



Park Mead Newsletter

Dear Park Mead Families

It has been another busy term at Park Mead.

This week alone, we have celebrated Children’s Mental Health week and Safer Internet Day. You can find further information here.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024>

<https://www.childrensmentalhealthweek.org.uk/>

Mr Cline, our Music lead across Pioneer visited us this week to start developing our new Vision and Values song. He worked with an enthusiastic group of pupils who participated brilliantly with there wonderful ideas.



Congratulations to all our Headteacher’s Award achievers and Skills Builder Stars this term!

Well done to Willows class for receiving the Attendance Crown this week with 95.65% attendance.

Wishing you all a restful half term break and stay safe.

Heidi West
Head of School

Park Mead School Vision

Our core values of **Respect, Resilience & Responsibility**, developed through **Essential Life Skills**, build a thriving Park Mead community for everyone, inspiring us to be the best that we can be!

Respect

We treat others as we would like to be treated. We listen carefully and speak clearly.

Resilience

We build resilience by staying positive, aiming high, being creative and problem solving.

Responsibility

We believe that teamwork and leadership are essential skills for responsibility.

Achievement For All, Learning Together, Learning For Life

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/>

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

**My VOICE
MATTERS**



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

3
**TELL ME ABOUT
YOUR DAY**

**WHAT WAS THE BEST
THING ABOUT TODAY?**

**WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?**

**WHAT'S YOUR
ONLINE LIFE LIKE?** 4

**WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?**

**WHAT CAN I DO
TO HELP YOU?**



BE SMART ONLINE



S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

THINK
U
KNOW

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



Book you child's place via:
<https://activeeducationsussex.co.uk/book-a-course/>



Club Flyer

Type of Club:

February 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
12th, 13th, and 14th February 2024
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
Biscuit Decorating Treat: £1



How to book →



Club Flyer

Type of Club:

After School Club

Activity:

Pop Darts and Table Tennis

Where:

Park Mead Primary

Date:

Monday
19th February 2024 - 25th March 2024
(6 Sessions)

Time:

15:15-16:15

Year Group:

Reception - Year 6

Price:

£5.00 Per Session
£30.00 For the term, paid fully in advance
Online Payments Only



How to book →

Table Tennis

Pop Darts

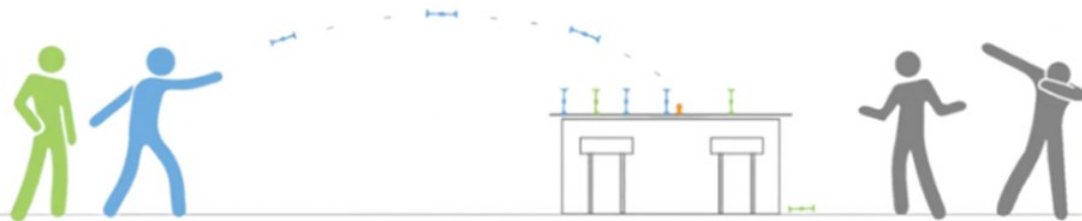
HOW TO PLAY POPDARTS

RULES

- Stick orange target marker to a smooth surface.
- Stand back at least 10 ft.
- Take turns throwing toward the Target Marker
- Team with the most points wins the round.
- Round winner takes Target Marker and chooses location for next round

SCORING

- Closest Popdart to Target Marker = 3 points
- Every other Popdart that sticks = 1 point
- Use "Cancellation Scoring"
Ex. 5 blue - 2 green = 3 blue
- Play to 21 and keep on poppin'!



WHERE TO PLAY: Popdarts stick best to smooth surfaces like a countertop, refrigerator, glass door, window, whiteboard, surfboard, oven, dishwasher, tile, car windshield, robot vacuum, etc. Be creative! Avoid textured, bumpy and porous surfaces.

Oaks Forest School

Wednesday 24th January 2024

Oaks started their Forest School session today working together as a team to move the wonderful donations we have received for our bug hotel.

Some of the class then helped light a fire. They stacked the wood, largest at the bottom to smallest at the top. Using a striker they lit some cotton wool, which was placed on the fire. Some of the children found this quite tricky but they persevered until they achieved a flame. It was nice to see the children that had managed to light it quickly help those who were struggling. Once the fire was established, the class took it in turns to toast a marshmallow ready to go in between two chocolate biscuits for eating.

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 toilet rolls some of the children made binoculars; then they walked around Forest School looking for birds. Others chose to look at animal tracks, trying to see if they could guess which animal had made each track. Then they pushed the stones with the tracks on into some clay. This left an imprint of the track in the clay.

There was a lot of digging and den building going on today. One child used a broken trowel and a stick to create their own mini spade. They did this by using the palm drill to make a hole in the stick, pushed the trowel into it before securing it with string. The group building used fence posts to create their den. They worked together to transport the posts across Forest School, going through the mud trying their best not to get stuck!

There was a lot of free play in the hammock swing; some children chose to sit where as others chose to stand, which made them look like a giant chrysalis. They took it in turns to push each other. Sometimes they were pushed between five people creating a circular swing.



Oaks Forest School



Donation Request

At Forest School over the next few terms, the children will be creating a bug hotel to encourage more wildlife to the site.

To achieve this we still need the items listed below and would greatly appreciate any donations that you may have laying around unused at home.



Terracotta pots (whole or broken)
Decking boards
Old bricks
Unwanted paving slabs

Thank you!!



Forest School Dates:

21st February- Willows
28th February– Oaks
6th March– Maples
13th March- Willows
20th March- Chestnuts



Diary

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
1-2—Book Fair (3.30-4pm)
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
- After School Sports Club (Monday 3.15-4.15pm)
- PE (Monday and Friday)
- Drumming Lessons
- Forest School (classes rotate each Wednesday)
- Golden Assembly
- Guitar Lessons

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



News from Willows

We have had so much fun in Willows this week. We have focused on our mental health and building connections with each other.

We also started to look at our theme for next term, Once Upon a Time. The children dressed up and explained why they wanted to be that fairy tale character.

We had a lovely class activity where we went around the class to find children with certain characteristics. It was wonderful to see the children talking and interacting with each other.

We are very excited and are looking forward to next term.



News from Oaks

Oaks have really enjoyed learning about microorganisms in science with Miss Clayton. We have finally finished watching mould grow on white bread- it was disgusting! Who knew it comes in so many colours?



We have enjoyed being taught athletics, basketball and football by the BTEC students at Bedes.

In English we are trying to finish Wolf Brother and some of the children have been so interested in the book 'Holes', they have even watched the film! The children have been writing a non-chronological report based on a real/imaginary animal.



We wish you a happy and healthy half term.

Mrs Riley and Miss Clayton.



News from Chestnuts

Chestnuts have had a brilliant week. We had an amazing time at Drusilla's; all the children behaved beautifully and learned enthusiastically.



We also learned how to stay safe on the Internet during safer internet day on Tuesday.



News from Maples

This week, Maple Class explored the poetry of Valerie Bloom. The children read through poetry from her book 'Hot Like Fire' and looked for key features of poetic writing for example, repetition and rhythm. Next, they presented their favourite poems, remembering the advice given by Valerie (via video) about how to perform.



In science, the children learnt about the great palaeontologist Mary Anning. They created a fact-file based on her life and the 'curiosities' she found. Then, the children created their own fossil mould by pressing shells and rocks into clay. Later this week, they will fill the mould with Plaster of Paris to create a fossil cast.



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.

Yearly Attendance Figures

Whole School— 93.3%

Willows— 95.8%

Chestnuts— 94.4%

Maples— 93.5%

Oaks— 91.26%



BEDES MASTERCLASS EVENT



A select group of children from Oak class were very lucky to take part in a Bedes Masterclass Event. The children took part in a variety of sporting events, including a strength and conditioning, tennis, hockey, swimming and a trip into the Bedes zoo to have a look at the reptiles and mammals they have. All the children were all amazing at all activities and represented Park Mead in such a brilliant way, we are very proud of them and look forward to further events.



TAKE PART IN AN

ART COMPETITION

**DO YOU KNOW
CHILDREN WHO COULD
DRAW THE FRONT PAGE
OF THE ANNUAL PUBLIC
HEALTH REPORT?**

The East Sussex Director of Public Health's Annual Report will focus on the impact of art and creativity on improving and sustaining health and wellbeing. We are searching for images drawn by children – either in freehand or digitally to help shape the report.

The winning entry will grace the front cover of the report. A collage will be created to celebrate all entries. Please send in their creative picture as a digital image, with the child or young person's first name, school and age.

The winner will receive £20 in vouchers and the runner up will receive £10 in vouchers. Good Luck!

**Please send in your images to:
participation.team@eastsussex.gov.uk by 26 February.**

Willows Forest School

Wednesday 31 January 2024

We started today by having a look at pictures of different birds we may spot while at Forest School. We talked about what they look like and I asked the class to describe them to me - "they have feathers and they can fly".

We sat around the fire circle and reminded ourselves how to keep ourselves safe around a fire. The class practiced swapping places by going round the outside of the circle. They also learnt that they shout 'red dragon' if someone walks into the fire circle without being asked in by the Forest School leader.

A few children stayed to help lay the fire. They learnt that you start with larger sticks at the bottom, stacking up to smaller sticks on the top and then adding a handful of wood shavings. Using a flint and steel they tried to light a piece of cotton wool to add to the fire. This can be a little tricky but with some help it was lit and added to the fire.

Once the fire was going the children took it in turns to toast a marshmallow, this was then placed between two biscuits ready to be eaten - "so yummy".

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 toilet roll bird feeders. First they made holes at one end of the roll and posted a stick through, this is so the bird has something to land on. Then they covered the roll in lard and sprinkled it with seeds. The last thing to do was to make holes at the top and add string so it could be hung in a tree ready for the birds to enjoy.

There was some great independent play at Forest School today, some children choose to swing in the hammock with others adding sticks to an existing den and then climbing on top of it. Others chose to create their own pretend fires, which they pretend to light.

We finished today's session by asking the children what they had enjoyed about their afternoon at Forest School.



"The hammock"



"The s'mores"



Willows Forest School



WEBINARS FOR PARENTS/CARERS

SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



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

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 22ND FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26TH MARCH MANAGING CHALLENGING BEHAVIOUR
- 16TH APRIL BEREAVEMENT
- 15TH MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13TH JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY



SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/
id/1206#/
/](https://ticketlab.co.uk/series/id/1206#/)

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)

Public Health Information

Cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems.

There's no specific medical treatment for measles, so it's important to get vaccinated as it's the best protection against becoming seriously unwell.

The measles, mumps and rubella (MMR) vaccine is one of the [routine childhood vaccinations](#), so most children are already vaccinated against measles. If your child has received both doses of the vaccine, they are unlikely to have the virus.

Here, we explain everything you need to know about the rise in measles cases, from getting your child vaccinated to when to keep them off [school](#).

What are the symptoms of measles?

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth. Find out more on the [NHS website](#).

What should you do if you think your child has measles?

You should ask for an urgent GP appointment or get help from NHS 111 if you think you or your child may have measles.

If your child has been diagnosed with measles by a doctor, they should stay off nursery or school for at least 4 days from when the rash first appears.

They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

What is the best way to protect against measles?

The best protection against measles for children and adults is to get both doses of the MMR vaccine.

Children are offered a vaccine free on the NHS at 12-months-old and then a second dose when they turn 3-years-and-4-months-old.

But you can catch up at any age – if you or your child haven't yet been vaccinated, you should contact your GP practice to book a free appointment.

You can request a version of the MMR vaccine that does not contain pork products from your GP, making it suitable for all faiths. Please note that the practice may need to order this product in specially, so it will be helpful to tell them your views before the appointment.

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous,
especially for babies and
young children.

Cold-like symptoms can be an early sign of measles. Should you still send your child to school?

If your child has been vaccinated, it's very unlikely that they have measles.

[School attendance](#) is vitally important to your child's learning and health.

According to the NHS, it's fine to send your child to school with a minor cough or common cold, provided they don't have a temperature.

When should you keep your child off school or nursery and how long for?

If your child has measles, they should stay off nursery or school for at least 4 days from when the rash first appears, and avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

The school or [local Health Protection Team](#) will let you know if your child has been in contact with someone who has measles, and tell you what you need to do.

The Health Protection Team may advise people who are more susceptible to contracting the virus, such as unvaccinated siblings to stay away for the incubation period.

The incubation period is the length of time it can take to develop the illness after being in contact with someone with measles. For measles, the incubation period can be up to 21 days.

Anyone who has been vaccinated is unlikely to be considered susceptible.

If you're not sure whether your child is due a vaccination or has missed a vaccination, you can check your Red Book or contact your GP practice.

If your child has missed their first or second dose of MMR vaccine, you should contact your GP practice to book an appointment.

Should you keep your child off school if another pupil has been diagnosed with measles?

Most children will be protected against measles and there is no need to keep your child off school if they have had both their MMR vaccinations.

Your local Health Protection Team will tell you if your child has been in contact with someone with measles and will let you know what the next steps are.

Can I still get my child vaccinated even if they're older?

Yes. Anyone who has not had 2 doses of the MMR vaccine should ask their GP surgery for a vaccination appointment.

It's best to have vaccines on time, but you can still catch up on most vaccines if you miss them. Two doses of the vaccine are needed to ensure full protection.

MEASLES



SYMPTOMS

