

# East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



# NEWSLETTER



ISSUE 5 WEDNESDAY 15TH NOVEMBER 2023

Dear East Hoathly Families,

What a fantastic start to term 2. The children have all been working incredibly hard and there is a lovely buzz around the school. We will soon be teaching and celebrating the season of Advent as a time of expectant waiting and preparation for both the celebration of the Nativity of Christ at Christmas. We have lots of exciting events coming up this term watch out for information about these.

Best Wishes,

Mrs Briley



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

Foxes - Hever Castle Trip

All - Christmas singing events  
(please note singing at the Christmas Fair has now been added)

R-Y6 - Flu Vaccinations

### Music Lessons

Please note that our Piano/Keyboard lessons provider has changed to Red Butler Music. Red Butler are also introducing guitar lessons. If you are interested in either of these lessons please complete our clubs Google Form and visit [www.rbmsmusic.com](http://www.rbmsmusic.com) to book a free trial lesson.



## Key Dates

### November 2023

13/11 - Anti Bullying Week

17/11—Children In Need

20/11 - Flu Vaccinations (R-Y6)

29/11—Think Tank

### December 2023

1/12 - Late Night Shopping Uckfield

8/12 - Christmas Fair

12/12 - Nativity - 1.30pm

13/12 - Christmas Lunch

13/12 - Nativity - 9.30am

15/12 - Christingle Service - 2.30pm

## Open Evening

For families looking for a reception place for September 2024 please visit us on our Open Evening:

Thursday 16th Nov - 6.00pm

[Click here to book a place](#)



## Term 2 Forest School Dates

Please see below for Term 2 session dates:

Wednesday 22nd November - Owls

Wednesday 29th November - Nursery

Please come into school in Forest School kit on these days and bring in school uniform to get changed into afterwards.

# Celebration Assembly

On Friday 3rd November these children received a values certificate:

Hedgehogs - Milo

Squirrels - Henry M & Madeleine

Foxes - Zac & Bella

Owls - Ralph & Sophie S



These children will receive a values certificate on Friday 17th November:

Caterpillars & Butterflies - Aurora

Hedgehogs - Ellana

Squirrels - Edith & Ollie

Foxes - Oliver & Chloe

Owls - Kitty & Joseph



## 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:

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold

Whole school: **96.8%**

Year: **95.7%**

Hedgehogs: **97.7%** Squirrels: **96%**

Foxes: **98.3%** Owls: **96%**

Well done, Foxes Class!






# Reading

Please ensure your child is reading at home regularly and this is recorded in reading records. Staff will be ticking or initialling the records so parents are aware that these comments have been checked/read.

Here is a reminder of our reading strategies:


## EYFS and KS1

Eagle Eyes



Look at the pictures for clues to the words in the text

Stretchy Snake




Stretch the words out  
S-L-O-W-L-Y to sound out the word

Skippy Frog




Skip the word and read to the end of the sentence, then hop back and try the word again.

Chunky Monkey



Look for a smaller chunk that you know inside the bigger word.







Flippy the Dolphin



Flip the sound  
a e i o u c g oo ow y

If the vowel sound doesn't make sense, flip it

When children are fluent readers we move onto VIPERS:

<b>Vocabulary</b> <small>Find and explain the meaning of words in context.</small> 	<b>Infer</b> <small>Make and justify inferences using evidence from the text.</small> 	<b>Predict</b> <small>Predict what will happen based from the details given or implied.</small> 	<b>Explain</b> <small>Explain how content is related and contributed to the meaning as a whole. Explain how meaning is enhanced through choice of language. Explain the themes and patterns that develop across the text. Explain how information contributes to the overall experience.</small> 	<b>Retrieve</b> <small>Retrieve and record information and identify key details from fiction and non-fiction.</small> 	<b>Summarise</b> <small>Summarise the main ideas from more than one paragraph.</small> 
<small>Example questions</small> <ul style="list-style-type: none"> <li>What do the words ..... and ..... suggest about the character, setting and mood?</li> <li>Which word tells you that...?</li> <li>Which keyword tells you about the character/setting/mood?</li> <li>Find one word in the text which means.....</li> <li>Find and highlight the word that is closest in meaning to.....</li> <li>Find a word or phrase which shows/suggests that.....</li> </ul>	<small>Example questions</small> <ul style="list-style-type: none"> <li>Find and copy a group of words which show that...</li> <li>How do these words make the reader feel? How does this paragraph suggest this?</li> <li>How do the descriptions of ..... show that they are .....</li> <li>How can you tell that.....</li> <li>What impression of ..... do you get from these paragraphs?</li> <li>What voice might these characters use?</li> <li>What was .... thinking when.....</li> <li>Who is telling the story?</li> </ul>	<small>Example questions</small> <ul style="list-style-type: none"> <li>From the cover what do you think this text is going to be about?</li> <li>What is happening now? What happened before this? What will happen after?</li> <li>What does this paragraph suggest will happen next? What makes you think this?</li> <li>Do you think the choice of setting will influence how the plot develops?</li> <li>Do you think... will happen? Yes, no or maybe? Explain your answer using evidence from the text.</li> </ul>	<small>Example questions</small> <ul style="list-style-type: none"> <li>Why is the text arranged in this way?</li> <li>What structures has the author used?</li> <li>What is the purpose of this text feature?</li> <li>Is the use of .... effective?</li> <li>The mood of the character changes throughout the text.</li> <li>Find and copy the phrases which show this.</li> <li>What is the author's point of view?</li> <li>What affect does .... have on the audience?</li> <li>How does the author engage the reader here?</li> <li>Which words and phrases did .... effectively?</li> <li>Which section was the most interesting/exciting part?</li> <li>How are these sections linked?</li> </ul>	<small>Example questions</small> <ul style="list-style-type: none"> <li>How would you describe this story/text? What genre is it? How do you know?</li> <li>How did...?</li> <li>How often...?</li> <li>Who had...? Who is...? Who did...?</li> <li>What happened to...?</li> <li>What does.... do?</li> <li>How .... is .....</li> <li>What can you learn from ..... from this section?</li> <li>Give one example of.....</li> <li>The story is told from whose perspective?</li> </ul>	<small>Example questions</small> <ul style="list-style-type: none"> <li>Can you number these events 1-5 in the order that they happened?</li> <li>What happened after .....</li> <li>What was the first thing that happened in the story?</li> <li>Can you summarise in a sentence the opening/ middle/end of the story?</li> <li>In what order do these chapter headings come in the story?</li> </ul>





## News from Nursery



In Nursery last week the children found a frog in the garden and used a bucket to take it down to our pond. They watched on the deck as we released the frog into the water. We then pretended to be frogs around the field and back up to nursery.





## News from Hedgehogs Class



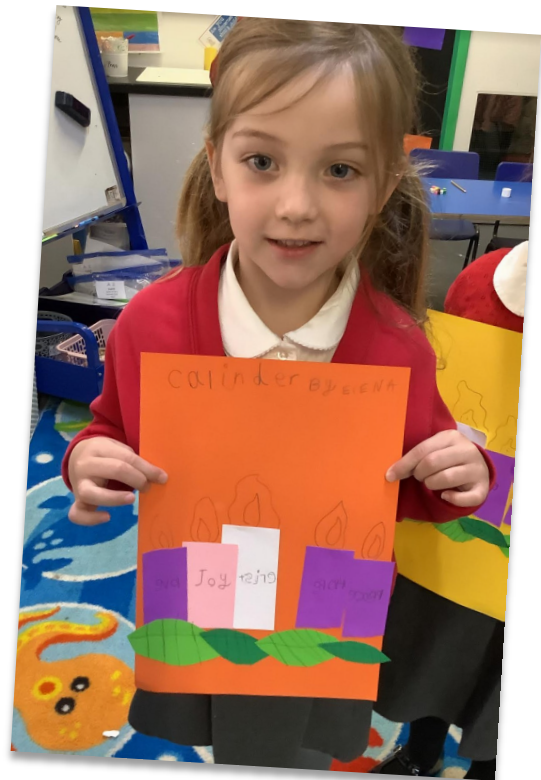
On Thursday, Hedgehogs class took a trip to the village Bonfire sculpture. It was very wet and windy so we made sure to dress for the weather! We walked across the village green and met Keith, the designer of the yearly bonfire sculpture. We talked about what had been used to make it, how long it had taken and what it was this year. Keith told us that this year, it was Robin Hood, preparing to shoot an arrow! We had a fantastic time admiring how big the sculpture was and on our journey back, discussed who was attending this year's Bonfire, who had been before and what we were looking forward to seeing!



# News from Squirrels Class



During R.E Squirrels learnt about the advent wreath and the significance of this for Christians in the run up to Christmas. We look forward to continuing our learning about the importance of Christmas to Christians as we make our own Christmas cards next week.





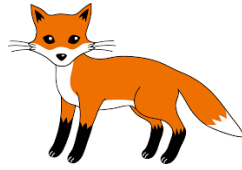
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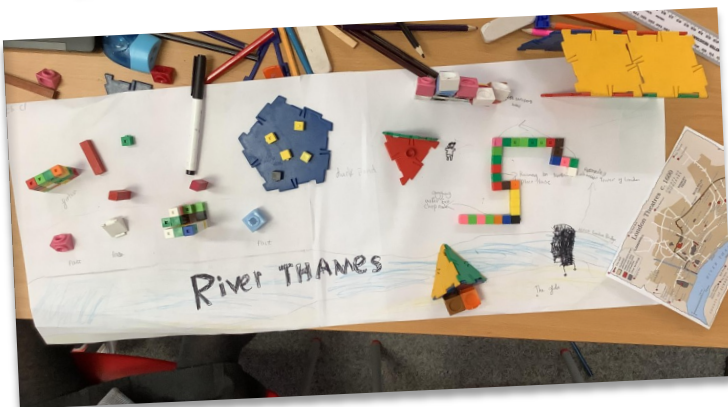
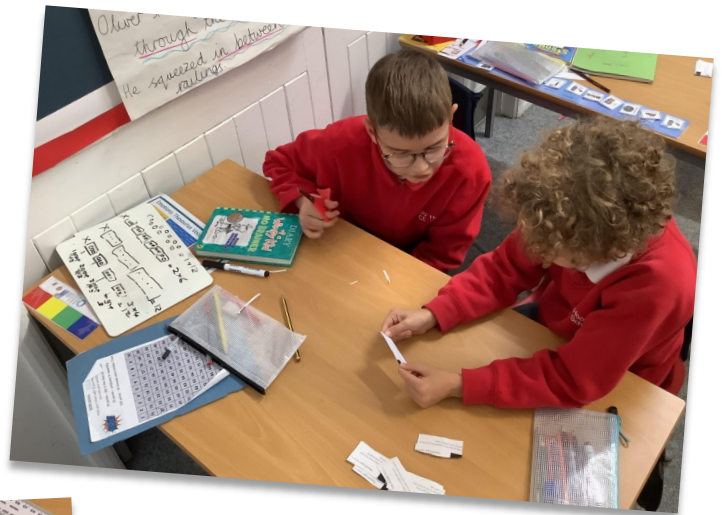
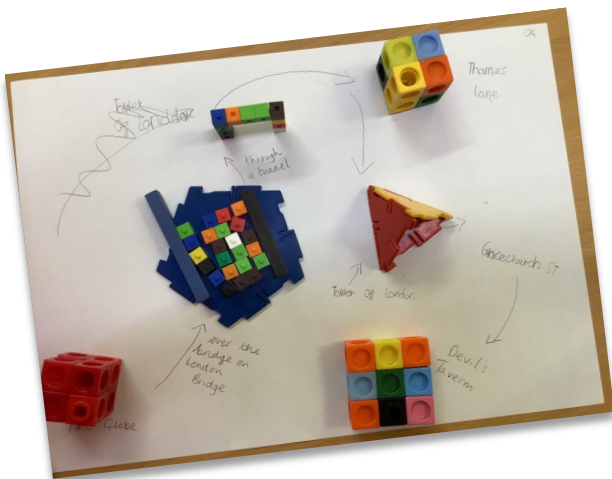
# News from Foxes Class



Foxes Class have come back after half term full on enthusiasm about their new topic - Why do we remember the Tudors? We are really excited for our school trip on 30th November so a reminder to please fill in the permission slip as soon as possible and order lunches if you need to.

So far this term, we have been making 3D models on London to help us write our own 'chase scene' from the book we are reading - *The Boy in the Globe*; beginning to work on multiplication and using cubes to make arrays and debating the reasons behind Henry VIII's first divorce and the creation of the Church of England!

Well done for a super start to Term 2, Foxes!

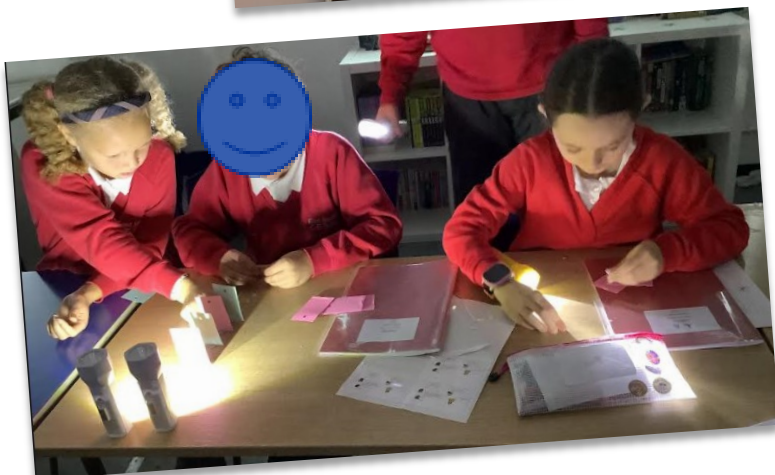




# News from Owls Class



Owls have been busy using their scientific observational skills to prove that light travels in straight lines. In Geography, we have started our new unit all about the continent of Europe, and our English lessons have had us thinking about 'Remembrance' through our flashback film narratives. Swimming lessons began last week and we look forward to a few weeks at Bede's, building on and perfecting our water skills.







## Hedgehogs Forest School - Wednesday 1st November 2023

Hedgehogs did really well, making sure that they had all the right waterproof gear on for a potentially soggy Forest School. We made our way out to the playground to do some conker rolling, taking it in turns to see how far we could roll our conker.

We had a game of 'keep of the keys'. Taking it in turns to sneak in, steal the keys and run as fast as possible back to our seat without being caught. With a wet floor this was a very slippery game.

Some children helped to put up the slack line, working really well as a team and listening very well to instructions. There was then some great balancing, not so easy in wet wellies. Others in the class remembered their den building skills from the previous session and worked hard to create another den. They used parts of the trim trail to peg to, however when the wind blew it managed to pop all the pegs off. Hedgehogs were straight on it with repairs to their den.

There were some beautiful rubbing pictures created using leaves. The leaves were placed under a piece of paper and a crayon was then rubbed over the top leaving an outline of the leaf.

We finished the session with a woodland whisper that got a little muddled along the way. Then listened to what they had enjoyed about their morning at Forest School.

"Den building"

"Slack line"







## Squirrels Forest School - Wednesday 8<sup>th</sup> November 2023

As a class we looked at a selection of tree seeds, seeing if we could identify them. Squirrels class were very good at this, knowing what most of them were. We walked about that they need to grow. Some on the acorns we looked at had started sprouting. Squirrels then set off for a soggy adventure in the woods.

On the way to the woods the children pointed out how wet and muddy it was. As we walked we looked for animal tracks. Lots of boot prints were found and one animal track, "it's a dog foot".

Once in the woods the children were really keen to get started. Some of them worked as a team to build shelters using sticks, balancing them against a tree. They worked well helping each other to move the sticks that were too big for one person to move alone. Others put up tarpaulin shelters to try and keep dry.

We took the tree seeds with us to the woods; we had conkers, acorns and sweet chestnuts. The children float tested the conkers to see what ones were good to plant, the ones that sank were good to plant and those that floated were no good. They then planted many seeds and some daffodil bulbs in pots to take back to school to watch them grow. There were lots of muddy hands after the planting so we used the water that was running down the big beech trees like a waterfall to wash our hands.

A group of children found a fallen tree with a whole in, they gathered lots of natural materials and created a potion.

With the conkers squirrels used a palm drill to make a hole in the conker. They then threaded them onto pipe cleaner to create a conker caterpillar.









# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

## CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

## EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

## ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

## ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

## VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS**  
National Online Safety®  
#WakeUpWednesday

Sources: <https://help.snapchat.com/hc/en-gb/articles/020598058802-What-is-My-AI-on-Snapchat-and-how-do-I-use-it> | <https://us.snap.com/en-GB/newsafety-keeping-our-teen-and-new-safety-enhancements>  
<https://nbs.com.au/2023/04/16/snapchat-features-location-sharing-challenge/> | <https://help.snapchat.com/hc/en-gb/articles/7000416044>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023



## November 2023

13/11 - Anti Bullying Week

## December 2023

2/12 - Wreath Making

8/12 - Christmas Fair

12/12 - Nativity - 1.30pm

13/12 - Nativity - 9.30am

13/12 - Christmas Lunch

15/12 - Christingle Service - 2.00pm/  
End of term 2

## January 2024

2/1 - INSET Day

3/1 - Term 3 starts

## February 2024

8/2—FGB Meeting

## March 2024

9/2 - End of term 3

19/2 - Term 4 starts

7/3 - World Book Day

25/3 - FGB Meeting

28/3 - Easter Service/ End of term 4

## April 2024

15/4 - Term 5 starts

## May 2024

6/5 - Bank Holiday

13/5—KS2 SATS

21/5 - FGB Meeting

24/5 - End of term 5

27/5 - Bank Holiday

## June 2024

3/6 - INSET Day

4/6 - Term 6 starts

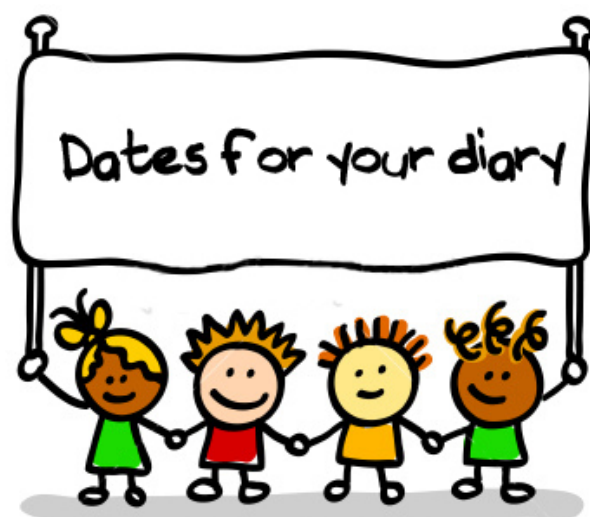
24/6 - Sports Day

4/6 - Term 6 starts

## July 2024

22/7 - Leavers Service/ End of term 6

23/7 - INSET day







# CHILDREN IN NEED

Friday 17th November

**WEAR WHAT  
MAKES YOU HAPPY!**

£1 Donation

**CAKE SALE AFTER  
SCHOOL**

Please bring in donations of sweet treats  
(please ensure they are nut free)  
All proceeds to Children In Need.

## Upcoming FPTA Dates

Own Clothes Day - Friday 1st December

Wreath Making - 2nd December

Christmas Fair - 8th December





# CHRISTMAS Cooking Club

FOR KEY STAGE 2

.....  
Wednesday 29th November  
Wednesday 6th December  
Wednesday 13th December  
.....

£2.50 a session - payment to the FPTA  
8 spaces available  
Sign up via the Clubs Google Form  
.....

To sign up please visit our Clubs Google Form:

[Click here for Google Form](#)



# FPTA News

Hello All

The FPTA have been working really hard since the children returned in September! As we did last year. We have paid the full cost of Foxes and Owls swimming classes and the coach to transport them. We have also funded the new playground equipment and resources.

We have sent out a questionnaire which we would be grateful if you could fill in as we would like to know what parents would like for the children to enhance their experience at school.

On the FPTA notice board all the information for upcoming events and reminders for donations are there- with the information of who the FPTA are also.

We have a big box of Second-Hand uniform please speak to Ami B or Victoria if you want to have a look at what we have (no set prices, you donate what you can in exchange) We can also do a "swap" if you have something outgrown and want to swap it for the next size up (in similar condition, subject to availability).

Raffle tickets came home in bags recently - the Office have more if you need them. Please return them to school by Friday 1<sup>st</sup> Dec- you can transfer the money online but please put your name and then send the stubbs back into school

Christmas mugs/cards artwork/tea towels will be sent off and then you will be given a deadline to order these by- you will be given a pin to enter on the website.

Prices from just £5.50 for a pack of 12 cards with free postage to school (profits going to the FPTA). If you have any queries, please contact Ami Brown.

## Wreath Making Workshops - 2<sup>nd</sup> December 2.30pm and 7.30pm

East Hoathly Village Hall - £25pp including all equipment to make your own very festive wreath- and raffle tickets and drinks and nibbles available to purchase. Please book with Emma a really fun and festive event!

## Friday 8<sup>th</sup> December

Christmas Fair - East Hoathly Village Hall - 3:30pm - 5:45pm - This by far is our biggest event and is lots and lots of fun!! Please all come along! There will be lots of fun games and stalls. Baked/bought goods would be very gratefully received for the cake stall. Please note we are a NUT FREE school. Members of the FPTA will be on the gate on the morning of the Fair to receive any donations.

## Stories with Santa in his Grotto at the Christmas Fair

£3 per child - they will be read a story by Father Christmas and then each child will be given a gift, age appropriate and non edible.. Payment either by BACS to the FPTA account or cash to Ami B. There will be a small group in each 20 minute slot starting from -3.40, 3.40-4pm etc with the last one at 5:00-5.20pm. Please contact Ami Brown to book before they fill up!

Craft Stall - FREE - To help with the financial pressure on families we have decided to make the craft stall free, with most other games being 50p/£1- so please remember to bring enough cash.

Many thanks as always,

The FPTA





# EAST HOATHLY FPTA



## Friday 1st December 2023

BE YOUR SUPERHERO!!

- NURSERY-YR 2 DRESS UP AS YOUR FAVOURITE SUPERHERO
- YR3-6 DRESS UP AS SOMEONE YOU ADMIRE/YOUR HERO (IE FOOTBALLER/WRITER/FRIEND/FAMILY
- ALL FOR A DONATION TO THE CHRISTMAS RAFFLE



Nursery- red items

Hedghogs- orange items

Squirrels - yellow items


Foxes - green items

Owls - blue items



Items can include - sweets, chocolate, toys, games, alcohol, toiletries





East Hoathly School  
and Nursery FPTA  
invite you to join us at our

# CHRISTMAS FAIR

Friday 8 December, 15:15-17.45  
East Hoathly Village Hall

STORY WITH SANTA (CONTACT TO BOOK)  
CHRISTMAS CRAFTS  
FACE PAINTING  
MULLED WINE & HOT CHOCOLATE  
CAKES & HOT DOGS  
RAFFLE & BARROW OF BOOZE  
GAMES & TOMBOLAS  
SILENT AUCTION  
...AND MORE



To book Story with Santa, for Raffle Tickets or for more info please contact [fpta@easthoathly.e-sussex.sch.uk](mailto:fpta@easthoathly.e-sussex.sch.uk) or speak to the FPTA or School Office

**Parentkind**  
Member Association



East Hoathly C.E School  
and Nursery FPTA

# Stories with Santa

Friday 8<sup>th</sup> December

3:40pm – 5:00pm

(20minute slots in small groups)

East Hoathly School Christmas Fair

Every child will get a present and Santa will read them a story  
in his grotto.

£3 per child (contact Ami B to book)

Pre bookable and Payable to the FPTA via online banking  
Put SANTA and your child's name as the reference if paying  
by BACS- details on the notice board outside school



**Parentkind**  
Member Association





**YOUR CHILD IS INVITED TO THE**

# FESTIVE FUN RUN

Active Education Sussex invites you to sponsor your child to complete 16 laps of our Active Mile track wearing some festive headwear. Our Active Mile fun runs have helped raise over £6,500 for our schools in the last couple of years, of which every penny goes back into the schools to help fund some amazing projects. We would love to get your support and try and raise as much money as possible for East Hoathly and all their amazing projects.

**7<sup>th</sup>  
DECEMBER  
2023**

**ParentPay  
DONATIONS**

**EAST  
HOATHLY  
PRIMARY**



Active Education Sussex invites you to sponsor your child to complete 16 laps of 'The Active Mile' to raise money for a brand new **Sports Kit** to wear when representing the school and Pioneer Federation to future sporting events. To make it more fun we would like your child to come into school with **Festive Themed Headwear** for the Fun Run.

### **PRIZE DRAW!!**

Active Education Sussex are donating two pairs of brand-new running trainers for two lucky children to win. Along with 10 other fun prizes! Each £5 raised will earn your child 1 raffle ticket into the prize draw. There is no limit to the amount of raffle tickets any one child can earn. For every £5 raised a new raffle ticket with their name on will be entered into the prize draw! Prizes will be drawn randomly week commencing 11<sup>th</sup> December 2023. **Please ensure your sponsorship money is paid electronically via ParentPay by 4:30pm on Thursday 7<sup>th</sup> December 2023.**

<b>Name</b>	<b>Address</b>	<b>Number</b>	<b>Total Sponsorship</b>
			<b>Total: £</b>
			<b>Total: £</b>
			<b>Total: £</b>
			<b>Total: £</b>
			<b>Total: £</b>
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			<b>Total: £</b>
			<b>Total: £</b>
			<b>Total: £</b>
<b>Sponsorship Total: £</b>			

### **What to do Check List:**

- Take sponsorship form home.
- Get sponsorship from friends and family.
- Make sponsorship donation payment via ParentPay by 7<sup>th</sup> December 2023.
- Bring festive headwear along to wear for the event.





## Are you a parent or carer?

Do you have any questions or want some advice, tips or ideas to help you support your child ?

Come along to Park Mead for coffee, and an informal chat with Vickie who is a parent/carer practitioner from me & my mind.

~~Wednesday 8<sup>th</sup> Nov 9.15- 10.45- Anxiety and Worry~~

Wednesday 13<sup>th</sup> March 9.15- 10.45- **Sleep, food and mood**

Wednesday 10<sup>th</sup> July 9.15 - 10.45- **Transitions**

For more information, please speak to Sian Leahy  
SENCO

## WEBINARS FOR PARENTS/CARERS SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- ~~19<sup>TH</sup> OCTOBER~~ ~~ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)~~
- ~~8<sup>TH</sup> NOVEMBER~~ ~~BUILDING SELF ESTEEM AND RESILIENCE~~
- 13<sup>TH</sup> DECEMBER DEPRESSION
- 17<sup>TH</sup> JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)

Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health

Each webinar will take place at 10am and 7pm and will run for 90-120 minutes

SCAN  
HERE



### WANT TO BOOK YOUR TICKETS?

Or visit:

<https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/>

NEED TO GET IN TOUCH?

If you have any questions, please email: [CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)



# Parent & Carer



## Online Workshops with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing?

If you do, these FREE webinars maybe for you.

### Primary School

#### Supporting Your Child with Anxiety & Worry

~~Tuesday 31st October 2023, 12pm to 1:30pm~~

Thursday 8th February 2024, 6pm to 7:30pm

#### Supporting Your Child with Transition to Secondary

Wednesday 12th June 2024, 6pm to 7:30pm

### Secondary School

#### Supporting Your Child with Anxiety & Worry

~~Wednesday 8th November 2023, 6pm to 7:30pm~~

Thursday 29th February, 12pm to 1:30pm

#### Supporting Your Child with Exam Stress

Thursday 21st March 2024, 6pm to 7:30pm

Thursday 18th April 2024, 6pm to 7:30pm

For more info and to book scan the QR code or visit:



[www.tickettailor.com/events/mentalhealthandwellbeingineducation](http://www.tickettailor.com/events/mentalhealthandwellbeingineducation)

If you have any questions please email  
[mhst.parentteam@eastsussex.gov.uk](mailto:mhst.parentteam@eastsussex.gov.uk)



All webinars are run using Microsoft Teams. You can access this on your phone or computer. You will be provided with the link when you book.



# CLASS+

## Coffee & Chat Sessions



Come and join the CLASS+ team and other parents at one of our Coffee and Chat sessions. No need to book just turn up. These sessions are designed for parents who have an autistic child or a child on the autism pathway. We kindly ask that you don't bring small children to this session.

**There will be a short section on this session that will focus around the theme of *Sensory Difference*.**

**7 November, Hailsham Family Hub, 1:00pm to 2:30am**

**8 November, Sidley Family Hub, 9:30am to 11:00am**

**9 November, Silverdale Perth Road, 2:00pm to 3:00pm**

**14 November, East Hoathly Church, 9:00am to 10:30am**

**16 November, Chailey Saint Peter's, 9:00am to 10:30am**

**29 November, St Mary's Hartfield, 9:00am to 10:30am**

**30 November, Laughton, 9:00am to 10:30am**

**5 December, Hailsham Family Hub, 1:00pm to 2:30pm**

**6 December, Breakwater High Street, 9:00am to 10:30am**

**7 December, Sidley Family Hub, 7:00pm to 8:30pm**

***No need to book just turn up***





# CUES

Coping with Uncertainty in Everyday Situations

Is your child experiencing feelings of anxiety? Are you looking for information on how to help them? CUES is a training course for parent/carers to support their children with feelings of anxiety they are experiencing.



If this is something you would be interested in attending, please click on the link below or use the QR code for more information and to complete a short questionnaire about where and when you can attend.

[Click here](#) to answer the questions and register your interest or use [QR code](#).

“Supportive and safe space”

“Breath of fresh air”

“A community of parents”

“Helping you to deal with your child”





**Fun, effective and affordable student led music tuition taught by professional tutors and musicians.**

Here at RBMS Ltd we are proud to be teaching over 600 people a week across 45 schools and communities in East Sussex.

We believe that everyone deserves to experience the life-changing power of music, RBMS music tuition is about so much more than simply learning an instrument.



**-- FREE TASTER SESSION FOR ALL --**

We have been able to increase the musical community within schools dramatically through our work over the past 5 years with exceptional outcomes. As musicians ourselves we understand the effect that music can have on children and adults. The development of confidence, self-awareness, creative spark, emotional intelligence, a new language, a new channel for self-expression are all visible through music tuition.

**Inspiring and accessible**

Our ethos and teaching values lead us to bring modern, fun and engaging lessons to the students at affordable prices. Typically the lessons below are held in groups of 3/4 for 30 minutes and charged at just £9.67 - £10.99 per lesson depending on the instrument/class size. We also offer flexible direct debit payment at £26.99 - £30.99 per month.

**We are delighted to be teaching at East Hoathly Church of England Primary School, we will be offering the following tuition services during school hours;**

**Guitar lessons** - modern, fun and inspiring! Covering a wide range of music from the very latest releases all the way through to rock classics and beyond!  
Group lesson - £9.67 per lesson or £26.99 per month.

**Keyboard lessons** - For those students who would like to study a modern approach to playing keys! This can include synthesisers, electric pianos and samplers.  
Group lesson - £10.99 per lesson or £30.99 per month.

**Drum lessons** - enter into the world of rhythm, any style - any ability.  
Group lesson - £10.99 per lesson or £30.99 per month.



**RBMS LTD**

Website: [www.rbmsmusic.com](http://www.rbmsmusic.com)

Phone: 01273 805666

Email: [office@rbmsmusic.com](mailto:office@rbmsmusic.com)

*We hope to see you soon!*

**Book a FREE lesson via our website now!**





"Lily loved it thanks it really builds her confidence and has been practising again! 😊

🎸🎤🥁" **Charlotte, Drum student parent**

"Lilly always looks forward to her lessons, it's her favourite day of the week!"

**Mike, Guitar student parent**

"I can't tell you how much both boys enjoyed your music school as did I. I have never seen them so engaged in a club and were bursting to get there each day. They can't wait for the next one!!"

**Jenny, Band workshop parent**

"Great Well done - you've clearly worked really hard with the children - great value"

**David, Guitar student parent**

"Alex had such a fab time, we are always impressed with how you all interact with them and what great mentors and teachers you are. Rock on! 🤘🎸🎵"

**Corne, Ukulele student parent**

01273 805666 - [www.rbmsmusic.com](http://www.rbmsmusic.com) - [office@rbmsmusic.com](mailto:office@rbmsmusic.com)



# England's Medieval CHRISTMAS FAYRE

25TH & 26TH  
NOVEMBER

A Magical  
Medieval  
Christmas Experience  
For All Ages



Come Celebrate the Festive Season  
At Michelham Priory, East Sussex



Music, Minstrels & Merriment ❄️ Storytelling from Father Christmas ❄️ Children's Christmas Crafts ❄️ Have-a-Go Activities & Experiences ❄️ Market Traders, Crafts & Demonstrations ❄️ Birds of Prey & Medieval Wolves ❄️ Jesters, Jugglers & Winter Witches ❄️ Roaring fires to roast marshmallows ❄️ Traditional Seasonal Food & Drinks ❄️ Lights twinkling, decorations sparkling ❄️ and maybe a few snowflakes too! ❄️



Scan QR  
code



Find out more and BOOK NOW at:

**EnglandsMedievalChristmasFayre.com**

Come and enjoy a magically memorable Medieval Christmas Fayre at Michelham Priory, East Sussex on 25th & 26th November

A one-of-a-kind holiday event, with market stalls and a range of have-a-go and Christmas craft activities for all ages.

Enjoy music, minstrels, and much merriment. Storytelling by Father Christmas, and from the Winter Witches. Be entertained by Devilstick Peat. See Birds of Prey, Medieval Wolves and Ponies. Watch blacksmith, wood lathe and candle making demonstrations.

Roaring fires to roast marshmallows. Traditional seasonal food and drinks - specialty hot chocolate, mulled wine, spiced cider or local ales and mead.

England's Medieval Christmas Fayre will be the most wonderful festive day out with lights twinkling, music filling the air, and if you're lucky, a few snowflakes Tickets available online for Saturday 25th and Sunday 26th November 2023, don't miss out. Use the discount code **HOATHLY2023**, to save now when you book your advance entry tickets at **EnglandsMedievalChristmasFayre.com** too!





**Colour the Christmas Tree and Enter to Win 1 of 3 Family Ticket Packages (2 Adults & 2 Child & 1 Parking - Value £65) to England's Medieval Christmas Fayre on either 25th or 26th November 2023**

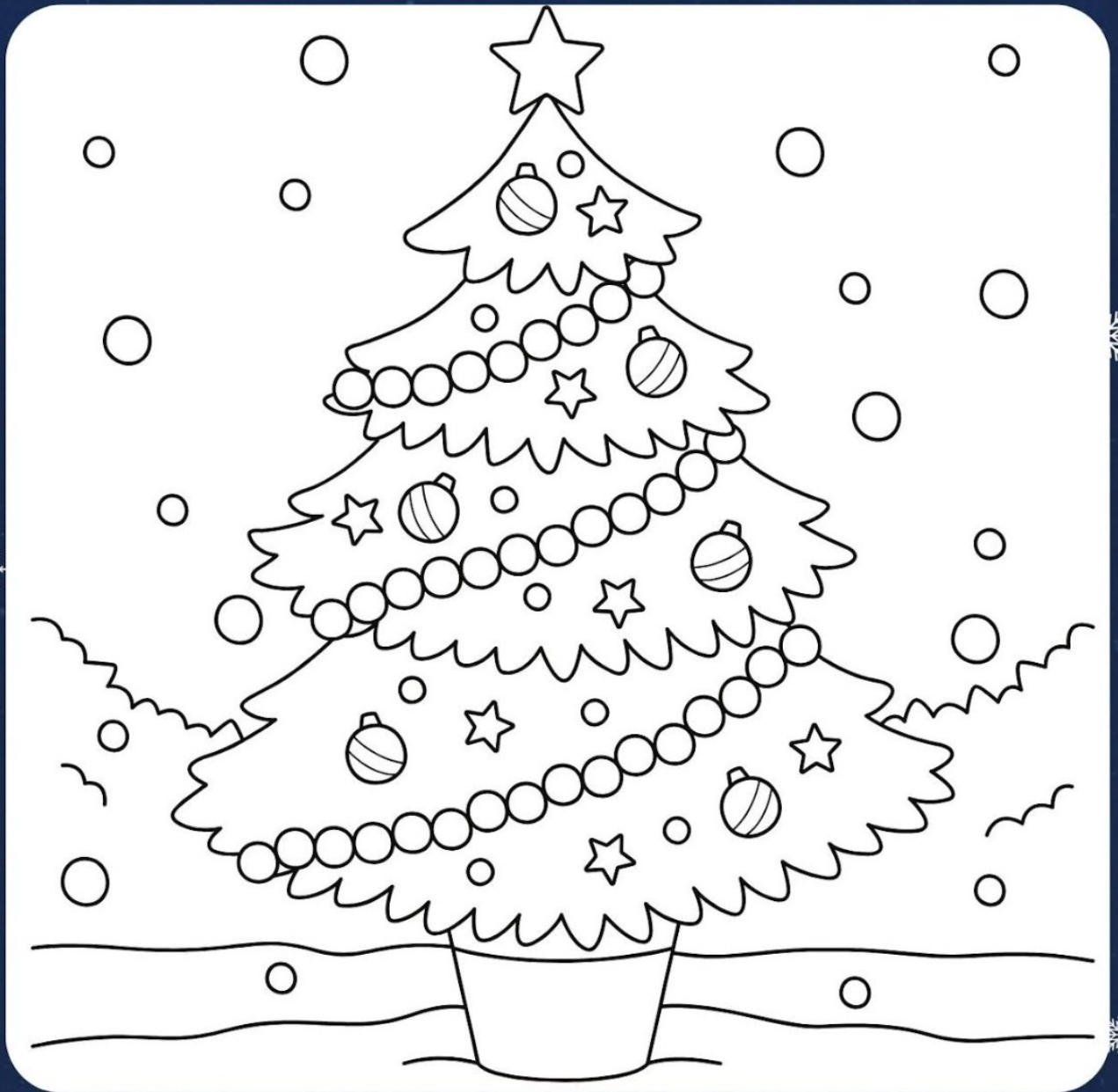
**How to enter:** Post on Facebook and tag us (@EnglandsMedievalFestival) or email to [info@englandsmedfest.co.uk](mailto:info@englandsmedfest.co.uk). Enter by 9am on Monday 20th November. Full information, terms and conditions at [EnglandsMedievalChristmasFayre.com](http://EnglandsMedievalChristmasFayre.com)

**First Name**

\_\_\_\_\_

**Age**

Under 3     4-7     8-12



**\*\*Bring your coloured Christmas Tree to the Fayre & Receive a holiday gift at the gate (Children 12yrs and under only)\*\***

**[EnglandsMedievalChristmasFayre.com](http://EnglandsMedievalChristmasFayre.com)**