



## Park Mead Newsletter

We reach the end of another successful year at Park Mead.

It has been a fabulous festive season of fun.

Thanks so much for all your ongoing support throughout the year.

We look forward to seeing you all on Wednesday 3rd January.

Wishing you all a wonderful Christmas and best wishes for 2024!

Heidi West  
Head of School



The children were very excited to have a very special guest, who had travelled all the way from the North Pole, visit them on Wednesday this week.



**Thank you Santa** for making the children's Christmas lunch day in school so special and **thank you to the Friends of Park Mead** for contacting Santa and making all the arrangements

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/>



**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)**



active education sussex

**BOOK NOW**

**ACTIVEEDUCATIONSUSSEX.CO.UK**

**ARTS &  
CRAFTS,  
MOVIES  
AND  
MORE**

**WIDE  
VARIETY  
OF  
SPORTS**





# What Schools Need to Know about THE ONLINE SAFETY ACT

The Online Safety Act was passed into UK law in October 2023, with the aim of establishing major new layers of protection for children when they're online. The government has pledged "a zero-tolerance approach to protecting children from online harm" – and the act certainly includes more powerful legislation which should help to safeguard young people in the digital world. Our guide summarises the key points for schools...

## WHAT THE ACT WILL DO

### HARMFUL CONTENT

Social media sites must rapidly remove illegal and/or harmful content such as bullying or harassing comments; pornography; and content that supports extremist activity or encourages or depicts violence, suicide, self-harm or eating disorders. If they fail to do so, they can be fined up to 10% of their global revenue while their executives may even face jail time.

### ANIMAL CRUELTY

Content featuring cruelty to animals is now prohibited, even if it originates from abroad (where the law may be different). Again, it is the platform's responsibility to remove this.

### MORE TRANSPARENCY

Sites must be transparent about the hazards that any children using them could encounter – by publishing risk assessments for their platforms, for instance.

### HOSTING MISLEADING ADVERTS

Spams and fraudulent adverts must be blocked or removed, or the hosting companies are liable to be fined.

### NON-CONSENSUAL SHARING

It's now easier to convict online abusers or people who share intimate images without consent, while legislation on the criminality of deepfakes has been clarified. The new laws also relate to any individuals who even threaten to share such images. This should help to protect women and girls in particular online.

### REPORTING AND FILTERING

Sites should have easy reporting mechanisms for children (or their parents and carers) to flag up problems quickly. They must also provide options to filter out unwanted content.

### AGE-RESTRICTED MATERIAL

Sites must prevent children from accessing age-inappropriate material. This includes enforcing age limits and implementing robust age verification.

## What this means for you

The act has some specific implications for schools: it's essential that leaders understand the new legislation's scope and limitations. The act is certainly a positive step, but as artificial intelligence and other advances in tech continue to produce new challenges, schools will still need to remain extremely vigilant.

### KNOW WHERE TO GET HELP

Look out for the Code of Conduct that Ofcom is creating in response to the Online Safety Act. Note that the new legislation doesn't mean an instant change; many of its elements will only come into force at the end of 2023. An Ofcom consultation on 'protecting people from illegal harms online' will be running until February 2024.

### REMEMBER THE ESSENTIALS

Remain mindful of your organisation's own online activities; the legal duty for schools to maintain appropriate software monitoring and filtering, for example, will not change.

### WATCH FOR FUTURE DEVELOPMENTS

There are some issues on which the legislation remains less clear for now: whether it's possible for Ofcom to scan encrypted private messages (such as on WhatsApp) has yet to be resolved, for instance – making this an area where, for the moment, young people have less legal protection.

### UNDERSTAND AND EXPLAIN

Staff should learn how to raise concerns with tech companies whose platforms contain anything upsetting or unpleasant. Students also need to be made aware of the newly strengthened laws relating to cyber-bullying, sexting or posting inappropriate content. Young people do make mistakes online – so the clearer their understanding of the possible consequences, the better.

### ENGAGE WITH PARENTS

Schools should also explain to parents and carers the new possibilities that the Online Safety Act affords them in terms of protecting their children. Many parents may have previously felt that there was little they could do about changing online platforms' content; they now have a far greater level of support when complaining about a company or the behaviour of an individual.

### Meet Our Expert

Mike Bradman is Senior Deputy Headteacher and Director of Safeguarding for the St Benedict's family of schools. He is a regular speaker at conferences and webinars in the UK (among other journals) on school leadership, pastoral care and safeguarding. In 2022, he was named Pastoral Leader of the Year at the National Awards for Pastoral Care in Education.



National Online Safety

#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety



## Wizard of Oz

On Wednesday 29th November, Chestnuts and Maples class went to watch the Legat Dance Academy's dance production of 'The Wizard of Oz' in the Miles Theatre at Bede's Senior School. The children all had a wonderful time and loved the energetic dance routines and enchanting music. We would all like to say a big thank you to all the staff and students at the academy for the kind invite and sharing their incredible show with us.

BEDE'S





## Healthy Habits - Coming to a venue near you!

If you would like support to eat well and get more active as a family, come and join us for a free, fun programme in the New Year!

*Interested? Want to find out more?*

**Visit our website now for further details:** <https://www.eastsussexchildren.nhs.uk/healthy-habits/>

**Or give us a call on 0300 123 4062**



**NHS**  
East Sussex School Health and  
Children's Integrated Therapy Services

**Healthy  
lifestyle  
club**  
for children aged 4 to 11  
Eat well and get active together

Eight fun one-hour  
interactive sessions suitable  
for the whole family.  
Virtual and face-to-face sessions available

**Healthy  
habits**

Please contact 0300 123 4062 or visit  
[www.eastsussexchildren.nhs.uk/healthy-habits](https://www.eastsussexchildren.nhs.uk/healthy-habits)

**we care**

## Celebrating Success

Nathan recently attended an awards Gala for his karate club. The event brings all the Dojos from Kent and Sussex together under one roof. There were around 350 people there.

Nathan attends karate three evenings a week. It takes a lot of commitment and hard work as they are pushed with their fitness and stamina, alongside the karate skills.

Nathan was awarded Student of the Year at his Dojo and was told that to receive this students must show the right spirit, be dedicated, have fun, help in supporting others, show exceptional effort and commitment to their training and support the values of the club.

Nathan is now looking to be accepted onto their internal mentoring and leadership programme to start excelling even further in his karate journey.

*Well done Nathan!*





## Diary

### December

15—Last Day of Term  
18-20—Holiday Camp

### January

2—Inset Day  
3—Back to School  
3—Willows Forest School  
5—Maples Swimming (6 Weeks)  
10—Chestnuts Forest School  
17—Maples Forest School  
24—Oaks Forest School  
31—Willows Forest School

### 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

1—Group School Photos  
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

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—92.1%

**Willows—91.4%**

**Chestnuts—94.5%**

**Maples—93.7%**

**Oaks—90.3%**

**Every Day Counts**





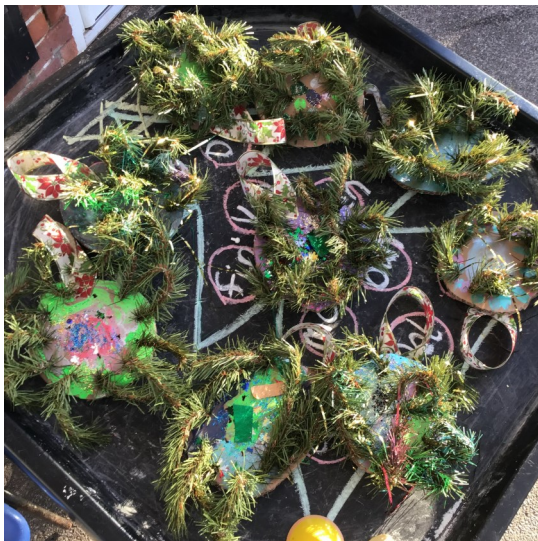
## News from Willows

Recently Willows have been focusing on birthdays. The children have reflected on the things they have done for their birthdays in the past and tried to do some writing, some have even tried writing a sentence.

In maths we have been looking at numbers 1-5.

We have made some beautiful Divali lamps and Christmas wreaths - the children are so creative which it is always lovely to see.

Keep up the good work Willows!





## News from Oaks

We have really enjoyed ourselves this term with the Festive Fun Run, using torches in Science to make different shaped shadows and getting ready for our Christmas Concert!



We have been learning new skills over at Bede's on Wednesday afternoons. The children are being taught by the BTEC students who are developing their coaching skills in cricket, basketball, badminton, netball, rugby and football.

We are also lucky enough to have Miss Clayton supporting and teaching the children in Oaks until March.

The Year 5/6 team would like to wish you all a very healthy and happy Christmas and we will look forward to seeing you all in the New Year!

Best wishes, Mrs Riley, Miss Clayton, Mrs Foot and Miss Wood.



## News from Chestnuts

Chestnuts have had fun rehearsing for the Christmas concert. They made fabulous elves and listened brilliantly to instructions.

They have worked really hard in all areas this term and have been an absolute pleasure to teach.





## News from Maples

On Thursday 30<sup>th</sup> November, Maples Class visited Hever Castle. First, the children toured the castle which was beautifully decorated, ready for Christmas. Whilst visiting the Drawing Room, we were joined by 'Elizabeth Boleyn' (Anne's mother) who answered our questions about her famous daughter and the castle's history. Later, the children toured the Weapon Room, where they learnt about popular methods of torture in Tudor times!

Once outside, Maples Class went around the gardens and managed to find their way out of the old maze. After lunch, they enjoyed playing in the Tudor themed play park and visited the nearby Military Museum.

A big thank you to the adult helpers who joined us on the day and helped make it a memorable trip for all the children.



On Monday 4<sup>th</sup> December, Maples Class got ready for Christmas with a craft afternoon. They made peg doll angels, Christmas wreaths, Rudolph tree decorations and paper lantern snowmen (as well as some Grinches!). To finish, we decorated the class tree and practised our Christmas songs in preparation for the Christmas performance.





## Willows Forest School

Wednesday 29th November 2023

Willows shuffled like Hedgehogs all the way down to Forest School today. When we got to the site we sat around the fire circle and reminded ourselves of the rules which help to keep us safe. We also talked about not picking or eating anything as it can make our tummies poorly.



Willows set off to explore the site and found a dead bird. We wondered what had happened to it. One child said "I think it was a cat" another said "I think it was a fox". Together we removed the bird from Forest School.

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.

Harold the hedgehog joined us today and a small group of children spent some time making him a house to live in.

The slack line was up so the children could practice their balancing. They took it in turns to climb up, carefully walk along the line using the rope above for balance, and jump off when they got to the other end.

The hammock was also put up and used as a swing. The children were great at taking it in turns to climb in and push each other. One child said "I'm a swinging sack of potatoes".



Some children chose to make bird feeders. We talked about the reason we feed the birds and how it can be hard for them to find food in the winter months. They used lard to fill in the gaps on a pine cone and then rolled it in bird seed, making sure it was nicely covered. Once they had finished, they found somewhere to hang their pine cone ready for the birds to eat - "I would like to hang it where the birds can see it".





**Park Mead Christmas Concert**





## Park Mead Christmas Lunch





## 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:

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)