



## Park Mead Newsletter

Dear Parents / Carers

The summer term has arrived and thankfully with it some occasional sunshine and warmth!

Our Park Mead sports day is fast approaching (Friday 14 June AM) so please join us for this fun, summer term event run by Mr Elphick and his team.

We have several school trips organised for this term, which individual year groups will inform you about.

Our Skill Builder Workshops are on the morning of Wednesday 26 June, from 9am -11.30am. Many thanks to those parents/carers who have volunteered to share their knowledge and experience. I will be sending out an email with more information regarding this later this week.

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. If your work involves in health, the arts, sport, media, local government, animals, we are interested! Please contact the office for more information.

Please be aware that information about staffing arrangements and roles for the next academic year will be released very soon along with transition afternoon dates.

**We have recently had further reports of dangerous driving along Michelham Priory Road by parents/carers. Could I remind you of the importance of driving respectfully and responsibly for the safety of our Park Mead children and wider community.**

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](mailto:office@parkmead.e-sussex.sch.uk) Website: <https://pioneerfederation.co.uk/parkmead/>

## Diary

### June

14—Sports Day  
15—Dicker Day (FOPM running games and raffle fundraiser) See poster for details.  
17—Back up Sports Day  
18—Oaks Trip to Solar Farm (details to follow)  
24—Skills Builder Week  
24—Oaks Hands on History Day @ Chiddingly  
25—Yr 5&6 Football Tournament @ Chiddingly  
26—Skills Builder Workshops

### July

2—Chestnuts Visit to Lewes Castle  
25—Yr 3&4 Football Tournament @ Chiddingly  
10—Park Mead Coffee Morning @ 9.15am  
(Transition)  
18—Maples Hands on History (details to follow)  
22—Leavers Assembly @ 2.30pm  
22- Last Day of Term  
23—Inset Day

### Active Education Sussex Holiday Camps

23-26 July  
29 July-2 August  
5-9 August

### 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



# 10 Top Tips for Parents and Educators

## ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

### 1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

### 2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

### 3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

### 4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

### 5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

### 6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

### 7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

### 8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

### 9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

### 10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

## Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



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## What Parents & Educators Need to Know about

# POP-UP ADS

Pop-up advertisements have been a staple of the internet since they were first introduced in the late 1990s. This form of advertising causes a small window or banner to appear in the foreground while someone is browsing a website. Although these adverts are merely irritating for most people, pop-ups can present more severe risks to younger users.

### WHAT ARE THE RISKS?

#### DECEPTIVE TACTICS

Children sometimes don't understand that adverts (including pop-ups) are designed to sell a product – and can't distinguish between a legitimate feature of a site and an advertisement. Video games, for example, can be full of pop-up ads that tempt users into spending money, yet they might take the form of a mini-game or extra level.

#### INAPPROPRIATE CONTENT

While some adverts are targeted based on a user's interests and activity online, that isn't always the case. This means that children may unfortunately be exposed to ads for age-inappropriate goods or services such as tobacco products, alcohol and gambling sites.

#### MALWARE RISK

Most pop-ups from reputable advertisers are safe. However, in some cases, pop-ups can trick you into downloading malware – whereby cybercriminals install software on your device, allowing them to access your sensitive data. It can be difficult to know if malware has been installed on your device, so your best option is to avoid engaging with these pop-ups altogether. Be wary of sites that suddenly bombard you with ads or try to prevent you from leaving.

#### PRIVACY RISK

Many app and game developers will collect their users' personal data, such as their name, address, email address, geolocation information, unique numerical identifiers, photos and payment information. If a child clicks on an illegitimate pop-up laced with malware, all this information could be put at risk.

#### RACKING UP BILLS

If a child has access to a payment card on their device – be it a smartphone, laptop, or tablet – they could very quickly rack up a massive bill by interacting with pop-up adverts and buying products shown to them. Try to keep a close eye on their spending.

#### BEHAVIOURAL IMPACT

Research has found that pop-up ads can even have an impact on children's behaviour. Some of these adverts use manipulative tactics that take advantage of children's developmental vulnerabilities, intentionally or otherwise. This approach may cause a child's mood to shift, becoming more stubborn, for example, if they begin wanting their parents to buy a specific product for them.

## Advice for Parents & Educators

#### START A CONVERSATION

It's important to have regular conversations with children about online advertising so that they understand the risks of interacting with pop-ups. For example, if a child asks for a product which has been advertised to them online, ask them why they want it and how they found it: this will present an opportunity to talk youngsters through the tactics used in online marketing.

#### SPOT THE SIGNS

If you're concerned that a child may be following pop-up ads to make online purchases or viewing content that could be harmful, it's important to be able to spot the signs. Due to the often-manipulative nature of these adverts, children who interact with them regularly may show signs of distraction, stubbornness and an increasingly materialistic worldview.

#### MONITOR CONTENT

It can often be difficult to spot when a pop-up advert is malicious – even more so for impressionable younger users. It's important to monitor the content they're consuming to prevent them from clicking on something dangerous. If a pop-up ad seems too good to be true – promising a free iPad, for example – it probably is.

#### PRIVACY SETTINGS

Most modern devices have privacy settings that let you limit the amount of advertising a child is subjected to while using apps or browsing the internet. You may also want to speak to teachers about avoiding sites and apps with advertising, as well as adjusting digital privacy settings on any education technology they use.

#### LIMIT SPENDING

Try to stay aware of what children are spending and ensure that payment details aren't linked to or saved on the gaming platform that they use. Most video games and internet-enabled devices have settings that can help you manage what children can or cannot purchase online.

#### CUT DOWN ON SCREEN TIME

Given the prevalence of pop-up ads (which can appear on everything from smartphones and tablets to internet-connected toys and games), it might be beneficial to limit the time children spend on digital devices to curb their exposure to digital advertising.

### 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.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/pop-ups>

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# What Parents & Educators Need to Know about PALWORLD

In Palworld, players head out into an environment where they must craft items and survive alongside creatures called 'Pals'. In this sense, it's similar to Minecraft: fight monsters while maintaining a base. Palworld has sold more than six million copies and often has over two million people playing online simultaneously.



## WHAT ARE THE RISKS?

### MATURE CONTENT



While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

### VIOLENCE

Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

### SUGGESTIVE WRITING

Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

### ONLINE PLAY

Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

### DIFFICULTY

Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

## Advice for Parents & Educators

### WATCH GAMEPLAY

Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

### LEND A HAND

By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

### SET CONTENT LIMITS

As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

### PLAY TOGETHER

By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.

### PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

## Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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## 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](http://www.healthinmind.org.uk) (self-referral form on website)

Email: [spnt.healthinmind@nhs.uk](mailto: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](http://www.papyrus-uk.org)

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

## 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 8<sup>th</sup> Nov 9.15-10.45- Anxiety and Worry~~

~~Wednesday 13<sup>th</sup> March 9.15- 10.45- Sleep, food and mood~~

~~Wednesday 10<sup>th</sup> July 9.15 - 10.45- Transitions~~

For more information, please speak to Sian Leahy  
SENCO

## HAF Summer Holiday—Food and Fun

The summer holidays are approaching and [Holiday food and fun](#) is coming back!

You can find out what's available and book a place via the [HAF booking website](#).

This DfE funded programme offers a range of exciting activities for young people who receive benefits-related free school meals. Parents can check if they qualify by reading the East Sussex County Council website [Free school meals page](#).

All sessions include a healthy meal and are free to eligible young people. There is a great range of clubs spread across multiple venues in East Sussex. Activities include sport, art, theatre, forest school, animation, music, computer coding and crafts.

A small number of places will also be available to children and young people who:

- Disabled or special educational needs, including those with an Education, Health and Care Plan (EHCP)
- Children in Need (CiN)
- Referred to Children and Adolescent Mental Health Services (CAMHS)
- Young Carers
- Have a disabled sibling
- Children on a Child Protection Plan (CP) and Looked After Children (LAC)
- Refugee groups

At Easter over 2,500 young people attended HAF provision.

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.

# WHAT YOU NEED TO KNOW ABOUT THE HOLIDAY ACTIVITIES AND FOOD (HAF) PROGRAMME





## 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— 94.27%**

**Willows— 95.69%**

**Chestnuts— 95.22%**

**Maples— 94.39%**

**Oaks— 92.75%**

## Forest School Dates

Forest School dates for this term are:

Willows - 12 June

Chestnuts - 19 June

Maples- 26 June

Oaks - 3 July

Oaks - 10 July



## Willows—Forest School

Wednesday 22<sup>nd</sup> May 2024

Willows started their Forest School session today by helping to move some woodchip down to our site at the bottom of the school field. They worked together to fill up the wheelbarrow and some trays. While we were doing this we talked about where the wood chip had come from, Willows were full of questions “why is it in little bits?” and “why is it smoking?”. Once down at Forest School they spread the woodchip around on some of the more muddy areas.



The class were shown where a bird has decided to make a nest up in the roof space of our shelter. They were asked what they had to do if they were near the nest - “be really quiet”. They said this was because of the baby birds and that if they were quiet then they would be able to hear the babies.

Some of the children then chose to create their own nest except their nests were for dragon eggs instead of bird eggs. They made their eggs by decorating some stones. They wove willow together to create a circle, wedging sticks into the sides to make the bottom of the nest and then lining it with grass.



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.

There were lots of things being cooked up in the mud kitchen this afternoon. The children spent quite a bit of time transporting water from another area back to the mud kitchen. They started this with a pot that was full of holes, however they soon discovered that they needed to change the container that was being used in order to move the water successfully. When asked what they were cooking I was told - “Dormouse pancakes”.

## News from Willows

Willows have settled back into their learning with lots of enthusiasm.

We are very excited for our new topic - Under the Sea. The class have enjoyed drawing and discussing their favourite sea creatures and have made some beautiful artwork. They have also been building their own boats out of construction materials and exploring our new aquarium area.

Our butterflies hatched and were released over half term. The children have enjoyed watching videos of them being released and trying to spot them in the garden!



## News from Chestnuts

Chestnuts are loving our new topic about Castles! They have been role playing in the castle, learning about the Battle of Hastings and designing their own castle.



## Parenting Guide—Support for Parents

Please see the link below from the East Sussex Parenting Team which gives information on the range of webinars and courses they provide.

[https://drive.google.com/file/d/1\\_pL9JL5AyyybqiyeTfTDA9BmfbvjzJ60/view?usp=sharing](https://drive.google.com/file/d/1_pL9JL5AyyybqiyeTfTDA9BmfbvjzJ60/view?usp=sharing)

Examples of some courses they are running in July, August and September are:

- The Power of Positive Parenting
- Managing Anxiety and Raising Resilient Children
- Starting Primary School / Starting Secondary School
- Encouraging Positive Choices and Listening Skills
- Learning about Neurodivergent Children
- Health Sleeping
- Managing Screen Time

Plus many more ....



## News from Maples

Maples have been very busy in maths, learning about money.

The children created shops, which helped them to show off all the knowledge and skills they have learnt over the past few weeks.

They priced their products and sorted the notes and coins in their tills. Next, they took on the role of either being a customer needing to add up their shopping items or a shop keeper working out the correct change to be given.

The children took their roles very seriously and even assigned shop managers to check the tills!

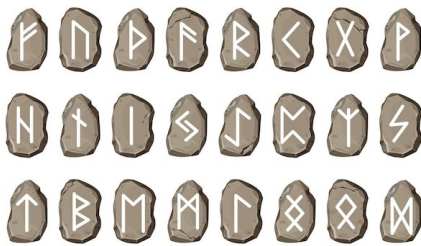


## News from Oaks

Oaks have returned ready for learning this term!

This week on the 5th June, we researched the 80th Anniversary of D-Day and why it was so important.

We are also making a great start to our Vikings topic and have enjoyed code cracking using Rune symbols. We are also designing our own longship for D&T lessons.



## Friends of Park Mead – Summer Event – 15 June 2024

This year the Friends of Park Mead Summer event will be in collaboration with the Upper Dicker Community's "Dicker Day".

The afternoon is a fun family event with music, BBQ, a bar, games, stalls and lots more. The Friends of Park Mead will be running all the usual popular fair games, plus a raffle, and your support is really needed.

- Barrow of Booze Raffle - please donate any unwanted, unopened bottles of booze that we can use to fill our wheelbarrow, which will be raffled off on the day. If you can't join us for the afternoon, tickets will be available in advance. Further details to be advised.



Please let either the Friends of the School Office know if you are able to spare an hour or two to help us run the activities.

**Dicker  
Family  
Fun Day**

BBQ · LIVE MUSIC ·  
LICENSED BAR · FAMILY GAMES  
ICE CREAM VAN · STALLS

**FREE ENTRY,  
£1.00 PARKING**

**Sat June 15th  
1pm-5pm**

The Village hall, Upper Dicker

The poster is set against a dark blue background with various colorful illustrations. At the top, there are colorful bunting flags. On the left, there's a cocktail glass with a slice of orange and a slice of lime. Below that is a yellow boombox. In the center, there's a grill with food cooking on it. To the right, there's a yellow and white ice cream van. At the bottom, there are several stylized figures of people dancing. The text is in white and yellow, with the event title in a large, white, serif font. The date and time are in a large, white, sans-serif font. The location is in a smaller, white, sans-serif font. The overall theme is festive and family-friendly.

BOOKING NOW OPEN!!

ACTIVE  
EDUCATION  
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!  
FROM ANY SCHOOL

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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SPORTS

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CRAFTS,  
MOVIES,  
AND  
MORE



# FUN FOR ALL THE FAMILY AT URFC THIS SUMMER

- SCRUMFEST | LIVE MUSIC FESTIVAL - SATURDAY 8TH JUNE
- PROMS ON THE PITCH - SATURDAY 13TH JULY
- HAPPY CIRCUS - SATURDAY 27TH & SUNDAY 28TH JULY
- FAMILY TOUCH - EVERY THURSDAY @ 6.30PM  
SCHOOL AGE & UPWARDS - ANY ABILITY
- SUMMER CAMP - 5-12YEAR OLDS, 27TH, 28TH & 29TH  
AUGUST

**NEW SEASON STARTS:  
SUNDAY 8TH SEPTEMBER 2024**

**COME & JOIN THE FUN AT URFC  
ALL SCHOOL AGE CHILDREN - EVERY SUNDAY**



Find out more at  
[www.uckfieldrugby.uk](http://www.uckfieldrugby.uk) or  
scan QR code







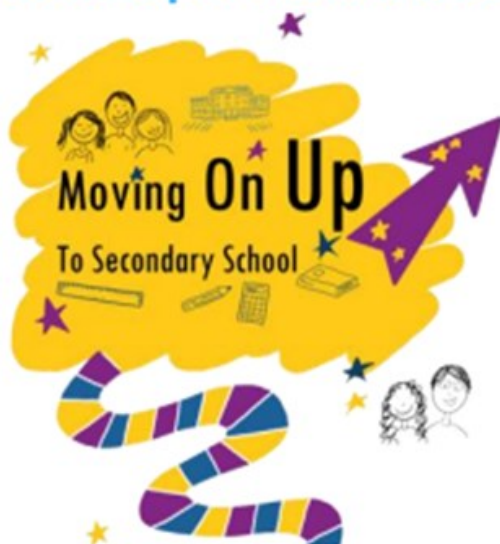
# CLASS & CLASS+ Parent Transition Workshop

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 26<sup>th</sup> April 10:00 – 11:30am~~

~~Thursday 9<sup>th</sup> May 1:00 – 2:30pm~~

~~Tuesday 21<sup>st</sup> May 7:00 – 8:30pm~~

~~Thursday 6<sup>th</sup> June 10:00 – 11:30am~~

Wednesday 3<sup>rd</sup> 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](https://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](mailto:summercamp@lewesac.co.uk)**

**Or [www.lewesac/what-we-do/summer-camp](http://www.lewesac/what-we-do/summer-camp)**



# SUMMER MUSICAL THEATRE CLUB!

Acting

Improvising

Playing games

Dancing

Singing

Writing scripts

AGES 7 - 11 YRS OLD (SCHOOL YEARS 3 - 6)

10AM - 4PM DAILY

Mon 5th - Fri 9th August

Show: 4.30pm on Friday 9th August

OR

Mon 12th - Fri 16th August

Show: 4.30pm on Friday 16th August

**Venue:** The Bridgemere Centre, 100 Bridgemere Rd, BN22 8TY

## Cost:



(Sibling discount available)

## This includes:

- Morning snack
- Lunch
- Afternoon snack

Fresh and healthy options

## Get in touch to book or find out more:

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