

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 13 MONDAY 25TH MARCH 2024

Dear East Hoathly Families,

We come to the end of another term, and what a fantastic term it has been. We have been learning about the Easter story in our RE lessons as well as through different activities - including an Easter Garden experience. This was an opportunity for children to relate parts of the Easter story to themselves and reflect on their own learning.

This term we have focused on Justice and Hope within our collective worship - children have been discussing standing up for what is right and what they believe in. The children have been demonstrating how they are courageous advocates. This is an area we will continue to develop over the coming terms.

I want to take this opportunity to wish you all a happy Easter and hope all the children have a relaxing break ready for Term 5.

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.

Info

Letters Home

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

Squirrels - Cosy Day

Nursery - Staffing Letter



Key Dates

March 2024

27/3 - Egg Rolling Competition

28/3 - Foxes Trip to Wakehurst

28/3 - End of Term 4

April 2024

15/4 - Term 5 starts

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!



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](#)



Term 5 Forest School Dates

Please see below for Term 5 session dates:

Wednesday 17th April - Hedgehogs

Wednesday 24th April - Squirrels

Wednesday 1st May - Foxes

Wednesday 8th May - Owls

Wednesday 15th May - Nursery

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



Book Fair

A big thank you to everyone that supported our book fair last week! We sold a fantastic £380 worth of books which will give the school £95 towards new books for our library!

Egg Rolling Competition

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



Gate Changes

If there has been any misunderstanding that the actions taken by the school were linked to specific parents or families, we want to reinforce that the actions taken by school were based on a range of contributing factors, especially the need for children to settle into lessons quickly. We ask that the school community respects all the parents from our school and if any parents have any concerns or queries to come directly to the school and meet with Mrs Briley and Mr Procter.

Celebration Assembly

On Friday 22nd March these children received a values certificate:

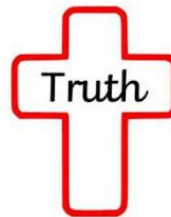


Hedgehogs - Whole Class

Squirrels - Jack & Alexander

Foxes - Corey & Mary

Owls - Hugo & Charlie



Achievement For All, Learning Together, Learning For Life

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: **95.1%**

Year: **95.2%**

Hedgehogs: **81%** Squirrels: **97%**

Foxes: **95.4%** Owls: **98.2%**

Well done Owls Class!

Less than 94.9% - Red

95 to 96.4% - Amber

96.5 to 99.9% - Green

100% - Gold



Easter Fun Run

Well done to everyone for taking part in our Easter Fun Run last week! This Fun Run has been chosen by the children during our school councils to raise money for sport and playground equipment. Don't forget there is still time to be sponsored and entered into the prize draw!

Active Education Sussex are donating a £30 voucher to be used online for any of their 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!*



Easter Bonnet Parade

Last week we had our first ever East Hoathly Easter Bonnet Parade!

We were blown away by all the fantastic creations! A big thank you for our School Cook Bev for judging the winners!



Nursery - Bonnie



Hedgehogs - Ivy



Year 5 - Oscar



Year 6 - Kitty



Year 1 - Rupert



Year 4 - Stanley



Year 3 - Koko



Year 2 - Henry M



EASTER



PARADE



News from Nursery



Nursery were very excited to take part in the Easter Bonnet Parade last week! We loved seeing everyone's incredible creations and joining the rest of the school for the parade!



Baby News

We are delighted to announce that Miss Walker has given birth to a beautiful baby girl. Baby Adelaide Jenkins arrived on the 9th March.

We are sending a big congratulations to Miss Walker and her family from everyone at East Hoathly and a special congratulations too to big sister Bea!



Congratulations!



News from Hedgehogs Class



Fire Station

Hedgehogs took a visit to Uckfield Fire Station last week with our friends from Chiddingly and Park Mead. We had lots of fun exploring the fire engines and having a go at using the hose to knock down cones. We were also taken on a tour around the inside of the fire station where we got to see where the firefighters get ready, where they have important meetings and we were lucky enough to see the alarm go off for real.



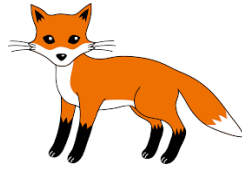
News from Squirrels Class



This term Squirrels have been focusing on 'Healthy Me', we thought about how we can have a healthy diet that includes fruit and vegetables. To make this more exciting we created different images using fruit. Can you guess what our creations were?



News from Foxes Class



Foxes had a lot of fun taking part in the Easter Bonnet Parade and Fun Run! We were all very impressed with the spectacular bonnet creations!

Well done to Stanley and Koko for their winning bonnets!

We are very excited for our trip to Wakehurst this week, we are looking forward to sharing with you all about it in our next newsletter!



News from Owls Class



In Owls Class we joined our buddies in Hedgehogs Class this week to learn all about the 'Stations of the Cross'. We created our own crosses out of items we could find in our garden to help us reflect on this whilst thinking about the Easter story.





Squirrels & Chestnuts Beach School - Wednesday 20th March 2024

Today the Year 1&2 Classes from East Hoathly and Park Mead joined together for a sunny adventure down on Eastbourne beach.

Once on the beach the classes were really keen to start exploring the beach and even more keen to go and paddle their feet "will it be warm".

Some children chose to look amongst the stones to see what they could find, then using the ID sheet they were able to work out their findings. They found Mermaids Purses, Whelk eggs, dry Sea Weed and some stones with holes that went all the way through.

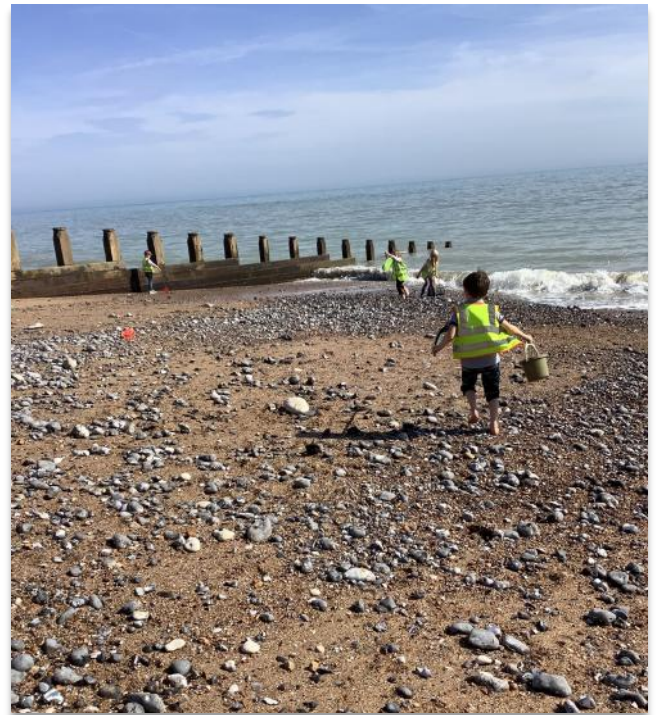
Working in groups there was a lot of construction on various different sand castles. Some were mounds of sand surrounded by a watery moat, working hard to fill their moat with buckets of sea water before it soaked away into the sand. Whereas others were made with stone, using wet sand as a kind of cement to hold them together. One group dug a rather large hole and placed stones around the edge. When asked what they were doing they said "we are making a rock pool". Others chose to dig channels down to the sea, this was for the water that was running down the beach to run in. They kept having to make it longer as the tide was going out.

As the tide went out it exposed the bottom of the groins, this was a great place for us to see some marine life. The children found some Limpets, Barnacles, Whelks and Anemones. Some of the Anemones were open as the water was still just covering them, this allowed the class to see their tentacles, where as others that were out of the water were closed.

The children enjoyed paddling their feet, running back up the beach as the waves broke trying not to let the wave touch them. Some paddled a little more than their feet getting a little soggy. Others took the approach of jumping the waves, sometimes not getting it quite right and getting splashed by the wave.

It was great to see the two classes play and work together, really amazing day Squirrels and Chestnuts!





March 2024

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

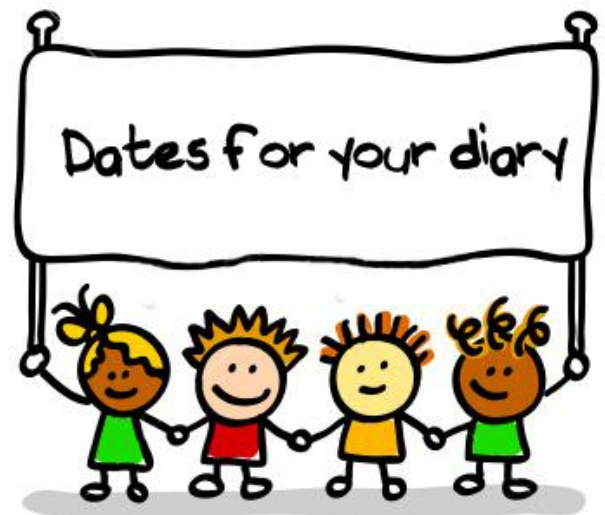
24/6 - Sports Day

4/6 - Term 6 starts

July 2024

22/7 - Leavers Service/ End of term 6

23/7 - INSET day



WEEK 3

W/C: 29/04, 20/05, 10/06, 01/07, 22/07, 02/09, 23/09, 14/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Tomato and Herb Lentil Pasta 🌱 A vegetarian pasta in a ragu sauce topped with cheese	Pork Sausages Pork sausages served with mashed potato and tasty gravy	Roast Chicken 🍗 Succulent roast chicken served with fluffy roasties and tasty gravy	Beef Bolognese 🍖 Served with wholewheat pasta	Fish Fingers Crispy fish fingers and scrummy chips
	Cheese and Tomato Pizza 🍕 Cheesy tomato topped pizza slice served with potato wedges	Sweet and Sour Vegetables 🍷 A Chinese style Quorn and vegetable dish served with wholegrain rice	Cheese & Onion Pasty 🥧 Cheese, onion and potato in a puff pastry case served with fluffy roasties and tasty gravy	Vegetable Spanish Rice 🌱 A tomato based vegan mince and vegetable paella	Quorn Dippers 🍷 Crispy Quorn dippers and scrummy chips
JACKET POTATO	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Original Flapjack served with Fruit Slices 🍪	Lemon Cookie 🍪	Banana Cake 🍰	Vanilla Sponge with Custard 🍰	Vanilla Ice Cream 🍦

PACKED LUNCH

Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

THREE WEEK MENU

SPRING/SUMMER 2024

£2.85

Our new menu chosen by parents and children – Your favourites available every day



Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

Chartwells Schools

WEEK 1

W/C: 15/04, 06/05, 17/06, 08/07, 09/09, 30/09, 21/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza 🍕 Cheesy tomato topped pizza slice served with potato wedges	Cottage Pie 🍷 A tasty cottage pie served with gravy	Roast Chicken 🍗 Succulent roast chicken served with fluffy roasties and tasty gravy	Chicken and Broccoli Pasta Bake 🍷 Chicken and broccoli baked in a creamy cheese sauce	Fish Fingers Crispy fish fingers and scrummy chips
	Potato & Lentil Curry 🍷 A vegetarian curry in a tomato based sauce served with wholegrain rice	Vegetarian Sausages 🍷 Yummy Quorn sausages served with mashed potato and tasty gravy	Cheese & Onion Pasty 🥧 Cheese, onion and potato in a puff pastry case served with fluffy roasties and tasty gravy	Chilli No Carne with Crispy Tortilla 🍷 A tasty vegetarian mince and vegetable chilli served with a crispy tortilla and wholegrain rice	Quorn Dippers 🍷 Crispy Quorn dippers and scrummy chips
JACKET POTATO	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings, including Salmon Mayonnaise 🐟	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Raspberry Jelly 🍮	Crispy Crackle Bar served with Fruit 🍪	Oatie Cookie 🍪	Original Flapjack served with Fruit 🍪	Vanilla Ice Cream 🍦

PACKED LUNCH

Ham or Cheese sandwich available daily with veg sticks and fresh fruit or dessert of the day

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

WEEK 2

W/C: 22/04, 13/05, 03/06, 24/06, 15/07, 16/09, 07/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza 🍕 Cheesy tomato topped pizza slice served with potato wedges	Beef Bolognese 🍖 Served with wholewheat pasta	Roast Pork Succulent roast pork served with fluffy roasties and tasty gravy	Butter Chicken Curry 🍷 A mild, tomato based chicken curry served with wholegrain rice	Fish Fingers Crispy fish fingers and scrummy chips
	Sweet Potato Curry 🍷 A mild and tasty vegetarian curry served with wholegrain rice	Veggie Burrito 🍷 Vegan mince and vegetables in a tomato sauce baked in a tortilla wrap	Quorn Roast 🍷 A tasty vegetarian roast served with fluffy roasties and tasty gravy	Macaroni Cheese 🍷 Cheesy macaroni pasta	Veggie Fingers 🍷 Tasty vegetables in a breadcrumb coating served with scrummy chips
JACKET POTATO	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings	Jacket Potato 🍟 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🍷					
All main meals are served with two vegetables					
DESSERT	Oatie Cookie 🍪	Banana and Carrot Cake 🍰	Orange Jelly served with Fruit 🍮	Strawberry Ice Cream 🍦	Orange Drizzle 🍰

AVAILABLE EVERY DAY

Milk, water, salad, freshly baked bread & fresh fruit
Yoghurt available Tuesday & Thursday

🌱 Vegetarian 🐟 Oily Fish 🍷 Wholegrain 🍷 Fruity! 🍷 Nutritionist's Choice
Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours; by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds; there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



National
Online
Safety®

#WakeUpWednesday

Sources: <https://www.nos.gov.uk/resources/publications/online-bullying-2020/>, <https://www.nos.gov.uk/resources/publications/online-bullying-2020/>, <https://www.nos.gov.uk/resources/publications/online-bullying-2020/>



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ACTIVE
EDUCATION
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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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OF
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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?

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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)