



# St Mary the Virgin Church of England Primary School

Hartfield East Sussex TN7 4AA

Executive Headteacher: Mr James Procter

Head of School: Mrs Jane Robinson

Email: office@st-maryhartfield.e-sussex.sch.uk



Term 3 Week 5

Friday 2nd February

## Headlines from our Head of School

### Focus on 'coming into school'

This week, I am thinking about the children who find it hard to come into school each day. For many children we know they are excited about school and love the opportunities and experiences, find the learning fun and love seeing their friends. For other children however, they have more mixed feelings about coming to school. For a small group of children, sadly, coming into any school setting causes anxiety and distress.

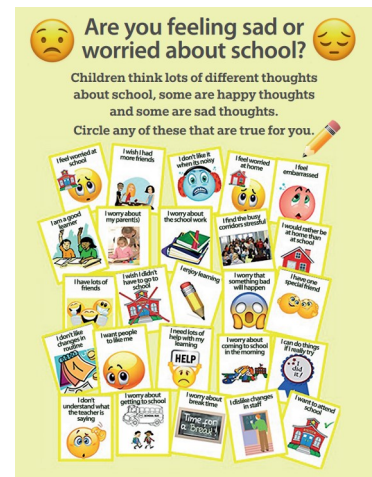
Since lockdown the phenomena of 'Emotional Behavioural School Avoidance' (EBSA) has increased significantly. Understandably as this was a significant disruption, causing feelings of uncertainty and stress. Since then, there has been much research into this and resources created to support children and families with this issue. What we now know can be used to help us ensure all children feel happy and safe coming into school. Some of the main principals that we follow are to:

- intervening early (making adjustments as soon as we see reluctance)
- working with parents as well as the child (finding out what 'push and pull' factors might be at play to make the child feel 'pulled home' and what adjustments might increase the 'pull into school')
- working in a flexible manner paying attention to the individual child and what the behaviour is communicating about what they are worried about
- emphasising the need for consistently being brought to school (not allowing the worries to become 'facts') alongside good support and adaptations within the school environment

One of the most successful and simple strategy is the use of 'micro scripts' – where the dropping parent and the receiving adult at school uses the same language to reassure and verbally show consistency and predictability from the adults around them. These are often agreed between the parents and the school, "you are safe in school, mummy loves you and always comes back" is one example. This has the added advantage of encouraging the adults to feel confident that they 'know what to say' and do not need to negotiate, promise or bribe.

If this is something you want to know more about, please come and see me or there is a wealth of information online. This particular resource is a good one for seeking child voice and unpicking what some of the barriers might be for them.

Mrs Robinson. Head of School



## Top Tips

Letters, emails and WhatsApp home:

### Selected

- \* APDR meetings
- \* Celebration Assembly

### Maple Class

- \* Sounds

### All

- \* Date clarification clubs and PTFS disco
- \* We are still awaiting consent forms, please check bags.

# THINGS YOU SHOULD KNOW ABOUT



If you need the newsletter, or any other school letter, to be in a different format, please speak with Mrs Funnell in the school office.

If you need help or support with access to any information, please also contact Mrs Funnell.

## Dates for your Diary

### January

30th: Swimming - Willow Class  
31st: Lilac Class Trip - Ashdown Forest  
31st: Collective Worship - 9:30am in church

### February

6th: Swimming - Willow Class  
7th: Collective Worship - 9:30am in church  
7th: Cherry Class Trip - Drusilla's  
8th: FGB Meeting 5:00pm - 7:00pm  
9th: Celebration Assembly - 9:15am  
9th: School Disco 3:15pm - 4:45pm  
9th: Last Day Term 3



19th: First Day Term 4  
20th: Swimming - Willow Class  
22nd: Forest School - Maple Class  
23rd: Celebration Assembly - 9:15am  
26th: Parents Prayer Meeting 2:45pm in church  
27th: Swimming - Willow Class  
28th: Collective Worship - 9:30am in church  
29th: Forest School - Cherry Class



## School Value and Weekly reflection

Each term, we focus on a Christian Value with weekly reflection in assembly and in class.

We like to develop this further by asking you, where possible, to discuss the reflection of the week with your child(ren) at home.

This term, we are looking at:



## Perseverance

This week, the children continued looking at the story of Nehemiah, focusing on how he and the people of Jerusalem rebuilt the walls of the city and how they kept going despite others doing their best to stop it happening.

They talked about not giving up when faced with a problem and how Nehemiah chose to have a positive attitude and show perseverance.

Each class then discussed how it is possible to work through challenges and to ask God for help to achieve your goals.

Have you spent time as a family looking at what challenges you, and about the perseverance needed?

## Attendance

The Pioneer Federation goal is an average attendance rate of 97%, recognizing that each school day provides opportunities for learning, as well as social and emotional development. It is noticeable when students miss school as it impacts on their progress, so we ask that you **please support us and your child by ensuring their attendance is a priority.**



Attendance this year:

**Whole school: 94.7%**

**Maple: 94.2%**

**Less than 94.9% - Red**

**Cherry: 94.1%**

**95 to 96.4% - Amber**

**Willow: 94.6%**

**96.5 to 99.9% - Green**

**Lilac: 95.7%**

**EVERY DAY  
COUNTS!**  
School success starts with  
**ATTENDANCE**

## Star Skills

Each week, one pupil from each class is identified for their 'star skills' development. Staff and other pupils share their observations of the week, which are then recognised in Celebration Assembly on Fridays. With so many developing, we choose one star skill each week for the Newsletter.



## St Mary's Star Skills

"Skills for learning, skills for life"



**Henry:** has been **aiming high** to complete every aspect of his work. He has displayed amazing perseverance when searching for different types of plants in science, working extremely hard to identify everything that he had found.

**Teagan:** is developing excellent French **speaking skills**, working well to develop her French accent and can now share several different activities that she is able to do, in French using 'je peux...'

**Ellamy:** is developing fantastic **teamwork**. She is a really good friend and knows that when there are challenges, they all need to work together, listening to each other so they can find a solution.

**Finley:** is developing wonderful **creativity** and produced a beautiful version of Van Gogh's 'Starry Sky' in art this week.

**Well done to you all!**

## Sports Awards

The PE speciality being covered this term is dance and Miss Ambrose has awarded the following children Sports Awards over the last week:

**Luca:** for coming to every lesson ready and enthusiastic. He has also taken much responsibility by agreeing to be the 'king' in the class dance!

**Joshua:** for showing great initiative in his group dance and for taking a positive leadership role.

**Bertie:** for working well within his group to produce their group dance and for helping his friends understand the class objective.

**Barnaby:** for great teamwork in the 'theme park' inspired dance routines. Barnaby comes to lesson every week with a huge smile and encourages all of his friends and classmates to do their best work!



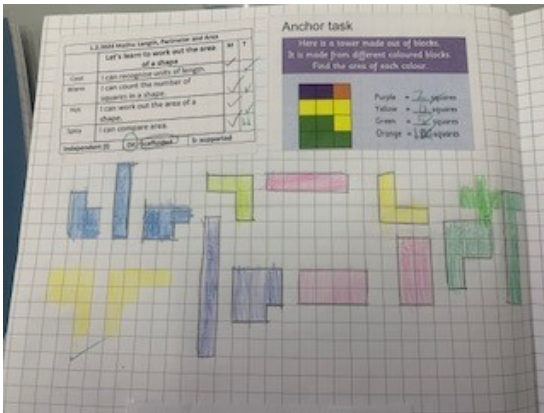
**Well done to you all!**



## A Peek inside Willow Class

This week, Willow Class have kindly given us a 'peek' at what they have been up to.

Willow Class have had a busy penultimate week of term. In maths they have been learning about perimeter and area, and they are very proud to have learnt a new mathematical term 'rectilinear,' used when describing a 2D shape that is composed of



rectangles and only has angles that are 90 degrees.

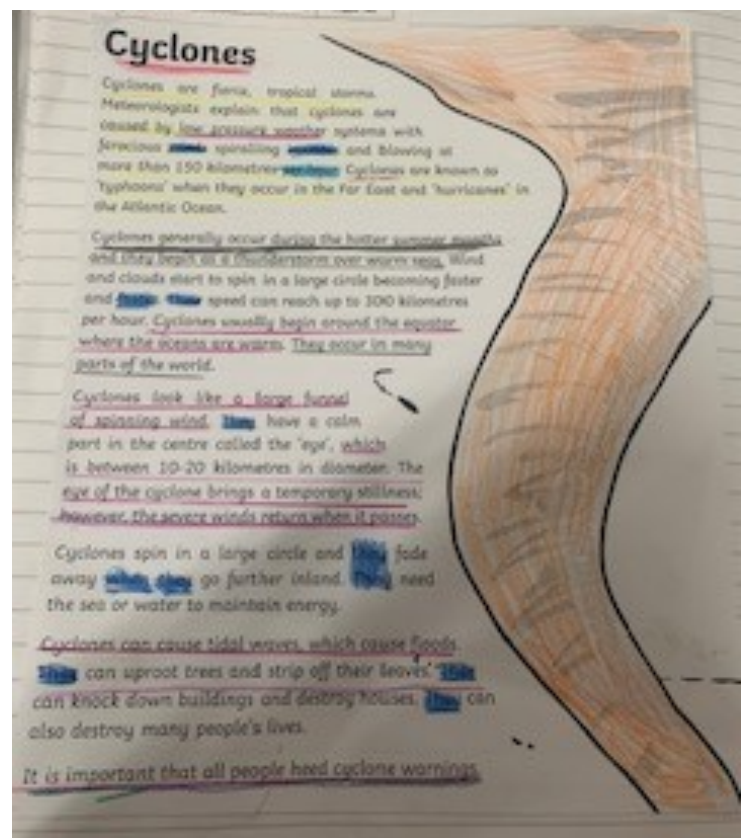
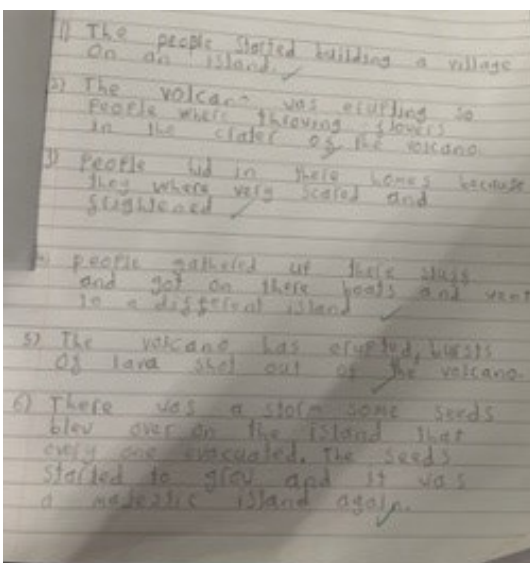
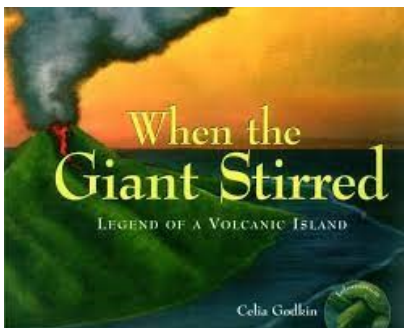
They have learnt how to calculate both the area and perimeter of 2D shapes (including rectilinear shapes) and also how to calculate area when a shape is composed of full and half squares. Miss Surtees has been pleased with the care that the children have taken when drawing



their own shapes and the discussions they have had finding the most efficient way to calculate the area. A big thank you to Mrs Mandy for such a fun maths lesson on Thursday!

In English they have been learning about 'explanation texts,' getting ready to write their own next week about volcanoes. They have compared different explanation texts and discussed what makes one more successful than another. They have worked with partners to identify key features and to highlight how technical language is used for clarity of understanding.

The class also read 'When the Giant Stirred' by Cecelia Godkin, and have 'maggied' some of her fantastic vocabulary to use in the work next week.



## A Peek inside Willow Class

In French Willow Class have been learning 'Je Peux,...' which means 'I am able to....'. The children have worked hard on their pronunciation and have shared some of the fantastic hobbies they take part in when out of school.



In ICT, they have been learning how to alter, edit and save our their work to create eye catching designs that are easy to read. They are looking forward to producing some further edited designs next week.



Willow Class have also begun to play the Ukulele! They had a lot of fun (and were quite noisy) as they learnt how to play the C major chord. The children were surprised just how sore their fingers were from pressing the string down but we definitely enjoyed ourselves!



A big thank you, in particular to Liv and Lucas, who shared their musical knowledge with us all.

## Garden Growers



Mrs Champion has started a new venture on a Thursday with the 'garden growers' group. They have made a fantastic start by weeding the flower beds in readiness for replanting.



## Lilac Class - PE

Lilac Class have been working hard through this term to produce a whole group dance and thankfully Freddie agreed to be the Newsletter's roving reporter:

*I thought the dance went really well because we all put in excellent ideas and we managed to compromise.*



*We went with the song 'Dynamite' and were able to complete it with our unique dance moves.*

*The best part was that we all had a laugh and Miss Ambrose helped us to learn anything we struggled with.*

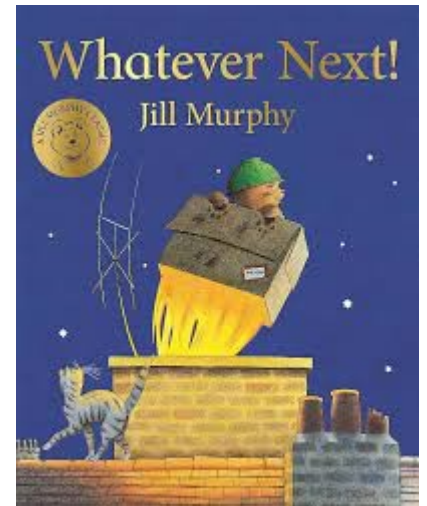
*It was fantastic.*



## Maple Class - Art



Maple Class read the story 'Whatever Next?' by Jill Murphy, and as they thought about Bear's journey into the sky looked at Van Gogh's painting 'Starry Sky'.



It was then time to put thoughts into action and produce their own version of the iconic painting.

The children created backgrounds using different blues and yellows and an exciting swirling technique with their brushes.



When the paint dried, they cut out silhouettes, using black paper to create the landscape which they then added to produce their finished masterpieces.

Well done, Maple Class!

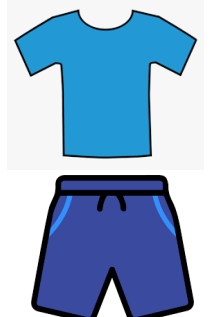
## PE Kit

We are running low on the school PE kit.  
Please check your laundry piles and if you find any (special shout out for skorts), please return to school next week.  
Thank you.



## PE Kit

With half term approaching, please encourage your children to bring their PE kits home for a good wash and return at the beginning of Term 4.  
Thank you.



## Forest School



On Thursday 1<sup>st</sup> February. Maple Class went off to Forest School and while the sun was shining it was still cold, so they wrapped up warm before heading off for their afternoon exploring the woods.



On the way some children chose to find different coloured natural materials to fill egg boxes. They noticed lots of brown and green colours around them and wondered what colours they might notice in Summer and in Autumn?

They also used their senses of hearing and smell today, to listen to the sounds around them and to smell what was in the air.



Maple got very excited to see lots of sheep, noticing them running across a field. During the walk, they also saw their first cyclists so were able to call out 'Pedal Power'.



On arrival, some children decided to swing and climb. Others chose to add to a bug hotel. The firm favourite for many children was the stream and a group made a bridge out of sticks. Lots of fun was had splashing and going on, and under the big bridge.





## **Ashdown Forest - Wednesday 31st January**

The children in Lilac Class thoroughly enjoyed their trip to The Ashdown Forest this week.



Through the morning, they took part in tree felling to support the growth of wild heather on the heath. The children used saws and loppers to cut down the trees in groups, and finished the session with a hot chocolate.

Noah decided:

*"The tree felling was my favourite bit."*



After lunch and a bit of litter picking, the children worked in teams to build dens in the forest.



Logan and Isla said this was:

*"Fun and the best bit."*

The children worked brilliantly in teams and persevered to create dens that were waterproof and windproof.

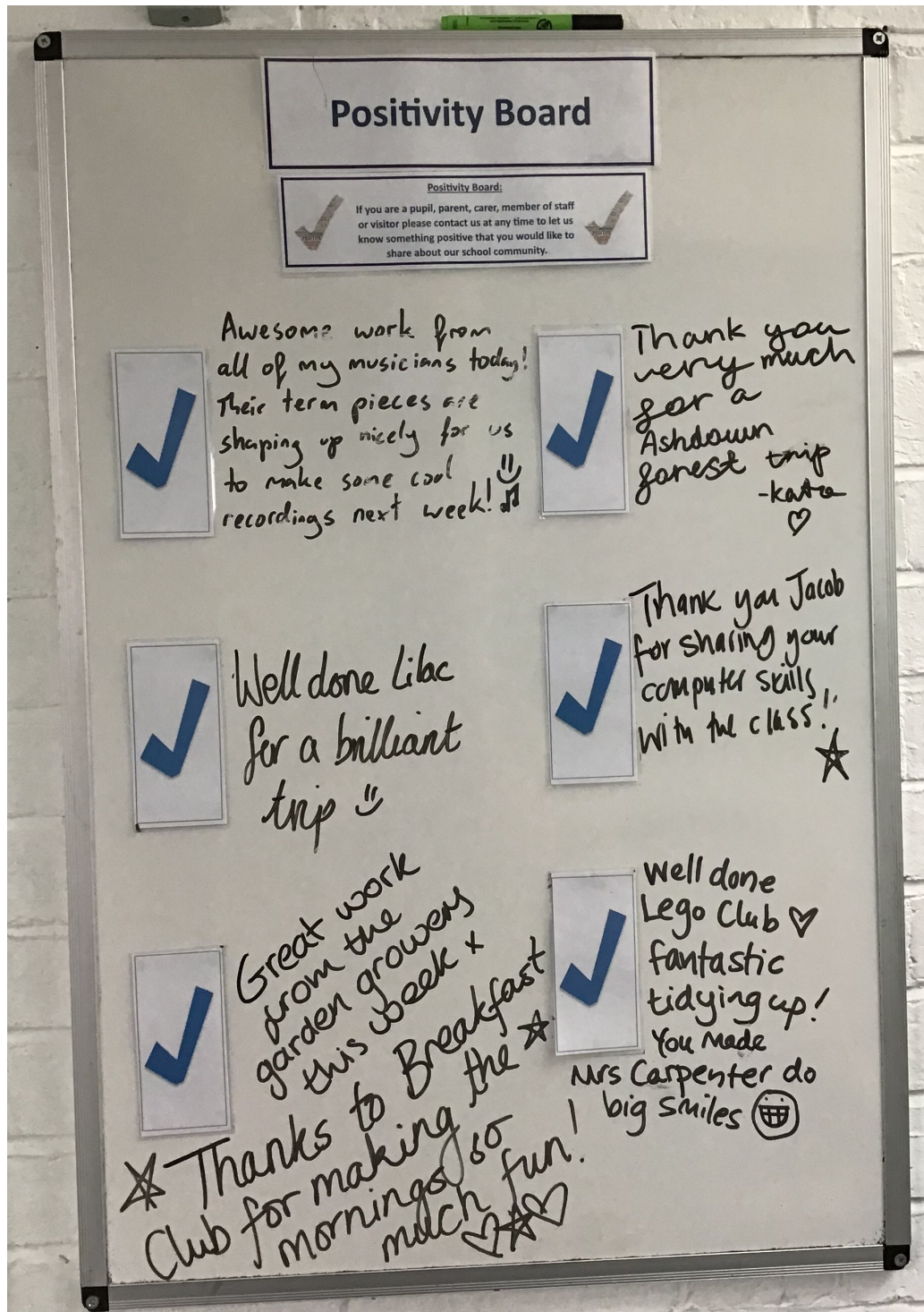


We would like to thank the staff at Ashdown Forest for this opportunity and Wealdlink for the transport.

## Positivity Board

This board enables all to write positive comments, or thoughts. From parents, carers, staff, and children to all school visitors, who would like to share with others something positive about the school, their classes, the children or events.

Please contact us or come into school at any time to let us know something that you would like to add. In the newsletter every week, there will be a picture to share and celebrate the positivity within our school.



## Wellbeing

Our wellbeing poster this week continues our look at Online Safety, digging deeper into Persuasive Design and what parents should be considering when guiding their children on the use of the internet.

# PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

### WHAT ARE THE RISKS?

#### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

#### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories, (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

#### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

#### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

#### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

#### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## KEEP SCROLLING

## WIN TO WIN

## 27 new posts

### Advice for Parents & Carers

#### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

#### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

#### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

#### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

**The National College**

**NOS National Online Safety**  
#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024

## Opportunity

You are invited to:

*'Come to the Forest School Woods at Hodore Farm this half term to tend the Children's Forest trees and play in the woods. Children to be accompanied by an adult. £25 per adult. '*

Booking: <https://www.sawpitwoods.co.uk/upcoming-events>



*@Sawpit Woods  
Hartfield*

# Friends of Sawpit Woods

*10-3pm*

## Tuesday 13th February

Join us

Join us for this community day to tend our growing trees in Sawpit Woods' Children's Forest.

Bring your gloves, energy and enthusiasm and we will play, sing, tend and mulch the trees to support and nurture them into their 4th year of growth into a woodland. Bring lunch to refuel and playful heart to share, connect and eat pancakes on our warming fire. Can't wait to see you!

£25 PER ADULT, CHILDREN FREE

Parents, carers, children, siblings and friends

[www.sawpitwoods.co.uk](http://www.sawpitwoods.co.uk)  
[sawpitwoods@gmail.com](mailto:sawpitwoods@gmail.com)



1st & 3rd Sundays, 9.30am

**SUNDAY  
Discoverers**

Dates of Sunday Discoverers  
this term

**17th December**

**24th January**

**21st January**

**4th February**

Join us for each  
Sunday  
discoverers as  
we find out  
more about  
God

For more information  
Contact Rev Julie Sear at  
[revjuliesear1@gmail.com](mailto:revjuliesear1@gmail.com) or 01892770436

## Church Activities

Please check for dates still to come and don't forget the regular Sunday services.

**Connect@5**

**14th December**

**CHRISTMAS**

**11th January**

**25th January**

**8th February**

**22nd February**

**5-6.15pm**  
Games, Food, Bible story

For more information  
Contact Matthew Marriott at  
[m.marriott@btconnect.com](mailto:m.marriott@btconnect.com)

Hartfield Village Hall

Year 5 and up

St Mary the Virgin Church of England Primary School, Hartfield, East Sussex, TN7 4AA

Tel: 01892 770221 Email: [office@st-maryhartfield.e-sussex.sch.uk](mailto:office@st-maryhartfield.e-sussex.sch.uk) Website: [www.pioneerfederation.co.uk](http://www.pioneerfederation.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

- 22<sup>ND</sup> FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26<sup>TH</sup> MARCH MANAGING CHALLENGING BEHAVIOUR
- 16<sup>TH</sup> APRIL BEREAVEMENT
- 15<sup>TH</sup> MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13<sup>TH</sup> 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](mailto:CAMHSParticipationTeam@spft.nhs.uk)

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)



A website and directory providing information about support for children and young people (0-25) with Special Educational Needs and Disabilities (SEND), and their families.



### The East Sussex Local Offer consists of:

- ➔ an information site that outlines how different SEND processes work: [localoffer.eastsussex.gov.uk](http://localoffer.eastsussex.gov.uk)
- ➔ a SEND-specific directory, listing both local and online services: [lspace.eastsussex.gov.uk/localoffer](http://lspace.eastsussex.gov.uk/localoffer)



## Opportunity



### What you will find on the Local Offer information site

- » A comprehensive resource to help guide families through learning more about SEND, finding what support is available, and the journey to diagnosis
- » Up-to-date information on services provided by the council for children and young people with SEND, including short breaks and CLASS+
- » Signposting to groups and organisations across East Sussex that offer different services and opportunities



### What you will find on the Local Offer 1Space directory

- » A range of local and online services, including activities and events, mental health and wellbeing support, schools' SEND and accessibility information, and much more
- » A map highlighting the location of local services, making it easier to find support nearby
- » Easy-to-use filters, so you can narrow down the services to only show those that are most relevant to you



### Share your thoughts with us

- » We will continue to use feedback to drive changes and improvements, making information and support even clearer.
- » Please send any feedback or queries you have, either on the information website or directory, to: [localoffer@eastsussex.gov.uk](mailto:localoffer@eastsussex.gov.uk)



Visit the website by scanning the QR code with your phones' camera

Find out more at:  
[localoffer.eastsussex.gov.uk](http://localoffer.eastsussex.gov.uk)

**Opportunity**

**SCIENCE**

BRIGHTON FESTIVAL

**HANDS-ON**

**HALF TERM**

SCIENCE FUN FOR FAMILIES

**FEBRUARY 10-18**

Find out more at [BrightonScience.com](http://BrightonScience.com)

St Mary the Virgin Church of England Primary School, Hartfield, East Sussex, TN7 4AA

Tel: 01892 770221 Email: [office@st-maryhartfield.e-sussex.sch.uk](mailto:office@st-maryhartfield.e-sussex.sch.uk) Website: [www.pioneerfederation.co.uk](http://www.pioneerfederation.co.uk)





# SPRING CRAFT FAIR

**23rd March @ 12pm to 4pm**

**20 + LOCAL vendors showcasing homemade crafts of  
sculptures, paintings, stained glass, jewellery,  
Fathers' day gifts, cakes  
and much more.**

**Refreshments available**

**Hartfield Village Hall**

**Call Paula on 07973 448494 for more info**

Made with PosterMyWall.com