and supported the children so brilliantly during our Forest School sessions.





Forest  
School



# Values Certificates

Friday 23rd June:

Hedgehogs Class - Madeleine & Indie  
Squirrels Class - Finished for this year  
Fox Class - Carmella  
Owl Class - Stan & George

Friday 30th June:

Hedgehogs Class - Hugo & Mia  
Squirrels Class - Finished for this year  
Fox Class - Finished for this year  
Owl Class - Charlie & Max W



## Headteachers Awards

Effie  
Mia  
George F  
Hugo P  
Henry M  
Sami  
Caiden  
Sara  
Finn

## Golden Broom

Hedgehogs Class



**WELL DONE!**

## Dates for your Diary 2022/2023

### Jun 2023

23/6—Farmers Market

30/6—Hedgehogs end of year celebration

### Jul 2023

3/7 - Squirrels Class trip to Science Observatory

7/7—Squirrels end of year celebration

11/7—Summer Production Dress

Rehearsal

12/7—FGB Meeting

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

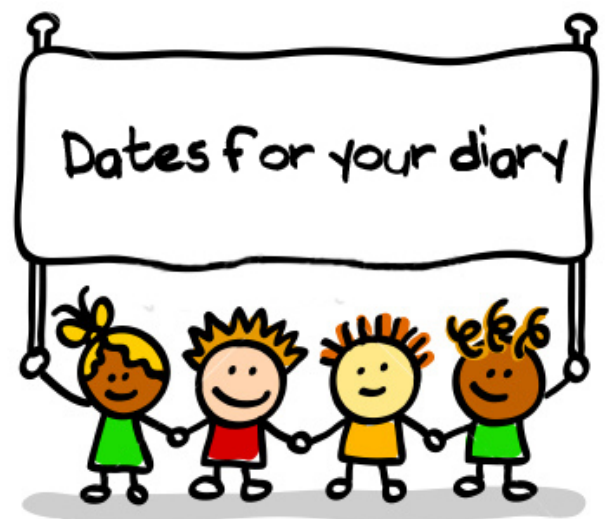
14/7—Reports out to parents

17/7—Parent Consultation for Reports

19/7—Nursery Leavers Service

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

21/7—INSET



## East Sussex School Term and Holiday Dates 2023-2024

	SEPTEMBER 2023	OCTOBER 2023	NOVEMBER 2023	DECEMBER 2023
Monday	2 8 3 9 4 0 5 1 6 2	1 1 2 8 5 9 6 0 7 1 8	2 2 3 3 4 4 5 5 6 6	1 1 2 8 5 9 6 0 7 1 8
Tuesday	3 4 4 5 5 6 6 7 7 8	2 2 3 3 4 4 5 5 6 6	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6	2 2 3 3 4 4 5 5 6 6
Wednesday	5 6 6 7 7 8 8 9 9 0	3 3 4 4 5 5 6 6 7 7	2 2 3 3 4 4 5 5 6 6	3 3 4 4 5 5 6 6 7 7
Thursday	6 7 7 8 8 9 9 0 0 1	4 4 5 5 6 6 7 7 8 8	3 3 4 4 5 5 6 6 7 7	4 4 5 5 6 6 7 7 8 8
Friday	7 8 8 9 9 0 0 1 1 2	5 5 6 6 7 7 8 8 9 9	4 4 5 5 6 6 7 7 8 8	5 5 6 6 7 7 8 8 9 9
Saturday	8 9 9 0 0 1 1 2 2 3	6 6 7 7 8 8 9 9 0 0	5 5 6 6 7 7 8 8 9 9	6 6 7 7 8 8 9 9 0 0
Sunday	9 0 0 1 1 2 2 3 3 4	7 7 8 8 9 9 0 0 1 1	6 6 7 7 8 8 9 9 0 0	7 7 8 8 9 9 0 0 1 1
	JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024
Monday	1 8 2 9 3 0 4 1 5 2	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6
Tuesday	2 9 3 0 4 1 5 2 6 3	2 2 3 3 4 4 5 5 6 6	2 2 3 3 4 4 5 5 6 6	2 2 3 3 4 4 5 5 6 6
Wednesday	3 0 4 1 5 2 6 3 7 4	3 3 4 4 5 5 6 6 7 7	3 3 4 4 5 5 6 6 7 7	3 3 4 4 5 5 6 6 7 7
Thursday	4 1 5 2 6 3 7 4 8 5	4 4 5 5 6 6 7 7 8 8	4 4 5 5 6 6 7 7 8 8	4 4 5 5 6 6 7 7 8 8
Friday	5 2 6 3 7 4 8 5 9 6	5 5 6 6 7 7 8 8 9 9	5 5 6 6 7 7 8 8 9 9	5 5 6 6 7 7 8 8 9 9
Saturday	6 3 7 4 8 5 9 6 0 7	6 6 7 7 8 8 9 9 0 0	6 6 7 7 8 8 9 9 0 0	6 6 7 7 8 8 9 9 0 0
Sunday	7 4 8 5 9 6 0 7 1 8	7 7 8 8 9 9 0 0 1 1	7 7 8 8 9 9 0 0 1 1	7 7 8 8 9 9 0 0 1 1
	MAY 2024	JUNE 2024	JULY 2024	AUGUST 2024
Monday	6 3 7 4 8 5 9 6 0 7	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6	1 1 2 2 2 3 3 3 4 4 4 5 5 5 6
Tuesday	7 4 8 5 9 6 0 7 1 8	2 2 3 3 4 4 5 5 6 6	2 2 3 3 4 4 5 5 6 6	2 2 3 3 4 4 5 5 6 6
Wednesday	8 5 9 6 0 7 1 8 2 9	3 3 4 4 5 5 6 6 7 7	3 3 4 4 5 5 6 6 7 7	3 3 4 4 5 5 6 6 7 7
Thursday	9 6 0 7 1 8 2 9 3 0	4 4 5 5 6 6 7 7 8 8	4 4 5 5 6 6 7 7 8 8	4 4 5 5 6 6 7 7 8 8
Friday	0 7 1 8 2 9 3 0 4 1	5 5 6 6 7 7 8 8 9 9	5 5 6 6 7 7 8 8 9 9	5 5 6 6 7 7 8 8 9 9
Saturday	1 8 2 9 3 0 4 1 5 2	6 6 7 7 8 8 9 9 0 0	6 6 7 7 8 8 9 9 0 0	6 6 7 7 8 8 9 9 0 0
Sunday	2 9 3 0 4 1 5 2 6 3	7 7 8 8 9 9 0 0 1 1	7 7 8 8 9 9 0 0 1 1	7 7 8 8 9 9 0 0 1 1

### KEY

Staff training (INSET day)  Start of term for pupils  End of term  Public holiday  School holiday

## What Parents & Carers Need to Know about

# ANIME

Anime, which originates from Japan, is currently one of the most popular sources of entertainment in the world. This style of animation goes back to the mid 20th century, with a broad audience ranging from children to adults. Known for its epic stories, anime often crosses over with video games and other avenues of pop culture via adaptations or spin-offs – such as Cyberpunk: Edgerunners, an anime web series based on the popular video game, Cyberpunk 2077. The most common intersect, however, is manga: a form of graphic novel from which most anime is adapted.

### WHAT ARE THE RISKS?

#### INAPPROPRIATE CONTENT

Some people assume that anime is safe for children purely because it's animation. However, a large amount is actually geared towards adults, often featuring swearing, graphic violence and nudity. Many anime series follow dark storylines, such as Cyberpunk: Edgerunners, which has swiftly become known for its extreme gore, sexual content and disturbing depictions of mental health conditions.

#### COMMON CROSSOVERS

It's easy for children to get drawn into anime through its many crossovers into video games, such as Fortnite and Call of Duty, while anime art styles are often used for other products, due to its popularity. Titles like the RPG Genshin Impact may look quite cute and accessible, but its loot-box mechanics can introduce young players to behaviours that have much in common with gambling.

#### DECEPTIVE APPEARANCE

It's easy to mistake anime graphics for a sign of harmless, child-friendly content. This style (big eyes, colourful hair and cute voices), however, can disguise some extremely adult themes. Yandere Simulator, for example, strongly resembles a child's game at face value, thanks to its art style, but in reality it features incredibly dark themes such as murder, kidnapping and torture.

#### ROBLOX REPRODUCTIONS

There are hundreds of user-created Roblox games which take their inspiration from anime and manga. While many of these titles will be perfectly age appropriate, there are some that prefer to focus on the storylines of adult and horror anime. Death Note, for example (based on the manga and anime series of the same name) would probably be extremely disturbing for most younger players.

#### MATURE MANGA

The majority of anime is adapted from manga: a form of Japanese comic book. Manga usually features an age rating on the back cover, and it's worth bearing in mind that just because it's a comic, that doesn't mean it's suitable for youngsters. In fact, most popular manga leans heavily towards darker subject matter, which is unquestionably aimed at an adult audience.

#### ADULT THEMES

Hentai is a type of manga, anime and video game which revolves around characters engaging in explicit sexual encounters. While anime of this kind is usually only found on pornography sites, some gaming platforms – such as Steam – do allow the sale of these titles (referred to as 'H-Games' in the community) and even feature them on the front of their store page when sales are on.

## Advice for Parents & Carers

### DO YOUR RESEARCH

Despite all the problematic content, there's still a lot of anime out there which is completely child friendly. Pokémon and One Piece are all long-running anime shows which have family-friendly stories and content. Make sure you check for age ratings and content warnings on streaming platforms when deciding if a particular anime series is suitable for your child.

### WATCH WITH YOUR CHILD

Anime covers a multitude of topics, so it's easy to find something that the whole family can enjoy. Anime shows typically involve action and adventure, superheroes, romance, comedy and much more. Watching this content alongside your child isn't only a way to spend quality time together – it will also help you to spot quite quickly if there's potential for any difficult topics to arise in the show.

### IT'S NOT JUST TV

Anime is most often in the format of a TV series, but it is also presented as films. Studio Ghibli is often referred to as 'the Japanese Disney' due to the quality and number of films they produce. Most of their movies are fine for children, though they often feature more mature subject matter than western animation: Grave of the Fireflies, for instance, is set in Japan during the Second World War.

### CHECK GAMES' FEATURES

Often, crossovers with video games simply involve using anime characters as 'skins' to modify the appearance of characters while playing (as in Fortnite, for example). If your child's interested in an anime-inspired game that you're unfamiliar with, however, look online at the game's features and for any content warnings to gain a clearer idea of what your child might be exposed to.

### Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://archive.org/details/cognitivevillia0000unse/page/78/mode/2up> | <https://www.tandfonline.com/doi/full/10.1080/1369118X.2018.1218528>  
<https://www.altitudes.com/media-bias/media-bias-chart>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.05.2023

# 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



# SUMMER HOLIDAY



# CAMP

24th, 25th & 26th  
July 2023

ALL CHILDREN WELCOME!  
FROM ANY SCHOOL

Park Mead Primary  
School, BN27 3QP

FUN GIFT SHOP (CARD ONLY)

BREAKFAST CLUB £5

07:45-08:45

MAIN DAY £15

08:45-15:15

AFTER CAMP CLUB £5

15:15-16:15

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SPORTS



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**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 Chiddingfold 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

Amaze NDP Family Training & Navigation

## INSIDERS' GUIDE TO BRINGING UP A CHILD WITH ADHD

For parent carers of children and young people diagnosed with ADHD in East Sussex

A FREE course for parent carers with a child or young person, under 18, who has been diagnosed with ADHD.

The Insiders' Guide covers things like understanding ADHD, survival tips, some practical ideas to help at home or school, tips to handle tricky meetings and lots more. It's also a great way to get together with others having similar experiences.

The 5-week course is run by an Amaze worker and a parent carer with lived experience

*'I've come away with new friends and a new support group. Thank you so much Amaze for providing this valuable opportunity, it really was brilliant.'*

**Wednesdays, 10am to 1pm**  
**14, 21, 28 Jun and 5, 12 Jul 2023**

The course will be run from a venue in Hailsham, full details confirmed on booking.

Arrive from 9.45am for tea and coffee.

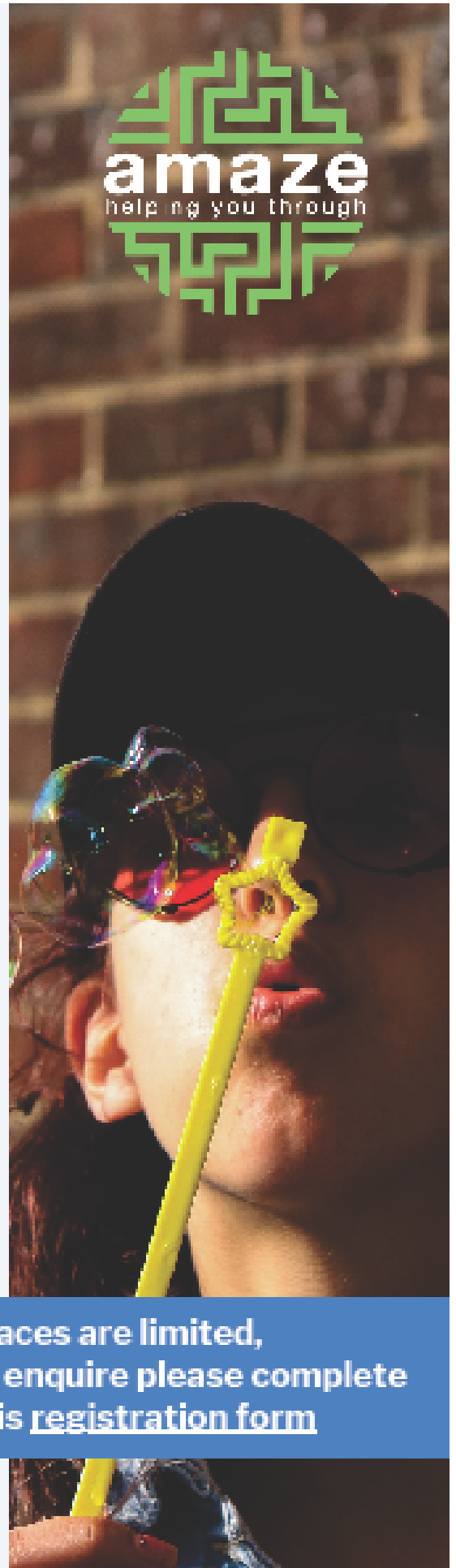


Sussex

NHS Sussex teams in Brighton & Hove and East Sussex commission Amaze to coordinate this service for our local parent carers



Places are limited, to enquire please complete [this registration form](#)



# CLASS+ Coffee & Chat Sessions

East Sussex  
County Council



Come and join the CLASS+ team and other parents to talk about all things **Autism**. This is a great opportunity to listen, share questions, ideas and experience with other parents. This session is designed to support parents/carers who have an autistic child or are on the Autism pathway.

**8 June, Ore Village Primary School, 1:15pm to 2:45pm**

**13 June, Laughton School, 9:00am to 10:30am**

**14 June, Iford & Kingston Church of England Primary School,  
9:15am to 10:30am**

**20 June, Hellingly Primary School, 9:00am to 10:30am**

**5 July, Plumpton Primary School, 9:15am to 10:30am**

***Date to be advertised shortly for Robertsbridge Secondary School***

# This June at Planet Golf....



Treat Dad to a game of crazy golf this Fathers Day weekend!

Bring along your Dad, Step-Dad or someone who is like a Dad for just £1

on Saturday 17th and Sunday 18th June!

Additional players are £7.95 and everyone can enjoy a FREE second round!

**T&Cs:**

- Can only be purchased in conjunction with a standard ticket.
- If booking online, Dads for £1 ticket is available as an add-on at the checkout

## After School Special

Join us on Thursdays and Fridays throughout June and July for just £6 per person!

The perfect way to treat the kids after school, celebrate achievements or enjoy some quality family and friends time

Offer valid 3pm-7pm Thursdays and Fridays  
£6 ticket price includes a FREE second round!



[planetgolf.uk](http://planetgolf.uk)

Summer Reading Challenge 2023

# Ready, Set, Read!

Presented by The Reading Agency.  
Delivered in partnership with libraries.

**Ready, Set Read!**

**Starts 8 July 2023 Ends 9 September 2023**

Join this year's Summer Reading Challenge at  
[www.eastsussex.gov.uk/src](http://www.eastsussex.gov.uk/src)



The Summer Reading Challenge is a national scheme produced by the Reading Agency and delivered by public libraries that encourages children to keep reading during the school summer holidays - and to enjoy anything they like to read! Children aged 4-11 are invited to take part and collect rewards for their reading, giving them a positive experience of reading for pleasure.

It's **FREE** to take part, and last year 75% of children taking part nationally improved their reading skills over the holidays.<sup>1</sup>

Sign your child up at [www.eastsussex.gov.uk/src](http://www.eastsussex.gov.uk/src) If you don't have a smartphone, computer or tablet, you can sign up using a computer in the library. You can ask a one of our volunteers or a member of staff for help if you need it.

The Challenge will begin in [East Sussex libraries](#) on Saturday 8th July and end on Saturday 9th September.

The Challenge is to read any six books borrowed from the library or downloaded from our [ebook library](#). For children under 4 we have the Pre-school Challenge, where you can collect stickers for each book shared and a special medal sticker at the end.

Children signing up for the Challenge get a character sticker and a Reader Record. Children will be able to collect a prize for each of the six books they have read. When they finish the Challenge they will get a certificate which they can receive in school or at the library. The Challenge is for all children, whatever their reading ability. Children who are not reading independently can share their books with a family member or friend, or they might prefer to listen to audio books.

To take part in Read, Set Read! children need to have their own library card and PIN. It is easy and free to become a member of the library. Take something with your name, address and signature to the library and you can join the whole family, or you can [join online](#) and have your cards posted to you. You can [reset your child's PIN online](#) if you can't remember it, or ask in the library for a new one. You will need the PIN to sign up to the Challenge.

Visit <http://summerreadingchallenge.org.uk/> for fun games, author interviews and book recommendations.



[1] The Reading Agency (2022) [Summer Reading Challenge 2022: Annual Report](#)

