

# East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



# NEWSLETTER



ISSUE 9 FRIDAY 26TH JANUARY 2024

Dear East Hoathly Families,

After a very blustery start to the week, the children have all worked incredibly hard. From Owls having practice SATs, to the children in Nursery, Hedgehogs and Squirrels all having a visit from Maria and Matt our local PCSO's. They had a lot of fun trying on the uniform!

## Windows, Mirrors and Doors

As a whole school we have been thinking about the big question 'Do our actions have an impact on the environment.' This has led to some interesting conversations. The children have then used our model of 'mirrors' to self reflect and 'doors' to think about how we go forward.

## International Links

Today, we thought about our international links with Malawi and how we could continue to support them. We are very much looking forward to our 'Awe and Wonder' Day next week where we will explore this further.

We hope you all have a wonderful weekend and look forward to seeing everyone next week.

Mrs Briley



*Achievement For All, Learning Together, Learning For Life*

If you need the newsletter, or any other school letter, to be in a different format, please speak with Mrs Mackmin in the school office.

If you need help or support with access to any information, please also contact Mrs Mackmin.

## Letters Home

**Squirrels** - Drusillas Trip (Please complete consent form via ParentPay)

**Owls** - Guys & Dolls Trip

**All** - Staffing Update



## Key Dates

**January 2024**

**31/1** - Think Tank

**February 2024**

**2/2** - Awe & Wonder Day

**8/2** - FGB Meeting

## ParentPay

We have moved 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.

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

If you have any queries please contact the School Office.

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

**\*\*Please note that Tomato Pasta is being added as a daily option from Monday. Chartwells have made us aware that unfortunately this being added is going to cancel any bookings for next week that have been already made. If you have already booked meals for next week please ensure these are re-booked\*\***



## Term 3 Forest School Dates

Please see below for Term 3 session dates:

Wednesday 31st January - Nursery

Please bring in waterproofs, wellies and a change of clothes.

## Lost Property

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



## East Sussex Mental Health Support Team

Please visit the links below for Workshops currently available from the East Sussex Mental Health Support Team:

**MHST Parent and Carer Online Workshops:**

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

**MHST Parent and Carer Small Group in person Workshops:**

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



## Morning Drop Off Reminder

For all children to have the best start in the morning we would like to remind you to please say goodbye to the children on the playground and allow them to walk in to the classes alone. If you need to speak to the teacher or give a message, please see the adult at the gate who will pass on the message. Adults can only be in the school building if they have signed in at the office. The gate is open from 8.40am - 8.50am.



# Celebration Assembly

On Friday 19th January these children received a values certificate:



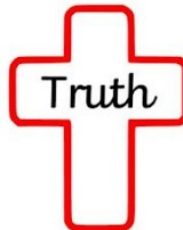
Hedgehogs - John

Squirrels - Riley & Ella

Foxes - Annabelle

Owls - Maisy & Kitty

Please note there is no Celebration Assembly this week or next week due to Awe & Wonder Day!



## 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: **92.4%**

Year: **95.2%**

Hedgehogs: **85.3%** Squirrels: **91.1%**

Foxes: **95.4%** Owls: **93.5%**

Well done, Foxes Class!

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold







## News from Nursery



We all really enjoyed having a visit from the local police service. We all got to see the car and even got to have a go inside pretending to drive. Some of us tried on the uniforms and helmets, which we found very funny.

When we had our talk from the police we all sat really nicely and learnt that if we are lost or need help who we can look for and what number to call.



# News from Hedgehogs Class

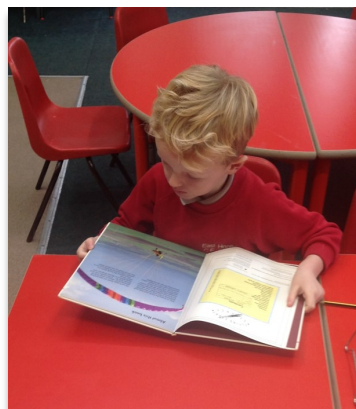


## A Visit from the Police!

On the 17<sup>th</sup> of January, we had a visit from our local PCSO's, Maria & Matt. They brought their police car with them, as well as some real bits of uniform for us to try on! We listened to the sirens, talked about why they are so loud and bright, we got to test out sitting in the car too! We tried on different helmets and jackets and Maria spoke to us about what a police person does, how we can ask them for help and what number we need to call when we need them.



This week we had a visit to the School Library. We had a look at all the books and talked about how to look after our Library. We shared stories and admired the handy work of our Librarians!





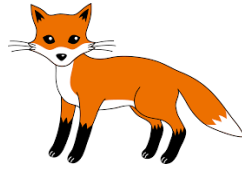
## News from Squirrels Class



Squirrels' have been continuing to learn about 'What makes animals unique?' They considered what a habitat was and why these are different for different animals. They discussed their favourite animals and what their habitat is. They then created habitats for their animal, considering the resources they would use to create them.



## News from Foxes Class



Foxes have continued to be super busy over the last two weeks. We had an absolutely brilliant time at Forest School last week - Foxes class just love to dig in the mud and make dens! Their fantastic manners and consideration of each other really stood out last week and they should all be very proud of how well they worked together in small teams to create engineering masterpieces! In R.E. this term we are learning about what it means to be a Hindu in Britain today. As part of our learning, we have been exploring the story of Rama and Sita and how Hindus celebrate Diwali in their homes and in the community across the world. We made some beautiful wall hanging decorations to symbolise the candles that are lit to invite Lakshmi into the homes of Hindus.





## News from Owls Class



This week in Forest School, we were very excited to have our Forest School session. We loved trying out the slack line and we used air dry clay to make stone footprints and make our own animal tracks!







## Foxes Forest School - Wednesday 17<sup>th</sup> January 2024

We set off for the woods, on the lookout for some animal tracks along the way. Using some ID sheets to help us identify what we found, we think we found some dog and deer tracks. Along the way we stopped at the Dinosaur tree, the whole class squeezing together to make sure that everyone could fit on.

When we arrived at the woods Foxes were very keen to continue their den building from the previous session. They discovered that their dens had been tampered with but this did not bother them, they got stuck in with some new den creations. One group of children used clay/mud that they dug up as a cement to help the branches stay against the tree. They also made a long curved path that lead to their den using logs to line the path and sweeping all the leaves away. Once the den was ready they opened as a shop, selling balls of clay mixed with different natural materials.

Some children chose to make pipe cleaner bird feeders. They did this by using a pipe cleaner and posting cheerios on to it, they then hung them in the trees ready for the birds. As they were made we talked about what birds may come to eat from the feeders looking at pictures to see if they were able to identify the birds.

To finish the session today the class were asked what new things they would like to try at forest school. There were some very ambitious ideas and creations. I look forward to giving some of them a go in our next session.











## Owls Forest School - Wednesday 24<sup>th</sup> January 2024

Owls started their session by having a look at some pictures of different birds that we may see around the school and at Forest School. Dormouse tested their knowledge to see if they could identify these birds, there was only one that they were unsure of. Using some empty cardboard toilet rolls the class then made some binoculars to use on our journey to Forest School to see what birds we could spot along the way. A Robin and a Blackbird were spotted.

Once in the woods the class were very keen to get going, wanting to add to the dens that they had created last time. They found that the dens had been tampered with but this gave them more to do to build them the way they wanted. They used trowels to dig holes for some upright posts, then using clay that they had dug from the ground nearby to help hold other pieces of wood together. Another group of children made their den on a fallen tree; they covered their log of balls of clay made from what they had found while digging. They called themselves the "The Clay Ball Clan", using this clay they also made a bowl that they used to transport water. Unfortunately it didn't work too well, as the water made the clay slippery and the bowl collapsed.

Using air dry clay and stone footprints some of the class had a go at making their own animal tracks. They did this by first rolling the clay into a ball, squashing it with their palm and then pushing in the stone into the clay to leave an imprint.

The slack line was put up with the help of two members of the class. They were asked how they think it went up, then working together they managed to figure it out and put it up. There was then plenty of balancing not just with feet, some of the class tried balance in a sitting position this was a little tricky especially when Dormouse wobbled it!







## January 2024

31/1 - Think Tank

## February 2024

2/2 - Awe & Wonder Day

8/2 - FGB Meeting

9/2 - End of term 3

19/2 - Term 4 starts

## March 2024

5/3 - Parents Evening

7/3 - Parents Evening

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

19/5 - Family Fun Run

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

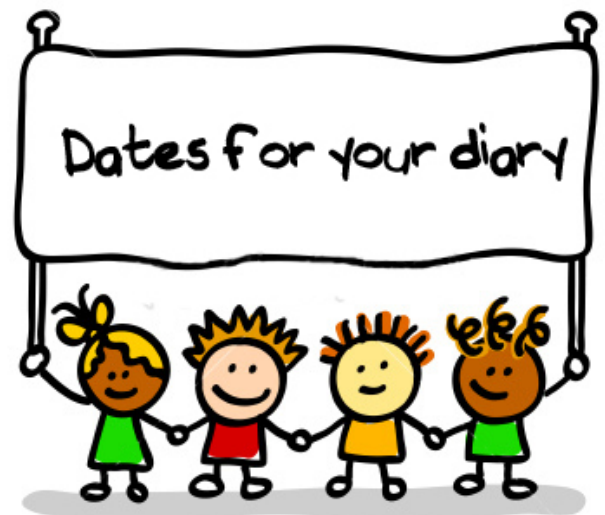
24/6 - Sports Day

4/6 - Term 6 starts

## July 2024

22/7 - Leavers Service/ End of term 6

23/7 - INSET day





# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/v>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>





ACTIVE  
EDUCATION  
SUSSEX



FEBRUARY

HOLIDAY

CAMP

ALL CHILDREN WELCOME!  
FROM ANY SCHOOL

12th, 13th & 14th  
February 2024  
Park Mead Primary  
School, BN27 3QP

BREAKFAST CLUB £5  
07:45-08:45  
MAIN DAY £15  
08:45-15:15  
AFTER CAMP CLUB £5  
15:15-16:15

FUN GIFT SHOP (CARD ONLY)

WIDE  
VARIETY  
OF  
SPORTS



ARTS &  
CRAFTS,  
MOVIES,  
AND  
MORE

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# Club Flyer

Type of Club:

## February Holiday Camp

Activity:

A fun filled day with a variety of sports, competitions, dance, arts & crafts, movies, and more!

Where:

Park Mead Primary School  
BN27 3QP

Date:

Monday, Tuesday & Wednesday  
12th, 13th, and 14th February 2024  
3 Days

Time:

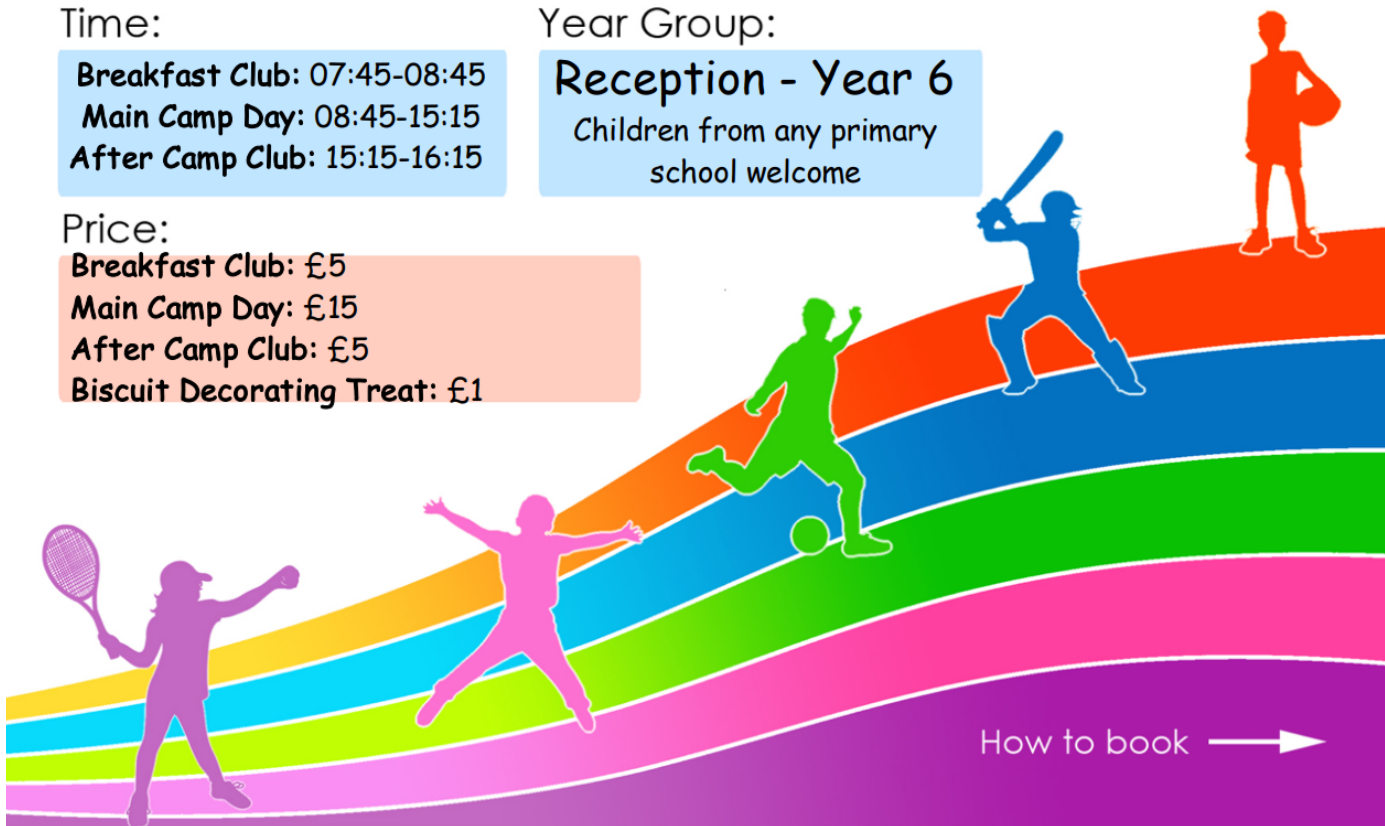
Breakfast Club: 07:45-08:45  
Main Camp Day: 08:45-15:15  
After Camp Club: 15:15-16:15

Year Group:

Reception - Year 6  
Children from any primary  
school welcome

Price:

Breakfast Club: £5  
Main Camp Day: £15  
After Camp Club: £5  
Biscuit Decorating Treat: £1



How to book →



## 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



# 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.





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



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

FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- 22<sup>ND</sup> FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26<sup>TH</sup> MARCH MANAGING CHALLENGING BEHAVIOUR
- 16<sup>TH</sup> APRIL BEREAVEMENT
- 15<sup>TH</sup> MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13<sup>TH</sup> JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY



SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

### WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/  
id/1206#/](https://ticketlab.co.uk/series/id/1206#/)

### 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)**