



## Park Mead Newsletter



Welcome to Term 2!

Despite the weather and several wet play times, we have plenty of exciting activities planned for our Park Mead pupils this term.

Oaks enjoyed their trip to Berwick church last week and are looking forward to visiting Michelham Priory next week. Chestnuts managed to brave the weather in Forest School this week and Maples have created some beautiful Remembrance Day poppies. Willows are now enjoying their outside space with the new secure fencing installed. For safeguarding purposes, we intend to make Willows outside space more discrete from the public so please watch this space.

Next week is 'Preventing Bullying Week' and Park Mead are holding an Odd Socks Day on Monday 13<sup>th</sup> November. The theme this year is **make a noise about bullying** co-ordinated by the Anti-Bullying Alliance. Over the course of the week, all our pupils will take part in activities which encourage children to speak out to stop bullying. The week will begin with **Odd Socks Day** where children can wear odd socks (over tights if necessary) to celebrate what makes us all unique and different.

For more information please click on the links below:

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/odd-socks-day/odd-socks-day-schools>

[https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/Odd%20Socks%20Day%202023%20-%20Poster\\_0.pdf](https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/Odd%20Socks%20Day%202023%20-%20Poster_0.pdf)

Great to see so many of you attending our parents/carers evenings this week.

Thank you for your continued support.

Mrs West  
Head of School



You may have noticed the new oak leaf located on the front fence. This symbol, created by Mr Elphick, is a fantastic visual representation of our aim to raise money for Park Mead. As we raise money our leaf will gradually turn green!

Money will be raised from a range of events this year involving the whole community, our dedicated Friends of Park Mead and through sporting events with Active Education Sussex.

With the money raised, one of our aims is to develop a multi-purpose outdoor shelter by the field for pupils to use during sporting events, as well as for learning and play times.

Please support us and help us reach our goal!



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](mailto:office@parkmead.e-sussex.sch.uk) Website: <https://pioneerfederation.co.uk/parkmead/>



With the support of



This ANTI-BULLYING WEEK we are holding

ODD SOCKS DAY on MONDAY 13<sup>TH</sup> NOVEMBER 2023



Come to school wearing your odd socks to celebrate what makes us all unique!



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.

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So please remember next time you are shopping, to pop token in the Park Mead unit!

## Children in Need - Friday 17 November

Your child/ren may come to school in comfortable clothing/sportswear on **Friday 17 November** to support Children in Need.

Please make your donation via ParentPay: <https://www.parentpay.com/>

Here is a little bit of information about Children in Need explaining what they fund and how they raise the money which is used to support children and young people.

### What do we fund?

BBC Children in Need is here to make sure that every child has the childhood they deserve – and the support they need to thrive.

We are committed to funding the grassroots organisations and project workers across the UK that provide the vital positive relationships children need to help them navigate the challenges in their lives. Our project workers support, inspire and champion them to ensure they have opportunities and can reach their goals. And that will always be our approach.

We fund thousands of charities and projects in every corner of the UK, that support children and young people to feel and be safer, have improved mental health and wellbeing, form better, more positive relationships and be given more equal opportunities to flourish.

### How do we raise money?

At BBC Children in Need, we raise funds to make sure we can be there for children and young people by funding thousands of local charities and projects.

Our SPOTacular annual appeal in November inspires our communities across the UK to come together, raise funds and show support.

There are plenty of ways to go the extra mile for BBC Children in Need. Supporters take on SPOTacular walkathons and sponsored cycles, host bake sales, and a whole lot more!

Our November appeal wouldn't be complete without our big night of television on the BBC, featuring famous faces, SPOTacular programmes, and reports from children and young people whose lives have been changed thanks to your support.



## Diary

### November

- 13—Odd Socks Day
- 17—Children in Need
- 22— Individual School Photos

### December

- 1—Christmas Disco (details to follow)
- 12—Nativity Play (10.30-11.30am/2-3pm)
- 13—Christmas Lunch/Christmas Jumper Day
- 13—Santa Visits Park Mead (details to follow)
- 15—Last Day of Term
- 18-20—Holiday Camp

### January

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

### February

- 9—Last Day of Term
- 12-14—Holiday Camp
- 19—Back to School
- 23—Chestnuts Swimming (6 Weeks)

### March

- 7—World Book Day
- 13—Park Mead Coffee Morning  
(Sleep, Food and Mood)
- 28—Last Day of Term
- 29—Bank Holiday

### April

- 2-4—Holiday Camp
- 8-10—Holiday Camp
- 15—Back to School
- 19—Willows Swimming (5 Weeks)

### May

- 6—Bank Holiday
- 24—Last Day of Term
- 28-30—Holiday Camp

### June

- 3—Inset Day
- 4— Back to School
- 14—Sports Day
- 17—Back up Sports Day

### July

- 10—Park Mead Coffee Morning  
(Transition)
- 22—Leavers Assembly @ 2.30pm
- 22- Last Day of Term
- 23—Inset Day
- 24-26—Holiday Camp
- 29-31—Holiday Camp

### August

- 5-7—Holiday Camp

### Weekly Events:

- Breakfast Club—Every morning from 7.45-8.40am
- 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

### 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



## 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

### Yearly Attendance Figures

**Whole School—93.62%**

**Willows—93.14%**

**Chestnuts—94.73%**

**Maples—94.01%**

**Oaks—92.38%**

**Every Day Counts**



## News from Willows

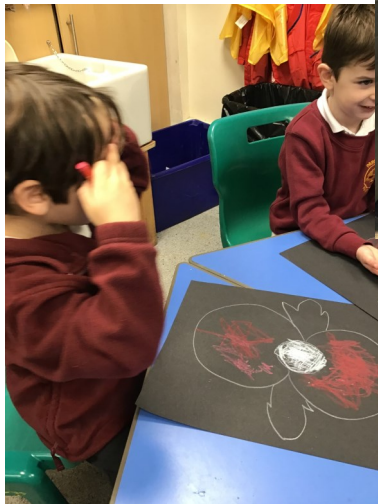
Willows have had a great start to the term.

We have been exploring numbers 1-3, looking at one more and one less and all the different ways to make the numbers!

The children have been looking at poppies and made some beautiful poppies in various ways. We used this to discuss the colour red and create a class poem.

The children have achieved really well trying to write labels with some of them writing a sentence.

Willows Forest School write up to follow .....



### 'Red Is' by Willows Class



Red is our school jumper

Hugo



Red is a dress

Zac

Red is a ladybug  
Red is a love heart  
Red is lipstick

Teddy



Olivia



Red is a Poppy for remembrance day

Islay

Red is a strawberry

Gruff



Red is blood coming out your finger  
Red is a hairband  
Red is a traffic light

Roman

Jessica



Red is brave  
Red is a parrot

Rosie



Red is spiderman!

Emlyn

Emeli



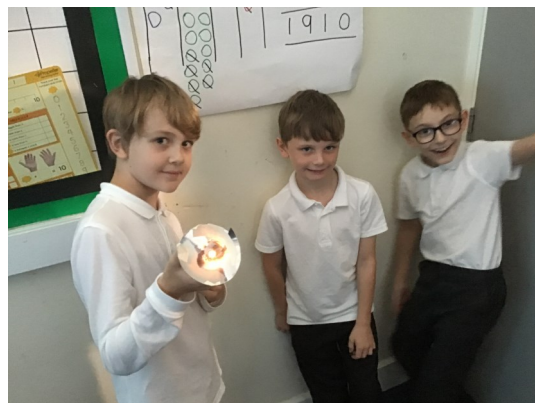
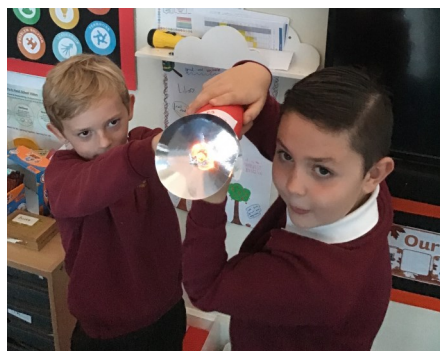
Nikolai

Harvey



## News from Maples

For their final project in science, the children combined all their knowledge from the unit to make a torch. They were able to make a functional switch so they could turn their torches on and off.



In literacy, the children are studying the story of 'The Boy and the Globe'. They created a 3D map of Tudor London to plot their chase scene through the busy city.



## News from Chestnuts

Chestnuts got themselves into their waterproofs ready to explore a soggy Forest School. We stopped on the field on the way down for a game of Keeper of the Bell. The children took it in turns to sneak in, steal the bell and run as fast as possible back to their seat without being caught. As the field was so soggy it made running a little tricky.

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.

Once down at Forest School we recapped on the rules of the fire circle so that we were safe to have a fire. I was impressed at how many of them they remembered. There was some great perseverance shown with striking to get the fire going. Once the fire was roaring the children toasted marshmallows and ate s'mores. We also boiled the kettle and enjoyed a cup of hot chocolate - "so yummy".

The children had lots of great free play in the mud kitchen this afternoon. All sorts of amazing creations were cooked up!

With all the water flowing through Forest School it was great to see the imagination of the class. They found a waterfall that disappeared under the fence, using leaves and small sticks they experimented with what floated, watching it disappear. Lots of large lumps of wood were gathered to try and block the flow of water; however the water always found a way through. There was some great teamwork and some amazing ideas for more dam building that will hopefully be carried out in our next session.



## News from Oaks

Last week we braved storm 'Ciaran' and had a wonderful time at Berwick Church. Rev Peter Blee, Catherine ( The Outreach Officer), Liz and Carol ( Volunteers) had organised the most wonderful activities.

The children were able to light and decorate candles, sketch from the most beautiful paintings, hold a precious 16<sup>th</sup> Century Chalice, discuss some of the service men depicted in the art work and see if they could find the names on the monument.

They even watched a short film where one of the models (a farm hand) talked about posing for the artist, Vanessa Bell, in the Adoration of Christ ( 1942). We had some wonderful feed back (see below) and the children were wonderfully behaved.

*"It really was a delight to have you and the children with us. The children were so polite, engaged and enquiring. They were a real credit to you and Miss Wood and to the school."* Catherine.





# Cross Country

The Park Mead team took part in the annual cross country cluster event this week over a 2km course across a very long and wet field. The Park Mead team did incredibly well, demonstrating amazing willpower, determination, and resilience to give 100% effort in all their races. With hundreds of children competing across the county, it would be tough to finish in the top finishers to qualify for the next round, however both the boys and girls races featured some top finishers finishing an impressive 2<sup>nd</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> in their races, we will hear before Christmas if they have qualified for the next round. All the team represented the school with great passion and have done us all proud and they should be even prouder of themselves with their performances and mindset! Well done all of you!



Park Mead Team



**ACTIVE  
EDUCATION  
SUSSEX**



**CHRISTMAS**

**HOLIDAY**

**CAMP**

**18th, 19th & 20th  
December 2023**

**Park Mead Primary  
School, BN27 3QP**

**ALL CHILDREN WELCOME  
FROM ANY SCHOOL!**

**BREAKFAST CLUB £5  
07:45-08:45**

**MAIN DAY £15  
08:45-15:15**

**AFTER CAMP CLUB £5  
15:15-16:15**

**FUN GIFT SHOP (CARD ONLY)**



**ARTS &  
CRAFTS,  
MOVIES  
AND  
MORE**

**WIDE  
VARIETY  
OF  
SPORTS**

**BOOK NOW**

**ACTIVEEDUCATIONSUSSEX.CO.UK**



# Mental Health Workshops

Sussex Partnership NHS Foundation Trust have organised a programme of workshops which are open to all parents and carers of young people in Sussex.

The mental health workshops, all led by experienced CAMHS clinicians, will take place virtually. Each webinar will be available twice a day, once during the day (10am) and once in the evening (7pm) to make it as easy as possible for people to attend.

The following topics for the workshops have been confirmed:

13 <sup>th</sup> December 2023	Depression
17 <sup>th</sup> January 2024	Obsessive Compulsive Disorder (OCD)

Parents and carers will have the choice of which workshop to attend, with recordings of any others being made available afterwards.

The sessions last for 90-120 minutes with the opportunity to ask any questions to CAMHS clinicians. Due to anticipated high numbers of attendees, any questions will need to be sent in advance.

To book a ticket, please go to:

[Sussex CAMHS Parent/Carer Webinars | TICKETLAB](#)

Contact Sussex CAMHS Participation Team with any questions:

[CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

**CAMHS PARTICIPATION**  
YOUR VOICE MATTERS

**NHS**  
Sussex Partnership  
NHS Foundation Trust

**WEBINARS FOR PARENTS/CARERS**  
SUPPORTING CHILDREN AND  
YOUNG PEOPLE WITH THEIR  
MENTAL HEALTH

FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- 19<sup>TH</sup> OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8<sup>TH</sup> NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13<sup>TH</sup> DECEMBER DEPRESSION
- 17<sup>TH</sup> JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)

Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health

Each webinar will take place at 10am and 7pm and will run for 90-120 minutes

SCAN HERE

WANT TO BOOK YOUR TICKETS?

Or visit:  
<https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/>

NEED TO GET IN TOUCH?  
If you have any questions, please email: [CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)



# CLASS+

## Coffee & Chat Sessions

Come and join the CLASS+ team and other parents at one of our Coffee and Chat sessions. No need to book just turn up. These sessions are designed for parents who have an autistic child or a child on the autism pathway. We kindly ask that you don't bring small children to this session.

**There will be a short section on this session that will focus around the theme of **Sensory Difference**.**

**7 November, Hailsham Family Hub, 1:00pm to 2:30am**

**8 November, Sidley Family Hub, 9:30am to 11:00am**

**9 November, Silverdale Perth Road, 2:00pm to 3:00pm**

**14 November, East Hoathly Church, 9:00am to 10:30am**

**16 November, Chailey Saint Peter's, 9:00am to 10:30am**

**29 November, St Mary's Hartfield, 9:00am to 10:30am**

**30 November, Laughton, 9:00am to 10:30am**

**5 December, Hailsham Family Hub, 1:00pm to 2:30pm**

**6 December, Breakwater High Street, 9:00am to 10:30am**

**7 December, Sidley Family Hub, 7:00pm to 8:30pm**

***No need to book just turn up***



## Michelham Priory Christmas Fayre—Discount Code!

Come and enjoy a magically memorable Medieval Christmas Fayre at Michelham Priory, East Sussex on 25th & 26th November.

A one-of-a-kind holiday event, with market stalls and a range of have-a-go and Christmas craft activities for all ages.

Enjoy music, minstrels, and much merriment.

- \* Storytelling by Father Christmas and the Winter Witches.
- \* Be entertained by Devilstick Peat. S
- \* ee Birds of Prey, Medieval Wolves and Ponies.
- \* Watch blacksmith, wood lathe and candle making demonstrations.

There will be roaring fires to roast marshmallows as well as traditional seasonal food and drinks including specialty hot chocolate, mulled wine, spiced cider or local ales and mead.

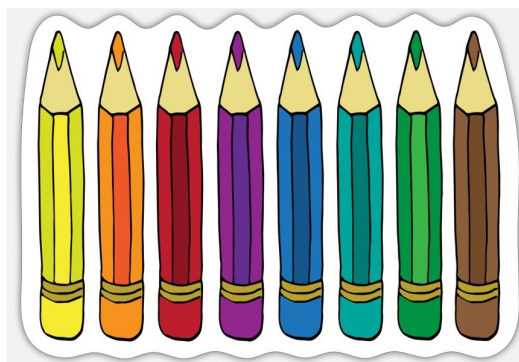
England's Medieval Christmas Fayre will be the most wonderful festive day out with lights twinkling, music filling the air, and if you're lucky, a few snowflakes too!



*Tickets available online for Saturday 25th and Sunday 26th November 2023, don't miss out.*

*Use the discount code **PARKMEAD2023**, to save now when you book your advance entry tickets at **EnglandsMedievalChristmasFayre.com***

***Or enter the colouring competition on the following pages to have a chance to win tickets ....***





England's Medieval  
**CHRISTMAS**  
 ~ FAYRE ~

25TH & 26TH  
 NOVEMBER

*A Magical*  
**Medieval**  
 Christmas Experience  
 For All Ages



**Come Celebrate the Festive Season**  
**At Michelham Priory, East Sussex**

Music, Minstrels & Merriment ❄️ Storytelling from Father  
 Christmas ❄️ Children's Christmas Crafts ❄️ Have-a-Go  
 Activities & Experiences ❄️ Market Traders, Crafts &  
 Demonstrations ❄️ Birds of Prey & Medieval Wolves ❄️  
 Jesters, Jugglers & Winter Witches ❄️ Roaring fires to roast  
 marshmallows ❄️ Traditional Seasonal Food & Drinks ❄️  
 ❄️ Lights twinkling, decorations sparkling ❄️ and maybe  
 a few snowflakes too! ❄️



Book  
 online &  
 save NOW

Scan QR  
 code



Find out more and **BOOK NOW** at:

**EnglandsMedievalChristmasFayre.com**

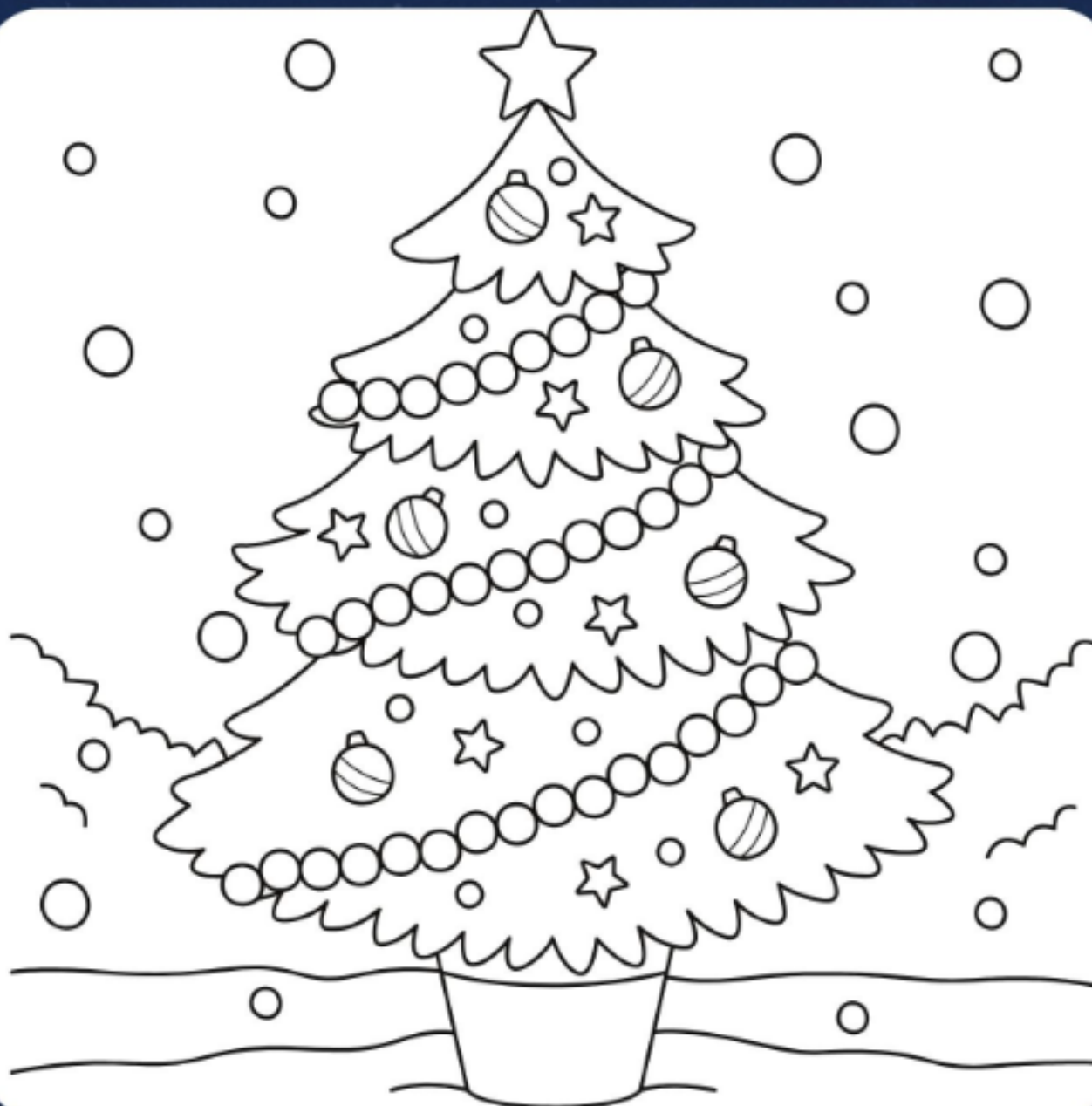
# Colour the Christmas Tree and Enter to Win 1 of 3 Family Ticket Packages (2 Adults & 2 Child & 1 Parking - Value £65) to England's Medieval Christmas Fayre on either 25th or 26th November 2023

**How to enter:** Post on Facebook and tag us (@EnglandsMedievalFestival) or email to [info@englandsmedfest.co.uk](mailto:info@englandsmedfest.co.uk). Enter by 9am on Monday 20th November. Full information, terms and conditions at [EnglandsMedievalChristmasFayre.com](http://EnglandsMedievalChristmasFayre.com)

First Name \_\_\_\_\_

Age

Under 3     4-7     8-12



**\*\*Bring your coloured Christmas Tree to the Fayre & Receive a holiday gift at the gate (Children 12yrs and under only)\*\***

**[EnglandsMedievalChristmasFayre.com](http://EnglandsMedievalChristmasFayre.com)**

The National Sleep Helpline offer a free resource that can help parents / carers and children to learn more about their sleep and develop better bedtime routines.

Sleep is essential to brain function, by helping children to sleep better we can help them to succeed in school.



**Want to know  
more about  
sleep?**

ASK US THE  
QUESTIONS YOU  
WANT ANSWERS TO

 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am