



Park Mead Newsletter

Dear Parents/Carers

The sun is finally shining in Upper Dicker! With the summer term underway, it has been wonderful to see our pupils using our grounds fully.

Last week, we celebrated the King's Coronation and crowned our Park Mead King and Queen in a ceremonial assembly. A huge shout out for our Friends who organised for our pupils to receive a keepsake bookmark to mark the coronation. Thank you also to Mrs Riley who made her debut as Queen Elizabeth I and delivered a great royal history lesson!

A big **WELL DONE** to our Year 6s who have all completed an intense week of SATS. We are proud of you!

Next week is Mental Health awareness week 15 -21 May. Please see the link below for more information. We will be carrying out learning linked to the theme of anxiety.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Please see our diary dates section for further summer events and activities.

Mrs West

Head of 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/>

Safely using Smartwatches

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 devices which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hunting panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to reset it (jugglers demand their watch). If you manage to track a stolen device, pass that information to the police; location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Benny Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, iFlix, PC Pro and ComputerShack. He's appeared regularly on a technology panel on television and radio, including on BBC Newsnight, Radio 4's Q&A and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



NOS
National Online Safety
#WakeUpWednesday

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[@national_online_safety](https://tiktok.com/@national_online_safety)

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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.

It's amazing how quickly frequent absence from school can add up to a considerable amount of lost learning for your child, for instance:

- ⇒ **95% Attendance** = 9 days absent—approximately 2 weeks of school = **50 lessons missed**
- ⇒ **90% Attendance** = 19 days absent—approximately 4 weeks of school = **100 lessons missed**
- ⇒ **85% Attendance** = 29 days absent—approximately 6 weeks of school = **150 lessons missed**
- ⇒ **80% Attendance** = 38 days absent—approximately 8 weeks of school = **200 lessons missed**

Attendance Whole School—Academic Year: 93.53%

	This Year	This Week
Willows:	93.54%	85.71%
Chestnuts:	94.35%	93.52%
Maples:	92.53%	98.33%
Oaks:	93.75%	98.33%



Less than 94.9% - Red

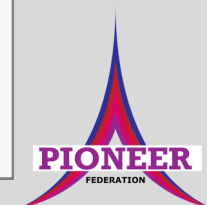
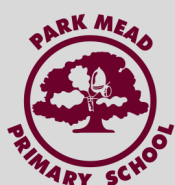
95—96.4% - Amber

96.5—99.9% - Green

100% -

Gold

**ATTENDANCE
MATTERS.
ALL DAY, EVERY DAY**



Diary

May

15—Mental Health Awareness Week
16—Parents Coffee Afternoon (2-3pm)
Theme—Adult Mental Health Week
17—Group School Photos
26—Friends Cinema Night
26—Last Day of Term 5

June

5—Inset Day
6—1st Day of Term 6
16—Year 5 Bikeability
23—Summer Fayre 3.30-5pm
(Including Vision and Values launch)

July

4—Parent Coffee Afternoon (2-3pm) Theme—
Transition
7—Sports Day
14—Reserve Sports Day
14—School Reports



Friends of Park Mead

The Friends of Park Mead is an independently registered charity who organise fundraising and fun events throughout the year. **EVERY** penny raised is donated to Park Mead to support or fund projects, mainly as part of the School's Development Plan. We meet socially once a month to organise our events program.

Keeping Up to Date!

There are a number of ways we keep in touch:

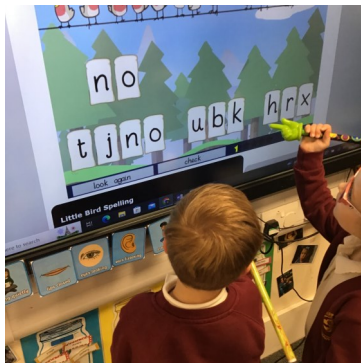
- Come along to our meetings – you will always be welcome and they are very sociable.
- Look at our notice board at the front of the school or in book bags for details of up and coming events.
- Join our Facebook page – “Friends of Park Mead School”
www.facebook.com/groups/1618708518394475 is a closed page for sharing news about events and activities relating to the school, and celebrating all the good work that the PTA does.
- Email: friends@parkmead.e-sussex.sch.uk
- Playground parent liaison representative.

The Friends of Park Mead Primary School

Charity Number 1103982

News from Willows

In Willow's the children have been very excited to watch each step of a runner bean plant growing from seed. They have been carefully measuring how much water to give each plant and have been using a ruler to measure how tall it has grown. The children have written bean diaries which focus on writing, measuring, colouring and sorting.



We have also been focusing on our tricky words and number formation in morning activities. Some children were exploring paint colours by mixing them. They began making patterns on the tray where they had been mixing and realised they could print it onto paper.

The Willow's children have been working very hard, asking lots of questions and working exceedingly well as a whole class team.

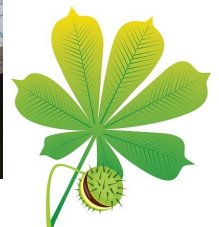


News from Chestnuts

In Chestnuts we have continued to explore and understand our local area - a class trip to Arlington Reservoir helped us to understand how water in our area is managed, as well as allowing us to see the types of wildflowers, trees and birds that make the area their home. Chestnuts did very well on the walk, as it is a long one!

We have also been working very hard in our lessons with Year 1 really focused on their phonics, and the Year 2 cohort trying incredibly hard on their KS1 SATS this week.

Well done Chestnuts!



News from Maples

Maples have learned to retell a Greek myth using more interesting vocabulary.

Forest school was great last week and we helped to improve the environment for all.

We learned about the Minoans in early Greece and the importance of trade.



News from Oaks

In Oaks we have been embracing the King's coronation. We made crowns and researched some interesting facts about King Charles. The pupils really enjoyed decorating cup cakes with red, white and blue icing- with the addition of various sweets. I only managed to get one photo of a completed cake before it was eaten by its decorator!



Maples Forest School—3 May 2023

This week the class helped to transport some woodchip down to the shelter area to help combat the wet, muddy ground. They worked together with spades, wheelbarrows and buckets to carry and spread out the woodchip which created a better surface for everyone using the site. It looks fantastic and has made a great difference to everyone at Park Mead who will use the space - well done Maples!

Part of the Forest School experience is about risk and challenge and taking responsibility for their individual choices and actions. We talked about how to assess risk and how to use tools, techniques and the Forest School area as safely as we could.

Maples continued to practise their fire lighting skills this week; recalling the skills practised in their last 2 sessions. They showed great perseverance when 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 alight, the children cooked some egg free dandelion pancake lollipops by dipping them in batter and frying them on the fire. It was good to see the children trying new and unfamiliar foraged food.

Then there was time to explore and play in the woodland. Maples showed particular interests in physical risks and challenges.

Maples enjoyed getting messy in the mud kitchen and digging channels for any excess rainwater to flow away.

They planted two more sapling trees along the roped border of the Forest school space.

The children continued playing with the toy birds in the Forest School area and spent a long time creating animals and creatures out of clay.

Now that spring has finally sprung, the class noticed how the plants have really grown and spent some time hiding. This led to a game of 'Owl Eyes', where the children had 10 seconds to hide and then see if

they could remain camouflaged and quiet enough so that they couldn't be seen.

We finished with a game of 'Fox and Rabbit', where the children had to work together to be a 'warren', defending the rabbit from its fox predator.

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—10 May 2023

Oaks Forest School

Wednesday 10th May 2023

This week the class helped to transport some woodchip down to the shelter area to help combat the wet, muddy ground. They worked with spades, wheelbarrows and buckets together to carry and spread out the woodchip under the shelter area, to create a better surface for everyone using the site. It looks fantastic and has made a great difference to everyone at Park Mead who will use the space- well done Oaks!

Part of the Forest School experience is about risk and challenge and taking responsibility for their individual choices and actions. We talked about how to assess risk and how to use tools, techniques and the Forest School area as safely as we could.

They collected some sticky weed and made crowns adorned with dandelions. Some of the children tried a sticky weed juice which we had made. They collected the plant, washed it, carved off some bark from a hazel stick and pounded it in clean drinking water until the water turned green. Then more sticky weed was made into a nest shape, used as a sieve and it was ready to taste.

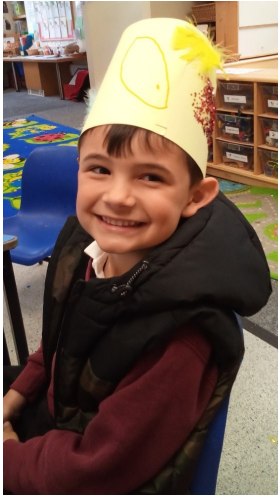
Then there was time to explore and play in the woodland. Oaks showed particular interests in physical risks and challenges. They learned how to set up and take down the new slack line and hammock, thinking about the knots used to fix them safely to the trees and how to balance and manage their risks safely.

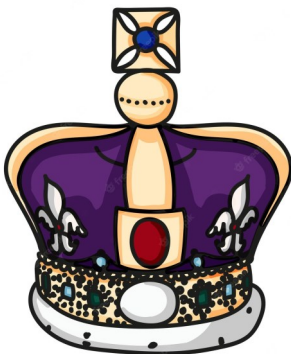
This week some of the children continued to develop their tool skills, by using knives to carve with. They were great at listening to learn how to use the tools in a safe way. First they used pruning saws to cut the wood to a useable length. Then they had a go at peeling bark and sharpening the ends of sticks. Some children started to create patterns on their ticks 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.



Coronation Celebrations









Club Flyer

How to Book

Type of Club:

May Holiday Camp

Activity:

A fun filled day with a variety of sports, competitions, archery, dance, arts & crafts, movies and more!

Where:

Park Mead Primary School
BN27 3QP

Date:

Tuesday & Wednesday
30th May & 31st May 2023
2 Days

Time:

Breakfast Club: 07:45-08:45
Main Camp Day: 08:45-15:15
After Camp Club: 15:15-16:15

Year Group:

Reception - Year 6

Price:

Breakfast Club: £5
Main Camp Day: £15
After Camp Club: £5

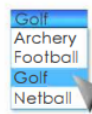


WWW

Visit - activeeducationsussex.co.uk



Click on - 'Book a Course'



Select the course you want and complete the form



Reserve your child's place



Select preferred payment method and complete payment



See website for terms and conditions



How to book →



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



21st
May
2023

Follow us on Facebook:
East Hoathly Family Fun Run

Raising funds for East Hoathly Primary
School and Nursery FPTA
Registered Charity Number: 1089642