



# 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](mailto:office@st-maryhartfield.e-sussex.sch.uk)



Term 6 Week 7

Friday 19th July 2024

## Year 6



## Legacy Board

Of all of the things covered by Year 6 as they move through Term 6, the work they do on their Legacy Board leaves us the longest lasting visual memory of their time with us. This year is no different and they chose to base their work on a book they had fond memory's of from their time way back in Maple Class!

How to Catch a Star by Oliver Jeffers, tells a firm story of Perseverance, which we hope is a skill the Year 6 take with them into their future with their lasting values of Love, Strength and Faith.



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

July

22nd: Last Day Term 6



September

2nd: INSET

3rd: INSET

4th: School begins for all

# EVERY DAY COUNTS!

## 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:

96.5 to 99.9% - Green

Less than 94.9% - Red

95 to 96.4% - Amber

Whole school: **94.6%**

Maple: **93.1%**

Willow: **94.6%**

Cherry: **94.8%**

Lilac: **95.4%**

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. Please bear this in mind when deciding whether to keep your child from school.

From September, East Sussex are bringing in a new Code of Conduct for Penalty Notices to address absences and poor attendance at school.

The code has been produced to comply with the regulations shared within the DoF National Framework set out in [Working together to Improve School Attendance](#) and follows research published in 2022 which found that pupils with higher attainment in KS2 and KS4 had lower levels of absence.

To incorporate this, the Pioneer Attendance Policy will also be adapted from September so please refrain from taking holidays in school time and consider days out from school and be aware that we will be adhering to the LA Code for Penalties.

## Top Tips

The last day of term is Monday 22nd July, not Friday 19th!





### **Sports Day**

Thank you to everyone who supported, planned, participated and attended Sports' Day.

It was a fabulous event with congratulations to Cuckmere, for winning the House Cup.



## Pupil Governors

The pupil governors had their last meeting of the year, which they by looking at the school's pupil voice box and talking about suggestions made by children across the school. They voted top make decisions on the suggestions made and passed these on to Mrs Robinson. These including:

- having a quiet area during play time,
- having a big school tidy up on a Friday afternoon
- having bathroom monitors.

Have made decisions the pupil governors then spent time reflecting on the year and all the exciting things they have been involved in including:

*"We did a cake sale at the beginning of the year for Children in Need.*

*We raised money for Raystede by doing a fun run and cake sale. I enjoyed the Pudsey assembly and we gave ears to the winner of the colouring competition.*

*We have adopted an elephant with Mr Black called Toto.*

*We made posters for toilets to remind everyone how to look after our toilets.*

*We made a pupil voice box so we could hear others ideas and opinions about changes in the school.*

*We met Nus Ghani and she spoke to us about things she does to help.*

*We had a meeting and asked to have school dogs again like Benny in the past. Now we have Indie and Griff for our school dogs"*

To end their final meeting, they spoke about what they had enjoyed about being a pupil governor this year:

*I've enjoyed helping the school be a better place for everybody and discussing ideas in meetings* Isla

*You get to do lots of different things and you get to help the school.* Bella

*I enjoyed helping with the bake sales and helping the school be a nice place* Dylan

*I liked making new friends* Ruby

*I enjoyed making the school a more friendly place for everybody and seeing everyone in a more positive mood* Scarlett

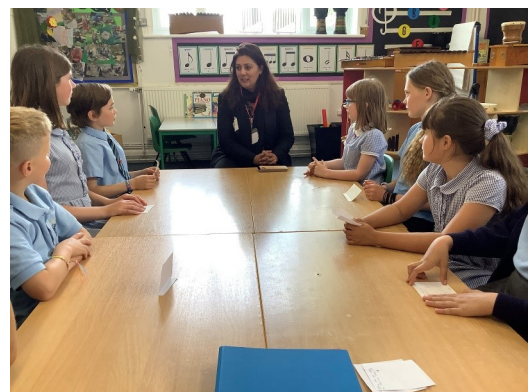
*I liked raising money for charities* Joseph

Finally, following the fun run and cake sale, we received the following message from Raystede:

*"You've raised enough money to support all the dogs at Raystede by paying for all the food they need (including prescription food!) for 5 weeks! This is absolutely monumental and we cannot thank you enough."*



Well done everyone!  
PS we got an extra thank you for raising the most  
across the Federation Schools!



## Show and Tell

As part of Cherry Class' show and tell on Friday, Ruby brought in her bird Poppy. Ruby enthusiastically shared so many facts about her and we learnt lots about cockatiels. After learning about her, Cherry Class then had a go at drawing Poppy. Ruby helped us to think about the special features including her tail features, and head feathers



## Wellbeing

With lots of changes ahead, our wellbeing poster this week looks at helping children with worry and anxiety.

Taken from [Wake Up Wednesday](#)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

## UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

## WHAT ARE THE RISKS?

## LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

## THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

## DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

## THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

## ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

## Advice for Parents & Educators

### ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

### CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

### TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

### SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The National College

@wake\_up\_weds

/www.thenationalcollege

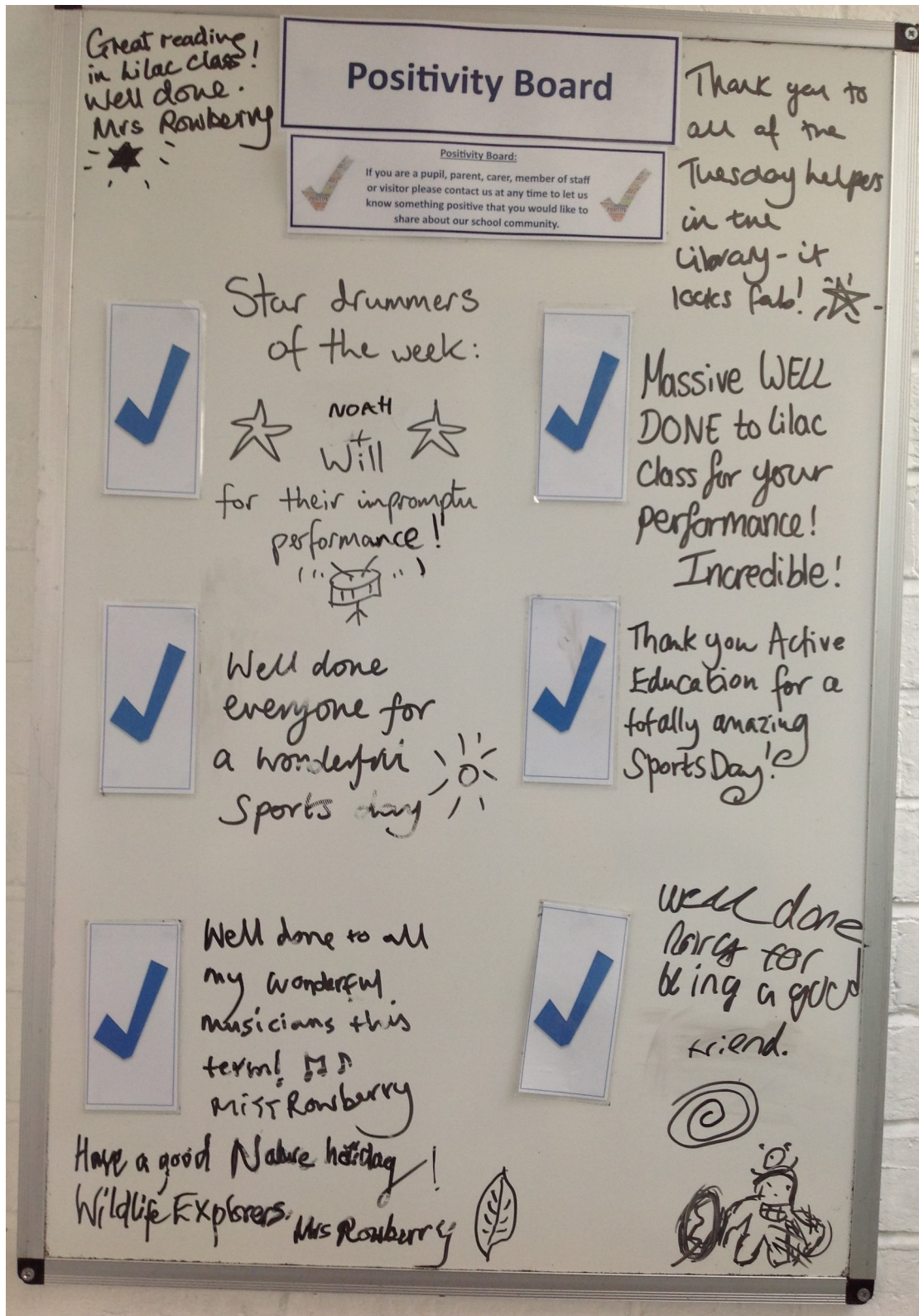
@wake.up.wednesday

@wake.up.weds

## Positivity Board

This board enables us to write positive comments, or thoughts, from parents, carers, staff, children and visitors that they would like to share with others about the school, their classes, the children or events.

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



## Summer Reading Challenge

The children had a visit from the Library Service today to learn about the Summer Reading Challenge which runs from Saturday 6th July to Saturday 7th September. To take part in the Challenge, children need to read six books of their choice that they borrow from the library or download from their e-book library over the summer holidays. They are given rewards for each book they read and a certificate and medal if they manage to complete the Challenge.

Brought to you by The Reading Agency. Delivered in partnership with Public Libraries. [Learn more](#)

**THE READING AGENCY Summer Reading Challenge**

**2,078,132** books read so far

**Marvellous Makers**

[Home](#) [Books](#) [Authors](#) [Activities](#) [News](#) [About](#) [Games](#) [Quizzes](#)

### How it works

The 2024 Challenge starts on 22 June online and in Scotland, and on 6 July in England and Wales

[Online](#) [At your library](#)

- 1. Sign up**  
Click 'Join now' to create your account
- 2. Read books**  
Set your reading goal and read anything you like! Each time you finish a book, add it to your profile and leave a review
- 3. Earn digital rewards**  
Unlock rewards for your reading including a new online badge and a certificate when you reach your Challenge goal!

### Join in NOW!

Take on the Summer Reading Challenge!

This year it is all about getting CREATIVE. Music, junk-modelling, photography, dancing, story-writing... the possibilities are endless.

Discover fantastic new books, unlock rewards along the way, and achieve something amazing this summer.

Create your profile or sign in on the home page.

[Meet the characters!](#)

### Summer Reading Challenge 2024

Delivered in partnership with libraries

## Marvellous Makers

**THE READING AGENCY** Celebrating creativity **CREATE!**

Illustrations by Natelle Quek and logo artwork by Lizzie Everard. All © The Reading Agency 2024.

For more information visit: <https://summerreadingchallenge.org.uk/>



ACTIVELY  
SAFE

# PERSONAL SAFETY & SELF DEFENCE

WORKSHOP FOR TEENS & PRE-TEENS

*Thursday 29 August  
10am-1pm (age 13+)  
2pm-4pm (ages 10-12)*

*Forest Row*



Develop your physical and mental skills to deter, detect and defend against potential physical confrontation.

- ✓ *Self Confidence*
- ✓ *Positive mindset*
- ✓ *Emotional regulation*
- ✓ *Physical self defence*
- ✓ *Situational awareness*
- ✓ *De-escalation skills*
- ✓ *Physical fitness*
- ✓ *Stress release*

*Annabel Larkin:*  
[activelysafeuk@gmail.com](mailto:activelysafeuk@gmail.com)



**NFPS Ltd**  
The National Federation For Personal Safety  
**Approved Self-Defence Trainer**

*Click /scan here to book* →



Opportunity



**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**

**FUN GIFT SHOP (CARD ONLY)**

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**WIDE VARIETY OF SPORTS**

**ARTS & CRAFTS, MOVIES AND MORE**

**BOOK NOW**

**ACTIVEEDUCATIONSUSSEX.CO.UK**

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## LOOKING FOR A JOB IN A SCHOOL?

**Teaching Assistant  
Playground | Midday Supervisor  
Examinations Invigilator  
Cover Support Role  
Behaviour Support Role  
Youth Worker  
Support Work**



**Fully Funded (FREE) – Qualified in ONLY 6 weeks – No Travel –  
Online based – Classes in school hours**

Accredited Qualifications:

- NCFE | CACHE Level 2 Certificate in Understanding Challenging Behaviours
- NCFE | CACHE Level 2 Certificate in Understanding Safeguarding and Prevention.

Progression to an ONLINE Level 3 Teaching Assistant Course FULLY FUNDED



Online Session with x1 webinar per day Mon - Fri: 9:30am – 11:30am

**Please go to [www.studysmartuk.online](http://www.studysmartuk.online) or scan the QR  
code for more information and details of how to register.**

**Contact Adam: 07534 175 965**

**[adam.shearer@aspireeducationacademy.co.uk](mailto:adam.shearer@aspireeducationacademy.co.uk)**

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# Meet



www.peppapig.com

# Peppa & George

Peppa Pig and George  
are joining us on the  
farm at intervals on  
8th August 2024



Pre-book your farm attraction tickets from **£6.45pp\***

\*Booking fees apply. Under 2s go free. Tickets not included in memberships



@sharnfoldfarm



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thefamilyparksgroup.co.uk/sharnfold  
sharnfoldfarm@thefamilyparksgroup.co.uk  
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## Opportunity



# Visit Planet Golf this summer for.....

- 🏌️ Glow in the dark, space themed minigolf!
- 🏌️ A great day out for the family or fun with friends!
- 🏌️ Great value at only £7.95 per player!
- 🏌️ FREE same day second round making great value AMAZING!
- 🏌️ A beautiful waterside location in Sovereign Harbour, Eastbourne with many boats, bars, restaurants and an Urban Beach to keep you entertained
- 🏌️ FREE parking at The Waterfront, Sovereign Harbour
- 🏌️ Under 2s and Carers playing for FREE
- 🏌️ An all weather, air conditioned venue
- 🏌️ A Creative Kids competition with some really great prizes including a Nintendo Switch Lite!
- 🏌️ Outstanding customer service from our fun and friendly team plus we have an old school SNES and we'll let you play Mario Kart!!



[planetgolf.uk](http://planetgolf.uk)

# Welcome to Holiday food and fun

## FREE for children on benefit-related free school meals ...

A range of activities and food is available during school holidays at our Holiday food and fun clubs. It's a great opportunity for children and young people to enjoy a range of fun things to do.

## Six weeks of food and fun!

For six weeks during school holidays throughout the year (Easter, summer and Christmas) local clubs will be serving up a menu of activities for children and young people of all ages, plus there's food to enjoy too.

Activities may include sports, games, arts, crafts, music, and nature although these will differ from club to club.

Many clubs can offer families advice and recipes for cooking healthy meals on a budget. Sometimes the young people get to try them out at the club.

## What's on offer

Check our [events list](#) to find a Holiday Food and Fun club near you.

Each club takes its own bookings.

## Need help booking?

Our events list and booking system has been tested for users of assistive technology. We know that some images on the system may not include alternative text. Read the [accessibility statement](#).

If you need help booking a place, please contact us.

Telephone: 07923 382464 or 07512 449389

Email: [HAF@eastsussex.gov.uk](mailto:HAF@eastsussex.gov.uk)

## Is it FREE?

It's free for school-aged children and young people who receive benefits-related free school meals. A small number of places are available for other eligible groups.

Contact the [HAF team](#) to find out more. Additionally, some clubs also offer paid places alongside HAF-funded ones. The charges may differ from club to club.

There is also help and advice on benefits available to families:

# SUMMER SERVICES

## *St Mary's*

### Sunday 7th July

9.30am Holy Communion

### Sunday 14th July

9.30am Morning Woship

### Sunday 21st July

9.30am Holy Communion

**From 28th July we will be providing a breakfast from 8.30-9.15am, followed by our Sunday services from 9.30-10.15am**

### Sunday 28th July

8.30am Breakfast

9.30am Songs of Praise

### Sunday 4th August

8.30am Breakfast

9.30am Holy Communion

### Sunday 11th August

8.30am Breakfast

9.30am Morning Worship

### Sunday 18th August

8.30am Breakfast

9.30am Holy Communion

### Sunday 25th August

8.30am Breakfast

9.30am Morning Worship

### Sunday 1st September

9.30am Holy Communion



**Website**  
**Hartfieldchurch.org**



We would love to see you and your pets for a  
**Pet Service of Thanksgiving  
and Blessing**

taking place in the grounds of Holy Trinity  
Church, Colemans Hatch  
on  
**Sunday 1st September at 11am**

To ensure that no pets are harmed, we politely  
request that dogs are on leads and small pets are  
safely in baskets.

If your pet can't come, you are welcome to bring a  
photo or your cuddly pet toy with you instead.

Horses and sheep welcome too.

To find out more, please contact Donna Dewar:  
01342 326424

*Refreshments afterwards for both pets and  
humans.*



Invitation from St Mary the Virgin Church

# Let's have a Picnic

We are arranging a picnic on the croft in Hartfield on Tuesday evenings throughout the summer holidays with games organised for the Children

From 23rd July - 27th August  
5.30pm - 8pm

Please bring a picnic with you

We look forward to seeing you there!



**Opportunity**

Music in Country Churches, a charity which promotes concerts of beautiful music in our splendid country churches, will bring the award-winning choir Tenebrae to Holy Trinity Church, Colemans Hatch on Saturday, 20th July.

As part of the mission of MICC is education, in the afternoon between 2pm and 3pm they intend to provide an interactive workshop for children aged between 7 and 11 years. The children will need to be accompanied by their parents for the hour and should arrive at Holy Trinity Church at 1.50pm. Parking is available on the day in the field next to the church –



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