

East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



NEWSLETTER



ISSUE 8 MONDAY 15TH JANUARY 2024

Dear East Hoathly Families,

Welcome back and Happy New Year!

From this term we will be discussing with the children the everyday experiences they will encounter. We will be asking the 'big questions' and allowing them to explore the awe and wonder of the world around us. We believe that spiritual experiences will offer time and space to consider topics that are possibly unknown or challenging as concepts but is central to the development of individual values and beliefs.

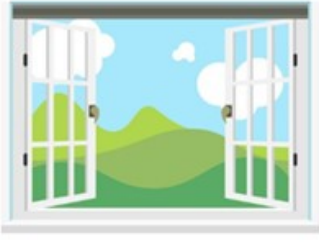
As a school, we have chosen to use the Windows, Mirrors, Doors concept as a common reflective structure for spirituality. It explicitly encourages our children to look out into the world and develop knowledge around a given topic or theme.

Using the mirror, they will explore their own thoughts, promoting questions and an opportunity for deeper consideration regarding the changing of mindsets and personal development. Finally, looking forward to 'the door', our pupils will consider their learning and their contemplations whilst preparing for how they might develop new behaviours and thinking.


**HAPPY
NEW YEAR**

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.



Think about the 'wows' and 'ows' in life. Wonder. Ask Questions.

Reflect: How does this experience make you feel? Think about your experiences in school and life, and the wider world – how can these help us flourish?



Respond: How will you move forward? What choices will you make?

Linked to our vision and values, the children have explored how the different skills can be linked to each of our values. As a school, they voted and the results were as follows:

<p>Love</p>  	<p>Strength</p>  
<p>Wisdom</p>  	<p>Truth</p>  

As the year continues, we want to develop confident, creative, thoughtful children and therefore, **skills**, should be as strongly emphasised as the acquisition of powerful **knowledge**. Knowledge and skills are not opposed, but connected.

Mrs Briley

Letters Home

Squirrels Class - NSPCC Pants Letter



Key Dates

January 2024

18//1 - Census Day

26/1 - Awe & Wonder Day

31/1—Think Tank

Breakfast Club

We would like to gauge interest in starting a 'Breakfast Club' from 8.00-8.40 Monday- Friday in term time potentially starting from Term 4. Please note this is a consultation at this stage.

If you would be interested, please complete the Google Form via the following link - [Click here for Google Form](#)



Census Day

Please be aware that due to a Census day there will be a menu change this week. The lunch options on Thursday will be Fish Fingers & Chips or Quorn Dippers & Chips. Lunch options on Friday will be Chicken & Vegetable Korma or Vegetable Cottage Pie.



Baby News

We are delighted to share that Miss Caddick welcomed baby Jackson on the 11th December weighing 8lb 4oz. We are all sending huge congratulations to Miss Caddick and her family!





Term 3 Forest School Dates

Please see below for Term 3 session dates:

Wednesday 17th January - Foxes

Wednesday 24th January - Owls

Wednesday 31st January - Nursery

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

Lost Property

A new Lost Property box is now located outside of the front gate. Please do check the box if you are missing any items.



ParentPay

Starting from this week we are moving to all school meals being ordered on ParentPay instead of ordering in school.

Please ensure meals are ordered by 8.30am at the latest.

Please see the link below for a guide on booking meals. If you have any queries please contact the School Office.

[Click here for a ParentPay guide on booking meals](#)

Please ensure all Nursery and children in receipt of Free School Meals book on ParentPay.

Celebration Assembly

On Friday 5th January these children received a values certificate:



Hedgehogs - Monty

Squirrels - Ava & Luke

Foxes - Jake & Charlie

Owls - Harry & Connor

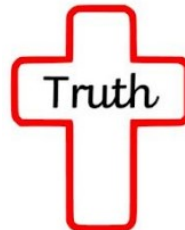
On Friday 12th January these children received a values certificate:

Hedgehogs - Ivy

Squirrels - Tallulah & Josh

Foxes - Leo & Zac

Owls - Delilah H & Sara



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 last week is:

Whole school: **96.9%**

Year: **95.5%**

Hedgehogs: **95.5%** Squirrels: **97.7%**

Foxes: **92.9%** Owls: **100%**

Well done, Owls Class!

Less than 94.9% - Red

95 to 96.4% - Amber

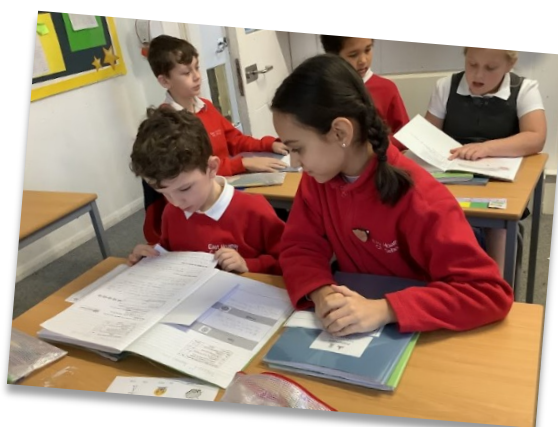
96.5 to 99.9% - Green

100% - Gold



PALS Assembly

On Thursday we held a Progress and Learning assembly as a school community. The children came together with a different year group and shared some of their learning so far. They were able to discuss with each other their topics, favourite bits of work and consider how they might improve their skills this term. They shared what they liked about each other's work, and what they were excited about for the coming term!





News from Nursery



This week in Nursery we have been making Chinese Lanterns and learning about Chinese New Year. We also had lots of fun enjoying the snow in the Nursery Garden. We also welcomed Miss Brunsdon-Lloyd to the Nursery Team!



News from Hedgehogs Class



On Monday, Hedgehogs had a visit from Chris Knott from Starfish Malawi who came and shared with us all about our link school in Malawi. We enjoyed listening to the stories he told us.

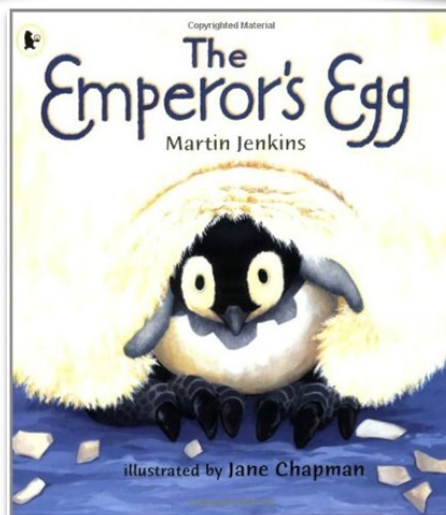


News from Squirrels Class

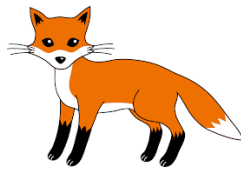


On Monday in Squirrels class, we read the story 'The Emperor's Egg' by Martin Jenkins. We thought about what life would be like for a penguin, by holding a ball in-between our legs for as long as possible. We also found footsteps and an egg that had been left in the classroom. The penguin had also left us a video of it walking through the corridor.

We also used our creativity skills to draw pictures of penguins that we have displayed in our corridor!



News from Foxes Class



Foxes Class has had a brilliant start to the term and have come back to school full of enthusiasm and great ideas. We watched the Pixar animation 'Lava' to kick start our new topic of 'What makes rocks beautiful?' and used this in our English work to rewrite the story of the volcanoes.

In science this week we looked at different types of rocks and sorted them depending on what they looked and felt like.

I have been AMAZED at how well all the children understood formal multiplication and so proud of how well they learnt this new method and were then able to apply it to word problems.

Well done, Foxes! What a super start to 2024!

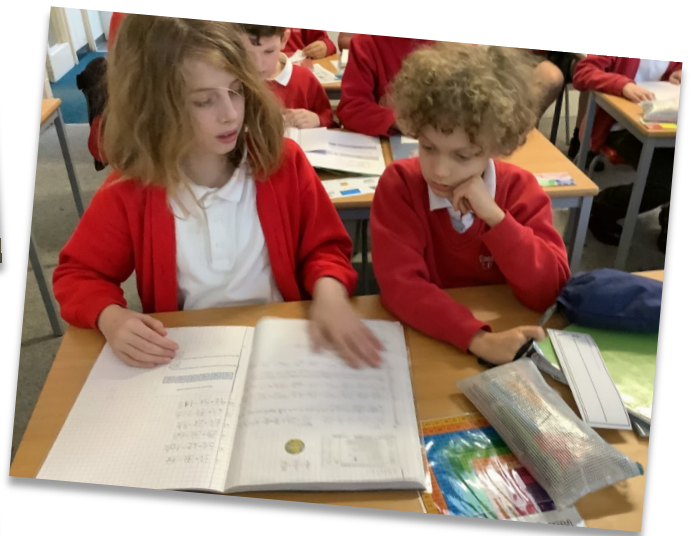


News from Owls Class



Owls have been working incredibly hard on their fractions this week and absolutely everyone has made amazing progress! In English, we've been thoroughly enjoying *Wolf Brother* by Michelle Paver, which we've been reading and listening to as an audiobook.

It was a pleasure to share our work with the younger children in our PALs assembly on Thursday; we were wowed by their amazing learning too! Also wowing us this week were the members of our dodgeball team who played brilliantly in their tournament on Wednesday. Special mention goes to Malakai, who was awarded 'player of the tournament.' Well done, superstars!





Hedgehogs Class - Wednesday 3rd January

We started Forest School today by learning a new game called spirit of the forest. The class chose what woodland animal they wanted to be, we had foxes, badgers and squirrels. The spirit of the forest then called the animals one at a time, they run across to the other side and if they were caught they became a tree with long branches to catch other animals. Soon we had created a woodland full of trees "I'm an Oak tree".

We set off for the woods, hunting for animal tracks in the mud as we went. The path was very muddy, the class enjoyed squelching in the mud "I can hear your boots Dormouse". We did find a track in the mud, the class was convinced it was a Bear foot print.

Using stones with different animal footprints on, the children created their own tracks in clay by pushing the stone into the clay leaving an imprint of the animal track. We talked about what animal was leaving what footprint.

Some children helped to put up the slack line, taking the rope around the tree then posting it through the ratchet and pulling it tight. There was then some great balancing, they are definitely getting more confident at doing it on their own.

Some children chose to make pine cone bird feeders, filling the cone with lard and then rolling it in sunflower seeds. They then hung it in the tree ready for the birds.

There was some great independent bug hunting "I found a worm". They worked together to roll over logs getting more of their class mates if the log was too big to manage alone. The bug hunt very quickly turned onto a Toad hunt, sadly we did not find one this time. We talked about how they have hidden themselves away as it is winter.

We finished today's session by listening to what they had enjoyed about their morning at Forest School.

"I liked the mud"

"Everything"







Squirrels Forest School - Wednesday 10th January 2024

We started our session today by looking at the Daffodil bulbs that were planted last time to see if they had started to grow. The class found that most of the bulbs had started to send up green shoots and the roots had grown so much on a few of them that it had pushed the bulb out of the pot.

On the way to the woods the class had a look for some animal tracks, with the ground being frozen it made them easy to spot. We found lots of dog tracks, one was so big that the class were sure it was a bear.

In the woods the children went on the hunt to find the den made by Owls class, this then set off some great team work in creating their own dens. One group used a tree to prop up the branches of their den. They then used more branches to create a path leading to the den, sweeping the fallen leaves away to keep the path clear. Another group created a fort inside a Holly bush, with guards to protect it from invaders.

Some children chose to make pine cone bird feeders. They did this by filling the pine cone with lard and then rolling it in bird seeds. Others used pipe cleaners which they posted cheerios onto, both feeders were then hung in the trees ready for the birds. As they were made we talked about what birds may come to eat from the feeders "a Robin", "a Black-bird".

A fallen tree was found by Squirrels class today. They took it in turns to sit on the tree and bounce.

At the end of the session we listened to what we had enjoyed about our time in the woods today:

"I like forest school because you find something new"

"bouncing on a branch"





Dear Parents/Guardians,

Over the next few terms at Forest School the children and I plan to create a bug hotel, to help encourage more wildlife to our site. I would be greatly appreciated if you could help us by bringing in any of the following if you have the laying around at home.

- Whole or broken roof tiles
- Terracotta pots (whole or broken)
- Decking boards
- Drain pipe pieces
- Old bricks
- Dry/dear bamboo
- Pallets (looking for 5)

Many Thanks

Dormouse

(Forest School Lead)



Active Games



Active Games
EDUCATING, INSPIRING AND EMPOWERING CHILDREN
THROUGH SPORT



Active Games – Dodgeball Tournament 2024

This week was the Active Games Dodgeball Tournament, it was non-stop action from start to finish with all the children taking part demonstrating their amazing skills. There were some incredible moments of accuracy, fast reflex dodging and even a diving catch to help win, it had it all! It was fantastic to see so many of the children enjoying themselves and working well together as a team. All the children demonstrating fair play, sportsmanship, and most of all high levels of respect towards each other, often acknowledging moments of brilliance within each other performances even when the results weren't going their way. Congratulations to Chiddingly for winning the tournament and we look forward to running many more tournaments throughout this academic year.



Park Mead Team



Chiddingly Team



East Hoathly Team



RESULTS

- 1st Place** – Chiddingly Primary School
- 2nd Place** – East Hoathly Primary School
- 3rd Place** – Park Mead Primary School



- Player of the Tournament – **Malakai**
- Fair Play Award – **Poppy**
- Park Mead Star Player – **Rio**
- Chiddingly Star Player – **Maxwell**
- East Hoathly Star Player – **Joseph**

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

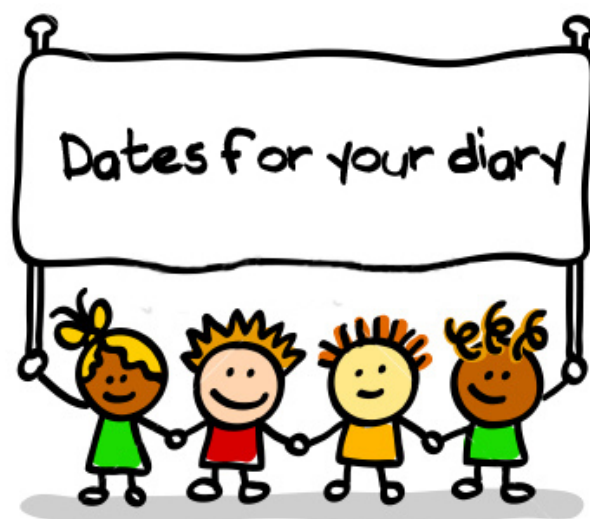
24/6 - Sports Day

4/6 - Term 6 starts

July 2024

22/7 - Leavers Service/ End of term 6

23/7 - INSET day



Census Day

KS1 Free
KS2 £2.85

18 January 2024

Did you know?

If your child is in Reception, Years 1 or 2, then the meal is free of charge

Census Day Menu

Choose a Main Meal...

Breaded Fish Fingers & Chips

Quorn Dippers & Chips (v)

Jacket Potato with Cheese or Baked Beans

On the Side...

Peas

Baked Beans

For Dessert...

Strawberry Frozen Yoghurt
or Fresh Fruit



Don't forget! If your child is in Reception, Years 1 or 2, then you can get their meal free of charge!


Chartwells
EAT LEARN LIVE

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

@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: 03.01.2023

Healthy Habits is coming to a venue near you!

If you would like support to eat well and get more active as a family, come and join us for a free, fun programme in the New Year!

Interested? Want to find out more?

Visit our website now for further details: <https://www.eastsussexchildren.nhs.uk/healthy-habits/>

Or give us a call on 0300 123 4062



NHS
East Sussex School Health and
Children's Integrated Therapy Services

**Healthy
lifestyle
club**
for children aged 4 to 11

Eat well and get active together

Eight fun one-hour
interactive sessions suitable
for the whole family.
Virtual and face-to-face sessions available

**Healthy
habits**

we care

Please contact 0300 123 4062 or visit
www.eastsussexchildren.nhs.uk/healthy-habits

Part of the NHS Community Fund. NHS Foundation Trust

Have your say on the East Sussex Local Transport Plan



Consultation 27 November 2023 - 25 February 2024

We want you to have your say on the future of transport in the County.

The draft East Sussex Local Transport Plan 2024 - 2050, sets out how we will plan and provide transport for people taking every day journeys in East Sussex, which include getting to school, work or for leisure, now and in the future.

The plan recognises factors that are important for journeys to school such as enabling safer and more accessible journeys, the benefits to health and wellbeing from more active travel, even if this is part for part of your journey or being undertaken on certain days of the week.

Many of you will often be combining the school run with other journeys, so undertaking multiple trips, to get to work or for other purposes, so the plan recognises the importance of having a connected transport network.

To take part please select this link and complete the consultation questionnaire

<http://eastsussex.gov.uk/DraftLTP4>

Contact details

If you want to contact ESCC to discuss this you can do so in the following ways:

Email - LocalTransportPlan@EastSussex.gov.uk

Telephone: 0345 608 0190 lines (open 8am to 5pm, Monday to Thursday, and 8am to 4.30pm on Friday) and ask to be put through to the Local Transport Plan Team.



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 8th Nov 9.15- 10.45- Anxiety and Worry~~

Wednesday 13th March 9.15- 10.45- **Sleep, food and mood**

Wednesday 10th 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

- ~~19TH OCTOBER~~ ~~ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)~~
- ~~8TH NOVEMBER~~ ~~BUILDING SELF ESTEEM AND RESILIENCE~~
- ~~13TH DECEMBER~~ ~~DEPRESSION~~
- 17TH 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

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

If you have any questions please email
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.



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”

