



## Park Mead Newsletter

As January comes to an end, I think we can safely say that we are all looking forward to slightly longer days and better weather.

Whilst our grounds have looked beautiful, it has been bitterly cold. Coats, hats and gloves have all been necessary so please continue to ensure that your child wraps up warm for school.

Next week we will be celebrating National *Children's Mental Health Week and Safer Internet day*.

This year the theme is '*Let's Connect*' so we have planned a variety of activities to encourage pupils' understanding of the importance of connecting with each other. You can find more information on this site.

<https://www.childrensmentalhealthweek.org.uk/about/>

At the end of the week pupils are invited to come to school on **Friday 9th February** wearing clothes they feel represents them best. For example, this could be clothes they feel most comfortable in, clothes linked to a hobby they are passionate about or clothes in their favourite colour. (Please ensure footwear is appropriate for school)

Wishing you all a wonderful week!



## School Dinners – Price Increase

The price of a school dinner has increased to £2.60 per meal.



## Digital Wellbeing at School



Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.



### Supporting Digital Wellbeing

Children and young people may be introduced to technology from a very young age so it's important to know what can support them with their digital wellbeing. This can include:



- 1 Effective time away from devices
- 2 Healthy and appropriate expression online
- 3 Positive influences and interactions
- 4 Critical thinking around information and online harm



### Poor Digital Wellbeing

There are still behaviours in children and young people that can contribute towards poor digital wellbeing. Some of these include:

- 1 An over-reliance on technology
- 2 Exposure to abuse or online harm
- 3 Poor online/ offline balance
- 4 Negative influences or social interaction



### What Can Schools Do?

Digital wellbeing plays an important part in the overall health of your school community. Understanding how technology, apps, online platforms and other spaces can affect students, staff and parents is hard, but consider the following ways to support digital wellbeing at school.

- 1 Encourage appropriate breaks away from devices
- 2 Create safe spaces for individuals to talk through concerns
- 3 Encourage the use of parental controls and filtering options for apps where necessary
- 4 Appropriate offline activities in school
- 5 Have staff maintain a good understanding of trends and popular apps
- 6 Develop a school community approach towards online critical thinking
- 7 Explain what harmful online content is and ways it can present itself
- 8 Making the community aware of online reporting routes



To find out more about Digital Wellbeing visit the SWGfL hub:  
[swgfl.org.uk/topics/digital-wellbeing/](http://swgfl.org.uk/topics/digital-wellbeing/)

or scan the QR code



### Further Support

Professionals Online Safety Helpline: [saferinternet.org.uk/professionals-online-safety-helpline](http://saferinternet.org.uk/professionals-online-safety-helpline)

Harmful Sexual Behaviour Support Service: [swgfl.org.uk/harmful-sexual-behaviour-support-service/](http://swgfl.org.uk/harmful-sexual-behaviour-support-service/)

Report Harmful Content:  
[reportharmfulcontent.com](http://reportharmfulcontent.com)



NOMINET



# Safeguarding

Due to its growing popularity, please find a link below to some information regarding TikTok:

<https://parentzone.org.uk/article/tiktok>

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 apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## 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**  
**CENSORED**

#### 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.

#### CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with 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.

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## 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**

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.11.2022

# Diary

## February

8—Safer Internet Day  
6-10—Children’s Mental Health & Wellbeing  
9—Willows Trip to Uckfield Fire Station  
10—Last Day of Term 3  
20—1st Day of Term 4

## March

2—World Book Day  
7—Parent Consultations  
9—Parent Consultations  
10—Willows 1st Swimming Lesson  
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  
17—Group School Photos  
26—Last Day of Term 5

## June

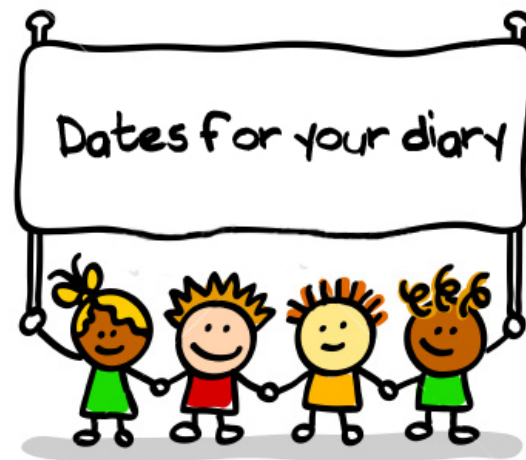
5—Inset Day  
6—1st Day of Term 6  
13—Year 5 Bikeability

## 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

Willow's were very lucky this week. Mr Meader brought his tractor to school for the class to see as we are learning about transport.

- \* They looked around the outside and inside of the tractor.
- \* They discussed what different parts of the tractor were for.
- \* They also looked carefully for all the different lights on the tractor.



## News from Chestnuts

We have been rolling up our sleeves and getting very creative in the Chestnuts classroom - we've continued to explore our Great Fire of London topic by baking bread!

Ask us about Vlad and the Great Fire of London - can your child describe the character of Vlad using an expanded noun phrase?

We have also made bird feeders in science, as we explored a year in the life of a robin!





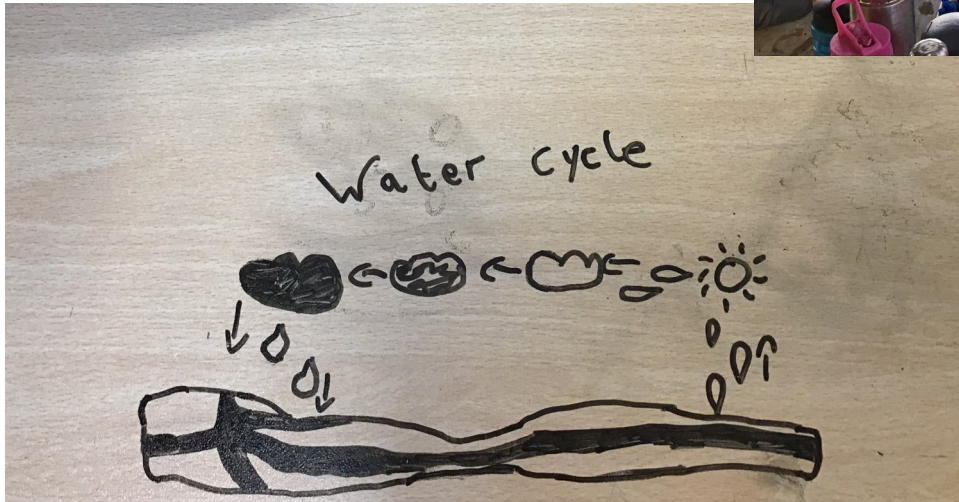
## News from Maples

Maples have been continuing their learning about Roald Dahl and are still enjoying Charlie and the Chocolate Factory.

As geographers we have been learning about the water cycle and the countries and cities of the UK.

As scientists we have been experimenting with solids, liquids and gases.

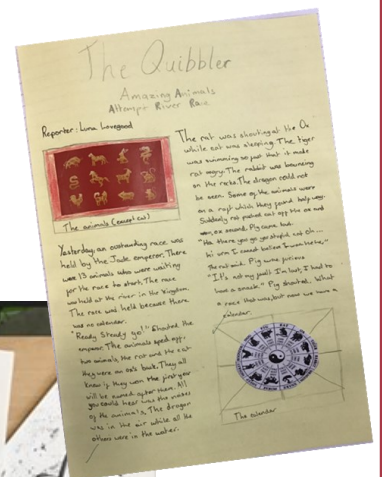
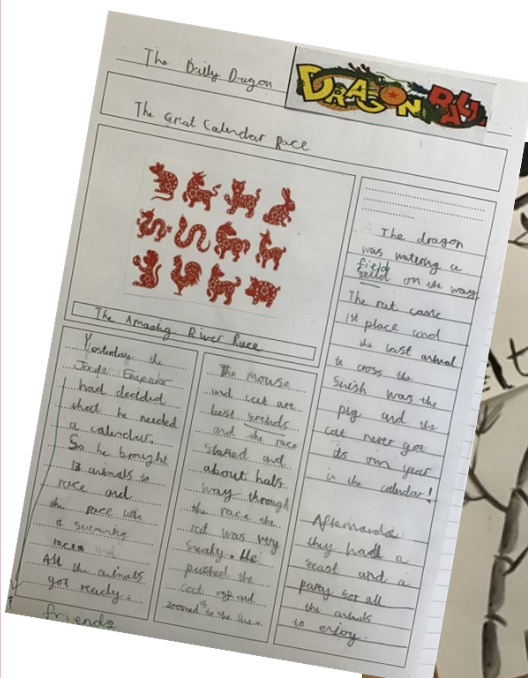
We had a lovely time learning at forest school.



## News from Oaks

In Oaks, we have been developing our knowledge of the Shang Dynasty and Chinese culture.

The children have enjoyed writing newspaper reports about the Great Race and they have been imitating traditional Chinese painting styles, using willow as a theme.





## Cross Country

Following success in the recent qualification round, four of our pupils took part in the area finals held in Lewes last week.

Well done to Bow, Freddie, Emilia and Ziva for reaching the finals, we are all very proud of you!





## East Hoathly Primary School—Family Fun Run

East Hoathly Primary School are holding their Family Fun Run on 21 May 2023 (fancy dress is welcomed!). If you wish to take part please register via the link below:

[East Hoathly Family Fun Run 2023 Registration - Entrant 1 Details \(google.com\)](#)



East Hoathly  
Primary School and  
Nursery FPTA

# 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 FPTA  
Registered Charity Number: 1089642

21st  
May  
2023





## Awards KS1

### Willows

Hugo—Creativity  
Sienna—Skills Builder Star  
Evelyn—Teamwork  
Riley—Skills Builder Star



### Chestnuts

Oliver—Problem Solving  
Chloe - Leadership  
Ethan—Skills Builder Star  
Esmay—Aiming High  
Alice—Staying Positive  
Reggie—Staying Positive  
Harley—Skills Builder Star



## Awards KS2

### Maples

Max—Aiming High (Reading)  
April—Aiming High (Reading)  
Elsie—Skills Builder Star  
Frankie—Aiming High  
Kobe—Listening & Aiming High  
Cody—Skills Builder Star



### Oaks

Emma Pk—Aiming High  
Freddie—Aiming High  
Bow—Skills Builder Star  
Evi—Staying Positive  
Kyle—Aiming High  
Isaac—Skills Builder Star



# Well done!

## 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: 93.30%

	<b>This Year</b>	<b>This Week</b>
<b>Willows:</b>	<b>94.99%</b>	<b>92.00%</b>
<b>Chestnuts:</b>	<b>93.93%</b>	<b>96.55%</b>
<b>Maples:</b>	<b>91.96%</b>	<b>92.26%</b>
<b>Oaks:</b>	<b>93.28%</b>	<b>93.00%</b>



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



# Attendance Matters

Every student. Every day.



## Maples Forest School

Wednesday 18<sup>th</sup> January 2023

Before the session, the class listened to a bit of the story of 'Billy and the Minpins', by Roald Dahl, linking with their learning journey topic this year. They heard the chapter where Billy climbs a very tall tree and then had a go on the trees in the forest school area themselves.

Some of the group used small logs and wooden pieces to create their own miniature Forest School area on the table under the shelter.

The Maples class 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 heated water to make a hot chocolate, to warm them

on the chilly afternoon. Some individuals were great at preparing the cups and drinks for everyone.

Then there was time to explore and play in the woodland. The Maples class 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 turn taking and balancing on the slack line. It was good 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 turn take and share the space with each other.

Part of the Forest School experience is about risk



and challenge and taking responsibility for their individual choices and actions. And also about how the weather affects them and the environment.

There was lots of ice around and the children explored the ice with great interest. They tried melting it, breaking it up into pieces and discussed the thickness of it. They really loved the bubbles inside the ice and were creative with using it as an ingredient along with mud and acorns in their mud kitchen. When the hot chocolate had been made, some took the pans to the fire to see how quickly the ice melted in pans on the fire. It is great to see their enthusiasm with scientific enquiry and changing states of matter.

Some of the class created some bird feeders using threaded cereal onto pipe cleaners and hung them 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.





## Oaks Forest School

Wednesday 25<sup>th</sup> January 2023

Oaks set off for their Forest School session in the week of the Lunar new year. The class have been learning about the story of 'The Great Race' in which the order of the animals in the Chinese Lunar New Year are determined. This year is the year of the rabbit. They played a game of 'fox and rabbit'.

The class learned about how to identify animals by their tracks and used flour, sieves and stencils to create some tracks on the woodland floor. They also had a go at moving like rabbits, to try to create their distinctive track marks and learn about how rabbits move.



On the way to the Forest School area, the Oaks looked at compasses. They all found North and learned how to set their compasses correctly. We played a game, learning about the different directions and the degrees in which North, East, South and West point in a 360 degree circle. Some children continued using their compasses in the Forest School area as part of their play.

The water in the Forest School area is finally starting to dry up, so the whole class spent some time clearing the area which has become very overgrown. They collected wood and sticks, removed rubbish and footballs from the area and worked together as a team to move large pieces of wood and palettes. It was great to see them working together so well and to have more space to explore and play in.

Some of the large sticks and branches were used to build dens. Some children used rope to tie some

branches together to make a ladder and they even designed and made a coat rack for their den!

The children dug out some clay and had a go at continuing to create bricks which they started last session.

We put up a slack line between some of the trees in the wooded area and the children took turns taking physical risks and challenges by walking along it.

This week some of the children developed their tool skills, by using knives to start to carve with. They were great at listening to how to use the tools in a safe way. First they used pruning saws to



cut the wood to a useable length. Then they had a go at peeling bark, sharpening the ends of sticks and some started to create patterns on their sticks and even tried to carve small mushrooms.

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 Forest School

Wednesday 25<sup>th</sup> January 2023





SWERVE SOCCER



# SWERVE SOCCER FEBRUARY CAMPS 2023

SWERVE SOCCER DAY CAMPS+

## OVERVIEW

Swerve Soccer provide a safe and enjoyable atmosphere over the course of each camp with focus on fun for all abilities! Players can expect daily matches, World Cup Tournaments, challenges and lunchtime competitions. Each day there will be opportunities for children in each age group to win stickers for their Swerve Sticker Book for 'Player of the Day', 'Goal of the Day', 'Save of the Day' and many more! On the last day of camp, everyone will leave with an award with a few walking away with a trophy for 'Junior Player of the Week', 'Senior Player of the Week' and 'Coaches Award'. Visit [swervesoccer.com](http://swervesoccer.com) or email [info@swervesoccercamps.com](mailto:info@swervesoccercamps.com) for more information or to book.

## CAMP SPECIFICS

Location	Date	Ages	Price p/d	Timings	Early Drop
BHASVIC College, Old Shoreham Road, Hove, BN3 6EG ( <i>grass/sports hall</i> )	13-17 Feb	5-13	£22-£30	10am-3pm	9am
Bede's Prep School, Dukes Drive, Eastbourne, BN20 7XL ( <i>sports hall</i> )	13-15 Feb	5-13	£18.30-£30	10am-3pm	N/A
Cradle Hill, Lexden Road, Seaford, BN25 3BA ( <i>astro/classroom</i> )	15-17 Feb	7-13	£18.30-£30	10am-3pm	9am

## DISCOUNT

**BOOK 2-DAYS  
& RECEIVE THE  
3RD FREE!**

USE CODE  
**SWERVE-FREE-DAY**

Cannot be used in conjunction with any other promotion. Use at checkout. Expires on the 6th Feb.

# SWERVESOCCER.COM