



Park Mead Newsletter

Dear Park Mead Families

It was great to see so many of you at the parents/carers consultation evenings. This is such an important opportunity to discuss your child, their learning and their needs.

Thank you to everyone for helping us keep our pupils safe by following our adapted exiting procedures. We are hopeful this will make collection times run more smoothly and safely.

The next couple of weeks are full of fabulous enrichment activities linked to topic learning. Chestnuts are participating in a 'Beach School' day in Eastbourne, Willows will be having fun at the Fire station and Oaks have a STEM day planned at Chiddingly School with a trip to the Portrait Gallery in London the following week. Maples will be experiencing the wonderful Wakehurst Place in the last week of term and we see the return of our annual 'Easter Fun Run' and the popular Friends 'Easter Egg Hunt'.

As you are already aware, we actively teach and promote 8 essential skills at Park Mead which are the drivers for our school values; **Respect, Resilience and Responsibility**.

Essential skills unlock learning in the classroom, boosting academic outcomes, perseverance and self-belief. They halve the likelihood of being out of work, and increase earnings across a lifetime. They even boost wellbeing and life satisfaction.

However, access to developing these skills is not a given, and where they are missed, it undermines social mobility, productivity and wellbeing.

We think everyone, at every stage of their lives, should have the opportunities to build them.

Please see our flyer below promoting our Skills Builder Workshop.

A handwritten signature in black ink, appearing to read '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/>

Calling all Parents and Carers!!



Can you support us with our Park Mead Skills Builder Workshop?

Are you able to volunteer some of your time to come into Park Mead for the morning of either **Wednesday 26 June** or **Thursday 27 June** to speak with our pupils?

We are looking for parents/carers to share their knowledge and expertise with our pupils about the skills they use in their work.

The aim of the sessions is to give the children an understanding of which skills are required in certain jobs and how they are used to fulfill different roles.



Listening, Speaking, Problem Solving, Creativity, Staying Positive, Aiming High, Leadership, Teamwork.

If you would like further information on this then please do not hesitate to contact the school office.

Please let the school office know if you are able to help by:

Friday 26 April

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Diary

March

20—Chestnuts Beach School
21—Willows Uckfield Fire Station
21—Oaks STEM day at Chiddingly
22—Easter Fun Run
26—Friends Easter Egg Hunt
27—Oaks to National Portrait Gallery
28—Maples to Wakehurst Place
28—Last Day of Term
29—Bank Holiday

April

2-4—Holiday Camp
8-10—Holiday Camp
15—Back to School
17—Bluebell Walk (FOPM Fundraiser)
26—Willows Swimming (5 Weeks)

May

1—Group School Photos
1-2—Book Fair (3.30-4pm)
6—Bank Holiday
13—Yr 6 SATs Week
24—Last Day of Term
27—Bank Holiday
28-30—Holiday Camp

June

3—Inset Day
4— Back to School
14—Sports Day
15—Dicker Day (FOPM running games and raffle fundraiser)
17—Back up Sports Day
18—Oaks Trip to Solar Farm (TBC)
24—Skills Builder Week

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

Willows – 26 April to 24 May inclusive (5 weeks)



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— 93.76%

Willows— 95.65%

Chestnuts— 94.82%

Maples— 93.72%

Oaks— 92.07%

Thank you to everyone for making the effort to be on time for the start of the school day.

Reminder and rationale.

Pupils are required to arrive at school and enter their classroom between **8:40 and 8:50am**. Any child arriving after **8:50am** will need to be signed in via the office by their parent/carer. A reason for the late arrival will be required.

Why is my child late at 8.55am when registers are not taken until 9.00am?

Whilst your child is not late for the register between 8.50 – 9.00am, they are late arriving to school. This 10 minute window of time is **crucial** for teaching staff to take the register and share expectations of the day with their pupils. This includes the daily timetable and any changes to the day. It offers a small buffer of time after arrival to ensure that pupils transition into the school day, are settled, calm and ready to learn from 9.00am. Pupils, particularly with SEND and/or vulnerable groups can find it challenging walking into a classroom late. We want to make the start of every day the day as calm as possible. Registers close at 9:00am. Any child arriving after the closure of the registers will be marked as absent.



Friends of Park Mead—Bluebell Walk (Wednesday 17 April)

Thank you to all the parents who have volunteered either their time or baking skills (in some cases both!).

Is anyone able to help by baking either of the following:

Cake Baking:

- 2 x Coffee and Walnut Cake
- Biscuits



If you are able to help on the day, even if it is just for a couple of hours, please let either the Friends of Park Mead, or the School Office know.

Thank you!



School Uniform

THIS WEEK ONLY

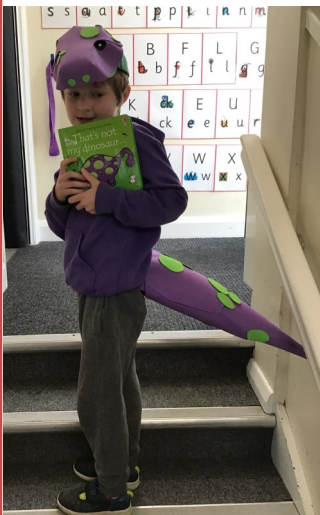
15% DISCOUNT ON ALL WINTER JACKETS & ACCESSORIES

USE COUPON "WINTER15"

[Park Mead Primary - Kids-Biz \(kidsbiz.co.uk\)](http://kidsbiz.co.uk)

KidsBiz

Willows—World Book Day



Maples Forest School

Wednesday 6th March 2024

We started today by learning a game called 'Bat & Moth'. The class stood in a circle making a cave with two children in the middle, one bat and one moth. The bat was then blindfolded and had to listen hard to catch the moth that was making a little sound and doing its best not to get caught.



We sat around the fire circle and reminded ourselves of the rules we need to follow to keep us safe. Some of the class stayed to help get the fire ready. They stacked the wood with the largest at the bottom and the smallest at the top. Then using a flint and steel they lit pieces of cotton wool to add to the fire. They found this a little tricky but with some help they managed to get the fire started. Once the fire was going the children held popcorn kernels over the fire waiting for it to start popping - "look it's popping". When it was ready it was shared out and enjoyed by the whole class.

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.



A selection of bird teddies joined us at Forest School today. Some children made nests for the birds using hay. These nests were placed around the site. Stones were decorated as eggs and placed into the nests. The eggs were very

brightly coloured, some with spots and some with stripes.



There was some great independent play from Maples today. A variety of food creations were cooked up in the mud kitchen for Mr Lulham to try. Some children went 'mining for gold' in the small stream that runs down one side of Forest School. They sieved through the mud and stones to find their treasure. Others chose to practice balancing on the slack line, which was rather tricky with muddy boots!

Some of the class chose to have a go at making their own pens. They did this by cutting a small length of willow, then using a peeler they stripped off the bark - "wow, it's so white". A point was made on one end completing the pencil. As a group they gathered up some charcoal and crushed it into a pot, adding a little water and mixing it together to make a black paste. They then tried writing with the pencils they had made, which worked really well.



Willows Forest School

Wednesday 13th March 2024

While getting themselves ready for Forest School today we talked about why birds build nests. The class told me that they build them for their eggs and baby birds. Once they were ready, the class tried walking like different animals as we made our way to Forest School. They crept like a fox, hopped like a frog, flapped their wings like a bird and buzzed like a bee.



We sat around the fire circle and reminded ourselves of the rules we follow to keep us safe around the fire; well done Willows for remembering all of them! Some of the class then helped build a fire making sure to put larger sticks at the bottom and smaller ones on the top. With a little help, they used a flint and steel to light some cotton wool to place on the fire. Once the fire had got going, we placed some popcorn kernels in the middle of two sieves and held them over the fire. Some other members of the class came over to watch the popcorn being made, "I'm waiting for it to pop, pop". Once it was ready, a little sugar was added and it was enjoyed by the whole class.

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 play with the bird teddies which had come to Forest School again today. Using hay they created nests for the birds to sit in, which were placed into trees, "look it's in a tree like a real nest". Then Willows decorated stones to make colourful eggs for their nests, some with spots others with many different colours.

There were some creations in the mud kitchen, using some old charcoal from the fire.

They put the charcoal into a saucepan and crushed it up, adding water and other materials to make a black soup.

With a little less water and large puddles at Forest School today there was a lot more mud to explore. The class walked through the sticky mud trying not to get stuck, leaving some great footprints as they walked.



Donation Reques
emailed Abi 11/03 to check what is needed

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!!



News from Willows

This week we have been looking at Zog. We thought about all the skills that Zog has to learn and the children discussed which skill they would like to learn, some even linked this to their jobs.

We then made our very own egg box dragons. The children had a lot of fun during this activity and the class really showed off their creativity.



In maths, we have been looking at compositions of numbers to 10. They have loved exploring this practically and even started looking at number sentences.

Well done Willows!



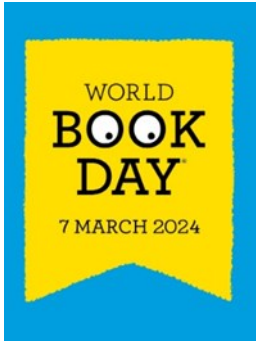
News from Chestnuts

Chestnuts class looked for signs of spring during our RE session this week and surprisingly, we found loads!

We have enjoyed being scientists and testing materials and are looking forward to our trip to the beach next week!



News from Maples

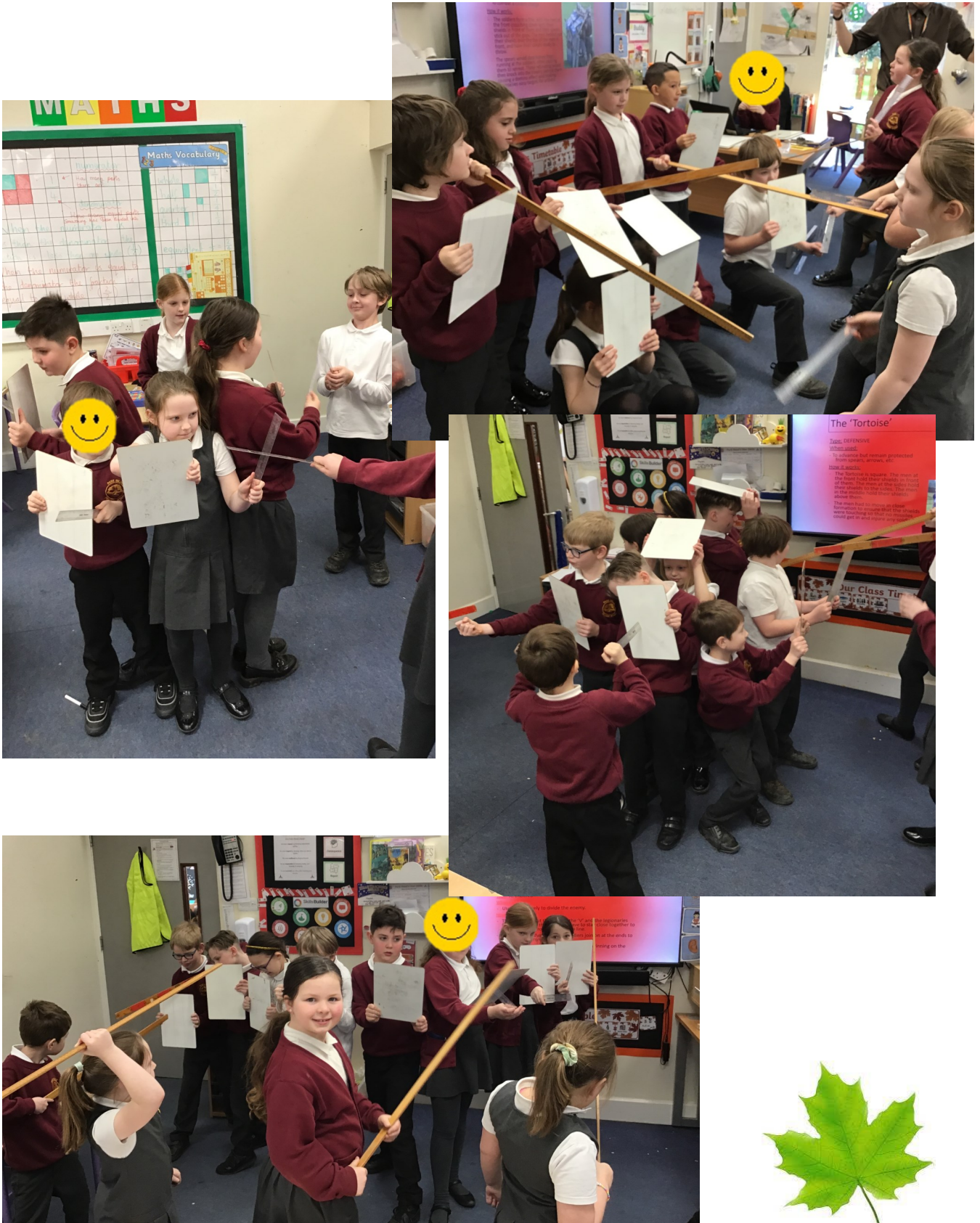


For World Book Day, the children had a paper aeroplane competition inspired by their learning about 'The Great Paper Caper' by Oliver Jeffers. They carefully followed the instructions to make the complex Raven paper aeroplane model. Some children decided to make amendments to their wings to see if this would help their planes glide through the air better. Next, they decorated and named their planes ready for the race! Once they were finished, we all went outside to see who would be the ultimate champion.



News from Maples

In literacy, the children recreated the different Roman battle formations. We discussed why we thought the manoeuvres were effective for both attack and defence. Next, the children discussed which they thought was the best formation and why?



Oaks—Sports Coaching at Bedes

Oaks have really enjoyed their sessions at Bedes. The children had the opportunity to experience a range of different sports whilst being coached by the Year 12 BTEC Sports Coaching students.





Fundraising Jumble Sale

Tristan and Oliver are ex Park Mead pupils who are now Year 10 students at Heathfield Community College.

On Saturday 23rd March they will be running a jumble sale to raise money for them to travel with Camps International to Cambodia for four weeks of personal development and charitable project work.

Oliver and Tristan, with the support of family, friends and scouting colleagues, are running a jumble sale at the Scouts Hut, Crouch Hall in Upper Horsebridge on Saturday 23rd of March between 11:00-14:00pm.

There will be a wide range of items on sale including clothes, toys and homewares at great prices. Tea, coffee, and home-made cakes will also be on sale to keep you going, plus tickets for a prize raffle! Entrance is just 50p, this money will be donated to the Scouts who have generously allowed Oliver and Tristan to use the hall for the day.

The money raised will help the students raise the money needed to travel and for them to assist in a variety of project work. This includes community development work, wildlife conservation, environmental conservation and a personal challenge of jungle trekking.

The core objectives of this expedition are to undertake projects in order to:

- Raise the educational standards of developing communities within a rural district of {country}.
- Raise the living standards of developing communities, within a rural district of {country}
- Assist with ongoing wildlife conservation programs to preserve biodiversity and protect vulnerable habitats.

Oliver, aged 15, said 'running an event like this is a great way to raise money for our expedition to Cambodia and we really appreciate all the support the local community is giving us.'

Tristan, aged 14, added 'we have learnt so much already about what it takes to run an event like this. We also like the fact that we are supporting recycling in our local community.'

'We can't wait to get to Cambodia as there will be so many amazing opportunities for us both, but we are also enjoying learning about fundraising here at home, there is so much to think about.'

For further information about the event, to obtain photos or arrange interviews, please contact:

Abi Sharp— 07540133520 or assmile2000@yahoo.co.uk

Natalie Neal—07941 177 346 or nataliejneal@gmail.com.

For further information about Camps International please contact:

www.campsinternational.com/



CAMPS
international
ETHICAL JOURNEYS WITH IMPACT

Fund Raising

JUMBLE SALE

Saturday 23rd March

11:00-14:00

Entrance 50p

Hellingly Scouts Hut Crouch Hall

Upper Horsebridge

Tea, coffee,
& homemade
cakes for sale

Prize raffle
Toys & clothes
Homewares



All money raised will support us to complete a 4 week trek to Cambodia in 2025

During our time there we will be working on projects to support the community and sustainability.

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)

HAF Programme

Holiday food and fun is back for the Easter holidays! East Sussex Holiday Activities and Food Programme · Eequ

Otherwise known as the HAF programme, this initiative is funded by the Department for Education and is now in its fourth year. It is all set to provide more enriching activities this Easter, free of charge for children who receive *benefits-related free school meals*.

The programme ensures that children can have fun, eat healthily, and socialise with their peers during the school holidays of Easter, summer and winter.

There are activities for young people in Reception to Year 11 inclusive. A meal is provided at each session for everyone who attends. To see what's on offer and to book a session, parents should click on the 'List of holiday clubs' button on our [Holiday food and fun webpage](#).

Last year we had some amazing feedback from families.
Here's a sample of what they said:

Parent/ carer comments:

- They came home happy and exhausted from their day but were excited to go back for more!
- ·My child had the best day. He usually gets extremely anxious, he didn't know anyone but everyone was so welcoming. He felt at ease straight away. The activities were brilliant! As soon as he came out, he asked when he can go back and see his new friends!
- ·My daughter goes in happily and is so proud of everything she makes. She still has everything she made from the summer club on display in her room. Her confidence astounds me for her age. She certainly feels safe and loves going to this club.

Young people's comments:

- I loved the food and it was fun to have something to do in the day where I feel safe. (Young person aged 13)
- They have lots of creative stuff to do. (Young person aged 7)
- Best time ever, definitely want to go again. (Young person aged 8)

For families that do not currently receive benefit-related free school meals but think they may be eligible, please visit our [Free school meals webpage](#) to find out how to apply.

Best regards,

The HAF team

Children's Services



Active Education Sussex—Easter Holiday Camp

Booking is now open via <https://activeeducationsussex.co.uk/book-a-course/>

EASTER

**ACTIVE
EDUCATION
SUSSEX**



HOLIDAY

**ALL CHILDREN WELCOME
FROM ANY SCHOOL!**

CAMP



**2nd, 3rd, 8th, 9th &
10th April 2024
Park Mead Primary
School BN27 3QP**

**EASTER EGG HUNT AND OTHER
EASTER THEMED ACTIVITIES**

FUN GIFT SHOP (CARD ONLY)

**BREAKFAST CLUB £5
07:45-08:45
MAIN DAY £15
08:45-15:15
AFTER CAMP CLUB £5
15:15-16:15**

**WIDE
VARIETY
OF
SPORTS**



**ARTS &
CRAFTS,
MOVIES,
AND
MORE**

BOOK NOW

ACTIVEEDUCATIONSUSSEX.CO.UK

Sharnfold Farm

Tickets are £6.45pp (plus booking fee) or £7.95 on the day. However, if you pre book via their website all tickets are half price, meaning they will be £4.23 with the booking fee.

This gives you access to the whole attraction, there is no entrance fee to use the cafe or shop.

WE ARE BACK!



We are reopening our doors on 29th March, just in time for Easter!



A revamped farm trail with new and upgraded areas.



A refreshed space and a menu in our cafe



Shop stocked with locally sourced products and gifts



@sharnfoldfarm



@sharnfoldfarm



Pre-book from
£6.45pp*

*Booking fees apply. Under 2s go free. Attraction tickets are £7.95 on the gate. 2 for 1 offer only applies when pre-booking online.



thefamilyparksgroup.co.uk/sharnfold | sharnfoldfarm@thefamilyparksgroup.co.uk | 01323 768490



April Music School

MUSIC SCHOOL (Think 'School Of Rock')

Age: 7 - 15

Monday 8th - Thursday 11th April, 10am - 4pm
Bonnars Primary School, Maresfield, Uckfield

Introducing our popular Holiday Music School this April

Get ready for an unforgettable four days of music exploration and learning, meticulously crafted by our team of expert tutors. With 4 to 6 professional music tutors on-site, children will embark on an exhilarating journey, discovering the world of electric instruments in a band setting.

Our program encompasses a wide range of instruments, including electric guitars, basses, keyboards, vocals, and the heart-pounding rhythm of drums. But that's not all; we warmly welcome the inclusion of other instruments like ukuleles, cellos, violins, and mandolins, fostering a diverse and harmonious musical experience for all. Join us for a week filled with laughter, creativity, and the thrill of making music with friends! 🎸🎹🥁



Here's what to expect:

🎵 **Musical Exploration:** You'll get to try your hand at a wide variety of instruments, including electric guitar, bass, drums, singing, piano/keyboard, and ukulele. Don't worry if you're a beginner – no prior experience is necessary.

👉 **Jamming Together:** Learn how to play together as a band, harmonizing your sounds and creating something magical as a group.

🎤 **Showtime:** At the end of the week, it's time to shine! We'll host a spectacular performance for parents and friends, where you'll showcase the music you've been working on. And the best part? It'll all be recorded and sent home as a keepsake of your amazing musical journey.

🍱 **What to Bring:** Be sure to bring a packed lunch, snacks, and water. As part of this course there is also an option for lunch (hot or cold) to be provided by a local caterer.

How much does it cost?

The cost of the course is £180 for the 4 days (Monday - Thursday) with 10% sibling discounts available. Deposit of £50 payable with booking.





Junior Cricket Outdoor Training

Starting Wednesday
17th April - All through
the summer

All sessions are open to boys and girls
Always spaces for new juniors of all ages,
abilities and previous experience. No
equipment required, just a desire to learn and
have fun.

£4 per session, pay as you go, first session free
for new juniors

If you have any questions, please contact us at
HailshamCC@outlook.com

07980146841

Under 5s 6.00 - 6.45pm

Under 8s 5.45 - 6.45pm

Under 10/11s
6.00 - 7.00pm

Under 12s 5.30 - 6.30pm

Under 13s 5.30 - 6.30pm

Under 13 Girls
6.30 - 7.30pm

Under 14s 6.15 - 7.30pm

Under 16s Fridays
6.00 - 7.30pm



2024 Junior Cricket Training

Wednesday 17th April - All through the summer

Western Road Recreation Ground

£4 per session

25 ECB qualified coaches

Free first session for new members

Open to boys & girls aged 4-14

No previous experience/equipment needed

Under 12's & Under 13's 5:30 - 6:30pm

Under 8's 5:45 - 6:45pm

Under 5's 6:00 - 6:45pm

Under 10/11's 6:00 - 7:00pm

Under 13 Girls & Under 14's 6:15 - 7:30pm

