



15 September 2023

Park Mead Newsletter



Dear Parents and Carers,

Welcome to a fresh new year at Park Mead!

The beautiful weather has helped bridge the gap between the summer holiday and the more structured Autumn routine.

We are all very proud of how our Park Mead pupils have started this year; so calmly, so positively, and all ready to learn.

The focus over the last two weeks at Park Mead has been about establishing routines, getting to know our new class cohort, reminding ourselves of our Park Mead Charter and exploring our new Vision and Values. All classes have also made a great start on their new topic which has already been emailed to parents/carers.

Thank you to parents/carers who supported our first celebration assembly of the term today. It was lovely to see so many smiley faces.

Have a restful weekend.

Mrs West
Head of School



Our Park Mead Charter

We show **respect** by following instructions quickly.

We show **respect** by listening when one person speaks.

We show **resilience** by staying focused.

We are **responsible** for behaving kindly and honestly to everyone.

We are **responsible** by looking after everything and everyone.



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/>

Managing Screen Time Struggles — Discussion Group



Come along to our FREE simple practical online Discussion group. This session will teach you how to talk to your child about E-Safety and gives lots of useful tips and tricks on how to keep them safe online.

Screens surround our children from birth, from TV to smartphones, desktop computers and laptops to tablets, iPads, and e-readers.

Cars are fitted with a Satnav and high-end vehicles have built in DVD players. But how can we manage screen time limits and keep our children safe from online dangers?

Monday 18th September 12-2:00 pm OR

Tuesday 17th October 12:30 to 2:30 pm OR

Thursday 30th November 12:30 to 2:30 pm

The Parenting Team are using Microsoft Teams which is free to download and accessible from phones, tablets and laptops.

Once you have joined the discussion, you can choose to have microphones and cameras either on or off (whichever you are more comfortable with) but we do encourage some face to face with the other parents as the more you engage, the more supported and confident you will feel!

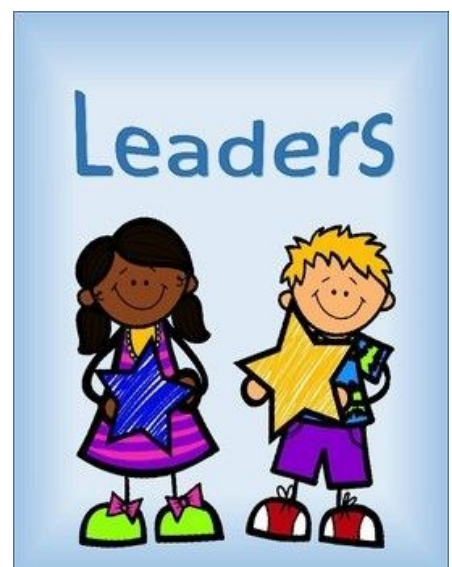
Please email EH.0-19parentingteam@eastsussex.gov.uk to book your **free** place or follow this link <https://forms.office.com/r/LLEDkY02sg>

Pupils as Leaders

This year we will be having some Pupils as Leaders groups including:

- ◆ Pupil Governors
- ◆ Skills Builder Leaders
- ◆ House Sports Captains
- ◆ Eco Leaders

Watch this space to find out more about their plans for the year, who gets voted in or has a successful application for the job!



Diary

September

- 19—Year 6 Safety in Action
- 22—Year 5/6 Football Tournament
- 25—Willows PE Lessons Start

October

- 5—Census Day
- 12—Harvest Festival
- 18—Flu Vaccinations
- 20—Last Day of Term
- 30—Back to School

November

- 3—Oaks Swimming (6 Weeks)
- 22— Individual School Photos

December

- 12—Nativity Play
- 15—Last Day of Term

January

- 2—Inset Day
- 3—Back to School
- 5—Maples Swimming (6 Weeks)

February

- 9—Last Day of Term
- 19—Back to School
- 23—Chestnuts Swimming (6 Weeks)

March

- 7—World Book Day
- 28—Last Day of Term
- 29—Bank Holiday

April

- 15—Back to School
- 19—Willows Swimming (5 Weeks)

May

- 6—Bank Holiday
- 24—Last Day of Term

June

- 3—Inset Day
- 4—Back to School

July

- 5—Sports Day
- 8—Back up Sports Day
- 22—Last Day of Term
- 23—Inset Day

Weekly Events:

- Breakfast Club—Every morning from 7.45-8.45am
- Monday—After School Sports Club (3.15-4.15pm)
- Monday—PE
- Tuesday—Drumming Lessons
- Wednesday—Forest School (classes rotate)
- Thursday—Golden Assembly
- Friday—Guitar Lessons
- Friday—PE



Term Dates—2023-2024

Copies of next years term dates are available in the entrance foyer.



East Sussex School Term and Holiday Dates 2023-2024

	SEPTEMBER 2023	OCTOBER 2023	NOVEMBER 2023	DECEMBER 2023
Monday	28 4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25
Tuesday	29 5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19 26
Wednesday	30 6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27
Thursday	31 7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28
Friday	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29
Saturday	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30
Sunday	3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24 31
	JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024
Monday	1 8 15 22 29	5 12 19 26	4 11 18 25	1 8 15 22 29
Tuesday	2 9 16 23 30	6 13 20 27	5 12 19 26	2 9 16 23 30
Wednesday	3 10 17 24 31	7 14 21 28	6 13 20 27	3 10 17 24
Thursday	4 11 18 25	1 8 15 22 29	7 14 21 28	4 11 18 25
Friday	5 12 19 26	2 9 16 23	1 8 15 22 29	5 12 19 26
Saturday	6 13 20 27	3 10 17 24	2 9 16 23 30	6 13 20 27
Sunday	7 14 21 28	4 11 18 25	3 10 17 24 31	7 14 21 28
	MAY 2024	JUNE 2024	JULY 2024	AUGUST 2024
Monday	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26
Tuesday	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27
Wednesday	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28
Thursday	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29
Friday	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30
Saturday	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24 31
Sunday	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25

KEY

Staff training (INSET day) Start of term for pupils End of term Public holiday School holiday

Bank and Public Holidays 2023-2024

Monday 25 December 2023	Christmas Day	Monday 1 April 2024	Easter Monday
Tuesday 26 December 2023	Boxing Day	Monday 6 May 2024	Early May bank holiday
Monday 1 January 2024	New Years Day	Monday 27 May 2024	Spring bank holiday
Friday 29 March 2024	Good Friday	Monday 26 August 2024	Summer bank holiday

Term Length

Term	From	To	Number of days
Term 1	1 September 2023	20 October 2023	36
Autumn school holiday	23 October 2023	27 October 2023	
Term 2	30 October 2023	15 December 2023	35
Christmas school holiday	18 December 2023	1 January 2024	
Term 3	2 January 2024	9 February 2024	29
February school holiday	12 February 2024	16 February 2024	
Term 4	19 February 2024	28 March 2024	29
Spring school holiday	29 March 2024	12 April 2024	
Term 5	15 April 2024	24 May 2024	29
May school holiday	27 May 2024	31 May 2024	
Term 6	3 June 2024	23 July 2024	37
	Total		195

Attendance

Children need to attend school regularly to enable them to benefit from their education.

Missing out on lessons leaves children vulnerable to falling behind, both academically and socially which impacts on their emotional wellbeing and creates further barriers to learning.

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

1. 95% Attendance = 9 days absent—approximately 2 weeks of school = 50 lessons missed
2. 90% Attendance = 19 days absent—approximately 4 weeks of school = 100 lessons missed
3. 85% Attendance = 29 days absent—approximately 6 weeks of school = 150 lessons missed
4. 80% Attendance = 38 days absent—approximately 8 weeks of school = 200 lessons missed

Every Day Counts



Should I Keep my Child at Home?

To help make a judgement of whether to bring your child to school or not if they have a mild illness, please see NHS guidance on the following pages, or follow the link below:

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Should I Keep my Child at Home?

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a high temperature, keep them off school until it goes away.

Chickenpox

If your child has chickenpox, keep them off school until all the spots have crusted over.

This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a cold sore.

Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis

You don't need to keep your child away from school if they have conjunctivitis.

Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Coronavirus (COVID-19)

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature

do not feel well enough to go to school or do their normal activities

If they have mild symptoms and they feel well enough, they can still go to school.

Ear infection

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice.

You can treat head lice and nits without seeing a GP.

Impetigo

If your child has impetigo, they'll need treatment from a GP, often with antibiotics.

Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP.

It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks.

Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious.

But let the school or teacher know if you think your child has slapped cheek syndrome.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

Threadworms

You don't need to keep your child off school if they have threadworms.

Speak to your pharmacist, who can recommend a treatment.

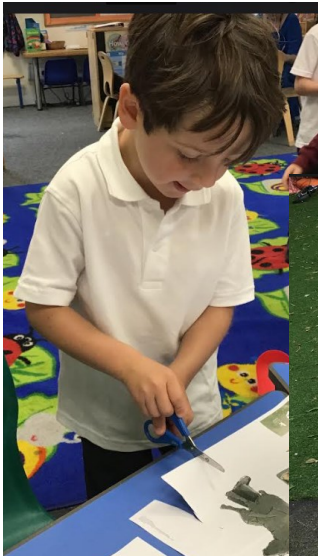
Vomiting and diarrhoea

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).



News from Willows

Willow's have had a fantastic first week! We are so proud of them! They have been exploring all the resources and equipment inside and outside the classroom. Hiding dinosaurs in the green sand, making potions in the mud kitchen, climbing on the new trim trail, making tents and solving puzzles.

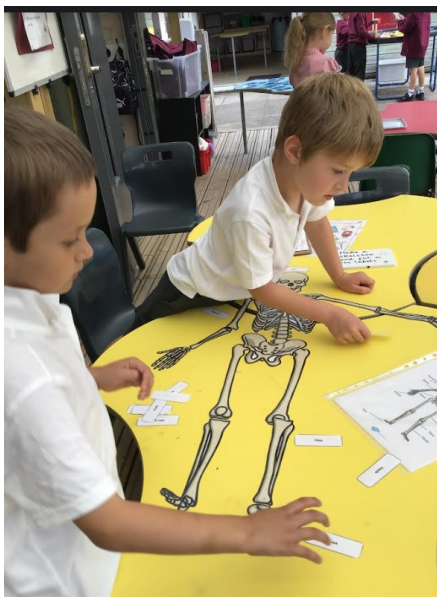


The children have painted portraits of themselves to go on our 'Amazing Me' board and have looked at similarities and differences between themselves. They have also focused on learning the number 1.



News from Chestnuts

Chestnuts have had a brilliant start to the year. We have revised the rules and routines for the classroom and the school. We have learned how to speak to each other in study buddies by taking turns and listening carefully. Our new squirrel mascots, Frank and Betty, have loved watching the learning in the first few weeks.



News from Maples

It has been a busy first week for Maple Class! Firstly, they created their own unique, robot designs for the topic display which inspired some fantastic written work.

In maths, the children have been representing numbers to 1000 using different resources to support them. Additionally, they have explored different ways to partition the numbers and have solved some challenging maths problems.

In D.T, the children learnt about different types of lights which are used to illuminate signs. Also, they were introduced to circuits and how resistors control the amount of electrical flow. Finally, the children planned a list of items they will need to complete their very own light box.



Children's Art Exhibition

Park Mead are very excited to have had two group entry winner at the Hailsham Art Festival. They are for the following entries:

- **The Country Steam Railway**
- **The Cattle Farm**

The exhibition is free to view at Hailsham Library, during their normal opening hours, until Saturday 23 September



News from Oaks

Oaks have made a great start to the new term and settled in well. The children have loved personalising and writing their own entries in their personal WW2 dairies, based on My Secret War Diary. They have worked hard creating Blitz watercolour paintings, with silhouettes of broken sky lines. We will start getting into routines with reading books and homework beginning of next week.

A big well done to Jacob- he has been totally inspired by this term's topic- he is a one person crafting machine! He has made a 'working' cardboard gun and a stunning Anderson shelter.



EAST SUSSEX JUNIOR BADMINTON ACADEMY (ESJBA)



OPEN DAY

September 17th 9:00-12:00

Hailsham Community College
Battle Road, Hailsham TN7 8RJ

Contact: William Brown 07761 283736

william@libraaudio.co.uk

<https://www.facebook.com/ESJBA>





HALF TERM AT 1066 GYMNASTICS

Monday 23rd October – Friday 27th October

Gymnastics Camps- Tuesday- Wednesday-Thursday

BOOKINGS CAN BE MADE
THROUGH OUR CLUB WEBSITE
NOW!

ALL SESSIONS ARE NON-REFUNDABLE

PLAYGYM

Our PlayGym sessions are perfect for children wanting to burn off some energy. This session is an open play non coached session where you can explore the equipment at your own pace. Parents must be present throughout this session at all times.

MONDAY

U6's – 9:00am-10:30am

U10 – 11:00am-12:30pm & 1:30pm-3:00pm

FRIDAY

U6's – 9:00am-10:30am

U10 – 11:00am-12:30pm

SEN Session – 1:30pm-3:00pm

£7.50 per child

For school aged children, our camp sessions are a perfect mix of structured gymnastics and fun and games. Sessions run 8:30am-3:30pm and are taught by our qualified Coaches, all coaches have been DBS checked and hold safeguarding qualifications, all lead coaches also hold Level 3 first aid qualifications. Please provide a lunch box for your child.

Member : £25.00

Non-Member: £30.00



1066 GYMNASTICS , UNIT 3A
BRETT DRIVE, BEXHILL ON SEA,
TN40 2JP

01424213779

office@1066gym.co.uk