

East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



NEWSLETTER



ISSUE 17 FRIDAY 30TH JUNE 2023

Dear East Hoathly Families,

As we approach half way through this term, we are looking forward to seeing the KS2 production come together and celebrating our children's achievements across the school.

We have already had a busy term with services and trips for Owls and Foxes and Hedgehogs and Squirrels have theirs in the coming weeks. Our nursery children are getting excited about transition to school.

We hope you can join us at the celebrations during our final 3 weeks in school. Please see the dates section for when these are.

Have a great weekend,

Mrs Whythe



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.

Letters Sent Home

This Week

Hedgehogs - Pirates Day

Hedgehogs - Hastings Aquarium Trip

Squirrels - Science Observatory trip

Owls - RSE

All - Lockdown Drill

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

Key Dates

July 2023

3/7 - Squirrels Class trip to Science Observatory

7/7—Squirrels end of year celebration

10/7 - Lockdown Drill

10/7 - Hedgehogs—Hastings Aquarium Trip

11/7—Summer Production Dress

Rehearsal

12/7—FGB Meeting

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

Clothing

As the weather can be unpredictable at the moment please ensure rain coats and sun hats are brought into school.



Forest School Dates

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.

Squirrels will be performing a class celebration in celebration assembly on Friday 7th July - parents are welcome to attend this.

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.

School Uniform

For school uniform orders please visit:

<https://www.signosaurus.co.uk/school-clothing-shop>

For free delivery to school please order before the 10th July.
Orders after this date will not arrive at school until September.

Orders can still be made for home delivery over the summer holidays but they will incur a postage fee.

Alternatively second hand uniform is available from the FPTA, they can be contacted via fpta@easthoathly.e-sussex.sch.uk.

 **signosaurus.co.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: **94.9%**

Year: **94.7%**

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold

Hedgehogs: **89.2%** Squirrels: **95.1%**

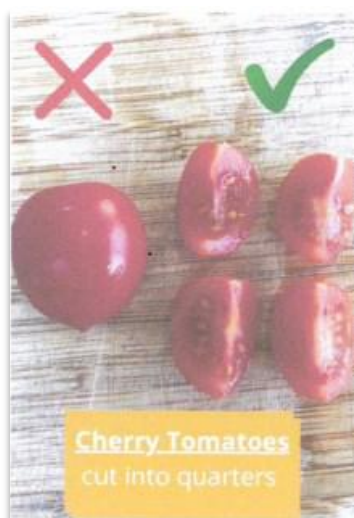
Foxes: **94.5%** Owls: **97.5%**

Well done, Owls Class!



Food Safety

Some fruit and vegetables can be a choking hazard. Please see below some suggested ways you can prepare these for packed lunches:





News from Nursery



This week in the nursery we have been building dens together in the garden where the children have worked together to build the frame and find new ways to attach the fabric.

We have been working on our fine motor skills by rescuing pom poms from shaving foam with pegs.

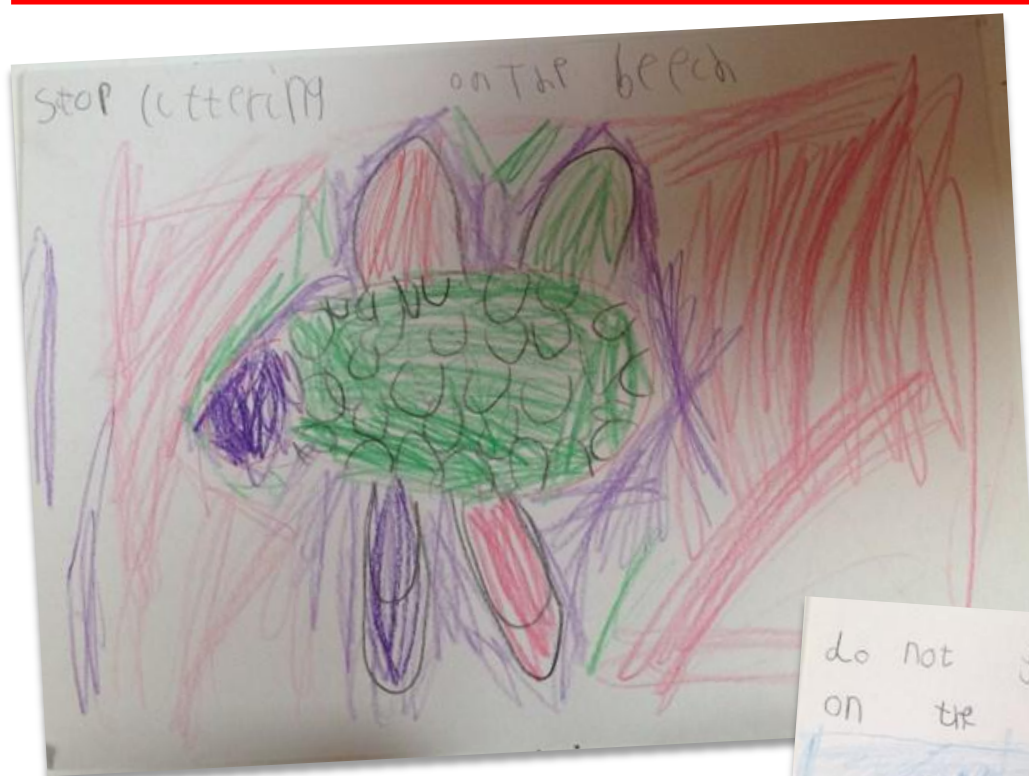
We have also been practicing making our numbers to 10 with linking blocks making different size towers.



News from Hedgehogs Class



Over the past two weeks in Hedgehogs we have been talking about plastic pollution and how to look after our oceans, beaches and ultimately our planet! We shared the story of 'Somebody Swallowed Stanley', a book all about a plastic bag who was mistaken for food by a variety of ocean animals. In response to this, we created our own posters encouraging others not to litter near our beaches.



The children also went on a shape hunt around the school, finding as many different shapes as possible in our environment! We discovered that lots of shapes could be made up of smaller shapes too.



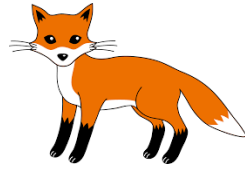
News from Squirrels Class



This week in Squirrels Class we have been learning about money. We thought about the different denominations and sizes and what we use it for and how to count it.



News from Foxes Class



On Wednesday 21st June, Foxes class were given the opportunity to take part in a variety of activities at Bedes School in Upper Dicker.

These included, exploring their on site zoo, where the children had the opportunity to learn about a variety of animals. We also baked and iced cakes, played rounders and took part in a variety of games involving a giant panda! The children had great fun and listened brilliantly to all the adults who made it so special for us.

Molly said, "My favourite part of the day was the zoo because I got to hold a snake!"



News from Owls Class



Tuesday 20th June 2023

Solar farm visit

Owls class were lucky enough to visit the Solar Farm. We learnt all about how the solar farm provides power to the local area; we also got to find out about how the solar panels work to provide power. As part of the trip we learnt about local wildlife whilst exploring the wildlife area.



Bede's - Make a difference day

Wednesday 21st June 2023

We had a very busy day whilst at Bede's; We went to visit their zoo and handled some of the animals. We also got to play rounders and team games. During the day we also got the opportunity to go to the food technology rooms and make cupcakes!



Table Tennis Tournament

At the end of Term 5 East Hoathly took part in a table tennis tournament with our friends at Park Mead. Both teams played incredibly well, congratulations to the winning team East Hoathly!



"I liked taking part, well done East Hoathly!"
Archie

"I liked competing"
Jessie



NEWS FROM...



This week we have heard how our friends in Mikute have been learning from grafting experts how to grow their own food.

What is grafting?

Grafting is the act of placing a portion of one plant (bud or scion) into or on a stem, root, or branch of another (stock) in such a way that a union will be formed and the partners will continue to grow.



Good afternoon my friends,

I hope you are all doing well. That's my hope. Today we had grafting experts who came to train us at Mikute. It was very interesting to do it practically. Her description, she says that the new bud to be grafted has the genes that enables it to determine when to start flowering. So it supports by proving food nutrients to the bud.

We aim to challenge the community in the verge of teaching them that it is possible to plant trees in this difficult moment where the country is facing a lot of environmental degradation alongside global warming through deforestation.

In this garden we have bananas, mangoes, guavas and oranges... Next week we shall start constructing the fence.





Hedgehogs Forest School - Wednesday 21st 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.

YOU - Has forest school affected how you feel about yourself and your well-being- If so how?

"I feel Happy and excited, happy, happy!"

NATURE - Has forest school affected how you feel about nature - if so how?

"bees, flowers, leaves, trees"

"When it is sunny the flowers grow so high"

"Foxgloves are poisonous, you don't touch them"

LEARNING - What skills did you learn or develop this year at Forest School?

"I really like spending time with my friends and teachers"

"Making things with nature and pictures"

What activities did you enjoy most or would like to do more of?

"I like playing around"

"Making with clay is good"

What did you like about the woodland space and Forest School environments?

"I like the sticks"

"I love bugs...digging for them and looking for woodlice"

"I like my friends in the woods"

We then set off for the woods together on midsummer's day. 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 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! Once in the woods they each had a go at decorating their own card butterfly with chalk pastels. They then fixed them onto sticks and flew them around the woodland.



The class all found 2 sticks and 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 summer.

At the end of the session the class managed to pass a 'woodland whisper' 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.





Owls Forest School—Wednesday 28th June

The whole class thought about their Forest School experience and it's IMPACT on them this year.

YOU - Has forest school affected how you feel about yourself and your well-being- If so how?

"It makes me feel calmer when I'm around nature"

"Doing Forest School helps me think more about the world around me"

"Happy"

NATURE - Has forest school affected how you feel about nature - if so how?

"I love nature now"

"It has developed my understanding of nature"

LEARNING - What skills did you learn or develop this year at Forest School?

"I have learned how to make a fire"

"I learned to tie knots and make a den"

"How to put up a hammock"

"How to make shelters"

What activities did you enjoy most or would like to do more of?

"I liked printing with hammers and plants"

"I liked hide and seek games and den building activities"

What did you like about the woodland space and Forest School environments?

"I like the space, the trees"

"The space makes me feel freer"

"I like the trees and the open nature space of it"

"It is relaxed"

"I would like more trees at school"

"There is nothing I would change about the woods, it is amazing how it is"





We spent the first part recalling the importance of risk assessments and the things the children can do to make sure they are safe when learning about 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 strikers- 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 sorted some blackcurrants from their stems and leaves. We boiled up the berries to create some paint and ink. This is a traditional ink used in the 1600s. The children then used the ink to dye and paint on fabric. They cut willow to then sharpen with peelers, to create pens to draw with. Some also made arrows, bows and decorated pens with binding and feathers.

We took a jar of cream to try to create butter. 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. Some then tried it with blackcurrant sauce.

Some children used the charcoal they had made last session to draw and create with. Lots of the class explored and played independently, making dens and swings with tarpaulins, rope and found pieces of wood. There was lots of time to garden, clearing weeds and tidying up the hedge, using the secateurs, loppers and rakes.

A huge thank you to the parent volunteers who have supported the children so brilliantly throughout the year and got involved in all of the Forest School activities.



Values Certificates

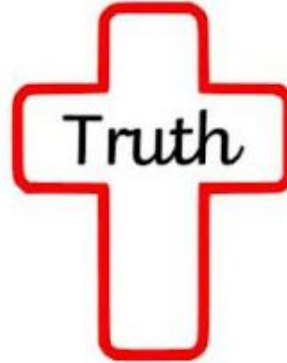
Friday 7th July:

Hedgehogs Class - Maya, Ollie, Monty, Ella

Squirrels Class - Finished for this year

Fox Class - Finished for this year

Owl Class - Bella, Alexandra, Stan



Headteachers Awards

Delilah S

Kitty

Golden Broom

Hedgehogs Class



WELL DONE!

Dates for your Diary 2022/2023

Jun 2023

30/6—Hedgehogs end of year celebration

Jul 2023

3/7 - Squirrels Class trip to Science Observatory

7/7—Squirrels end of year celebration

10/7 - Lockdown Drill

10/7 - Hedgehogs—Hastings Aquarium Trip

11/7—Summer Production Dress Rehearsal

12/7—FGB Meeting

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

14/7 - Hedgehogs - Pirates Day

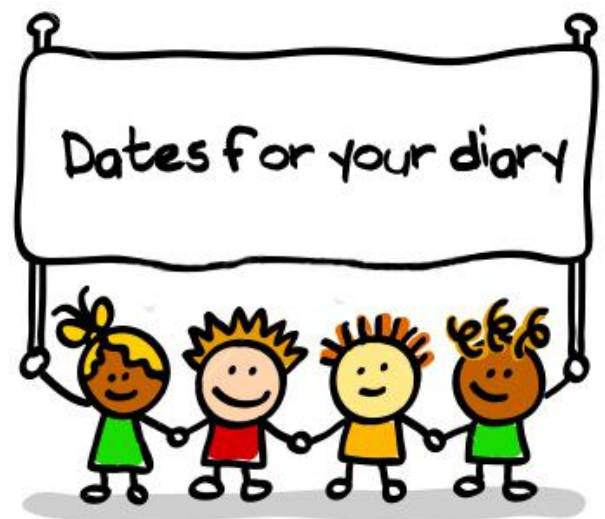
14/7—Reports out to parents

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

KEY

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

What Parents & Carers Need to Know about

▶ YOUTUBE ▶

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.



CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.



CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.



MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.



LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!



Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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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: 26.01.2022

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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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.



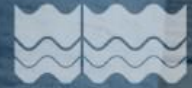
NHS Sussex teams in Brighton & Hove and East Sussex commission Amaze to coordinate this service for our local parent carers



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

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



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.¹

Sign your child up at 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](#)



GET IN TOUCH

If you think your child would benefit from these sessions and enjoy a low demand environment to learn new skills, please get in touch.

www.uckfieldrugby.uk

hello@uckfieldrugby.uk



OUR DIFFERENCE?

Sessions are shorter than mainstream training sessions.

Short activities during the sessions are demand-free – there is no pressure for team members to participate in anything that they don't want to.

Sessions are held during 'quiet' sessions at the club (or an alternative indoor venue)

Parents stay to support their child during the session.



Mighty Oaks

An inclusive rugby group for children ages 5-18



ABOUT

Gentle exercise, adaptable activities, supported social interaction and lots of smiles, that is the aim of Uckfield Rugby Club's newest venture.

The Mighty Oaks are a newly created group, specifically designed to allow children of all ages with any additional needs or vulnerabilities to access rugby in a safe, supportive and encouraging environment.

Run by qualified coaches and teachers and supervised by education and safeguarding specialists, the Mighty Oaks rugby sessions are open to any child who would benefit from a different style of rugby training.

Sessions are suitable for children aged 5-18 who may find social scenarios difficult, struggle with anxiety or mental health challenges, have a diagnosed need of any kind or find accessing activities with larger groups of children difficult.

(Please note – a diagnosis of additional need is not required for a child to attend the session.)

WHY US?

1 x hour sessions each month

Free Of Charge

DBS-checked, qualified coaches and teachers with experience of supporting children with a range of needs and vulnerabilities.

Non-contact, fun activities which teach children basic ball skills, teamwork and foundations of rugby.

A potential gateway to allow some children to go on to access mainstream rugby sessions.

A supportive and encouraging environment for children and parents.

Access to a supportive, community-focused organisation.

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