



Park Mead Newsletter

Dear Parents / Carers,

What a great term we have had at Park Mead!

Our classrooms have been buzzing with engaging, explorative learning and pupils have experienced a range of superbly planned curriculum enrichment activities, as well as exciting trips.

A huge THANK YOU to all our amazing, dedicated staff for making these events happen.

The Bluebell Walk in Arlington <https://www.bluebellwalk.co.uk/> takes place from 10 April - 14 May. Our Park Mead Friends will be raising money for our school by providing the refreshments on Wednesday 17 April. Please contact the Friends if you are able to help.

The **Scholastics Book Fair** returns to Park Mead on 1 – 2 May to promote and sell a variety of quality texts for pupils of all ages. Please pop in after school if you can.

Our Year 6 pupils will take their statutory assessment tests during the week commencing 13 May. More information regarding SATS will be emailed out in the first week back.

Please look out for our Google doc questionnaire regarding the Arbor App. We would very much appreciate two minutes of your time as your feedback is valuable.

Thank you for all your support this term especially with improving our attendance. Please keep it up!

Have a wonderful Spring break and see you all on Monday 15 April.

A handwritten signature in black ink that reads "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/>

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE



Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS



Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS



Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY



When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS



Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES



If a child isn't ready to talk about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE



Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS



Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES



It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist. If necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION



It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday[®]

The National College

What Parents & Educators Need to Know about CLICKBAIT

WHAT ARE THE RISKS?

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, asocial and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

Advice for Parents & Educators

START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as "8 Facts You Won't Believe Are True". Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.



Book Fair



WHERE? →

Park Mead Primary School, School Hall

WHEN? →

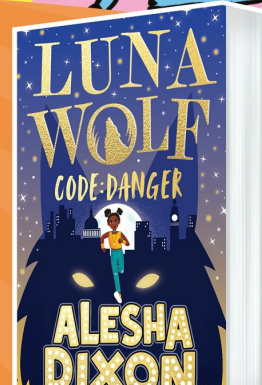
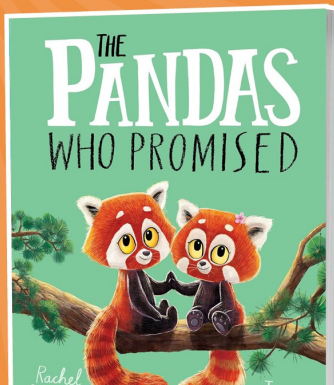
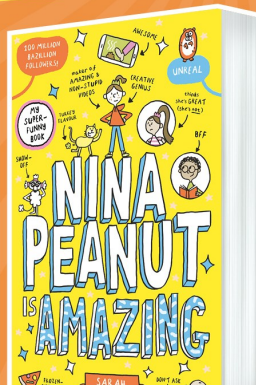
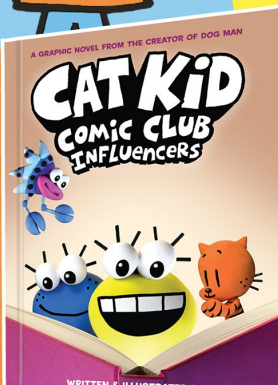
1st and 2nd May from 3.30-4pm

SCHOLASTIC TRAVELLING BOOKS



COME TO the BOOK FAIR!

AND EARN FREE BOOKS FOR OUR SCHOOL!



Diary

March

28—Last Day of Term
29—Bank Holiday

23—Inset Day
24-26—Holiday Camp
29-31—Holiday Camp

April

2-3—Holiday Camp
8-10—Holiday Camp
15—Back to School
17—Bluebell Walk (FOPM Fundraiser)
26—Willows Swimming (5 Weeks)

August

5-7—Holiday Camp

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

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

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

Swimming Sessions at Bedes



Please log on to ParentPay to pay

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

July

10—Park Mead Coffee Morning (Transition)
22—Leavers Assembly @ 2.30pm
22- Last Day of Term



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— 93.5%

Willows— 95.42%

Chestnuts— 95.1%

Maples— 93.84%

Oaks— 92.13%

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

Forest School Dates

Forest School dates for next term are:

- Wednesday- 17th April - Willows
- Wednesday- 24th April - Chestnuts
- Wednesday- 1st May - Maples
- Wednesday- 8th May - Oaks
- Wednesday- 15th May - Willows



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!



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).



Chestnuts Beach School



Wednesday 20th March 2024

Today the Year 1/2 classes from East Hoathly and Park Mead joined together for a sunny adventure on Eastbourne beach.

Once at the beach the children were really keen to start exploring and even more excited to go and paddle - "will it be warm?"

Some of the children looked amongst the stones. Then using an ID sheet they were able to work out what they had found. They found Mermaid's Purses, whelk eggs, dry seaweed and some stones with holes that went all the way through.

Working in groups there was a sand castle construction. Some castles were mounds of sand surrounded by a watery moat. The children had to work hard to fill their moat with buckets of sea water before it soaked away into the sand. Other castles were made with stone, using wet sand as a kind of cement to hold them together. One group dug a rather large hole and placed stones around the edge. When asked what they were doing they said "we are making a rock pool". Others chose to dig channels down to the sea so the water could flow down the beach. They kept having to make it longer as the tide was going out.

As the tide went out it exposed the bottom of the groins, this was a great place for us to see some marine life. The children found limpets, barnacles, whelks and anemones. Some of the anemones were open as the water was still just covering them. This allowed the children to see their tentacles whereas others that were out of the water were closed.

The children enjoyed paddling in the sea and running back up the beach trying not to get wet as the waves broke. Others tried jumping the waves, sometimes not getting it quite right and getting splashed.

It was great to see the two classes play and work together, it was a really amazing day Chestnuts.



Chestnuts Beach School

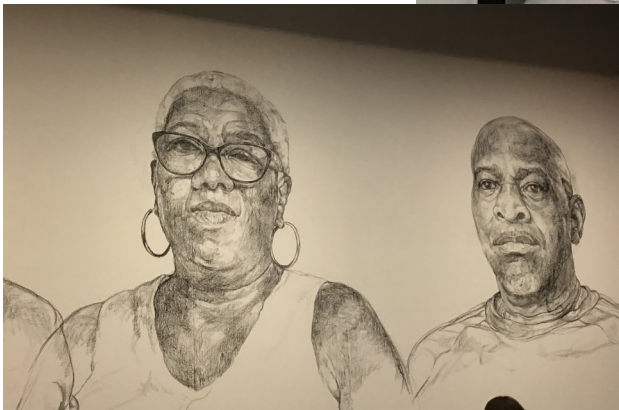
Chestnuts have had a wonderful, fun filled last few weeks.
The beach trip was fabulous; super paddling fun .



They have all really enjoyed learning about Titanic too!

Chestnuts—Towner Art Gallery

Experiencing the Turner prize winning exhibit are experiences we will never forget!



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.



Bedes Reading Ambassadors

Maples were very excited to have an afternoon of stories with the Librarian and a group of Reading Ambassadors from Bedes Senior School.



Thank you for coming to read with us.

Active Games Gymnastics Competition

We are very proud of our gymnastics team who took part in the Active Games Gymnastics Competition at HCC Primary School this week. The event was hosted by Mr Elphick and his team at Active Education Sussex.

The team came 4th overall with the girls showing incredible confidence to perform in front of a large crowd.



Active Games

EDUCATING, INSPIRING AND EMPOWERING CHILDREN
THROUGH SPORT



active education sussex

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>



pmg
schoolwear

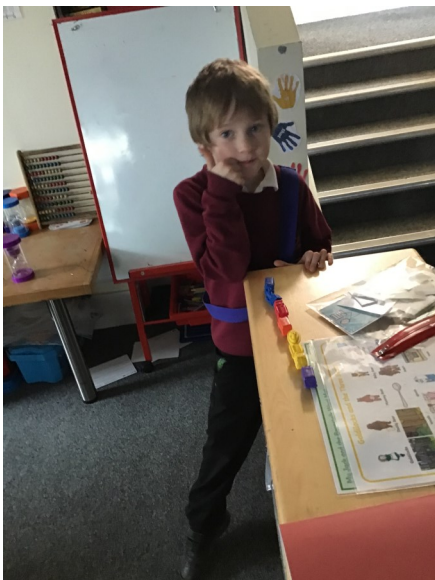
News from Willows

Willows have enjoyed lots of Easter activities this week, it has been a lovely end to the term.

They have made clay eggs, scratch eggs and enjoyed an Easter fun day!

The children have been learning about fairy tales and are excited to start our new topic 'growing' next term.

The class have been thinking about Aladdin this week, matching musical instruments to the characters in the story.



Fire Station

We were lucky enough to go and visit a local fire station.

The children had a great time on the coach pointing out animals they could see and explaining where they live and their walk to school.

Once at the fire station we had a tour around. We heard the alarm ring and were able to see what happens when the report comes through.

The children climbed aboard the fire engine and explored the inside with all the equipment.

Some of us were really lucky and were allowed to have a go using the powerful fire hose.

It was a very exciting ending to our trip, which was cut slightly short as the alarm sounded for real. We were able to see the firemen called to action and race off with the blue lights flashing.



News from Maples

This term, Maples have been studying plants. The children carried out an experiment to see if food colouring would change the colour of the petals if it travelled up the stem.



For 'Show and Tell' the children brought in some of their artwork from home. Mia created a sword mosaic design from stones she collected. Molly made a lovely mosaic hanging decoration for the garden.



News from Oaks

In Oaks we have been having fun! We really enjoyed our scooters and skates (and bike) afternoon. It was worth waiting for the sun to come out for it.

We had a wonderful world book day, inspired by the book – The Great Paper Caper by Oliver Jeffers. We shared the story and discussed the Bear’s confession. We then went on to all have a go at making a jet paper plane. We had a competition and we had a semi- final and two winners from Year 5 and Year 6. Well done Adam and Nathan- may you become a winning streak of paper plane engineers!



News from Oaks



What a great time we have had! Easter Fun Run with crazy hats– please see the before and after photos.

I would like to thank all the staff at Park Mead who support the children in all these activities.

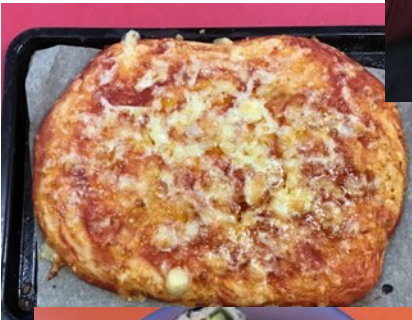
A big thanks to Mrs Davidson, Mrs Foot, Ms Taiclet and Mr Elpick and Mr Sumner. We couldn't have this much fun without you!

We wish you a lovely Easter Break! Let's hope the sun shines.



News from Oaks

The children were amazing chefs, making a range of meals- we have discovered some wonderful sushi and pizza makers!



Oaks—National Portrait Gallery

And we had the most amazing trip to the National Portrait Gallery in London. The children were wonderful.



Grapevine Magazine

The **Eastbourne, Wealden & Lewes Family Grapevine SPRING 2024 issue** is now available to view and download online, and you might still be able to find printed copies of the magazine at your local supermarket, or your local library and leisure centre.

It is a one stop directory of things to do for families with children from bump to teen. The magazine lists activities, places to visit and events taking place this Easter holidays/spring. It also features 5 fantastic competitions for a chance of winning some fabulous prizes, from days out to annual passes, as well as the chance to win a family photoshoot this spring with a fabulous local photographer!

The online magazine can be found by scanning the QR code or downloaded here:

<https://thefamilygrapevine.co.uk/eastbourne-wealden-lewes/see-a-copy/>

Download your **FREE** copy of

family grapevine

Essential information for families with children 0-18 years

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

Find the latest issue online
or scan the QR code:



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



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EASTBOURNE, WEALDEN & LEWES | MARCH - JUNE

family grapevine

LOCAL INFORMATION FOR FAMILIES FROM BUMP TO TEEN

Inside...

DAYS OUT
Places to Visit • Back-to-Nature Campsites in Sussex

WHAT'S ON this SPRING
Events March to June • Where to find Bluebells

WIN!
Prizes from

Robert Child Photographers • Into the Woods • KNOCKNAGART • South England Show • Auntie

A - Z of Sport & Leisure • Childcare • Education • Parties • Places to Visit • Toddler Groups • and more...





The Chiddingly-Lachelle Link

The Link is a friendly twinning association between Chiddingly (UK) & Lachelle (France), a village an hour north-east of Paris.

We spend a weekend (usually at the end of May) either visiting France or hosting the French. When we host, we organise fun activities (eg visits to Hever Castle, the Portsmouth Dockyards or Arundel Castle) on the Saturday, and a big meal for everyone in the village hall on Sunday. There are lots of people of all ages & nationalities all speaking a mixture of English and French, with a bit of gesturing and sign language thrown in!

Some of the original members (including Tess and Florence who started the twinning 36 years ago) are still members but there is a mix of all ages: our youngest member has been in nappies, our oldest in her 90s.

We try to match families together with similar interests or kids of similar ages. You host your family for 2 nights, or stay with them. We have quite a few French families with kids who are interested in joining, so we'd love to get a few new families in the area on board (you don't have to live in Chiddingly!)

We also have a couple of socials a year – drinks, BBQ, Race Night/Eurovision Evening/Cheese & Wine Tasting etc to raise funds so that the weekend is free for kids & our French visitors, (and subsidised for the rest of us).

At £20 a family/£10 for a single person, it's a bargain!

If you would like to know more, please contact Jeanie Gordon on 01825 873478 or at jeanie@gordon.org.uk





CHIDDINGLY-
LACHELLE LINK
PRESENT



FILM NIGHT: MAMMA MIA



ADULTS £10, CHILDREN £7
INCLUDES THEMED SNACKS
(PAYING BAR & EXTRA SNACKS)

7PM SATURDAY
APRIL 20, 2024

CHIDDINGLY
VILLAGE HALL



TICKETS: ROSE HARMAN (872592) OR
ROSEMARYHARMAN@HOTMAIL.CO.UK



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)

Active Education Sussex—After School Sports Club

Booking is now open:

<https://activeeducationsussex.co.uk/book-a-course/>



Club Flyer

Type of Club:

After School Club

Activity:

Basketball

Where:

Park Mead Primary

Date:

Monday

15 April 2024 - 20 May 2024
(5 Sessions)

Time:

15:15-16:15

Year Group:

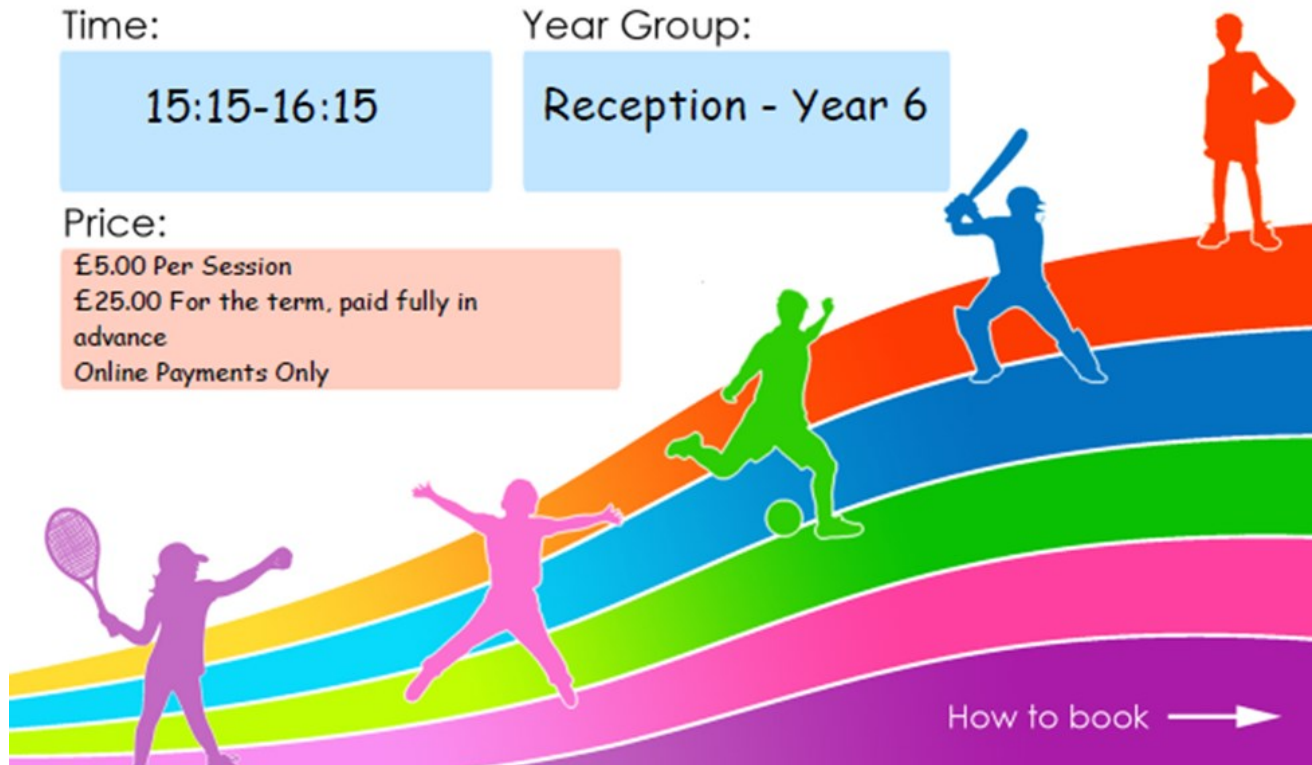
Reception - Year 6

Price:

£5.00 Per Session

£25.00 For the term, paid fully in
advance

Online Payments Only



Family First

Click on the link below to access the magazine:.

<https://familyfirst.co.uk/issue2-24>



Family First

FREE | SPRING 2024

KIDS
EAT FOR
FREE THIS
EASTER

RECIPES
TO COOK
AS A
FAMILY

The
best
baby
carriers

How to
create a
wildflower
meadow

KELVIN &
LIZ FLETCHER

on fame, family and farming

Building a happier, healthier family lifestyle



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





Club Flyer

Type of Club:

After School Club

Activity:

Basketball

Where:

Park Mead Primary

Date:

Monday

15 April 2024 - 20 May 2024
(5 Sessions)

Time:

15:15-16:15

Year Group:

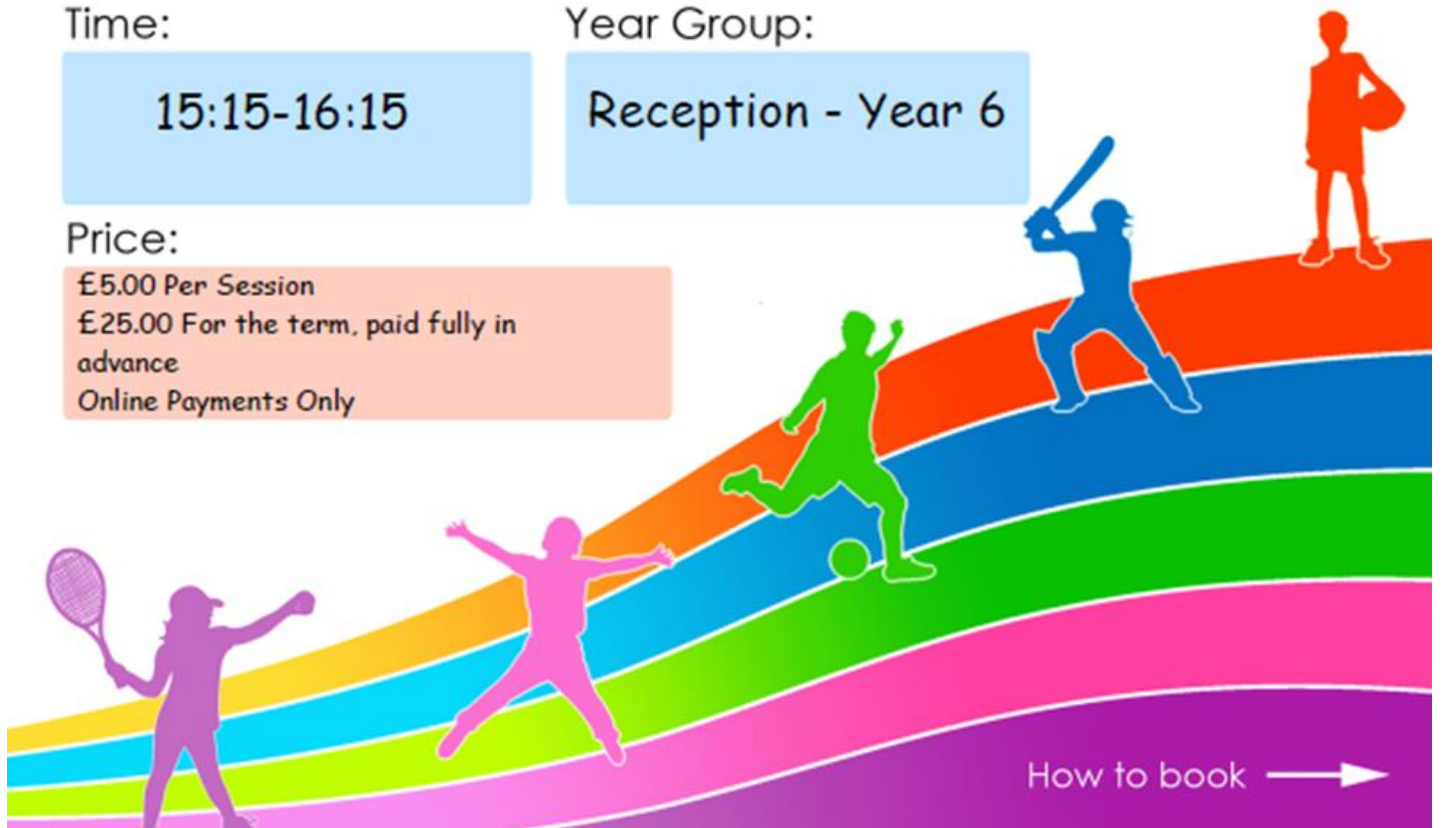
Reception - Year 6

Price:

£5.00 Per Session

£25.00 For the term, paid fully in advance

Online Payments Only



How to book 