



Park Mead Newsletter

Dear Park Mead Parents / Carers

Thank you for your patience and understanding this week with our unexpected school closure due to no water. We realise this was frustrating for our whole community, but necessary to keep everyone safe.

A huge 'Well done' to our amazing Year 6s for completing their Standard Assessment Tests this week. It is always an intense time for pupils and staff, but all our Year 6s have focused well and worked hard. We are very proud of you!

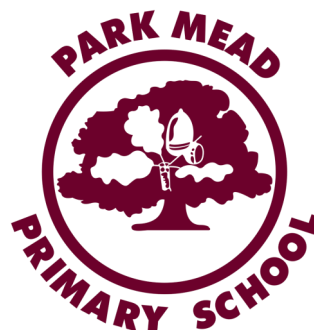
Last week, Maples enjoyed their Art workshop with 'Schools Without Walls' and next week, Oaks will have the opportunity to experience a similar project. The final art products will be exhibited at the local Elderflower Fields Festival in the Ashdown Forest at the end of May before being returned to Park Mead. We are thankful to our wonderful and dedicated Friends for funding this opportunity.

Next week, our KS2 pupils will be representing Park Mead at BEDES for a multi-sports event. This will be a great opportunity for our pupils to be active for a whole morning and develop the range of skills sporting events offer. This follows on well from Mental Health Awareness Week (13 – 19 May) with the theme promoting '**Movement: Moving more for our mental health**'.

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/>

Diary

May

24—Last Day of Term

27—Bank Holiday

28-31—Holiday Camp

June

3—Inset Day

4— Back to School

7—PALs Fundraising Event (details tbc)

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

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

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



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— 94.26%

Willows— 95.49%

Chestnuts— 95.25%

Maples— 94.17%

Oaks— 92.94%

Forest School Dates

Forest School dates for next term are:

- Wednesday 5th June- Willows
- Wednesday 12th June- Chestnuts
- Wednesday 19th June- Maples
- Wednesday 26th June- Oaks
- Wednesday 3rd July- Willows



Park Mead Coffee Morning

Please note the upcoming coffee morning being held on Wednesday 13 March,
from 9.15-10.45am, at Park Mead

This is open to all of our parents / carers and will cover the subject of Sleep, Food and Mood.



Are you a parent or carer?

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

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

~~Wednesday 8th Nov 9.15-10.45- Anxiety and Worry~~

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

~~Wednesday 10th July 9.15 - 10.45- Transitions~~

For more information, please speak to Sian Leahy
SENCO

Mental Health Support Service

Suggested Self-help Apps

MHST recommend these free apps which you can use whilst waiting to be seen by a Mental Health Practitioner.



Calm Harm - provides tasks that can help you resist or manage the urge to self-harm.



MindShift - aims to help you learn how to relax and develop new ways of thinking to help your anxiety.



Think Ninja - Designed for 10- to 18-year-olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing and develop skills they can use to build resilience and stay well.



ReachOut Worry Time - Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. ReachOut Worry Time interrupts this repetitive thinking by setting aside your worries until later, so you don't get caught up in them and can get on with your day.



Cove (Apple devices only) - Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger.



Smiling Mind - The Smiling Mind app is a good choice if you have young people you want to introduce to meditation.

Resources for Adults

Health in Mind (17 years and 6 months onwards)

Tel: 0300 00 30 130

Website: www.healthinmind.org.uk (self-referral form on website)

Email: spnt.healthinmind@nhs.uk

Crisis Help

If the young person is in a crisis and needs urgent support but can keep themselves safe, they can also contact the following organisations. If the risk is immediate go to Accident and Emergency.

Young Minds - Text YM to 85258 (Young Minds 24/7 text response – texts are free)

Child Line - Call Childline 0800 1111 or online chat <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Sussex Mental Health Helpline - Tel: 0800 0309 500 (Mon-Friday 5pm-9am; 24 hours at weekends and bank holidays) or 0300 5000 101 for text calls

Harmless – <http://www.harmless.org.uk/>

Papyrus HOPE Line UK (Suicide prevention charity) - Tel: 0800 068 4141 (Mon-Friday 10am-5pm & 7pm-10pm; Sat-Sun 2pm-5pm) www.papyrus-uk.org

Bullying UK Helpline - Tel: 0808 800 2222 (Mon-Friday 9am-9pm; Sat-Sun 10am-3pm) <https://www.bullying.co.uk/>

Maples—Forest School

Wednesday 1 May 2024

We started our Forest School session today by going to the pond area in groups to see what was living in the water. The class were asked what they thought they might catch before we started “a fish”, “a frog”. Although they did not find either of these things they did find plenty of other creatures. Using an ID sheet they were able to identify that they had caught some water louse, Ramshorn snails, Caddisfly larvae and a newt. Everything was put into a clear tray so the children were able to look at them from the bottom. Doing this they were able to see the newts tummy “it’s orange”.

The children then got into small groups for a scavenger hunt. They had lots of different things to find, from something long to something that crawls. They worked together to find as many things as they could, but finding something red proved to be a little tricky.



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.

Maples then had the job of transporting as much woodchip down to Forest School as they could. Climbing on top of the woodchip pile they started to fill their containers “it smells like Christmas”. They then carried their containers down the field to the site. Some of the class stayed to spread out the woodchip inside the fire circle whereas others went back and forth bringing down more woodchip. They even managed to rope Oaks class into carrying some down as they did their daily Active Mile. As they got deeper into the pile they noticed that the woodchip was really warm. We talked about the reason why it was getting warm, which was because the pile was starting to decompose. It was great to see such team work from all the children at Park Mead. Some were so keen that they offered to continue to move it the next day!



There was lots of free play at Forest School today, we had some great imagination being used in the mud kitchen with all sorts of creations being made “I’m making pancakes with strawberries and vanilla”. There were also children with great tree climbing and den building skills.



Oaks—Forest School

Wednesday 8th May 2024

Oaks started their session today using wheelbarrows, buckets and any tubs they could find to move the wood chip from the car park down to our Forest School site. Once down there they spread the wood chip out in all the really muddy spots and around our fire circle. Some of the logs that the class sit on around the fire circle have become a little rotten, in pairs the children moved the logs and added them to our bug hotel. They then worked together to carry some new Oak branches to use as seats in the fire circle. These were a little heavier so more children were needed to help carry them - great team work from all of Oaks today! When we were finished, the whole class sat down to enjoy a cold refreshing ice lolly.



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Some of the class helped to put up the slack line, making sure to make it as tight as possible. Normally we put up another line for them to hold onto as they walk along the slack line however, this time the children found themselves two long sticks instead. Using the sticks to help themselves balance they walked along the slack line, the rest of the class encouraged them along the way. This is a really tricky thing to achieve but it was great to see the children keep trying and trying until they made it.



There was lots of free play on the hammock swing, taking it in turns to push each other as high as they could, with the occasional child swinging into the bushes!

Using the clay some of the children chose to make some clay animals. While they were sitting at the table they noticed that a nest had been built up in the roof space of the Forest School shelter. Hopefully this means that we have some baby birds sharing the space we use.

News from Willows

We have had a lovely couple of weeks.

The children have been growing their own beans and tracking their growth. They have also been watching their caterpillars go into cocoons and waiting patiently for them to hatch.

We have really enjoyed learning about vegetables and Willows showed amazing cutting skills making chips and vegetable soup.

We have loved looking at exotic fruits and guessing what the inside might look like. We can't wait to try them!



News from Chestnuts

Chestnuts have been writing their own portal story. We have travelled to so many places; castles, magical forests and under the ocean, to name a few. They should be so proud of their writing progress! They are also practising fast doubling and halving of numbers to 20 and beyond.

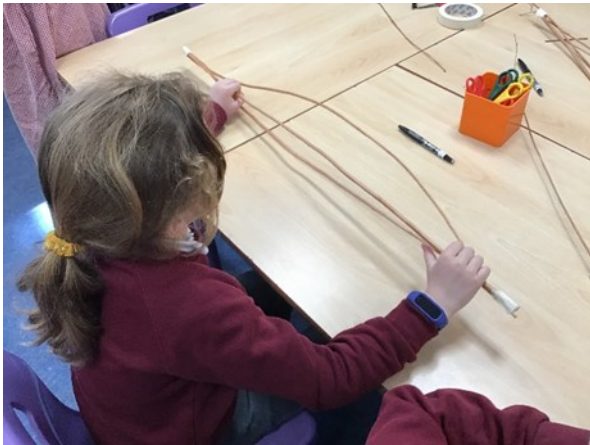


They have also been dancing like hens to Baroque music!



News from Maples

On Wednesday 8th May, Maples took part in an exciting workshop run by the charity 'Classrooms without Walls'. The children created artwork inspired by the theme 'British Birds and Landscapes'. Caroline, who ran the workshop, will be displaying the children's work at the upcoming Elderflower Festival.



This term, the children had a great Forest school session. First, they went on a scavenger hunt searching for everything on their checklists. Afterwards, the children took part in some pond dipping. They found lots of interesting creatures including a newt!



News from Oaks

I would like to say thank you to all of the Year 6 pupils who have been so focused throughout this week. They have all worked hard and tried their best with the SATs assessments. A very big THANK YOU to them.

It has also been a bit different for the Year 5's and they have coped really well, taking change in their stride. So another big THANK YOU to them.

Thank you also to all the adults who have worked as team to support all the children through this week - we couldn't have done it without you!



I will share a few lovely images of the children's sketchbooks to show you what we have been doing with portraits.



Bedes Tough Mudder Event

The Park Mead team took part in the Bedes 'Tough Mudder' crosscountry event last week over a 2km course filled with fun and exciting obstacles along the way. The Park Mead team did incredibly well, demonstrating amazing willpower, determination, and resilience to give 100% effort in all their races. The obstacles included an inflatable climbing wall and slide, an inflatable obstacle course, a tunnel, slalom course, cargo netting and a water spraying tunnel! The children all had wonderful time competing in individual races along with the overall school relay race too! All the team represented the school with great passion and have done us all proud and they should be even prouder of themselves with their performances and mindset! Well done all of you!



Alice for staying positive.



Boston for Aiming High



Ellie for Teamwork



BOOKING NOW OPEN!!

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SUSSEX



MAY

HOLIDAY

ALL CHILDREN WELCOME
FROM ANY SCHOOL

CAMP

28th-31st May 2024
Park Mead Primary
School, BN27 3QP

BREAKFAST CLUB £6
07:45-08:45
MAIN DAY £20
08:45-15:15
AFTER CAMP CLUB £6
15:15-16:15

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CRAFTS,
MOVIES,
AND
MORE

BOOKING NOW OPEN!!

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SUSSEX



SUMMER

HOLIDAY

CAMP

Week One: 23rd-26th July 2024

Week Two: 29th July -2nd
August 2024

Week Three: 5th -9th August
2024

ALL CHILDREN WELCOME!
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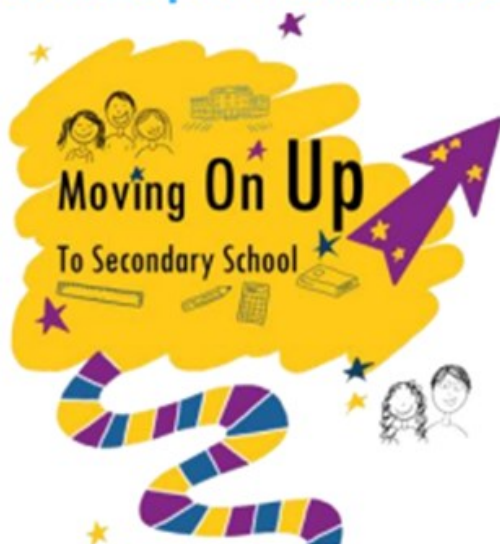
CLASS & CLASS+ Parent Transition Workshop

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 \(tickettailor.com\)](#)
or visit www.facebook.com/CLASSPlusEastSussex and
press on the parent transition booking link



Year 3 to 6

Athletics

Summer Camp

*Summer Camp
T-shirt included*



Come and...

RUN JUMP THROW

29th July - 1st August 2024

19th - 21st August 2024

10am - 3pm every day

Lewes Athletic Club, Mountfield Road, Lewes, BN7 2XG

(behind Lewes Leisure Centre)

For more information summercamp@lewesac.co.uk

Or www.lewesac/what-we-do/summer-camp