



Park Mead Newsletter

Dear Parents/Carers

It's been another busy couple of weeks at Park Mead with some amazing learning taking place and wonderful events experienced. Well done to our year 6 pupils who participated in the Hailsham Rotary Club quiz last Wednesday. It was also great to see so many pupils and staff joining in our World Book Day celebrations at the end of last week. On Tuesday our pupils experienced an i-Rock assembly with a professional musician and at the end we formed our own Park Mead rock band!

Oaks had a wonderful day at Preston Manor and the Booth Museum this Wednesday and we complete this week by marking Red Nose day and what it represents.

We launched our new playground zoning at break and lunch times at the beginning of term 4 which is proving to be successful and positive for our pupils. All year groups now have the opportunity to mix and also access a larger area during break and lunch times. We hope to start using the field more as the weather improves.

Thank you to those who attended parents/carers evening last week. These sessions are always a valuable opportunity to touch base with your child/ren's class teacher to discuss their learning, progress and well being.

Thank you for your continued support.

Heidi West
Head of School

Parking Reminder

We have received a complaint from a member of the local community following a recent incident outside Park Mead.

We would like to remind you, please **DO NOT park/stop your car on the yellow zigzag lines.**

Please pass this on to family/friends who may collect or drop your child to school.



Executive Head Teacher: Mr James Procter
Chair of Governors: Mr Alan Brundle
Head of School: Mrs Heidi West

E-mail: office@parkmead.e-sussex.sch.uk Website: <https://pioneerfederation.co.uk/parkmead/>

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.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cecily Jagerman is a registered counsellor with the Health Professions Council of South Africa, working in private practice together counselling children, teenagers and young adults. She is the founder of *Engage*, a mental health app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National
Online
Safety®

#WakeUpWednesday

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Diary

March

17—Red Nose Day (Mufti—wear something red)
31—Easter Fun Run / Friends Easter Egg Hunt
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
16—Parents Coffee Afternoon (2-3pm)
Theme—Adult Mental Health Week
17—Group School Photos
26—Last Day of Term 5

June

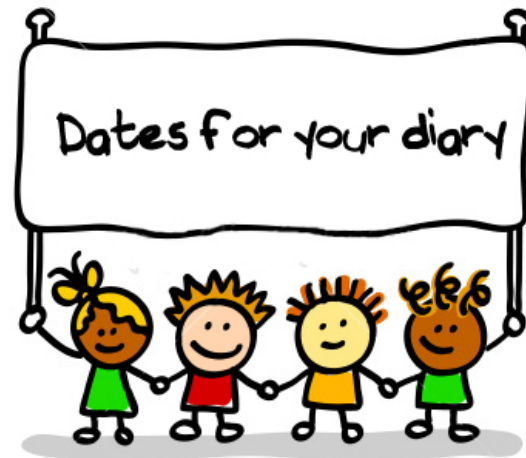
5—Inset Day
6—1st Day of Term 6
16—Year 5 Bikeability

July

4—Parent Coffee Afternoon (2-3pm)
Theme—Transition
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
Tuesday—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 looking at Claude Monet's art work. We looked at where he lived in Giverny France and the gardens that he painted. We then had a go at creating our own art work looking at making lighter and darker shades.



We discussed Spring time in Willow's as we have now moved into March. The children had lots to say about what signs there are to show that we are in Spring.



News from Chestnuts

What another busy few weeks! Firstly thank you to all parents / carers who came to engage in their child's learning at parents evening. It is always great to have that opportunity to catch up and share your child's learning.

In maths we have been looking at multiplication - making arrays and using the commutative law. Please do ask your children to share their knowledge with you.



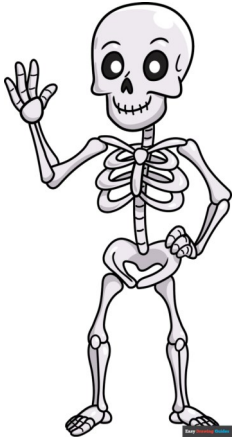
In science we have been exploring the world of animals, specifically looking at how different animals are grouped together based on their similarities (i.e. mammals, birds, fish, reptiles...).

We followed this up with a 'live lambing' session that was hosted by Plumpton college; this helped to consolidate our learning around mammals.

Well done Chestnuts, keep up the great work!



News from Maples



We had a fabulous time at Forest School last week; much fun was had by all in the woods.

As scientists, we have been learning about our bodies- particularly the skeletons and muscles.

In PSHE we have discussed the people, places and things that make us feel safe.

Thank you all for your attendance at parent's evening last week. It was so lovely to discuss Maples and their learning with such enthusiasm.



Willows Forest School

Wednesday 15th March 2023

Willows have been spotting birds throughout the winter and have created their own bird feeders with pine cones. They topped up the seeds on the bird feeders to continue to feed the birds.

This week Willows started using tools to create 'log dogs'. They worked with an adult to cut some hazel into lengths with a folding saw. They were very good at helping each other by holding the wood as others sawed it to length. The children then drew faces of dogs on the wood. With support they measured string to length and were supported to tie the string onto their dogs to create a 'log dog'. There was much enjoyment in taking their dogs for a walk and showing them all around the school. They thought about how to look after their dogs by keeping them safe, taking them for a walk, and teaching them to '*sit*', '*jump*' and '*stay*'.

Then the children played independently with their dogs on the playground area.

The class played a game in groups. They had to go and collect a number of items they could find, such as sticks, pine cones, leaves, grass. They came and counted them on the playground and then had a go at recoding numerals with chalk on the playground. Some children showed their phonics knowledge by writing labels and captions beside their findings.

'3 pinecones'

'2 sticks'

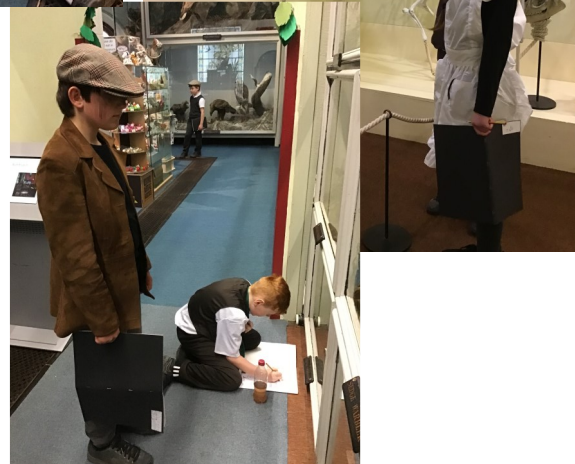
'4 leaves'

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

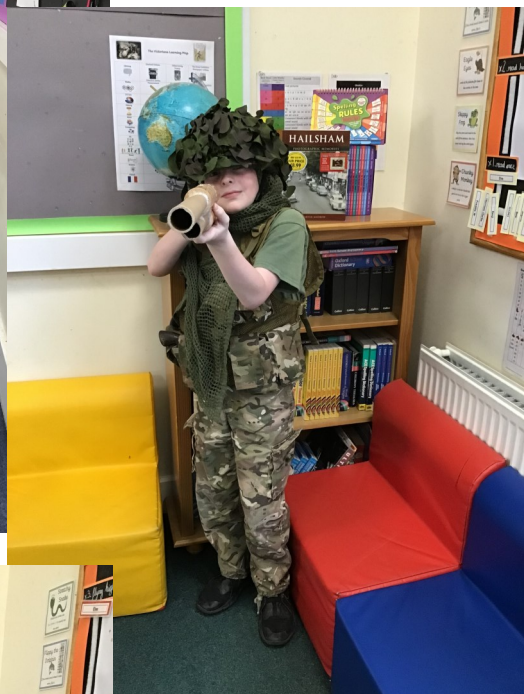
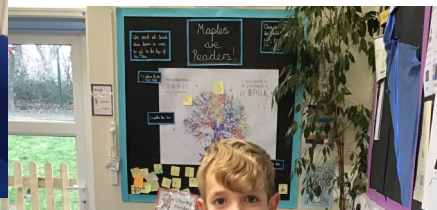
The impact can be seen through the skills, tools used, art and craft activities, observations and knowledge of the fruit, plants trees in relation to the seasons and the skills involved in learning how to play Forest School games.



Oaks—Preston Manor and Booth Museum



World Book Day



Family Grapevine Magazine

SPRING 2023 digital issue is now live on their website :

<https://thefamilygrapevine.co.uk/eastbourne-wealden-lewes/see-a-copy/>

It is filled with ideas of things to do this spring:

- * **Activities**
- * **Days out**
- * **Events**

family
grapevine

They are also offering 4 fantastic competitions for a chance of winning some fabulous prizes, from days out to a family camping weekend, as well as the chance to win copies of a lovely book!

HAF Programme

Holiday food and fun is back for the Easter holidays!

Otherwise known as the HAF programme, this initiative is funded by the Department for Education and is now in its third year. It is all set to provide more enriching activities this Easter, **free of charge for children who receive benefit related free school meals**. The programme ensures that children can have fun, eat healthily, and socialise with their peers during the school holidays of Easter, summer and winter.

There are activities for young people in Reception to Year 11 inclusive. A meal is provided at each session for everyone who attends. To see what's on offer and to book a session, parents should click on the 'List of holiday clubs' button on our [Holiday food and fun webpage](#).

Last year we had some amazing feedback from families.

Parent/ carer comments:

- An excellent, inclusive, friendly holiday club. My son begged to go every day, he had a great time. He made friends, loved the people who ran the club, learnt new skills too.
- My son comes back so happy and counts down the days until he can go back again!
- My child has been much more active than usual because of this club. He has had fun and spent time with new friends.
- My children loved this club. It gave them something to look forward to. I really hope they can do it again.

Young people's comments:

- I enjoyed getting out of the house.
- Loved learning how to cook breakfast and lunch. It was super tasty.
- I learned that even if you make mistakes, you can turn them into art.

For families that do not currently receive benefit-related free school meals but think they may be eligible, please visit our [Free school meals webpage](#) to find out how to apply.

The HAF team
Children's Services
eastsussex.gov.uk



Awards KS1

Willows

Xander—Aiming High
Izzy—Skills Builder Star



Chestnuts

Lunar—Problem Solving
Lemmy—Teamwork
Molly—Skills Builder Star



Awards KS2

Maples

Dougie—Staying Positive
Indy—Aiming High
Layla—Skills Builder Star



Oaks

Harrison—Listening
Elsa—Aiming High
Lacey—Skills Builder Star



Hailsham Cricket Club



🏏 **Girls only course**

🏏 **Sat 13 May - Sat 1 Jul**

🏏 **9:00 - 10:00**

🏏 **8-11 years old**

🏏 **£15 for 8 weeks,
including a personalised
T-shirt.**

**To sign up – Click the link in
the post**

**For more details -
HailshamCC@outlook.com**

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: 93.49%

	This Year	This Week
Willows:	94.29%	98.57%
Chestnuts:	94.20%	99.13%
Maples:	92.48%	91.39%
Oaks:	93.45%	93.33%

Frequent absence can add up to a considerable amount of lost learning and can seriously disadvantage your child in adult life!

Attendance during one school year	Equals this number of days absent	Which is approximately this many week's absence	Which means this number of lessons missed
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons



Every student. Every day.



Maples Forest School

Wednesday 8th March 2023

Linking to their learning journey of 'Amazon Adventures', this week the class discussed the comparison of the canopy and the understory of the Amazonian rainforests and the forests in England. They shared their knowledge of animals which live in the canopy of the Amazon forests and the animals here, including birds.

Using toy birds, Maples learnt to recognise some indigenous British birds by their plumage and bird calls. Each of the children then created their own birds from card and pastels. They were beautiful and are up on the Forest School display board at school if you want to take a look.



In the Forest school area there was lots of fantastic nest building from hay and sticks, which the class then placed in the canopy of the trees on the school site. Some children gathered acorns to place in the nests as eggs.

Once out of the rain under the shelter, Maples continued to practise their fire lighting skills this week; recalling the skills practised from their last 2 sessions. They showed great perseverance with trying to create sparks to ignite their fire and showed good peer to peer support; demonstrating how to use fire strikers and encouraging each other

with the challenge. Once the fire was going the children heated water in the kettle to make a hot chocolate, to warm them on the chilly afternoon. Some individuals were great at preparing the cups and stirring the drinks for everyone.

Then there was time to explore and play in the woodland. Maples showed particular interests in physical risks and challenges. They spent a long time moving large pieces of wood to create a bridge across the pool of water created by the rainfall. They were very interested in digging to create a channel to divert the flow of the water into the ditch.

Part of the Forest School experience is about risk and challenge and taking responsibility for their individual choices and actions. The children are asked to consider how the weather affects them and the environment and the choices they make about their play in the wet and muddy areas of the Forest School site.

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.

