



## Park Mead Newsletter

It's an exciting time of year at Park Mead and we are really looking forward to celebrating the season with a number of festive events for the children to enjoy.

Here is a reminder:

- \* 2 December — Mufti for Christmas Fayre Tombola Gift
- \* 7 December — EYFS Nativity Play & Song @ 2.15pm (*Parents/carers of children in Willows and KS2*)
- \* 8 December — EYFS Nativity Play & Songs @ 9.30am (*Parents/carers of children in Willows and KS1*)
- \* 9 December — Christmas Fayre / Santa Visits from 3.30-5pm (*Everyone welcome*)
- \* 14 December — Christingle Assembly with Reverend Sykes (*Pupils only*)
- \* 14 December — Christmas Dinner
- \* 16 December — Last day of Term



### Parent Coffee Morning

East Hoathly Primary School are hosting a Parent coffee morning on Thursday 1 December from 9.15-10.15am.



There will be a short presentation from Mrs Leahy (Inclusion Manager/SENCO) on how we use The Thrive Approach and Zones of Regulation in school to support behaviour and emotional regulation.

Parents from all Pioneer schools are welcome.



### Parent Survey

I am a trainee Education Mental Health Practitioner attached to Park Mead Primary School as part of the local Mental Health Support Team. I am conducting an audit of mental health provision in the school and the local area so that our team has an understanding of what support is already available here, and how effective and accessible it is to pupils, carers and staff.

I would be very grateful if you could complete this questionnaire. The data is anonymous and will be used by the school and the MHST to inform their planning. Data will also be shared with The University of Sussex but anything that could identify the school will be taken out to ensure complete anonymity. Completion of the survey implies consent to data being used in these ways.

### Parent Survey

Thank you for your help with this important issue.

Rachel Hatton

# What Parents & Carers Need to Know about

# TIKTOK

AGE RESTRICTION  
**13+**

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

## WHAT ARE THE RISKS?

### AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CONSENSUS

### DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthday.

### ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

### TIKTOK NOW

Introduced in late 2022, the "TikTok Now" feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

## Advice for Parents & Carers

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

### MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

### LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

### DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

### READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National Online Safety  
#WakeUpWednesday

## Diary

### November

30—Individual School Photos

### December

1—Parents Coffee Morning East Hoathly  
(9.15-10.15am)

2—Mufti for Christmas Fayre Tombola Gift

7/8—EYFS Nativity Play & Songs

9—Christmas Fayre / Santa

14—Christmas Dinner

16—Last Day of Term 2

### January

3—Inset Day

4—1st Day of Term 3

6—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

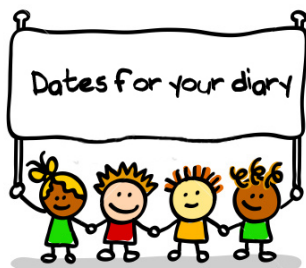
9—Parent Consultations

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.

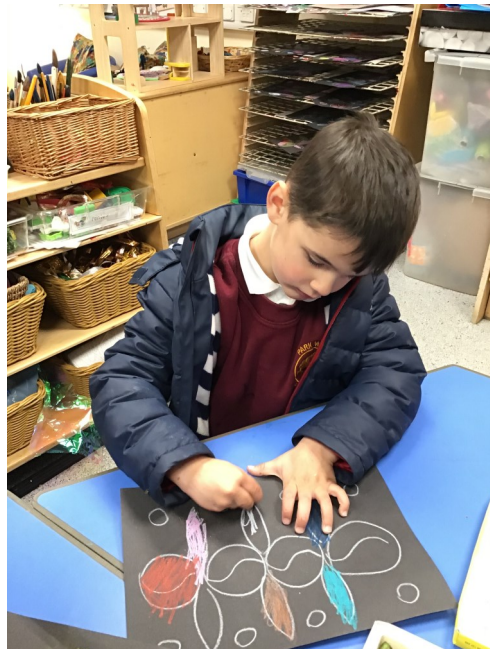
As such, the new schedule will be:

- 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

This week, Willows have been exploring Diwali including making Diwa lamps, Rangoli patterns and making face masks of the characters from the story.

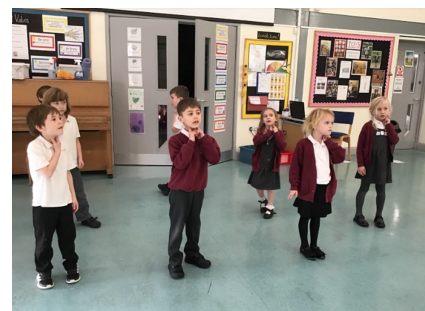
The children have also been practising their phonics and ordering numbers to 10.



## News from Chestnuts

I can't believe we're in the middle of term 2 already; how time has flown.

In the Chestnuts classroom the children have been getting their pulses racing as part of their science observation lessons, looking at the impact of exercise on their bodies. The children considered how they could use their senses to notice any changes after carrying out a minute of very quick running and jumping.



In maths we are continuing our work on addition and subtraction and thinking about ways we can use our known facts to help us solve mathematical problems.

Our Geography work has continued by studying maps of Paris, with the children identifying some human and physical features they could see on the map. We have linked this learning to our English work as our text of 'A Lion in Paris' told us of a very sad lion

who unfortunately gets stuck up the Eiffel Tower!

As we approach the second half of the term we look forward to practicing our Christmas songs ready to sing at the Willows Nativity performance.



## News from Maples

As geographers and historians, we visited the Cuckoo Trail to look for evidence of trains and the old railway line.



We discussed bullying and staying safe during anti-bullying week last week.

We listened to a brilliant storyteller and have written our own 'Just So' stories.



And forest school was fun, if not a bit muddy...



## News from Oaks

In Oaks, we have had a busy time learning about Anti-Bullying and how we can 'Reach Out' and support each other.



We also had a great fun icing biscuits for the Children in Need sale.

In English lessons we have been painting with watercolour, creating our own island and developing a setting to describe the wonderful sights and creatures we encounter.



## Children in Need

The children had a wonderful day last Friday supporting Children in Need.

Through the biscuit sale (thank you Oaks!), charity donations, the sale of Pudsey Bears and Festival Wristbands

Park Mead raised a very impressive £431.00!!!

This tops last years total so ***WELL DONE AND THANK YOU!***



# THANK YOU

**Park Mead Primary**

for raising a fantastic

**£431.00**

The money you have raised will be used to help change the lives of children and young people facing disadvantage in communities across the UK.

**BBC  
CHILDREN  
IN NEED**

# The Active Mile

WE HAVE REACHED **1,000** MILES!

A huge well done to all the children and staff involved and we look forward to reaching our next milestone.

Well done Park Mead!



494 Miles



299.1 Miles



277.8 Miles



1,070.9 Miles



## Awards KS1

14 November — November 2022

### Willows

Zac—Creativity  
Izzy—Aiming High  
Kai—Skills Builder Star  
River—Skills Builder Star



### Chestnuts

Ellie—Teamwork  
Charlotte—Leadership  
Clement—Creativity  
Harley—Aiming High  
Harper-Rey—Skills Builder Star  
Lottie—Skills Builder Star



# Well done!

## Awards KS2

### Maples

Thea—Aiming High  
April—Staying Positive  
Layla—Aiming High  
Frankie—Creativity  
Florence—Skills Builder Star  
Mia M—Skills Builder Star



### Oaks

Fenix—Aiming High  
Emilia—Staying Positive  
Tiffany—Staying Positive  
Aiva—Aiming High  
Charlie—Skills Builder Star  
Kyle—Skills Builder Star



## 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: 94.9%

	This Year	This Week
Willows:	95.56%	94.67%
Chestnuts:	95.62%	99.66%
Maples:	94.40%	95.81%
Oaks:	94.40%	94.00%

*Less than 94.9% - Red*

*95—96.4% - Amber*

*96.5—99.9% - Green*

*100% - Gold*



*Well done Chestnuts—fantastic attendance this last week!*





## Maples Forest School

Wednesday 16<sup>th</sup> November 2022

Before the session, it was great to see Maples topic books with their reflections about their last session. They had annotated photographs of themselves at Forest School and written about what they had enjoyed and why.

Maples continued to practise their fire lighting skills this week, recalling the skills practised from their last session. They helped sort the sticks into different sizes to



start the fire with. Once the fire was going, the children watched popcorn 'pop' by heating it on their fire with great engagement! And of course eating it! Some children helped to fix the popcorn maker, talking through their problem solving ideas to make it better for the second round of cooking.

Then there was time to explore and play in the woodland. Maples showed particular interests in physical risks and challenges. They showed this through tree climbing, digging, stick creativity, swinging and by using the slack line.

There was some excellent turn taking and balancing on the slack line. It was great to see the children taking risks and challenging themselves with working out how to balance, how to work out the best way of moving along the line carefully and how to take turns and share the space with each other.



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.

Using tools to dig in the large 'dinosaur footprint' hole they had created was very popular. They were very engaged in making clay balls with the clay which they had dug out.

Due to all of the rain, a stream and a pool of water had been created. Some of the class were very interested in working out how to dam and then divert the flow of the water into the ditch behind the Forest School area. It was brilliant to see such great teamwork, such as using cups to pass water along a line and pour it into the ditch.

Part of the Forest School experience is about risk and challenge and taking responsibility for their individual choices. Some children chose to stay under the shelter and create with wood, pens and wool. Some other children got very wet and muddy and started to learn about their choices, how they explored and how their choices affected how they felt as a result of the weather and elements they engaged in. Some got water in their boots, as they chose to go in the water. Some got very muddy as they chose to engage with digging and exploring in the mud. Afterwards we talked about taking individual responsibility for ourselves and considering the cause and effect of the weather, seasons and elements.

There were some creative uses of found objects-making bows and developing the creations they had made last session. Some children used coloured string and wool to decorate, wrap and weave around sticks following their own ideas. There were also some designs beautifully drawn on wood.

## Oaks Forest School

Wednesday 23<sup>rd</sup> November 2022

Due to the recent torrential rain and its effect on the Forest School area, Oaks Class walked up to the Upper Dicker Park this afternoon for their Forest School session.

On the way each of the children had a stick, which they used to collect fallen leaves. They had to try to find as many different leaves as they could to make a leaf kebab.

The whole class explored the playground together. They showed great confidence and personal challenge trying to climb from one end of the climbing structure to the other without touching the ground. There were some great acrobatics, along with problem solving, when working out how to manoeuvre themselves through and over areas they found tricky.

Some of the class went on the see saw together, shifting their collective weight from one side to the other and even trying to balance in the middle of it.

We put up a balancing rope between some of the trees in the wooded area and the children had a go at taking physical risks and challenges by walking along it. Some of them used each other to steady themselves and some used sticks to help them balance along the length of the rope.

Some children made up their own games and enjoyed playing hide and seek in the wooded area.

There were lots of accessible climbing trees, and it was great to see the individual capabilities of the children with their climbing. Also to hear how they felt by being up high and the change in perspective it gave them.

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.

Oaks ended their session on the playground, with an energetic game of 'fox and rabbit'. Then they thought about the activities and wrote a fact and an opinion about the things they had enjoyed and achieved during the afternoon.

*"I liked playing hide and seek with my friends"*

*"I liked hanging upside down on the climbing frame"*

*"We went to the park for Forest School this afternoon and I liked balancing on the ropes"*

*"I didn't like the rain...the wooded area was like a huge umbrella sheltering us from the rain"*

*"We went to the woods at the park...I liked it when my friends swung me really high in the hammock"*

*"It is my birthday today...going to the park for Forest School was great"*



Oaks Forest School—Upper Dicker



Park Mead and Friends Christmas Fayre

**JOIN US  
FOR  
FESTIVE  
FUN**



Park Mead School & Friends  
**Christmas Fayre**

Friday 9<sup>th</sup> December  
3.30pm – 5.00pm

**Join the Festive Fun**

- \* Visit Santa
- \* Gifts to purchase
- \* Festive refreshments
- \* Tombola & Raffle
- \* Children's Christmas Crafts
- \* Children's Christmas Choir

Purchase your £5 activity card in advance to visit Santa and take part in Christmas Craft activities. Payment is via Parent Pay for Park Mead Children or for other visitors please email:  
[friends@parkmead.e-sussex.sch.uk](mailto:friends@parkmead.e-sussex.sch.uk)

**Parentkind**  
Member Association

Tombola, Refreshments & Gift stalls payable at the fair.

**Holy Trinity Church, Upper Dicker**

Please see the flyer below regarding the Tree Planting Ceremony on Sunday 27 November.

Everyone is welcome!

Holy Trinity Eco-Garden Church



ADVENT SUNDAY

November 27th 2022 at 3.30pm

Please join us in the church garden for a

**TREE PLANTING CEREMONY**

to celebrate the start of our church eco-garden project

## East Sussex School Health—Eat Well and Get Active!

If you would like support to eat well and get more active as a family, come and join us for a **free**, fun 8 session programme. Our next groups start ready for the New Year with more opportunities to join throughout the school year!

Interested? Want to find out more?

**Give us a call, visit our website for further details:**

Tel: 0300 123 4062

Website: <https://www.eastsussexchildren.nhs.uk/healthy-habits/>



East Sussex School Health and  
Children's Integrated Therapy Services



Healthy  
lifestyle  
club  
Eat well and get active together  
for children aged 4 to 11

Eight fun one-hour  
interactive sessions suitable  
for the whole family.  
Virtual and face-to-face sessions available



Healthy  
habits

Please contact 0300 123 4062 or visit  
[www.eastsussexchildren.nhs.uk/healthy-habits](http://www.eastsussexchildren.nhs.uk/healthy-habits)

**we care**

Service provided by East Sussex Community Health NHS Foundation Trust

Christmas Lunch Menu—14 December 2022

Book the Main Meal option on ParentPay

KS1 – Free  
KS2 - £2.42

# Merry Christmas

## A FESTIVE FEAST

### MAINS

Roast Turkey with Pork Cocktail Sausages

or

Roasted Vegetable and Cranberry Slice (v)

### SIDES

Roast Potatoes, Carrots, Peas,

Stuffing and Gravy

### DESSERTS

Winter Berry Eton Mess Cake

or

Fresh Fruit

Download your **FREE** copy of

# family grapevine

Essential information for families with children 0-18 years

The **MUST HAVE** Family Directory  
from bump to teens!

Find the latest issue online  
or scan the QR code:



[www.familygrapevine.co.uk/  
eastbourne-wealden-lewes](http://www.familygrapevine.co.uk/eastbourne-wealden-lewes)



**EWLFamilyGrapevine**



**ewlfamilygrapevine**







**WANT TO MAKE A  
DIFFERENCE? TEACH**

***Local teacher  
training in this area  
and beyond***



**South Farnham SCITT**  
@ssfscitt.org.uk  
SSF SCITT

**Would you like to train to teach in a school in your community?**

**Manor Primary School** (Downsview Crescent, Uckfield, East Sussex, TN22 1UB) on **Wednesday 23<sup>rd</sup> November**.

This is a drop-in event, so come along anytime between **10:00am and 4pm** to chat to Kate Gee, one of our SCITT

Cohort Leads. You'll find Kate at the Launch Pad within the school – she'd love to meet you!

For further information, please:

visit [www.ssfscitt.org.uk](http://www.ssfscitt.org.uk) ('information events')

or email [scitt@sfet.org.uk](mailto:scitt@sfet.org.uk)