



Park Mead Newsletter

Dear Parents / Carers

Welcome to Term 5! It feels strange to consider this as the summer term, but we watch and wait for better weather and lots of field fun.

A huge **thank you** to our wonderful Park Mead Friends who worked tirelessly last Wednesday at the Bluebell Walk café, Arlington to raise £2182.00 for Park Mead! Please see more information in the newsletter.

Skills Builder Workshops - Wednesday 26 June & Thursday 27 June (mornings)

We are still looking for volunteers, (thank you to those who have already signed up), to share their knowledge and expertise with our pupils about the skills they use in their jobs. Please be reassured that we do not expect big assembly style presentations but just some of your time to talk with small groups of children who are willing to listen and find out more about the world of work. The set-up will be carousel style workshops and very informal. For example, if you work in the fields of health, the arts, sport, media, local government, animals, hospitality, emergency services, agriculture we need you! Please contact the office for more information.

Drop off / Pick up Issues

Regrettably, we have had several negative exchanges between parents/carers reported to us recently. These have taken place outside of our school gates but nevertheless, affect our community. Most of the reported incidents involve irresponsible driving and inappropriate use of language towards other parents/carers. We all know that navigating Michelham Priory Road at drop off and pick up is challenging but we need to work together to negotiate these issues responsibly for the safety of our Park Mead children and wider community.

Please can I kindly ask you to be mindful of your driving and of how you park and interact with each other. Please also appreciate the impact and the time it takes to deal with these incidents, which can be avoided. Where possible, please use the BEDES lower car park to alleviate congestion at these pinch point times in the day.

Wishing you all a lovely weekend.

A handwritten signature in black ink, appearing to read 'H West'.

Mrs 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/>

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday®

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

Diary

April

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
28-31—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
23-26—Holiday Camp
29-31—Holiday Camp

August

1-2—Holiday Camp
5-9—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)



Book Fair



WHERE? →

Park Mead Primary School, School Hall

WHEN? →

1st and 2nd May from 3.30-4pm

SCHOLASTIC TRAVELLING BOOKS



COME TO the BOOK FAIR!

AND EARN FREE BOOKS FOR OUR SCHOOL!

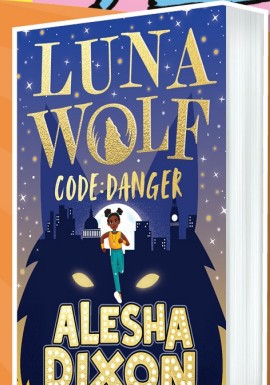
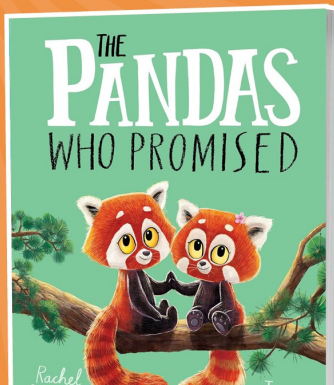
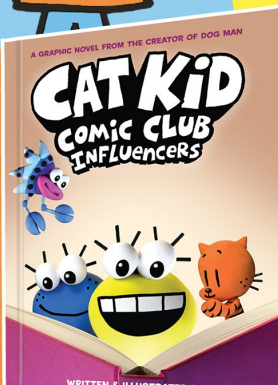


Illustration from Nina Peanut is Amazing © Sarah Bowie, 2024.

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— 94.38%

Willows— 95.96%

Chestnuts— 95.55%

Maples— 94.21%

Oaks— 92.83%

Forest School Dates

Forest School dates for next term are:

Wednesday- 1st May - Maples

Wednesday- 8th May - Oaks

Wednesday- 15th May - Willows



Friends of Park Mead—Bluebell Walk

On Wednesday 17th April 2024 The Friends of Park Mead were back to take over the Arlington Bluebell Walk cafe after a break of 5 years. The walk was originally set up by parents to fund an outdoor swimming pool at Park Mead in 1972 and has since gone on to raise millions of pounds for worthy local and national charities.

On the day the sun tried to shine and the bluebells were starting to cover the Beaton's woodland floor, but for the band of parents, family, friends, Bedes students and some of the children at Park Mead none of that could be appreciated as we welcomed 454 visitors to the walk. We brewed 153 cups of tea and served 165 coffees using 55 pints of milk. We made 42 sandwiches, filled 40 jacket potatoes and served 122 pieces of cake along with sausage rolls, scones, biscuits, soup, ploughman's and more.



Although it was a really busy day all the volunteers loved taking part and to top it off we made £2182 plus will be invited back again next year!!!

On behalf of the Friends I would like to say a massive **THANK YOU** to all the bakers and volunteers that helped make this day a huge success.

Debbie Lapworth
Chairperson
Friends of Park Mead





Willows—Forest School

Wednesday 17th April 2024

Willows started their Forest School session today by getting into pairs and going on a Spring scavenger hunt. They worked well in their pairs and found lots of different things, including something yellow and something that crawls. They made piles of their findings so they could show them to Dormouse.

The class then made their way to the pond area by the allotment. Before they started the children were asked what they thought may be hiding in the water “a tree frog”. Then they dipped their nets into the water and checked to see if they had caught anything.

Everything they caught was carefully put into a tray of pond water. The children then used an ID sheet to identify what they had caught. They caught a ramshorn snail and a few water louse. Once down at Forest School the children took it in turns to have a go at pond dipping in the other pond. They found something a little bigger, again using the ID sheet they were able to work out that they had found a Dragonfly Nymph.



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 collect different shaped and textured leaves. Then using paint they covered the leaf and printed it onto paper. They found out that this works best if you paint the underside of the leaf. Some were painted using one colour whereas others used lots of colours to create a rainbow affect.



Willows helped to put the slack line up today. They explained to Dormouse how it needed to be wrapped around the tree first and, with some help, they pulled it tight. Once it was up the whole class tried to balance on it. With so many children it became a little wobbly and tricky but they did all manage to stay on in the end.



Chestnuts—Forest School

Wednesday 24th April 2024

Chestnuts set off in groups to try and find everything on their spring scavenger hunt. They worked well together and found something that crawls, something red and so much more.

Half the class then made their way to the pond by the vegetable patch for some pond dipping. When talking about what they may catch most of the class were convinced they would be catching some fish. The children crouched down to dip the nets into the water -



“I have something wiggly in my net”. Everything they caught was carefully put into a tray of pond water. The children then used an ID sheet to work out what they had caught; between them they had a Rams-horn snail, a few water louse and a smooth newt. The newt was in clear water so they were able to look underneath at its tummy - “it has an orange spotty tummy”.

The other half of the class started to tidy Chestnuts vegetable garden. They did this by removing all the weeds and digging the soil over ready for planting. While digging they found some bulbs, these were carefully replanted.

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.

We then went down to the Forest School site where the children took it in turns to pond dip in the forest pond. This time they found something a little bigger and again using the ID sheet, they were able to work out that they had found a dragonfly nymph.

There was some great den building today. The children worked together to move long lengths of wood from one side of Forest School to the location of their den on the other side of the site. There was a rather large hole full of sticky mud that they had to go through to get to their den, so to make it easier they filled this hole with lumps of wood to use as stepping stones.

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

“finding the big thing in the pond”

“looking in the pond”



News from Willows

Willows have had a great start to the term!

The children have loved learning all about growing and have planted their very own beans!

We have acted out Jack and the Beanstalk, which they really enjoyed, and it has been lovely seeing their drama skills.



We have started a drawing club, which is a daily adventure into books and drawing.

The children have also been making rain sticks this week and choosing the materials to go in them.



News from Chestnuts

Chestnuts have had a wonderful start to the term. We are really enjoying our explorer topic and have so far learned about the hottest place, the longest river, the deepest cave, and the most electric place on Earth!



Also, Frank and Betty have gone missing! They left a message saying that they are off on an adventure around the world! So, we wait to hear how they get on with bated breath...



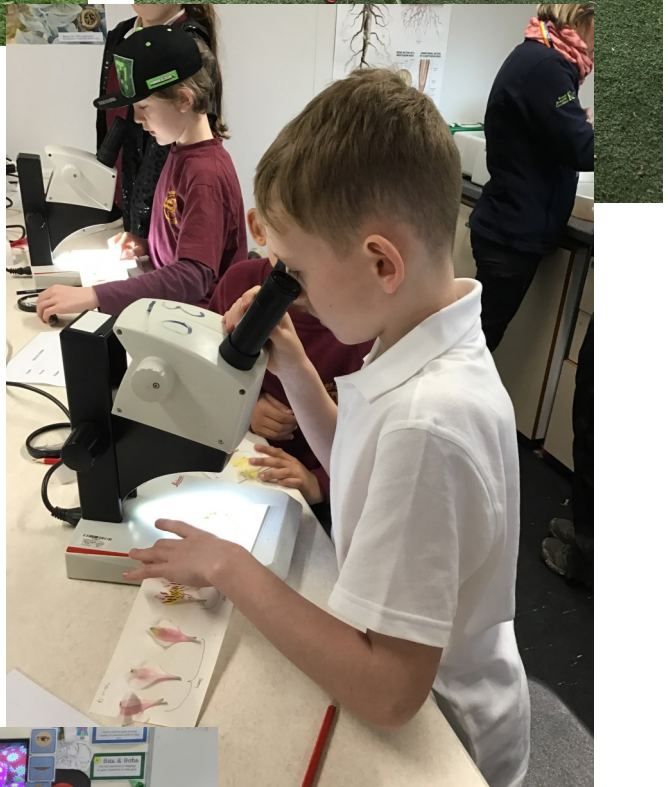
Fun Run Prize Winners

Well done to all of our prize winners who raised an amazing amount of money for our Easter Fun Run.



News from Maples

At the end of last term, Maples class visited Wakehurst place as part of their science learning. The children found out about seed dispersal by looking around the grounds and seeing which plants grew there. In the lab, the children used microscopes to study each separate part of a flower. Lastly, the children created some Andy Goldsworthy inspired art from foraged materials. A big thank you to our Maple children's adults who supported us on the day and made the trip possible.



The children made Easter bonnets ready to stand out at Park Mead's Easter Fun Run.



News from Oaks

In Oaks, we have been working hard on revising our grammar and maths skills.



In PSHE, we have enjoyed developing our understanding of mental health and relationships. We played a couple of games to help us understand how we are connected to one another (with a ball of string) and the Elf game (it is similar to Traitor).



In art, we have been drawing portraits with a continuous line and words about ourselves. From this we used a piece of carbon paper to make a simple mono print outline and produce an individual portrait of ourselves. Some of the children wanted to splatter their work so had to go outside- apologies for the blue freckles and spotty tops!



We have been developing our understanding of British Values with most of the class going on our trip to the Houses of Parliament for a tour around and a workshop about the Rule of Law in the UK.



Active Education Sussex

Easter 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 Easter Fun Run.

We raised an amazing **£672** which will be put towards our outdoor learning environment.

We hope that all the children enjoyed the event and look forward to our Summer Fun Run in term 6!



£672

THANK YOU!

The five prize winners and the £30 voucher winner will be drawn week commencing 15 April.



New School Uniform Supply Arrangements

Kidsbiz have transferred their online school uniform business to PMG Schoolwear.

PMG are an extremely experienced and well-respected school uniform supplier who work predominantly within the state primary school sector. They have amazing buying power which puts them in a great position to offer the same brands as Kidsbiz has previously, at competitive rates.

Please note the new website address to order all your school uniform:

<https://www.pmg-schoolwear.co.uk/school/parkmeadprimaryschool>



Leavers Hoodies

The leavers hoodie ordering page is now live!

Simply visit this page and order/pay directly.

www.leaverswear.com/parkmead

Over the head hoodies are available in 12 different colours, zipped hoodies are available in 11 colours.

Ordering Deadline:
Sunday 5 May 2024
(Late orders may incur
extra charges).





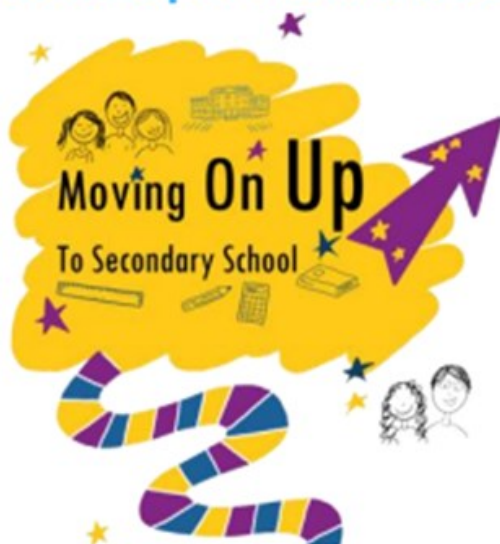
CLASS & CLASS+ Parent Transition Workshop

This workshop is designed to support you and your child to feel confident about the transition to a new school

This session is for parents/carers who have an autistic child, on the autism pathway or with additional needs that is transitioning between Year 6 and Year 7

This session will use the Moving On Up To Secondary Transition resource and will share ideas, advice, top tips and key information to support transition.

CLASS+ and CLASS are running 5 virtual transition workshops. Please choose one of the following dates



Friday 26th April 10:00 - 11:30am

Thursday 9th May 1:00 - 2:30pm

Tuesday 21st May 7:00 - 8:30pm

Thursday 6th June 10:00 - 11:30am

Wednesday 3rd July 7:00 - 8:30pm

To book onto the virtual event go to
[Join the guestlist – CLASS & CLASS+ Parent Transition Workshop – Microsoft Teams, Multiple dates and times \(tackettailor.com\)](#)
or visit www.facebook.com/CLASSPlusEastSussex and press on the parent transition booking link

Juggling family life...?



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- ✧ emotional wellbeing**
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- ✧ supporting your child's behaviour**
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FRIENDS

SUSSEX

HOSPICES

GRUFFALO FUN

TN22 5PN
Framfield Grange

29th & 30th May 2024

10.30am - 4.00pm

book online

[friendsofsussexhospices.org.uk](https://www.friendsofsussexhospices.org.uk)

- Meet the Gruffalo • Magician • Pond Dipping • Woodland trails • Face painting • Gruffalo games • Craft activities
- Tea Tent • Bring your own picnic • Pizza & Ice-cream Vans

Earlybird tickets before 27 May (10pm)

£12 (under 2yrs free)

All tickets from 28 May £15

Free parking



Reg. Charity No. 1089306