



Park Mead Newsletter

Dear Park Mead families

Autumn is definitely in the air! As the days grow shorter we start to think about the seasonal changes and what exciting events and activities await.

On **Tuesday 10 October** we are marking World Mental Health Day. At Park Mead we are combining this event with our Autumn 'Grounds Day' where staff and pupils spend part of or all day outside in the fresh air sorting, tidying and planting in our lovely grounds. Our focus will be on demonstrating our value of **Responsibility** and building our teamwork skills. All classes will have their own individual focus and so you will all hear directly from your child's class teacher about their plans and the expectations of dress code for this day.

The following link has further information about this year's World Mental Health Day.

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

Our Harvest Festival assembly will take place on Thursday 12th October between 10.15 - 10.45 for **Chestnuts, Maples and Oaks**. Everyone is welcome but please be mindful that we have limited space in the hall.

Gates: Please note, the vehicle gate will be closed between 9-3pm every day.

Have a restful weekend.

Mrs West
Head of School

Healthy Lunches

We would request please that sweets aren't brought into school, or put in with children's lunches.



Please ensure your child has a proper water bottle in school, not an old drinks bottle filled with water, ie. Prime bottle.

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?

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>

Tesco Community Grants

From the first week in October Park Mead will have a voting unit in both the main Tesco store in Hailsham and the smaller shop in South Road, Hailsham. We have applied for a grant to help with the regeneration of our school pond, which will be used to enhance the children's outdoor education as well as providing a space for calm reflection and emotional wellbeing. The units will be in place until January and the amount of tokens denotes the value of the grant we may receive. So please remember next time you are shopping, to pop a token in the Park Mead unit!



What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.09.2023

Diary

October

5—Census Day
9—Grounds Week (date tbc)
12—Harvest Festival (Years 1-6 only)
18—Flu Vaccinations
20—Last Day of Term
23-25—Holiday Camp
30—Back to School

November

3—Oaks Swimming (6 Weeks)
17—Children in Need
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
14—Sports Day
17—Back up Sports Day

July

22—Leavers Assembly @ 2.30pm
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 & Friday —PE
Tuesday—Drumming Lessons
Wednesday—Forest School (classes rotate)
Thursday—Golden Assembly
Friday—Guitar Lessons

Swimming Sessions at Bedes

Please log on to ParentPay to pay

Oaks – 3 November to 8 December inclusive
Maples – 5 January to 9 February inclusive
Chestnuts – 23 February to 19 April inclusive
Willows – 26 April to 24 May inclusive



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 |

Census Day

Please note change of menu for Census Day.
The usual Thursday menu will be served on Friday during this week.

Census Day

KS1 Free
KS2 £2.85

5 October 2023

Did you know?

If your child is in Reception, Years 1 or 2, then the meal is free of charge

Census Day Menu

Choose a Main Meal...

Breaded Fish Fingers & Chips

Quorn Dippers & Chips (v)

Jacket Potato with Cheese or Baked Beans

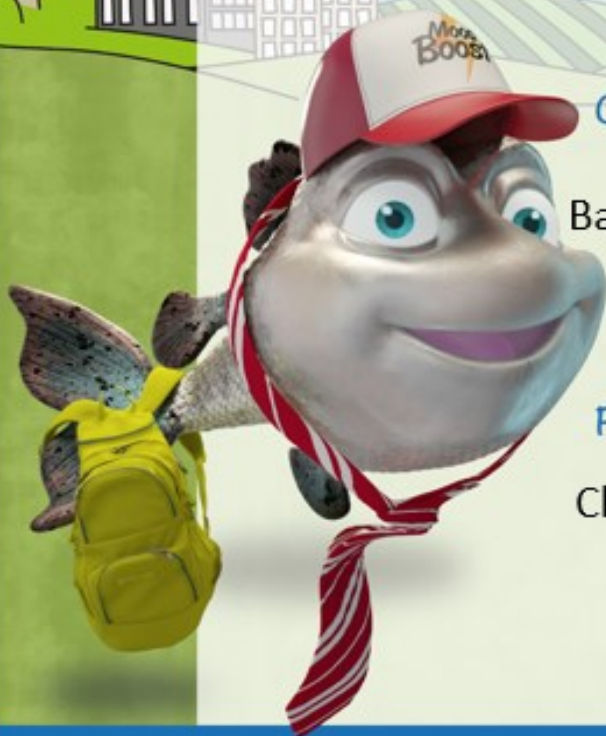
On the Side...

Peas

Baked Beans

For Dessert...

Chocolate Ice Cream
or Fresh Fruit



Don't forget! If your child is in Reception, Years 1 or 2, then you can get their meal free of charge!

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 \(www.nhs.uk\)](http://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

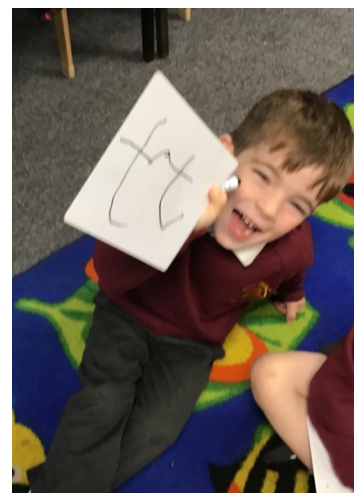
This week we have been learning phonics including the sounds 's, a, t and p'. The children have really impressed us with their writing of the letters.

We have explored the story of Rosie's Walk and the children took it in turns to put Rosie the hens into different positions using positional language e.g. behind, on top of, near, next to etc.

Willows also love building and performing on the stage.

Islay took Willow bear home and went on an adventure, which she shared in class.

Well done wonderful Willows!



News from Chestnuts

Chestnuts continue to settle really well. They are working so hard and as a result are probably very tired!!!

They have learned the rules of the classroom beautifully and are co-operating with one another really well.

They enjoyed using the instruments to make skeleton music.

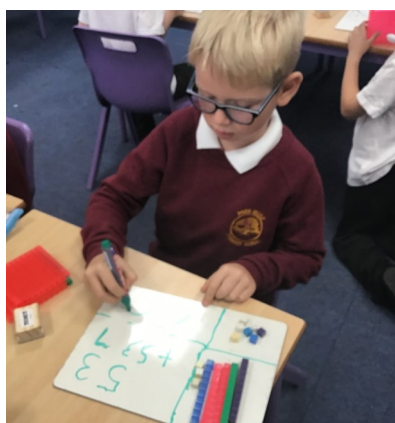
We are so proud of their attitude!



News from Maples

On Friday, Maples Class brought in some amazing items for 'Show and Tell' focused on our topic 'How has electricity changed our lives?'. First, Brynly showed the class a working robot hand he had constructed. Next, Mia explained how she had made a solar powered robot with her family. Finally, Leopold presented an ammeter which is an instrument that is used to measure the current in a circuit.

During our science learning this week, the children made simple circuits and learnt which components made a complete circuit. Afterwards, they created more complex components and even made working propellers!



News from Oaks

We are really enjoying our World War II topic and developing our letter writing as a war child at Park Mead School. The children have enjoyed making up strange tales about their teachers and possible host families.

We have designed our own air raid shelters and getting ready to make them next week by developing prototypes. Apologies to Freddie - I need to make sure I capture your whole head in photos!



A little plea please for old, clean cardboard. Many thanks- these will make the air raid shelters.



Chestnuts Forest School

Wednesday 13th September 2023

First session back and all of Chestnuts were very keen to get going and explore forest school. We set off onto the field and started with a game of beetle tag followed by a woodland whisper that ended up a little muddled but the time it got to the end.

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 gained, 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 cups they collected blackberries ready to make paint. We talked about what colour they have to be that means they are ready to be picked. Chestnuts then squashed their collected berries into a paste adding a little water and painted some cotton, some children decided to crush charcoal into their paint to change the colour. Some blackberries were placed inside a large piece of cotton which we folded and they took it in turns so stomp on creating a beautiful picture.

Some of chestnuts worked hard in clearing some of the nettles and brambles that were growing over the paths. They put on gloves and used secateurs to clip them back.

Chestnuts used some of the natural materials they had collected to make potions and food creations in the mud kitchen.

There was a lot of great teamwork going on within Chestnuts today, helping each other to find and pick blackberries, balance along the slack line and when gathering materials for their potions.

Chestnuts ended their session by sitting round the fire circle and sharing what they had had enjoyed about the morning.

"Making potions"

"Playing beetle tag"

"Picking blackberries"



Willows Forest School

Wednesday 20th September 2023

Willows got themselves ready with waterproofs and boots to go and explore Forest School for their first ever session.

As they walked down to Forest School we played a nature identifying game called 'you are only safe when you are touching ...'. They touched grass, fallen leaves, yellow leaves and their teacher's yellow wellies.

We explored the Forest School area, looking at what areas are safe and which areas you can only go in if you have an adult with you. They helped to identify some spiky brambles and some nettles that we discussed were best to not touch. They learned



they shouldn't ever eat anything they pick, unless an adult has said it is ok to do so.



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 gained, tools used, art and craft activities, observations and knowledge of the fruit, plants and trees in relation to the seasons, and the skills involved in learning how to play Forest School games.

They had a chance to explore on their own. They had a go at climbing trees and creating food in the mud kitchen. The slack line was very popular, it was great to see them persevere as they found it a little tricky to start with. They also made Ladybirds that were popped onto the end of a stick to fly round Forest School.

A few children wanted to explore the bug hotel; they found a spider web and some woodlice. They then used hay and gathered leaves and sticks to fill in any gaps within the bug hotel. They said "it will keep them warm" as they worked together to make their improvements.

Willows ended their session by going round the circle and listening to what they had enjoyed about their afternoon at Forest School.

"Making Ladybirds"

"Playing on the slack line"

"I liked filling the bug hotel"



Bedes Challenge Cup 2023



Park Mead took part in the Bedes Football Challenge Cup last week and did amazingly well! They were in Group 2 alongside Ocklynge, Willingdon, Tollgate and Dallington. Park Mead battled hard in their group despite losing their first 3 games to stronger teams. They were very resilient, kept fighting and came back to win their last game which put them through to the plate semi final. The team put on an amazing performance demonstrating incredible teamwork, strength, determination and pride to beat Bourne in the Semi-Final, progressing on to face Willingdon in the plate final. The team did so exceptionally well throughout the final with a late winning goal by Dougie Robinson to seal the win and the plate trophy! A Massive well done to the Park Mead football team - you have done the whole school and the Pioneer Federation proud!

October Holiday Camp

Book via <https://activeeducationsussex.co.uk/book-a-course/>



Club Flyer

Type of Club:

October Holiday Camp

Activity:

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

Where:

Park Mead Primary School
BN27 3QP

Date:

Monday, Tuesday & Wednesday
23rd, 24th & 25th October 2023
3 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
Children from any primary
school welcome

Price:

Breakfast Club: £5
Main Camp Day: £15
After Camp Club: £5
Popcorn Treat: £1



How to book →