



Park Mead Newsletter



Dear Parents/Carers,

The lead up to Christmas is always an incredibly busy time of year at Park Mead. A time when our pupils are excited, often exhausted and emotions are heightened. Yet, within this intense time of year, wonderful memories and learning experiences are created. This has been reflected in our Skills Builder Christmas Enterprise project presented by Maples and Oaks class, a brilliant Nativity from Willows and superb singing from Chestnuts! Our Christingle service alongside our Christmas lunch and wintry views outside have created a very warm festive feel.

A huge **THANK YOU** to our wonderful 'Friends' who organised a successful Christmas Fayre last Friday. Thank you to everyone who came along and participated. It is this support that creates our community, ensuring a great learning environment for our pupils. The final amount raised will be shared in our January newsletter. In addition to this, the Friends have also generously funded our new eye-catching road safety signs and banners outside which will serve to create a safer environment for our school. Thank you Friends!

May I take this opportunity to thank all our amazing **Park Mead staff** who go above and beyond every day.

Wishing you all a very Merry Christmas. Stay well and safe and we look forward to seeing you in January.

Heidi West



On our Radar....

Thank you to those parents/carers who completed a questionnaire during parents evening. This is such a useful method for us to collate your input and feedback so we can continue to make further improvements at Park Mead.

Please could I draw your attention to our Pioneer website curriculum tab where you can see the range of subject areas we cover within our teaching and learning. This also includes a diverse range of Religious studies. Also, please look out for our curriculum newsletters which are emailed out at the beginning of each term giving an overview to your child's learning for the term. This aims to support parents/carers in knowing what their child/ren are learning. If you have any concerns, then please do not hesitate to make an appointment with your child's class teacher or come and speak with me.

HOUSE POINTS

SAXONS - winners this term with a total of 951 tokens!

VIKINGS - 900

ROMANS - 867

NORMANS - 810

With so many class events and Christmas activities this week, we have decided to celebrate Saxons win during the afternoon of Wednesday 4th January.

Golden Assembly

Awards KS1

Willows

Rory—Skills Builder Star



Chestnuts

Archer—Problem Solving

Lacey—Aiming High

Leopold—Skills Builder Star



Awards KS2

Maples

Dylan—Staying Positive

Freddie—Aiming High & Speaking

Mia B—Skills Builder Star



Oaks

Sienna-Beau—Staying Positive

Kai—Listening

Freddie—Skills Builder Star



Well done!



Christmas at Park Mead



Christmas at Park Mead



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at videostandards.org.uk/ratingboard/games.



CHECK THE SPECS

To avoid let-downs, check a game's specs before buying – especially for PC or Mac, where games often need a particular graphics chip or processor to work. Sites like systemrequirementslab.com can scan your computer to see if it will run certain games properly. On consoles, make sure you're buying the right version: some newer Xbox or PlayStation games won't play on older consoles.

'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

MONITOR IN-GAME COMMS

Voice chat with friends is part of the fun of modern gaming – but danger lurks here too. Many titles have open chat systems, meaning that children could speak to strangers or hear adult language and verbal abuse when games get particularly competitive. Using a shared family area (as opposed to alone in bedrooms) for online gaming is a good way to keep an occasional ear on what's being said.

BE WARY OF GIFTS

Titles like Roblox, Minecraft and Fortnite have in-game currencies, which can be earned through progress in the game – but can also be bought with real money. A common scam is for a young player to be offered currency if they click a link, visit a certain site or contact another user directly. Warn your child about such offers; they should show you if they're in any doubt over an in-game gift.

APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.



CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on Newsnight, Radio 5 Live and ITV News at Ten. He has two children and has written regularly about internet safety issues.



Mental Health & Wellbeing



WELCOME PARENTS AND CARERS

PARENT AND CARER COFFEE SESSIONS FOR MENTAL HEALTH AND WELLBEING.

Mrs Leahy (inclusion manager and SENCO) and Me and My Mind would like to invite you to join us for a drink and biscuit. Parents and carers from all Pioneer schools are welcome to all sessions!

CONTACT
No booking required.
Any questions, please email:
Mrs Leahy
sleahy@pioneerfederation.co.uk

DATES FOR YOUR DIARY

- 11/10/22 - Park Mead - 2 to 3pm - Understanding anxiety
- 15/11/22 - Park Mead - 2 to 3pm - East Sussex School Health
- 17/11/22 - St Mary's - 9.05 to 10.05 - The Thrive Approach
- 1/12/22 - East Hoathly - 9.15 to 10.15 - The Thrive Approach
- 12/1/23 - St Marys - 9.05 to 10.05am - Open for Parents (Triple P)
- 24/1/23 - Park Mead - 2 to 3pm - Education Support, Behaviour and Attendance Service (ESBAS)
- 3/3/23 - Chiddingly - 2.15 to 3.15
- 21/3/23 - Park Mead - 9.15 to 10.15 - Education Support, Behaviour and Attendance Service (ESBAS)
- 25/4/23 - St Marys - 2 to 3pm - Open for Parents (Triple P)
- 16/5/23 - Park Mead - 9.15 to 10.15 - Adult Mental Health Week
- 15/6/23 - St Marys - 9.05 to 10.05am - Open for Parents (Triple P)
- 4/7/23 - Park Mead - 9.15 to 10.15 - Enjoying the summer holidays

Mental Health Advice for Parents/Carers:

Children's emotional well-being is just as important as their physical health. Good mental health helps them develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults.

We all have times when we feel low, sad, stressed or even a bit overwhelmed by something that is happening in our lives. When considering if a child has a mental health difficulty it is worth considering what developmental stage they are at, as shown in the table below.

Toddler to middle childhood	<ul style="list-style-type: none">• Difficulty separating from givers• Sleeping alone• Nightmares and bedwetting (monsters, heightened imagination)• Fear of new people and things
Middle childhood to late childhood	<ul style="list-style-type: none">• Anxiety around transition- new schools, new friends etc.• Anxious to please friends• Some but fewer nightmares- able to distinguish between reality and imagination.• Fears of getting lost, kidnapped, trapped, burglars, dentists, injury, heights.
Late childhood to adolescence	<ul style="list-style-type: none">• Anxiety around social exclusion, being embarrassed, public speaking, dating, academic, their future.• Difficulties with emotional regulation around trusted caregivers.

The NHS has information on looking after a child or young person's mental health:

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Our service have recorded information webinars here:

[Supporting children and young people with anxiety and worry](#)

[Understanding children and young people's mental health](#)



Young People Information

Things to Help Manage Mental Health over Christmas:

Among the festivities, some children and young people can find the Christmas period overwhelming.

Young Minds have some advice from young people for their peers here:

[Looking After Your Mental Health at Christmas | Blog | YoungMinds](#)

We also have some resource cards with voice over on YouTube, these include a voice over to help you use the tips:

[5 Ways to Wellbeing for young people - YouTube](#)

[5,4,3,2,1 Grounding tips for young people - YouTube](#)

[Grounding techniques for young people - YouTube](#)

[Safe space visualisation for young people - YouTube](#)

[Self-Soothing tips for young people - YouTube](#)

The Charlie Waller Trust have [information and resources](#), along with the following tips on how to look after wellbeing this Christmas:

Stay active: Physical activity can really help with keeping your mood positive – whether you like walking, cycling, playing football...

Not feeling festive? That's okay! There can be all sorts of reasons why some of us don't feel festive. It's okay to feel how you feel – you're not the only one!

Get enough sleep: Sleep is vital for our wellbeing. Try not to skimp on it – even on Christmas Eve!

Give yourself space: If it's all getting a bit hectic, take time out to be in nature, listen to your favourite music, read an uplifting book – or just be in the moment.

Aim for regular meals: Keeping a healthy routine, with plenty of water, fruit, veg if you can, will help keep stress at bay. Try whatever's realistic for you and be kind to yourself if you have 'off' days.

Stay supported: It's easy to feel lonely at Christmas when we're bombarded with images of happy families. Stay connected to your sources of support and if you're not sure where to turn, a list of useful organisations can be seen here [Helplines and crisis contacts | Charlie Waller Trust](#)

Scarlet Fever and Strep A

Please see the information below received from the Department for Education

What are scarlet fever and Strep A?

Scarlet fever is caused by bacteria called Group A streptococci (Strep A). The bacteria usually cause a mild infection that can be easily treated with antibiotics.

In very rare occasions, the bacteria can get into the bloodstream and cause an illness called invasive Group A strep (iGAS).

What are the symptoms of Strep A/scarlet fever?

Strep A infections can cause a range of symptoms that parents should be aware of, including:

- Sore Throat
- Headache
- Fever
- A fine, pinkish or red body rash with a sandpapery feel



If a child becomes unwell with these symptoms, please advise parents to contact their GP practice or contact NHS 111 (which operates a 24/7 service) to seek advice.

If a child has scarlet fever, advise they stay at home until at least 24 hours after the start of antibiotic treatment to avoid spreading the infection to others.

Encourage parents to trust their own judgement and if their child seems seriously unwell call 999 or go to A&E if:

- A child is having difficulty breathing—you may notice grunting noises or their tummy sucking under their ribs
- There are pauses when a child breathes
- A child's skin, tongue or lips are blue
- A child is floppy and will not wake up or stay away



Do I need to keep my child off school?

Chicken Pox At least 5 days from onset of rash and until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhea &/or Vomiting 48 hours from last episode	Respiratory Illness (e.g colds & flu) Can return when no longer have a high temperature and well enough	Glandular Fever No need to stay off but school or nursery should be informed	
Hand, foot & mouth No need to stay off if well enough, but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 hours after commencing antibiotics	Head Lice No need to stay off but school or nursery should be informed	Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	German Measles (Rubella) 5 days from onset of rash
Scarlet Fever 24 hours after commencing antibiotics	Scabies Until after first treatment	Slapped Cheek No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis Can return when no longer have a temperature and well enough, school or nursery should be informed	Whooping Cough 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

Attendance

At Park Mead we strive to improve the attendance of our students. Every school day provides opportunities for learning, as well as social and emotional development so it is noticeable when students miss school as it impacts their progress.

Attendance Whole School—Academic Year: 94.24%

	This Year	This Week
Willows:	94.88%	92.00%
Chestnuts:	95.11%	91.72%
Maples:	93.38%	83.87%
Oaks:	94.01%	90.67%

Less than 94.9% - Red



95—96.4% - Amber
96.5—99.9% - Green
100% - Gold



Attendance Matters





**WORLD
CUP DAY**

FUN RUN

THANK YOU!

£814.00

A massive well done and thank you to all the children, parents, carers and staff who made such an amazing day run so smoothly.

With your support and generosity we raised an incredible **£814.00!!**

This money will go towards a sporting workshop, which will be organised in the new year. This will either be a company coming to Park Mead to provide a unique experience or we may look at travelling to a local venue.

The prize winners will be selected and announced during a special assembly this week.

Diary

December

14—Christmas Dinner
16—Last Day of Term 2

January

3—Inset Day
4—1st Day of Term 3
11—CLASS+ Coffee Morning (9-10.30am)
Autism and Demand Avoidance.
13 —Chestnuts First Swimming Lesson

February

8—Safer Internet Day
10—Last Day of Term 3
20—1st Day of Term 4
24—Willows First Swimming Lesson

March

2—World Book Day
7—Parent Consultations
9—Parent Consultations
17—Red Nose Day
31—Last Day of Term 4

April

17—1st Day of Term 5

May

1—Bank Holiday
8—Bank Holiday (Coronation)
15—Mental Health Awareness Week
26—Last Day of Term 5

June

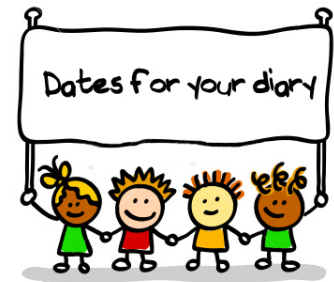
5—Inset Day
6—1st Day of Term 6
13—Year 5 Bikeability

July

7—Sports Day
14—Reserve Sports Day
14—School Reports
18—Leavers Assembly
20— Last Day of Term 6
21— Inset Day

Weekly Events:

Monday—After School Sports Club 3.15-4.15pm
Wednesday—Drumming Lessons
Thursday—Piano Lessons
Thursday—Golden Assembly
Friday—Guitar Lessons



Changes to Key Stage 2 Dates

An additional Bank Holiday in honour of the Coronation of His Majesty King Charles III will take place on Monday 8 May 2023.

As this date had previously been announced as the first day of the 2023 Key Stage 2 (KS2) test week in England, a change to the KS2 test schedule next year will be necessary. Ministers have considered the situation carefully and have decided that KS2 tests will take place in the same week with tests following the usual order but each taking place one day later than originally planned.

As such, the new schedule will be:

- Tuesday 9 May: English grammar, punctuation and spelling (GPS) papers 1 (questions) and 2 (spelling)
- Wednesday 10 May: English reading paper
- Thursday 11 May: mathematics papers 1 (arithmetic) and 2 (reasoning)
- Friday 12 May: mathematics paper 3 (reasoning)

News from Willows

In Willow's we have been getting Festive!



The children discussed what Christmas looks like for them at home and then we looked at what Christmas is like around the World.

We have turned the playhouse outside into a toy workshop and the children have been wrapping presents, tying bows and giving their friends a pretend gift.

We have been having a lot of fun.



News from Chestnuts

As we fast approach the end of term 2 and all the excitement of Christmas, the Chestnuts class have continued to remain focused on their learning.

In geography we have continued to look at cities around the world; the children have made their own Lego cities and we explored some spices associated with India.

In science we have explored the topic of offspring, investigating how different animals care for their young.

In English we have been reading an informative text - A Place Called Home, which the children have very much enjoyed.



We are now working on creating our own non fiction piece to inform others on the places we live. It is clear to see the children are very much looking forward to a well deserved Christmas break - I hope all parents and carers get to relax too!

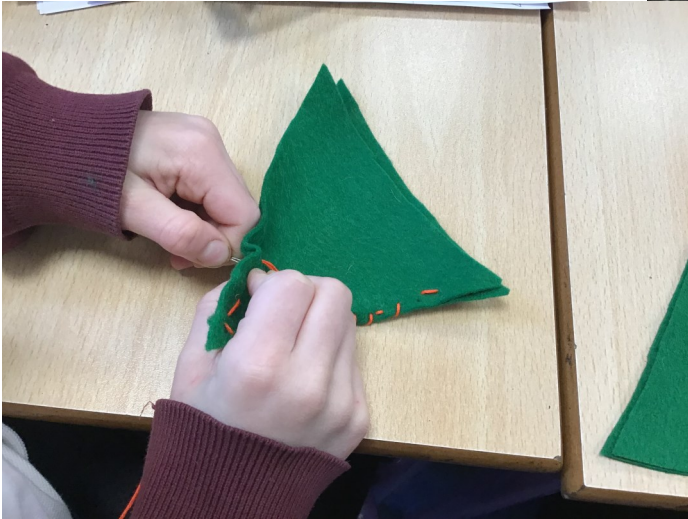
Mrs Hudd



News from Maples

It's been a super Christmas market enterprise extravaganza in maples.

We have been very busy this week; designing, pitching, creating, making and selling!



News from Oaks

We had an amazing time at Wakehurst Place last week; where the children learned adaptation and created ephemeral art works as small groups.



We have enjoyed making peppermint creams, truffles and gingerbread/stained glass biscuits for the Skills Builder Enterprise venture. Please come and buy our goodies on Friday!



Friends of Park Mead

The Friends wreath making evening was held at Upper Dicker village hall on Monday evening. Everyone had a wonderful evening and the Friends raised over £200.00!



Mince Pie Run

Mr Procter and Mrs Fry took part in the Seaford Striders Mince Pie 10 mile race last weekend. The course is undulating with a testing hill that tested them at about 6 miles. They ran about 6 miles off road which, given the time of year, can be fairly muddy. They also said it was really cold!

They used their growth mindset to get through the race. It would be lovely if other Pioneer staff and parents could join them next year to help raise funds for each of the Pioneer school initiatives.



Willows Forest School

Wednesday 30th November 2022

This week the Willows class used willow which we had cut from the pond area, to create stick men. They used peelers to carefully peel the bark off the sticks and then drew faces onto them with pens. They used pipe cleaners to create arms. They used their stick men to go and play with around the Forest School area.



The Impact of Forest School for the children is the knowledge the children have gained from the Forest School experience.

The impact can be seen through the skills, tools used, art and craft activities, observations and knowledge of the fruit, plants trees in relation to the seasons and the skills involved in learning how to play Forest School games.

Then the children had the chance to play with the mud kitchen and go on the hammock. They made some excellent dishes in the mud kitchen and served them to Dormouse.



They used their stick men to go and play with around the Forest School area. At the end of the

session the children each held stick man to take it in turns to share what they had enjoyed about their session. They shared with each other what they had enjoyed about their Forest School session.

"I loved being on the hammock with my friends"

"I liked making a stick man, it has wings!"

"I liked going on the (slack) line, it was wobbly and I was a bit scared but I did it again and again."



Pioneer Parent Governor Vacancy

We currently have a vacancy for one parent governor appointment for the Pioneer Federation Governing Body and are looking for volunteers/nominations to be put forward for the role.

If you wish to stand for election as a parent governor, please complete the nomination form on the reverse of this letter and return to your school office by 9.00am on Thursday 4 th January 2023 together with the signed Declaration of Eligibility Form (as attached).

Parent Governors play a very important role in keeping the governing body aware of the views of parents and the local community. They are a vital part of our team and we hope that there are parents willing to give their time and commitment to this important role.

The ideal candidate will be passionate about all the Federation schools and the community and will be highly committed to working as a governor to support the vision and strategic direction of the Federation.

Please be aware of the following: In accordance with the School Governance (Constitution) Regulations 2003 a person is disqualified from election as a parent governor if:

§ they work at the school for more than 500 hours in any school year (i.e. for more than one third of the hours of a full time equivalent);

§ they are an elected member of the Local Authority.

If two or more nominations are received, we shall arrange for parents to receive ballot papers which will include the candidates' election statements.

If you are interested in this opportunity to become a member of the Governing Body, you might find it helpful to talk to James Procter, Executive Headteacher. Alternatively, you can view East Sussex County Council's website about Governors and their roles at:

[Becoming a governor | East Sussex County Council](#)

If you wish to apply, please contact the school office for an application form.



Information Page

Cost of Living Crisis

ESCC have a dedicated webpage which has a range of information to support families in this area with subjects such as:

- Money help and advice
- Keeping warm at home
- Health
- Mental health
- Help with benefits
- Food
- Transport

Please use the link below:

[Support with the cost of living | East Sussex County Council](#)

There is also a link on this page for the Government Help for Households campaign.



Local Transport Survey

East Sussex County Council is consulting on their fourth Local Transport Plan. This Plan will look at improving transport and travel to better connect people to places between 2023 and 2050.

They want to know your views on county wide transport issues, opportunities and priorities which will affect you and your child/ren now and in the future. You can help to shape the Plan by responding to the consultation which can be found online at [East Sussex Local Transport Plan 4 - East Sussex - Citizen Space](#) or by using the QR code:



Should you have any queries please e-mail LocalTransportPlan@eastsussex.gov.uk or call the ESCC switchboard on 0345 608 0190.



**SERIOUS
FUN!**

Role Models

Ages 5 - 7 & 8- 11

RESILIENCE COURSES

19TH - 22ND DECEMBER, 2022

📍 Heathfield Community College

Contact: info@rolemodels.me



HAF



Free places available to children
who receive free school meals