

# East Hoathly C.E Primary School & Nursery

Church Marks Lane, East Hoathly, Lewes BN8 6EQ



# NEWSLETTER



ISSUE 20 TUESDAY 23RD JULY 2024

Dear East Hoathly Families,

We would like to wish you all a very happy summer break!

Please do join Father James in starting the new school year with a blessing of book bags, backpacks and lunchboxes at East Hoathly Church on Sunday 1st September at 3pm!

We look forward to seeing you all in September!

Best wishes,

The East Hoathly Team

# SUMMER BREAK



*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.

# Info

## Letters Home

Year 4 & 5 - Residential 2025

(please complete Google Form)

All - Wrap Around Care Consultation

(please complete Google Form)

Nursery - September Menu  
Change



## Key Dates

1/9 - Blessing of Bags

2/9 - INSET day

3/9 - INSET day

4/9 - Start of Term 1 - for Y1+

5/9 - Start of Term 1 - EYFS Woodland

## Sept Reopening

Please note that Term 1 starts on Wednesday 4th September for  
Years 1-6

Term 1 starts for our EYFS Woodland (Nursery & Reception) on Thursday 5th  
September

East Hoathly Parish Church Invite you to  
**The Blessing of Book Bags, Backpacks  
and Lunch Boxes!**

Start the new school year  
With Prayer, Song & Thanksgiving.

**Sunday 1<sup>st</sup> September 3pm.**

Followed by:  
Tea / Squash & Cake!



# Celebration Assembly

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

Nursery - Mila

Hedgehogs - Whole Class

Squirrels - Edith & Madeleine

Foxes - Darcy & Emily

Owls - Paddy & Ralph



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 year is:

- Less than 94.9% - Red
- 95 to 96.4% - Amber
- 96.5 to 99.9% - Green
- 100% - Gold

Whole school: 95%

Hedgehogs: 93.3% Squirrels: 96.3%

Foxes: 93.1% Owls: 95.8%

Well done Squirrels Class!





# Fundraising for Little Princess Trust

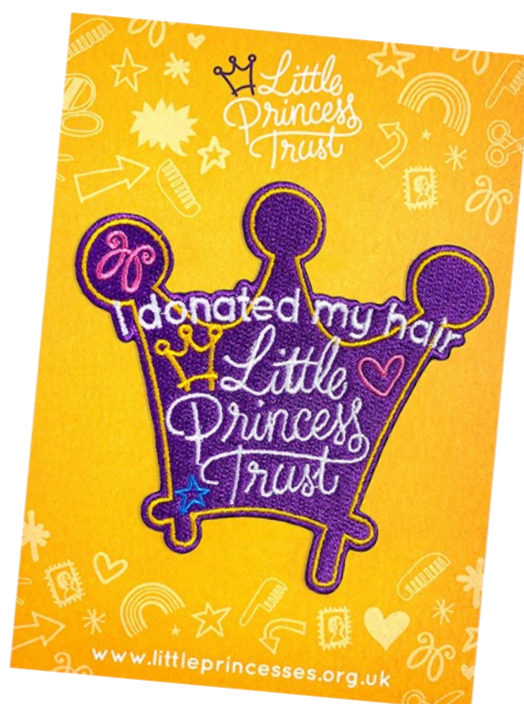
We are very proud of Elena who this week has had a super hair cut and is donating her locks to the Little Princess Trust.

Please help her raise money to support this wonderful charity.

Thank you!



[Click here for Just Giving Link](#)



# New ESCC Penalty Notice Framework



We would like to make you aware that a new ESCC National Penalty Notice Framework comes into effect from **19 August 2024**.

The main updates are:

## Payment of penalty notices

- A limit of no more than 2 penalty notices being issued to the same parent for the same pupil within a 3-year rolling period will apply from 19 August 2024.
- The first penalty notice issued to the parent for that pupil will be charged at £160 if paid within 28 days reducing to £80 if paid within 21 days.
- Where it is deemed appropriate to issue a second penalty notice to the same parent for the same pupil within 3 years of the first notice, the second notice is charged at a flat rate of £160 if paid within 28 days.
- A third penalty notice will not be issued within a 3-year period. Therefore, in cases where the threshold is met for a third (or subsequent) times within those 3 years, a penalty notice cannot be issued, and alternative action will be taken instead. This will often include considering prosecution but may include other tools, such as one of the other attendance legal interventions. This will be considered and agreed in consultation with the school.
- Once 3 years has elapsed since the first penalty notice was issued to the parent, a further penalty notice can be issued if appropriate, but in most cases, it will not be the most effective tool for changing what may have now become an entrenched pattern of behaviour.
- The arrangements for the paying of penalty notices will be detailed on the penalty notice.
- Revenue generated from the penalty notices will first be used for administration of the penalty notice system and prosecution. If a surplus remains, this will be spent on attendance support. In practice, 'support' means any other activity to improve attendance, not including a penalty notice or prosecution, in line with the, 'Working together to improve school attendance guidance'.

For further information please visit:

<https://www.eastsussex.gov.uk/education-learning/schools/attendance-behaviour/penalty-notices>





# Farewell to our Nursery Leavers



This week in Nursery we celebrated our friends who are moving on to Reception.

We wish them all the best for their journeys to primary school!

We would like to say a big thank you to Mrs Simonetti for helping us with the fantastic Nursery Bears for our Leavers!



# Farewell to our Year 6 Leavers

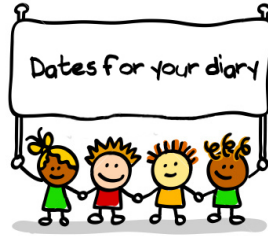


We would like to wish a fond farewell to Year 6!

We are all incredibly proud of all the achievements you have made during your time at East Hoathly and it has been a privilege to watch you all grow into the most fantastic young people! We wish you all the very best for your journey to your new secondary schools and in all your new adventures!







	SEPTEMBER 2024	OCTOBER 2024	NOVEMBER 2024	DECEMBER 2024
Monday	26 2 9 16 23	30 7 14 21 28	4 11 18 25	2 9 16 23
Tuesday	27 3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24
Wednesday	28 4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25
Thursday	29 5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19 26
Friday	30 6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27
Saturday	31 7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28
Sunday	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29
	JANUARY 2025	FEBRUARY 2025	MARCH 2025	APRIL 2025
Monday	30 6 13 20 27	3 10 17 24	3 10 17 24 31	7 14 21 28
Tuesday	31 7 14 21 28	4 11 18 25	4 11 18 25	1 8 15 22 29
Wednesday	1 8 15 22 29	5 12 19 26	5 12 19 26	2 9 16 23 30
Thursday	2 9 16 23 30	6 13 20 27	6 13 20 27	3 10 17 24
Friday	3 10 17 24 31	7 14 21 28	7 14 21 28	4 11 18 25
Saturday	4 11 18 25	1 8 15 22	1 8 15 22 29	5 12 19 26
Sunday	5 12 19 26	2 9 16 23	2 9 16 23 30	6 13 20 27
	MAY 2025	JUNE 2025	JULY 2025	AUGUST 2025
Monday	5 12 19 26	2 9 16 23	30 7 14 21 28	4 11 18 25
Tuesday	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26
Wednesday	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27
Thursday	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28
Friday	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29
Saturday	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30
Sunday	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24 31

**KEY**

Staff training (INSET day)  Start of term for pupils  End of term  Public holiday  School holiday

**Bank and Public Holidays 2024-2025**

<b>Wednesday 25 December 2024</b>	Christmas Day	<b>Monday 21 April 2025</b>	Easter Monday
<b>Thursday 26 December 2024</b>	Boxing Day	<b>Monday 5 May 2025</b>	Early May bank holiday
<b>Wednesday 1 January 2025</b>	New Years Day	<b>Monday 26 May 2025</b>	Spring bank holiday
<b>Friday 18 April 2025</b>	Good Friday	<b>Monday 25 August 2025</b>	Summer bank holiday

**Term Length**

Term	From	To	Number of days
<b>Term 1</b>	<b>04 September 2024</b>	<b>25 October 2024</b>	<b>39</b>
Autumn school holiday	28 October 2024	01 November 2024	
<b>Term 2</b>	<b>04 November 2024</b>	<b>20 December 2024</b>	<b>35</b>
Christmas school holiday	23 December 2024	03 January 2025	
<b>Term 3</b>	<b>07 January 2025</b>	<b>14 February 2025</b>	<b>29</b>
February school holiday	17 February 2025	21 February 2025	
<b>Term 4</b>	<b>24 February 2025</b>	<b>04 April 2025</b>	<b>30</b>
Spring school holiday	07 April 2025	21 April 2025	
<b>Term 5</b>	<b>22 April 2025</b>	<b>23 May 2025</b>	<b>23</b>
May school holiday	26 May 2025	30 May 2025	
<b>Term 6</b>	<b>03 June 2025</b>	<b>21 July 2025</b>	<b>35</b>
		<b>Total</b>	<b>191</b>



# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## WHAT ARE THE RISKS?

### LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

### THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

### THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

### ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

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EDUCATION  
SUSSEX



SUMMER

HOLIDAY

CAMP

Week One: 23rd-26th July 2024

Week Two: 29th July -2nd  
August 2024

Week Three: 5th -9th August  
2024

ALL CHILDREN WELCOME!  
FROM ANY SCHOOL

Park Mead Primary  
School, BN27 3QP

BREAKFAST CLUB £6  
07:45-08:45  
MAIN DAY £20  
08:45-15:15  
AFTER CAMP CLUB £6  
15:15-16:15

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