



## Park Mead Newsletter

Dear Park Mead Families,

The festive season is just around the corner and preparations are underway at Park Mead.

On Friday 1 December we launch our 'Kindness Advent Calendar' to spread kindness around our community and promote well being at this time of year. Pupils will also take part in our 'Festive Fun Run' organised by Active Education Sussex and this year we our Park Mead Friends are organising a school Christmas themed disco in the evening (5.30-7pm). These events will support us to raise money for Park Mead and move us further up the Park Mead leaf!

Our annual Christmas lunch is taking place on Wednesday 13 December and in the afternoon we have a visit from Santa – please be sure to book your child a visit!

On Tuesday 12 December we are inviting parents/carers to join us for Christmas singing in the hall. There are two sessions, 9.30 and 2pm. Parents/carers are welcome to join us for one of these. We look forward to seeing you there!

**Kindness Advent Calendar**  
In the spirit of giving, challenge yourself to perform an act of kindness each and every day leading up to Christmas.

- 1 Make a card for your neighbour.
- 2 Give someone a compliment.
- 3 Hold the door for someone.
- 4 Tidy your room.
- 5 Help to make breakfast, lunch or dinner.
- 6 Share a smile!
- 7 Thank someone who helps you.
- 8 Draw a picture for a friend.
- 9 Gather used clothes or toys for a local charity.
- 10 Invite a new friend to play.
- 11 Share a funny animal meme or video with someone.
- 12 Help around the house without being asked.
- 13 Pick up litter.
- 14 Do a random act of kindness for someone.
- 15 Tell an adult you appreciate them and why.
- 16 Donate food to a local food bank.
- 17 Thank a teacher for all that they do!
- 18 Give someone you love a hug.
- 19 Call a relative that lives far away.
- 20 Make someone laugh.
- 21 Leave a happy note for a friend.
- 22 Donate a book to your library.
- 23 Share your toys with a friend or sibling.
- 24 Tell your family you love them.

**Merry Christmas!**

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/>

## Well Done!!

Lacey does ballet, tap and modern dance class as a hobby on a Monday after school with Summerheath School Of Dance. 4 weeks ago she had her first ever dance exam and today she received her results. Lacey's result was graded as "commended" and she passed with a score of 78 out of 100 in all 3 areas. The examiners said this is an excellent grade for a first timer and a child of her age. She has received 3 pin medals for each area of dance.



## 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.

# VOTE NOW

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

The Tesco logo, featuring the word 'TESCO' in red capital letters with a blue horizontal line underneath.

The 'Stronger Starts' logo, with 'Stronger' in blue and 'Starts' in a darker blue, followed by a red dot.



## Christmas Fun Run

The sponsorship money will be going towards the joint fundraising venture between Park Mead and the Friends of Park Mead. Please keep an eye on the tree outside as we gradually turn it green, along with details of the planned outdoor shelter in the school noticeboard.



***YOUR CHILD IS INVITED TO THE***

# **FESTIVE**

# **FUN RUN**

Active Education Sussex invites you to sponsor your child to complete 9 laps of our Active Mile track wearing some festive headwear. Our Active Mile fun runs have helped raise over £6,500 for our schools in the last couple of years, of which every penny goes back into the schools to help fund some amazing projects. We would love to get your support and try and raise as much money as possible for Park Mead and all their amazing projects.

**1<sup>st</sup>  
DECEMBER  
2023**

**ParentPay  
DONATIONS**

**PARK  
MEAD  
PRIMARY**



# Friend's Xmas



Friday 1<sup>st</sup> December

5.30pm - 7.00pm

£3.50 per ticket

Includes unlimited squash & bag of sweets

Disco attire encouraged

Book via Parent Pay, booking closes 29<sup>th</sup> Nov

Willow's parents to stay

Come celebrate & have some fun!



# FRIEND'S OF PARK MEAD



## FATHER CHRISTMAS IS COMMING TO PARK MEAD

Wednesday 13<sup>th</sup> December  
£3.00 per ticket

Includes gift from the tree

Children will visit him after Christmas lunch

Book via Parent Pay, booking closes 11<sup>th</sup> Dec



KS1 – Free  
KS2 – £2.85

# Merry Christmas

## MAINS

Roast Turkey with Pig in Blanket  
or  
Roasted Vegetable & Cranberry Slice (v)

## SIDES

Roast Potatoes  
Stuffing & Gravy  
Carrots & Broccoli

## DESSERT

Festive Shortbread  
or  
Fresh Fruit



## Diary

### December

- 1—Christmas Disco 5.30-7pm (tickets via ParentPay)
- 12—**Nativity Play (9.30-11.30am/2-3pm)**
- 13—Christmas Lunch/Christmas Jumper Day
- 13—Santa Visits Park Mead (tickets via ParentPay)
- 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—93.2%**

**Willows—91.35%**

**Chestnuts—94.37%**

**Maples—94.41%**

**Oaks—92.33%**

**Every Day Counts**



## News from Willows

This week Willows have been learning about the changing seasons and basing their learning on the Julia Donaldson book, Stick Man.

They even started to think about Father Christmas and came up with ideas for a letter to him. They then wrote their own letter.

They have explored lots of numbers this week and worked on subitising when you instantly recognise numbers by looking at groups of objects.





## News from Maples

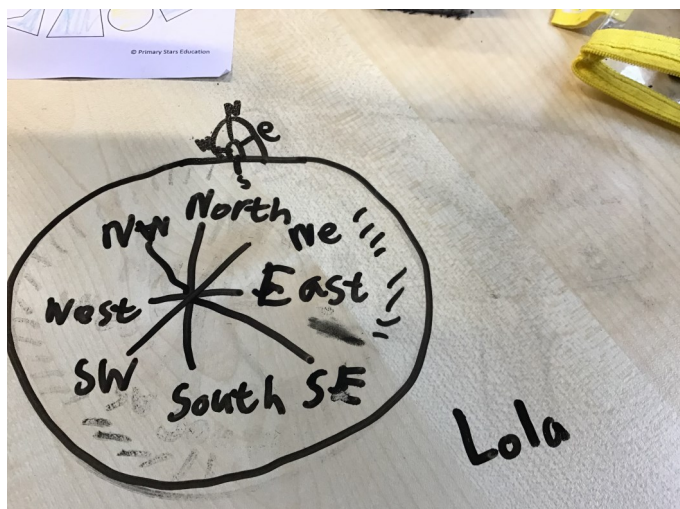
This week, Maples Class studied Tudor portraiture. In history, the children learnt about the important role portraits played in establishing power and status within society. During art, the children learnt how to accurately map out the features of a face. Next, they created a self-portrait of themselves dressed in rich Tudor attire. Once the children have finished their painting, they will be making a 3D ruff to add to their artwork.



## News from Chestnuts

Chestnuts have been reading about Planet Earth and writing about different settings. We are focusing very hard to improve our handwriting.

We are starting to learn about the names and properties of shapes. As geographers we have drawn our own compasses in chalk and in the classroom.





## News from Oaks

Last week, on the 14<sup>th</sup> November Oaks stepped back in time at Michelham Priory for a WW2 Classroom experience including a bit of make do and mend!

They experienced using slates, ink pens, wrote a postcard home and made a pom-pom (Christmas tree decoration). They tried their hand at sewing on hessian and even had the opportunity to look around the Tudor parts of the house.

They had a lovely time- even if it did pour with rain! It was a great experience and they looked the part!

You were amazing Oaks, proudly representing Park Mead School.





## Holy Trinity Church eco-garden project in collaboration with Park Mead Primary School

Holy Trinity Church, members of the congregation and community of Upper Dicker village, and Bedes school are working on an exciting environmental project in the heart of the village to transform the churchyard into an **eco-garden** to increase biodiversity, and provide a sanctuary for wildlife.



The churchyard is being re-wilded so that it can become a wildflower meadow in the heart of the village with a meander mown through it for all members of the community to enjoy.

There will be planting of fruit and nut bearing trees for beauty, to encourage birds, bats and pollinators, and to provide free forage for visitors to the church.

There will be managed areas for small mammals, invertebrates and other wildlife to make their homes in.

There will also be areas for quiet contemplation with seating and beautiful scented plants.

This project is for the benefit of all the community and the work will be carried out on a voluntary basis at certain times of the year. The church is a wonderful community asset and such a project will have benefits for all.

We would be very excited to involve Park Mead School in this project. The church is within walking distance of the school and provides a safe and unique learning environment in which many aspects of the school curriculum could be addressed. It could be a wonderful place for extended quiet study, a space where parents could get involved too, and the children will feel pride in helping to make one of the most prominent buildings in the village a haven for nature.

Park Mead are holding an assembly early in term 3 to launch this project with the children.

We are also in further discussion with Park Mead School to see how the church eco-garden project could be woven into the school curriculum as a resource that is right on the school's doorstep.

Reverend Jeremy Sykes

## Maples Forest School

Wednesday 15<sup>th</sup> November 2023

Once Maples were ready we headed out onto the playground for a game of Keeper of the Keys. In this game, the children have to sneak in, take the keys and run back to their seat before the keeper catches them.

Once we were at the Forest School site, a group of children helped to lay the fire. To get the fire going, they used the fire lighting skills they had learnt from their previous session. The kettle was placed over the fire to boil ready for hot chocolate. Maples then took it in turns to toast a marshmallow, which was put between two biscuits ready for eating - "it's so gooey".

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.

The hammock was put up as a swing and the class took it in turns to climb inside and push each other. There was some great team work when rebuilding the den in the corner of Forest School. The children worked together to push wood through the fence to create a roof.

With all the rain we have had there was a rather large puddle that needed to be explored. The class waded through it, splashed in it and also got stuck in it!

We finished the session with a woodland whisper; it got a little muddled so I think we may need to try this again.

These are some of the things that Maples class said they enjoyed about Forest School today-

"I liked the fire"

"All the water"

"S'mores"





## Oaks Forest School

Wednesday 22<sup>nd</sup> November 2023

Oaks started Forest School today with moving some fencing material down to our site. They worked in pairs to carry each rail as they were a little too long and heavy to carry alone.

A few children practised the fire lighting skills they had learnt in their previous sessions; they are defiantly getting faster at producing the spark that lights the cotton wool. Once the fire was established the kettle was filled and hung over the fire to boil. Oaks then took it in turns to sit by the fire and toast a marshmallow, this was then placed between two biscuits ready for eating - "so yummy". The kettle soon boiled and everyone enjoyed a warm hot chocolate to go with the s'mores.

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Some of the class spent time removing the mud from the daily mile track. They did this by using shovels and brooms to scrape and then sweep as much of the mud away as they could. A channel was dug so that the water could run away. This became so muddy that a couple of the class lost their wellies in the channel, these had to be dug out to get them back!

Some of the children used palm drills to make a hole in a disc of wood, this was quite tricky as the wood was very seasoned but the children persevered until they had made it all the way through. They then used pens to decorate their disk, some as Christmas decorations; one was a picture of a Christmas tree - "a Christmas tree to hang on my Christmas tree". Others were decorated with nature pictures with the children adding a piece of string so that they could be hung up.



## 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***





**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 &  
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AND  
MORE**

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SPORTS**

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## Uckfield Rugby Club

Uckfield Rugby Club now run an inclusive rugby group allowing **children aged 5-18** with **any** additional needs or vulnerabilities to access rugby in a safe, supportive and encouraging environment.

Sessions consist of non-contact, fun activities which teach children basic ball skills, teamwork and the foundations of Rugby.

**Next session date: Sunday 17<sup>th</sup> December 2023 from 1-2pm.**

Monthly sessions are held at Uckfield Rugby Club, or at the sports hall at Uckfield College in poorer weather.

Come along to our next session, free of charge, on Sunday 17<sup>th</sup> December to meet our trained coaches and join in with our wonderful team of URFC Acorns!

**All coaches and organisers are DBS checked and have completed RFU safeguarding training. Our lead coaches are qualified teachers, experienced in supporting children with a wide range of additional needs and vulnerabilities.**

For more information or to register your interest, please email us on - [hello@uckfieldrugby.uk](mailto:hello@uckfieldrugby.uk).



The poster features a light blue background with a green grassy area at the bottom. In the top left, there is a logo for 'Inclusive Rugby' with the letters 'IRF' inside a laurel wreath. In the top right, a white speech bubble contains the text 'For Kids 5-18'. The main title 'URFC ACORNS' is written in large, bold, yellow letters. Below the title, there is a paragraph of text describing the group as inclusive and safe. A list of bullet points follows, detailing the benefits of the sessions. Three white boxes with black text provide the launch date, the frequency of sessions, and that they are free of charge. On the right side, there is a cartoon illustration of a girl in a yellow shirt and purple shorts running with a white ball. At the bottom left, there is a green box with white text providing contact information. At the bottom right, there is a QR code and text encouraging people to scan it to sign up.

 Inclusive Rugby

**For Kids 5-18**

# URFC ACORNS

A new inclusive group allowing children of all ages with any additional needs or vulnerabilities to access rugby in a safe, supportive and encouraging environment.

Non-contact, fun activities which teach children basic ball skills, teamwork and foundations of rugby.

- DBS-checked, qualified coaches
- Held during 'quiet' sessions at the club
- Demand-free, no pressure to participate
- Gentle exercise, adaptable activities, supported social interaction and lots of smiles

**Launch Date: 20th August 1-2pm**

**Last Sunday Of Each Month From 1-2pm**

**Free Of Charge**

If you think your child would benefit from these sessions and enjoy a low demand environment to learn new skills, please get in touch.

Please note, parents are required to attend sessions.

 [hello@uckfieldrugby.uk](mailto:hello@uckfieldrugby.uk)  
 [www.uckfieldrugby.uk](http://www.uckfieldrugby.uk)

Scan the QR code to sign up!



Is your child experiencing feelings of anxiety? Are you looking for information on how to help them?

# CUES

Coping with Uncertainty in Everyday Situations

Is your child experiencing feelings of anxiety? Are you looking for information on how to help them? CUES is a training course for parent/carers to support their children with feelings of anxiety they are experiencing.



If this is something you would be interested in attending, please click on the link below or use the QR code for more information and to complete a short questionnaire about where and when you can attend.

[Click here](#) to answer the questions and register your interest or use [QR code](#).

“ Supportive and safe space ”

“ Breath of fresh air ”

“ A community of parents ”

“ Helping you to deal with your child ”





Download your **FREE** copy of

# family grapevine

Essential information for families with children 0-18 years

The **MUST HAVE** Family Directory  
from bump to teens!

Find the latest issue online  
or scan the QR code:



[www.familygrapevine.co.uk/  
eastbourne-wealden-lewes](http://www.familygrapevine.co.uk/eastbourne-wealden-lewes)



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