

East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



Tel: 01825 840247 Email: easthoathlyoffice@pioneerfederation.co.uk



NEWSLETTER



ISSUE 12 FRIDAY 15TH MARCH 2024

Dear East Hoathly Families,

We have a busy couple of weeks at East Hoathly! The children keep surprising me with their knowledge and expertise in all they achieve at school. We had a fantastic day celebrating World Book Day and we are excited for our Book Fair starting on Monday.

It was great to be able to show round parents this week for our first Open Morning and share with them what school looks like during the day. If you would like to sign up for our next open mornings please contact the school office.

We had a fab day today celebrating and helping support Comic Relief with a Crazy Hair Day. There were some brilliant creations! We are looking forward to seeing everyone on Thursday afternoon for our Easter Bonnet Parade and Easter Fun Run. Please find further details in our Newsletter.

Mrs Briley

**DO
SOMETHING
FUNNY
FOR MONEY**



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

Hedgehogs - Fire Station Trip (Please give consent and make payment via ParentPay)

Squirrels - Beach School Trip (Please give consent and make payment via ParentPay)

Foxes - Wakehurst Trip (Please give consent via Google Form, no payment required)



Key Dates

March 2024

18/3 - 22/3 - Book Fair

20/3 - Squirrels Beach School Trip

21/3 - Hedgehogs Trip to Fire Station

21/3 - Easter Bonnet Parade & Fun Run

25/3 - FGB Meeting

28/3 - Foxes Trip to Wakehurst

28/3 - End of term 4

Easter Church Service

Due to Foxes Class Trip there is a date change for our Easter Service. This will now be held on Wednesday 27th March at 2.30pm in the Church.

We look forward to seeing you all there!



Term 4 Forest School Dates

Please see below for Term 4 session dates:

20th March - Squirrels (Beach School)



Thank you to all the parents who have been so supportive with moving to meals being ordered on ParentPay. We have seen a dramatic reduction in food waste since this has been introduced and a much smoother and settled start to learning in the mornings!

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](#)

Open Mornings

We will be holding some Open Mornings for our existing parents/carers to take a look around our school and see the wonderful learning your children experience each day.

These tours will be in small groups so that the children are not overwhelmed and gives everyone the opportunity to fully engage in the tour.

The dates will be available for you to sign up to at parents evening or ring the office to book in. The dates are:

Thursday 21st at 9.00am

Monday 25th at 9.00am

If the demand is high, there will more dates available in Term 5.



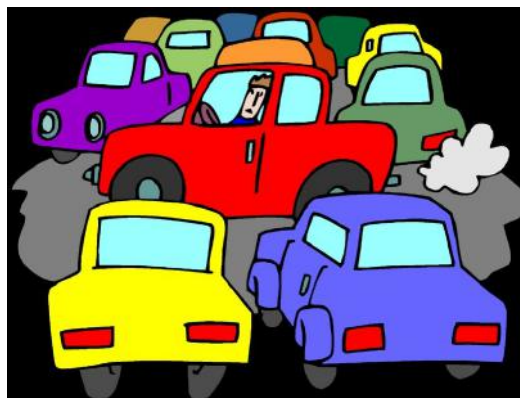
Allergy Reminder

Please can we remind all families, including our nursery families that we have children with severe allergies so therefore nuts and kiwi products should not be included in packed lunches. Can Nursery families please ensure that no raw tomatoes are included in packed lunches.



Parking

We have recently had reports of inconsiderate and/or dangerous driving and parking in the vicinity of the school. Unfortunately, as a school we are unable to police the road or car park outside and can only appeal for everyone to be considerate and safe at all times. The vast majority of our families take very good care. If you wish to report an incident involving anti-social driving (driving which is careless, deliberately aggressive or dangerous), we would draw your attention to Operation Crackdown, an initiative run by Sussex Safer Roads Partnership and Sussex Police. You can report incidents at www.operationcrackdown.org.



Book Fair

We are super excited that the travelling book fair is going to be in school next week! It will be open in the Library at 3.20pm Mon - Thurs. Please enter through the gate opposite Nursery. World Book Day vouchers are accepted and payment can be made via QR Code as we are cash free.

SCHOLASTIC **TRAVELLING BOOKS**

COME To the SUPER AMAZING BOOK FAIR!

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

A POP-UP BOOK-STORE WITH HUNDREDS OF BOOKS FROM JUST £2.99

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £5.3M BOOKS TO SCHOOLS NATIONWIDE

NEW **CAT KID COMIC CLUB INFLUENCERS** **Save £3**
WRITTEN & ILLUSTRATED BY **DAV PIKEY**
£12.99 **£9.99**

NEW **George Webster Why Not?**
Claire Taylor
Why not give EVERYTH From CBeebies presenter George Webster!
£7.99

NEW **DIARY of a Wimpy Kid DIPER OVERLOPE**
Jeff Kinney
THE HILARIOUS BRAND NEW WIMPY KID BOOK!
I OVER 25 MILLION BOOKS SOLD
£7.99

NEW **LUNA WOLF CODE-DANGER**
ALESHA DIXON
£7.99

NEW **NINA PEANUT IS AMAZING**
Available from 5th February
£8.99 **£7.99**

NEW **THE PANDAS WHO PROMISED**
Rachel Bright Jim Field
£7.99

Illustration from Nina Peanut is Amazing © Sarah Bowie, 2024.

Date:
Monday 18th - Thursday 21st March

Scan the QR code to pay online!

Easter

On Wednesday 27th March we will be holding an egg rolling competition. We would like all children to bring in a decorated hard boiled egg.



On Thursday 21st March we would like all the children to bring in a decorated bonnet/hat.

The bonnet/hat's will be firstly for a competition - there will be a winner for each year group for the best design.



Secondly - in the afternoon we will be going on a whole school parade around the village at 1.15pm. We would like to invite parents to join us on the parade and then stay for an Easter Fun Run (details to follow)

EASTER FUN RUN



Decembers Festive Fun Run raised £155 which we used to order our brand-new sports kits which will be arriving soon! Thank you!

This Fun Run has been chosen by the children during our school councils to raise money for **sport and playground equipment**

***Don't forget to bring Easter Bunny themed bonnet or headwear to wear whilst performing the Active Mile**

MARCH

21



EAST HOATHLY PRIMARY | ACTIVE EDUCATION SUSSEX

Active Education Sussex invites you to sponsor your child to complete as many laps of 'The Active Mile' as they can to raise money for **SPORT AND PLAYGROUND EQUIPMENT**. To make it more fun we would like your child to come into school with **Easter Themed Bonnet/Headwear** for the Fun Run.

PRIZE DRAW!!

Active Education Sussex are donating a £30 voucher to be used online for any of our Holiday Camps or After School Clubs. Along with 5 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 15th April 2024. **Please ensure your sponsorship money is paid on ParentPay by 3:30pm Wednesday 27th March 2024. GOOD LUCK!**

Name	Address	Number	Total Sponsorship
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
			Total: £
Sponsorship Total: £			

Celebration Assembly

On Friday 8th March these children received a values certificate:



Hedgehogs - Sean

Squirrels - Hugo & Rae

Foxes - Whole Class

Owls - Sophie T & Joseph

These children received a values certificate on Friday 15th March:

Hedgehogs - Esme

Squirrels - Elena & Harry

Foxes - Molly & Thady

Owls - Malakai & Caiden



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: **97.6%**

Year: **95.2%**

Hedgehogs: **92%** Squirrels: **98.1%**

Foxes: **97.9%** Owls: **99.2%**

Well done Owls Class!

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold



World Book Day

We had a lovely day celebrating World Book Day last week! The children took part in a number of activities throughout the day and we had great fun seeing everyone's fantastic costumes!





News from Nursery



This week we dressed up for world book day and read the story Charlie Cook's favourite Book and afterwards we talked about the books we liked to read at nursery. We have also been looking at spring time, colouring pictures and exploring sensory trays. In the garden we have been looking for signs of spring, chalking pictures of what we find and making footpaths along the grass.



News from Hedgehogs Class

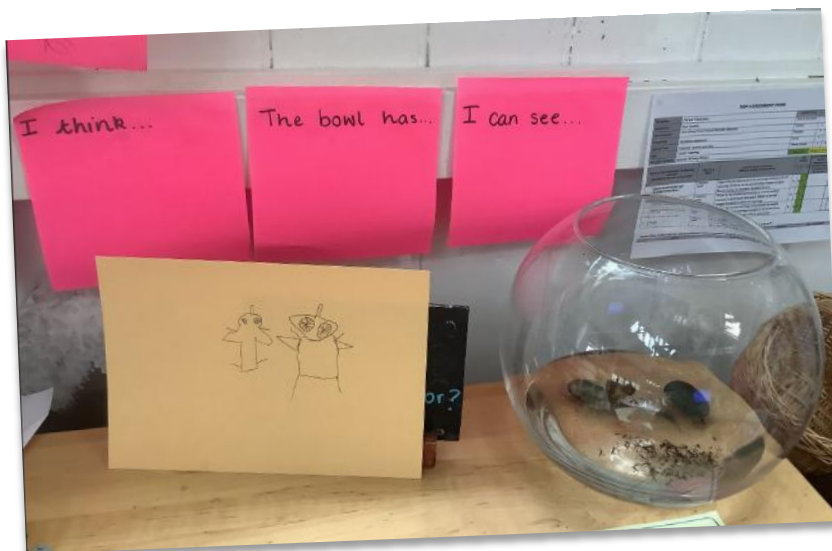


World Book Day:

The children had great fun dressing up in their favourite book character costumes. We listened carefully to Mr Seymour as she read us 'The Great Paper Caper'. Upon our return to the classroom, we made 'Wanted' posters for the bear to help the other woodland creatures find him! We drew fantastic portraits of the bear, and used our super writing to write descriptions of him too! Throughout the rest of the day, we explored a range of activities based on some of our favourite stories- our favourite by far was making our own stickmen!

Tadpoles:

This week saw the arrival of some class tadpoles! We have enjoyed predicting what the fish bowl was for before they arrived- "A jellyfish!", "A shark!", then predicting what the spawn would become! We are keeping a watchful eye on them, exploring their changes everyday.



Science Week:

To commemorate Science Week, we have been investigating the effect of time on different experiments. On Tuesday we predicted what effect water would have on some skittles, and discussed how long it would take for the water to make a difference. We had lots of fun watching the water change colour and the skittles dissolve! On Thursday, we put white flowers into dyed water. We made more predictions of what would happen to the water and have been observing how they have changed. Today, we placed flat objects onto black paper and stuck them to our window. We are leaving them over the weekend to see what will happen to our paper!



News from Squirrels Class



This term Squirrels have been focusing on 'Healthy Me' during their PSHE learning. As part of this, they have been thinking about healthy eating and having a balanced diet. They learnt about the different food groups: carbohydrates, fruits and vegetables, proteins and dairy products. As part of this learning they created some flapjacks and considered which of the food groups the ingredients would be.



News from Foxes Class



Foxes have had a great couple of weeks getting stuck into their topic on the Romans. They have been exploring what life was like for the Celts and learning the reasons behind the Roman invasion.

They worked so hard, they managed to win their marble treat and their choice was a cosy day! On Friday, they came into school in their cosiest clothes, kitted out with blankets and pillows and enjoyed watching 'Gladiators of Rome' tucked up!

We are looking forward to going on our school trip to Wakehurst Place on Thursday 28th March so if you haven't yet filled in the permission form, please do this as soon as possible.



News from Owls Class



This week Owls conducted their own refraction experiments as part of Science Week. We also had great fun in Forest School this week. We made a camp fire on this field, made yummy popcorn and found materials to make a birds nest!





Foxes Forest School - Wednesday 6th March 2024

We started today by learning a game called 'bat & moth'. The class stood in a circle making our cave, with two children in the middle one bat and one moth. The bat was then blindfolded and had to listen hard to catch the moth that was making a little sound doing its best not to get caught. On the way to the fire circle we stopped at the shed to gather some firewood ready for later in the session. Sitting around the fire circle we went through some of the rules of being safe by the fire. Some of the class stayed to help get the fire ready, they stacked the wood largest at the bottom to smallest at the top. They talked about how we were using dry sticks otherwise they wouldn't burn. Then using a flint and steel they lit pieces of cotton wool to add to the fire, it was great to see other children helping the ones that were finding it a little tricky. Once the fire was going the children helped to hold the popcorn over the fire waiting for it to start popping "I see some small white bits", when it was ready it was enjoyed by the whole class.

A selection of bird teddies joined us at forest school today. Some children made nests for the birds using hay, they twisted it round to create the circle they then gathered moss to line the inside of the nest. Stones were then decorated as eggs and placed into the nests.

There were two very good dens created today, one at the bottom of the field and the other in the willow dome. The children worked well as a team to peg the tarpaulin in place, one of the dens used some garden chairs to help block an opening in there den. The children asked if the dens could be tested to see if they were water tight. After chucking cups of water over the tops of the dens we were left with some soggy children, think there may need to be some redesigning ready for next time.

Some children twisted the hay to make a sort of rope, they then attached the rope they had made to a piece of willow to create a bow. Very creative and it worked really well.

We finished today's session by sharing what we had enjoyed about our time at forest school today-

"I loved all of it"

"building dens"

"yummy popcorn"

"getting wet"





March 2024

20/3 - Squirrels Beach School Trip

21/3 - Hedgehogs Trip to Fire Station

21/3 - Easter Bonnet Parade & Fun Run

25/3 - FGB Meeting

28/3 - Foxes Trip to Wakehurst

28/3 - 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



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College

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f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.03.2024

ACTIVE
EDUCATION
SUSSEX



EASTER

HOLIDAY

ALL CHILDREN WELCOME
FROM ANY SCHOOL!

CAMP

2nd, 3rd, 8th, 9th &
10th April 2024
Park Mead Primary
School BN27 3QP

EASTER EGG HUNT AND OTHER
EASTER THEMED ACTIVITIES

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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AND
MORE

EAST HOATHLY FAMILY FUN RUN

East Hoathly Pavilion

8am registration opens

10am 5km and 10km races

11am 1km race followed by prize giving

Refreshments available

Bouncy castle (subject to weather)

Medal for every finisher

Entry fees:

1km race: £5 any age

5km race: £5 for under 16s,
£9 early bird discount* or £10 on
the day for age 16+

10km race: £9 early bird
discount*, £10 on the day

Follow us on Facebook:
East Hoathly Family Fun Run

Raising funds for
East Hoathly Primary School and Nursery



19th
May
2024

Juggling family life...?



...we're here to help.

**Every family goes through ups and downs.
Let us help you to find the answers.**

We can offer you a wide range of support with

- ✧ emotional wellbeing
- ✧ special educational needs and disabilities
- ✧ financial, housing or employment challenges
- ✧ supporting your child's behaviour
- ✧ support for new parents
- ✧ activities for children of all ages

 **01323 46 46 55**

 **familyhubs@eastsussex.gov.uk**





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

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.



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

- 22ND FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26TH MARCH MANAGING CHALLENGING BEHAVIOUR
- 16TH APRIL BEREAVEMENT
- 15TH MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13TH 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

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

From Tristan and Oliver, Year 10 students from Heathfield Community College

On Saturday 23rd March 2 year 10 students from Heathfield Community College will be running a jumble sale to raise money for them to travel with Camps International to Cambodia for four weeks of personal development and charitable project work.

Oliver and Tristan with the support of family, friends and scouting colleagues, are running a jumble sale at the scouts hut, Crouch Hall in Upper Horsebridge on Saturday 23rd of March between 11:00-14:00. There will be a wide range of items on sale including clothes, toys, homewares at great prices. Tea, coffee, and home-made cakes will be on sale to keep you going plus tickets for a prize raffle! Entrance is just 50p, this money will be donated to the Scouts who have generously allowed Oliver and Tristan to use the hall for the day.

The money raised will go towards helping the students raise the money needed to travel and for them to assist in a variety of project work. This includes community development work, wildlife conservation, environmental conservation, and a personal challenge of jungle trekking.

The core objectives of this expedition are to undertake projects in order to:

- Raise the educational standards of developing communities within a rural district of {country}
- Raise the living standards of developing communities, within a rural district of {country}
- Assist with ongoing wildlife conservation programs to preserve biodiversity and protect vulnerable habitats

Oliver 15 said 'Running an event like this is a great way to raise money for our expedition to Cambodia and we really appreciate all the support the local community is giving us.'

Tristan also 14 added 'We have learnt so much already about what it takes to run an event like this. We also like the fact that we are supporting recycling in our local community.'

'We can't wait to get to Cambodia as there will be so many amazing opportunities for us both, but we are also enjoying learning about fundraising here at home, there is so much to think about.'

For further information about Camps International please contact <https://www.campsinternational.com/>.

Fund Raising

JUMBLE SALE

Saturday 23rd March

11:00-14:00

Entrance 50p

Hellingly Scouts Hut Crouch Hall

Upper Horsebridge

Tea, coffee,
& homemade
cakes for sale

Prize raffle
Toys & clothes
Homewares



All money raised will support us to complete a 4 week trek to Cambodia in 2025

During our time there we will be working on projects to support the community and sustainability.

WE ARE BACK!



We are reopening our doors on 29th March, just in time for Easter!



A revamped farm trail with new and upgraded areas.



A refreshed space and a menu in our cafe



Shop stocked with locally sourced products and gifts



@sharnfoldfarm



@sharnfoldfarm



Pre-book from
£6.45pp*

*Booking fees apply. Under 2s go free. Attraction tickets are £7.95 on the gate. 2 for 1 offer only applies when pre-booking online.



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