



Park Mead Newsletter

New Year, new dreams, new goals!

This was the basis of our discussion in assembly on Wednesday. It was encouraging to hear what our pupils already feel proud of, and what they would like to work on this year. In turn, we are all very proud of how our Park Mead pupils have started the New Year.

During our Pioneer inset day, Park Mead hosted an Art day where visiting artists delivered workshops to demonstrate how we can support pupils to develop their curriculum skills and progression in painting, drawing, sculpture and collage. It was a truly inspirational day and offered a spring-board for us to further raise the profile of art as a subject across all areas of the curriculum.



Reading reminder - please can we remind you to ensure that your child reads at home. Reading at home and developing a love of reading will support your child to become a more confident and fluent reader.



Please support your child by encouraging them to read, listening to them, making a comment and then signing in your child's reading record when they have read. This helps us to keep track of reading at home. If you need a new reading record, then please just ask. Thank you for your continued support!

The weather is due to stay very cold for the next few days. County have issued an amber weather warning so please take care on the roads. We will inform you via email at the latest by 7.30am if there are any changes to the school day.

A handwritten signature in black ink that reads "H West".

Mrs Heidi West
Head of School

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/>

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Mindy Awood designs and delivers the UK's only specialist postgraduate mental health qualification. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personal is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

Active Education Sussex

Festive Fun Run

A massive thank you to all the parents, carers, friends, and family who did an amazing job in sponsoring your children of Park Mead Primary School for our Festive Fun Run.

We raised an amazing **£465** which will be put towards our outdoor learning environment.

We hope that all the children enjoyed the event and look forward to our Easter Fun Run in term 4!



£465

THANK YOU!

A huge well done to Emeli and Gruffydd who were our lucky trainers winners!



Active Games



Active Games

EDUCATING, INSPIRING AND EMPOWERING CHILDREN
THROUGH SPORT



active education sussex

Active Games – Dodgeball Tournament 2024

This week was the Active Games Dodgeball Tournament, it was non-stop action from start to finish with all the children taking part demonstrating their amazing skills. There were some incredible moments of accuracy, fast reflex dodging and even a diving catch to help win, it had it all! It was fantastic to see so many of the children enjoying themselves and working well together as a team.

All the children demonstrating fair play, sportsmanship, and most of all high levels of respect towards each other, often acknowledging moments of brilliance within each other performances even when the results weren't going their way. Congratulations to Chiddingly for winning the tournament and we look forward to running many more tournaments throughout this academic year.



Park Mead Team



Chiddingly Team



East Hoathly Team



RESULTS

- 1st Place** – Chiddingly Primary School
- 2nd Place** – East Hoathly Primary School
- 3rd Place** – Park Mead Primary School



- Player of the Tournament – **Malakai**
- Fair Play Award – **Poppy**
- Park Mead Star Player – **Rio**
- Chiddingly Star Player – **Maxwell**
- East Hoathly Star Player – **Joseph**

Free Online Session—Self Harm

Please click the link below to book onto a free online session for parents/carers who may be concerned about self-harm.

- [Online session](#) booking link

The session will be running on **Wednesday 21 February at 7.30pm.**

The online event will cover various topics related to youth self-harm, including identifying warning signs, effective communication strategies, and available resources for support. The session will be lead by experienced professionals who will offer insights alongside practical advice to help you navigate what can be a challenging situation.

You will gain a better understanding of youth self-harm and learn how to provide the necessary support for your child. It is also a great opportunity to connect with other parents or carers who are facing similar concerns.



Celebrating Success

Well done to victorious **Vikings** for winning the Term 2 cup with a total of 721 tokens—amazing!



Diary

January

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— 93.4%

Willows— 96.63%

Chestnuts— 94.59%

Maples— 93.43%

Oaks— 90.94%

Every Day Counts



News from Willows

Willows have had a great week learning all about the Naughty Bus!

The children created their own buses out of junk modelling. They thought about the features of a bus and incorporated some of these into their model.



We have loved the cold weather, some children were excited to find some ice. We explored painting the ice and watching it melt.



News from Oaks

Oaks have really been enjoying their English based on the story of Torak in the book 'Wolf Brother' by Michelle Paver. The children have asked for more drama sessions and used different techniques, such as 'Role on the Wall' and 'Conscience Alley' to get in to role and see how and why characters behave the way they do.

In maths, they have been successfully learning about perimeter and compound shapes with Miss Clayton.

In music, they have been developing their recorder playing linked to Jazz and are now developing their understanding of musical notation.

Way to go Oaks!



News from Chestnuts

Chestnuts class have settled back in brilliantly and continue to be a delight in the classroom, working hard and being very enthusiastic with their learning.

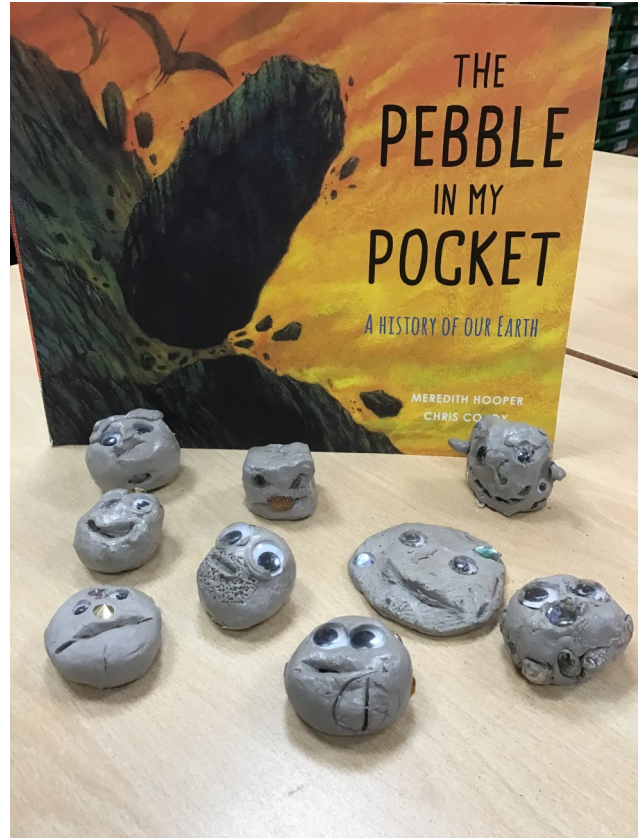
They are loving learning about different animals from around the world. They have learned about the five oceans and seven continents as well as sorting animals into groups.



News from Maples

This term, the children are studying the topic 'What makes rocks beautiful?' During the first week back, the children made clay pebbles inspired by the story 'Pebble in My Pocket'. Once the pebbles were dry, the children glazed them and wrote a short story about their character's adventures.

Also, the children had their first swimming session at Bedes. They all did brilliantly and the instructors were very impressed.



Willows Forest School

Wednesday 3rd January 2024

We started Forest School today by learning a new game called Spirit of the Forest. The class chose which woodland animal they wanted to be; we had foxes, badgers and squirrels. The Spirit of the Forest then called the animals one at a time. When they were called they had to run across to the other side trying not to get caught. If they were caught they became a tree with long branches to catch other animals. Soon we had created a woodland full of trees - "I am a pear tree".

We looked at stones with different animal footprints on and the children had to guess which animal had made the track. The children then used clay to create their own tracks by pushing the stone into the clay leaving an imprint of the animal track.

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.

Some children chose to make pine cone bird feeders, filling the cone with lard and then rolling it in sunflower seeds - "I'm making mine for a robin". They then chose where to hang their pine cone feeders in a tree ready for the birds - "hang mine high", this was so that the birds would be safe while eating.



There was some great independent play on the hammock swing, taking it in turns to push each other and trying hard not to make each other too muddy. There were also lots of wonderful creations happening in the mud kitchen.

We have some great tree climbers in Willows. They worked their way along a fallen tree, carefully balancing until they reached the snake end where they jumped off and ran round to have another go.



We finished today's session by talking about the things they had enjoyed during their afternoon at Forest School.

"I loved tree climbing"

"The swing"



Chestnuts Forest School

Wednesday 10th January 2024

The class started their session by looking at animal footprints made with flour. They were very good at identifying which animal each track belonged to. Once at Forest School we went on the hunt for footprints made by real animals and found some in the mud that belonged to a pheasant and a fox. We had a look at some stones with animal footprints on and Chestnuts had to work out which animal the footprint belonged to. Using the stones some children then created their own animal footprints. They did this by pushing the stone into clay making an indent.

Others chose to make bird feeders. Some were pine cones filled with lard and rolled in bird seed, others used pipe cleaners threaded with Cheerios. The feeders were then hung in the trees ready for the birds to enjoy. While making them we looked at photos of birds that may eat from the feeders.

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The children cooked up some great food in the mud kitchen. They worked together to gather all the things they needed to make something yummy for their teacher, even using ice they found as lumps of chocolate!

Another group of children created a new den. It was great to see them working together to transport the branches they needed from one side of Forest School to the other. The den had lots of different areas. There were areas for cooking, sitting and sleeping. It was great to see such teamwork and creativity.

We finished today's session by telling each other what we had enjoyed about Forest School today.

"making tracks"

"building our base"





Supporting Primary School Children with Anxiety and Worry

Small Group Workshops for Parents and Carers with 'Me & My Mind'

Do you want to learn about children's mental health and how you can support your child with their wellbeing?

If you do, these FREE informal workshops at your local Family Hub maybe for you. Maximum of 10 people and there will be tea/coffee available.

Sidley Family Hub Thursday 1 February 2024, 12:30pm to 2:30pm Thursday 13 June 2024, 2024, 12:30pm to 2:30pm	Hailsham Family Hub Tuesday 06 February 2024, 10:00am to 12:00pm	Hastings Town Family Hub Thursday 22 February 2024, 10:00am to 12:00pm	Devonshire Family Hub Thursday 07 March 2024, 10:00am to 12:00pm
Uckfield Family Hub Wednesday 13 March 2024, 12:30pm to 2:30pm Tuesday 14 May 2024, 12:30pm to 2:30pm	East Hastings Family Hub Tuesday 26 March 2024, 10:00am to 12:00pm	Archery Youth Hub Tuesday 16 April 2024, 10:00am to 12:00pm	St Leonards Family Hub Wednesday 24 April 2024, 10:00am to 12:00pm
Robsack Family Hub Wednesday 08 May 2024, 10:00am to 12:00pm	Shinewater Family Hub Tuesday 04 July 2024, 10:00am to 12:00pm	Hollington Youth Hub SECONDARY SCHOOL AGE Wednesday 05 June 2024, 10:00am to 12:00pm	Webinars Supporting your child with anxiety and worry - Primary School Thursday 08 February 2024, 6:00pm - 7:30pm Supporting your child with anxiety and worry - Secondary School Thursday 29 February 2024, 12:00pm to 1:30pm

For more info and to book a space scan the QR code or visit:

www.tickettailor.com/events/mentalhealthandwellbeingeducation

If you have any questions, please email:
mhst.parentteam@eastsussex.gov.uk





Are you a parent or carer?

Do you have any questions or want some advice, tips or ideas to help you support your child?

Come along to Park Mead for coffee and an informal chat with Vickie who is a parent/carer practitioner from me & my mind.

Wednesday 8th Nov 9.15-10.45- Anxiety and Worry

Wednesday 13th March 9.15- 10.45- Sleep, food and mood

Wednesday 10th July 9.15 - 10.45- Transitions

For more information, please speak to Sian Leahy
SENCO

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 th January 2024	Obsessive Compulsive Disorder (OCD)
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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](https://www.ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#)

Contact Sussex CAMHS Participation Team with any questions:

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

- 19TH OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8TH NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13TH DECEMBER DEPRESSION
- 17TH 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://www.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

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