



The Parkland Federation

Aim High, Work Hard, Dream Big

xiè xie 谢谢 - Thank you in Chinese



18th March 2022

Dear Parents and Carers,

Welcome to the penultimate newsletter for Term 4. It has been wonderful to have such fantastic weather the past week to go with the fantastic learning evidenced around both schools. This week we have had fun with Science as we look to promote children's understanding of the importance of this subject as well as how budding scientists can channel their passions into careers in the field of Forensic Science, Psychology, Medicine, Pharmaceuticals, Environmental Science and so much more. We loved seeing their Science Day costumes today too, so a big thank you to everyone for making the day such a huge success, including Mrs Carver and Miss Timms who Lead Science across The Parkland Federation and Miss Gibbs, who is our Science Technician. We hope you enjoy the photos later on in the newsletter.

Please see the following link for the Family Grapevine Magazine. This has some great ideas for days out in East Sussex this Spring as well as other useful tips and information: [Family Grapevine Magazine](#)





EYFS

Reception has had a very busy 2 weeks learning all about 'The Three Little Pigs'. The children have enjoyed creating their own houses using clay with Mrs Deaves. They were INCREDIBLE!

We've been enjoying some nicer weather in our outdoor area and observing some of the beautiful flowers that have begun to grow in our flower beds. The children enjoyed planting some sunflower seeds which we look forward to seeing grow. We had a great time dancing as part of Challenge 13 and learnt lots of great new dance routines. We also enjoyed Science week where we explored lots of different new skills!

Congratulations to our Stars of the Week, Beatrice & Joseph (Kerr) and Mason & Freya (Inkpen) - also to our Dojo winners, Alfie & Lily (Kerr) and Joe & Jaxson (Inkpen)

Year 1

Year 1 have had a fun few weeks! They did an amazing job with their Challenge 13 task - singing for 13 minutes! Some children also took this as an opportunity to show off their dance moves! The children had a fantastic time during Science Week. They measured themselves with string, made their own seed bombs and even created their own slime for the Gloopy Gloop Company! They especially loved testing their slime to see how long it could stretch. The children have also been noticing the signs of Spring and produced some wonderful drawings of the tree we have been observing since the Autumn.

Congratulations to our Stars of the Week - Jackson and Amelia (Donaldson), Eliza and Emilia (Shireen) - also to our Dojo winners - Clara and Daisy (Donaldson), Lexie and Cody (Shireen)

Year 2

The Year 2 children have spent the last week immersed in Science! We have conducted experiments, tested a hypothesis and explored a range of investigations. The children had a fabulous time making slime and creating seed bombs. Their seed bombs will be coming home with them this week, so make sure you plant them somewhere that needs a splash of colour!

We were incredibly lucky to share a morning with a visitor who taught us all about The Great Fire of London too. We were immersed in a drama workshop reliving the fire and performed a stunning ribbon dance to the well known song 'London's Burning'. Thank you to all of the parents that supported us to put on this wonderful activity!

Congratulations to our Stars of the Week Lillie & Athena (Santat) & Caitlin and Madison (Beaty) - also to our Dojo winners Koli & Pallavi (Santat) and Skye & Amelia (Beaty)



Year 3

Year 3 has been developing their knowledge and understanding of the world through research and investigation. They have explored the coast and marine conservation as a part of our In Bloom Competition. They have identified facts about natural disasters as part of our geography topic. Also, in science week they explored and investigated 'growth'. The children have enjoyed demonstrating their understanding through poster making, science experiments, stories and collage. A few favourites this week included making slime, dancing raisins and designing an alien!

Congratulations to our Stars of the Week Sophia & Danny (Harrison) & Amelia & Isobel M (Woodson) - also to our Dojo winners Barney & Emelia (Harrison) & Sophie & Archie (Woodson)



Year 4



Year 4 has been hard at work making toothpaste. Using a set of ingredients, they worked together to create their very own brand of toothpaste. Once they had created their toothpaste, they then tested it by trying to dissolve a stain to see how effective their toothpaste was. All of the children worked really hard and created some fantastic toothpaste - Well done!

A massive congratulations must go to Year 4 for their fantastic work with the Challenge 13 task. The pupils all took part fantastically well and put their all in for this wonderful cause. Thank you Year 4 for all of your efforts. You are all such a huge credit to Parkland.

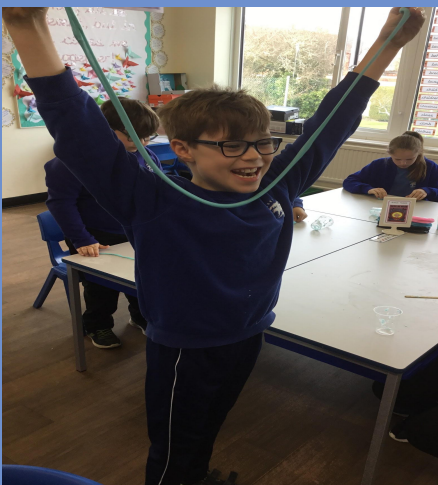
Congratulations to our Stars of the Week, Sienna and Ethan (Walliams) and Alexander & Henry (Blackman) - also to our Dojo winners, Jack and Ethan & Olivia-May (Blackman)



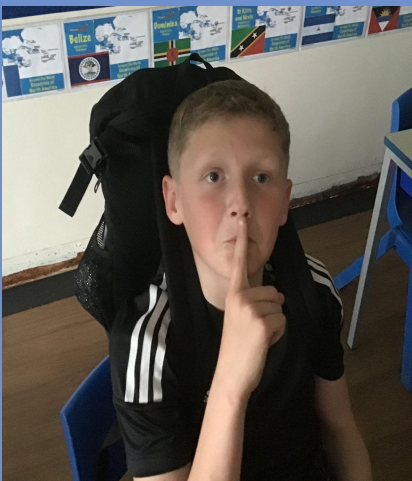
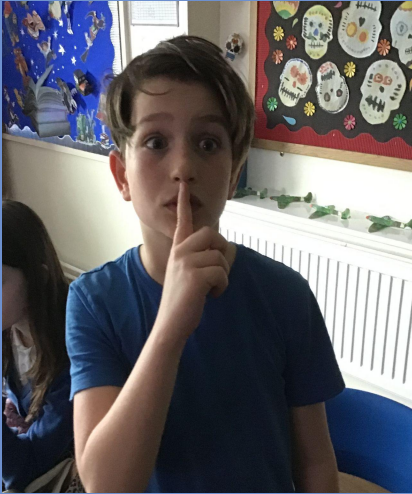
Year 5

Year 5 has been very busy during Science Week! We have planted our very own sunflowers and we will be watching them to see how they grow over time. We made our own slime using everyday ingredients - it was great fun to watch the mixture change form and play with it! We also did an investigation whereby we found out whether it was true that taller people had bigger feet! We measured our height, then drew round our feet and measured them. We compared our results with other people in the class and came to the conclusion that it was true! We made our own posters for a special competition all about this year's theme which is growth, and to top it all off, we made our very own creature that could live on Mars! We thought about the features of Mars and what it would need to survive! We have had such an exciting week! Well done, everyone!

Congratulations to our Stars of the Week: Jay and Tag (Wilson) and Nevaeh A and Evie (Zephaniah) - also to our Dojo winners: Bridie and River (Wilson) and Nevaeh A and Jayden (Zephaniah)



Year 6



Year 6 has been hard at work over the past fortnight. Not only have they been comparing the Ancient Egyptians with the Mayans but have also designed, made and painted their own Mayan masks.

For their Challenge 13 task, the pupils all took part in a 13 minute silence. It was absolute bliss in both classrooms and we know the children were proud of this achievement for such a wonderful cause.

This week, they have carried out a variety of fun science investigations and experiments including making slime, planting sunflower seeds and measuring feet!

Congratulations to our Stars of the Week - Lottie and Ana (Rosen) Megan and Lily-May (Mian) also to our Dojo winners, Kai and Ted (Rosen) & Emily and Jacob M (Mian).

This week's attendance:

Excellent attendance at school allows a child to have the best possible start in life. All pupils should aim for at least **97%** attendance in order to ensure they do not miss out on their education.

Inkpen Class (YR) 94%	Kerr Class (YR) 94%	Shireen Class (Y1) 92%
Donaldson Class (Y1) 93%	Santat Class (Y2) 93%	Beaty Class (Y2) 93%
Harrison Class (Y3) 95%	Woodson Class (Y3) 93%	Walliams Class (Y4) 91%
Blackman Class (Y4) 90%	Zephaniah Class (Y5) 91%	Wilson Class (Y5) 93%
Mian Class (Y6) 94%	Rosen Class (Y6) 92%	The Highest Attendance Award goes to Harrison class . Well done!

SCHOOL COUNCIL



School Council Update

Our 'Citizen of the Fortnight' at the Junior School is Lauren from Blackman Class for confidently representing our school and always being a fabulous role model! Well done, Lauren!

Our 'Citizen of the Fortnight' at the Infants is Daisy in Donaldson for always being a kind and caring friend to all the children at the Infant School. You are a great role model, Daisy! Well done!

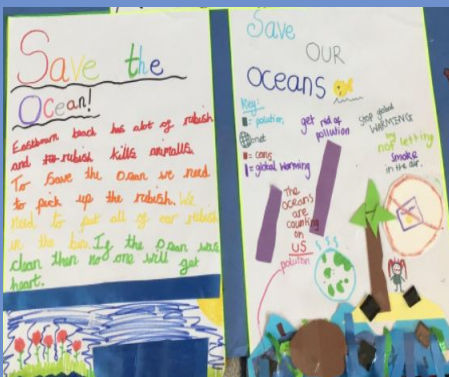


Eco Committee Update

Our **Eco tip** this fortnight is to enjoy a **Meat free Monday**. This will benefit your health as you enjoy some delicious vegetables. It also benefits our planet greatly as it reduces the amount of greenhouse gases that impact the environment negatively.

IN BLOOM COMPETITION

Recently, selected pupils from both the Infant and Junior School participated in the '**In Bloom Competition**' at the Town Hall. As part of our competition entry, we learnt all about the impact of pollution on our beautiful coastline. We then used ideas around the sealife and our coastline to design a flower bed. Three chosen designs were then taken by the children to the competition with all of the other work that we had done linked to our coastline. We loved presenting our designs and meeting children from other schools. A huge well done to everyone for taking part.



Parkland Infant Science Week

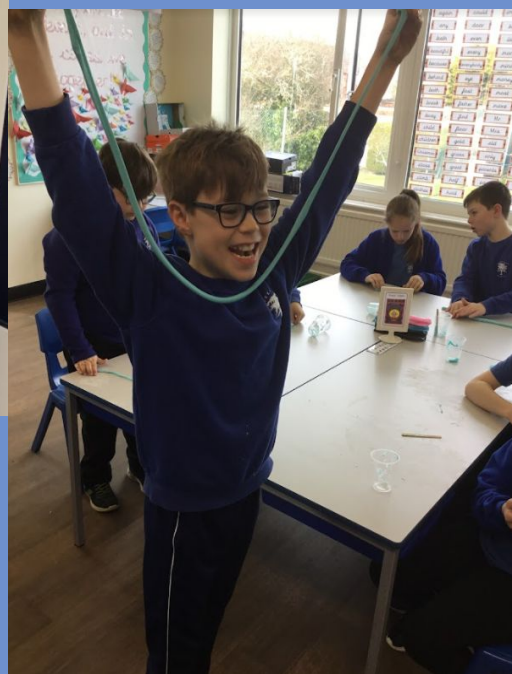
At the infant school this week, we have been talking about growth, making slime, making seed bombs and testing out Miss Timm's theory of 'the taller you are the older you are'. The children had to investigate and come up with a plan to prove her hypothesis and accept or reject it! The children have had a great time throughout the week. Thank you to everyone who has been involved. We have been so impressed!



Parkland Junior Science Week

In the Junior school we have been planting seeds, making slime, measuring ourselves and seeing whether taller people have the biggest feet. Thank you to everyone who has been involved.

A very special thank you to Miss Gibbs who is our Science Technician and has spent the week collecting and delivering our resources.



Term 5 Club News

We are pleased to announce that Skate Club will be returning to The Parkland Federation from **25th April 2022**. This club is run by Mr Wheals of Sk8. Please see a link below with lots of information about the club and how to book. All bookings will be taken by Sk8.

[Skate Club Booking Link](#)



Albion Football Club

It will soon be time to book up for the Summer Term. Links will be coming out soon so that you can book directly with Albion. Please note the poster within this newsletter, for Easter Holiday Football Club.



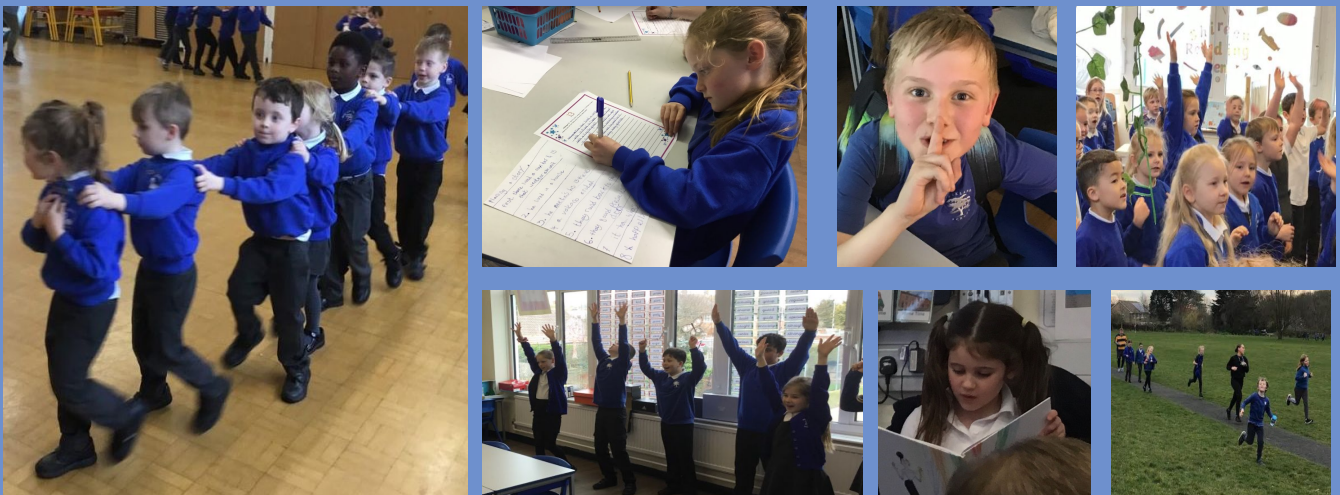
**Albion in the
Community**

Animal Club and Computer Club

We will be in contact soon regarding the next group of children to attend our Animal Club. We also hope to release details of a new Computer Club, led by our Computing Specialist, Mr Johnson.



On Friday 11th March, The Parkland Federation took part in **Challenge 13 Day** to raise money and awareness for the Sands Charity. The children completed different challenges to do with the number 13. We had silence in Year 6, sprints around the track in Year 4, story writing in Year 3, sweet singing in Year 1, reading in Year 2 and dancing conga lines around the school from EYFS. As a Federation, we raised £283. Well done to all the children and thank you for your generous donations!



Breakfast Club and After School Club Bookings

Our Dahl Studios are undergoing a facelift at the moment and are looking great! We use this area for Breakfast Club and After School Club as well as for group work during the day. We are looking forward to sharing some photos with you soon...

Please remember to book your child into Breakfast Club and Afterschool Club if you would like to utilise this facility. We use these bookings to allocate the correct staffing levels, so **if you do not have a booking, unfortunately we will not be able to take your child.**

DON'T FORGET

Mental Health and Wellbeing Support



PARENT WORKSHOPS



A polite reminder that bookings for our parent workshops, run by fully qualified mental health practitioners, will be closing soon. There are a few spaces still left. If you would like to book a place, please use the link below or contact alison.das@swale.at who will be able to confirm a place for you.

`Understanding Anxiety` - Tuesday 29th March from 1:30pm to 2:55pm

<https://www.eventbrite.co.uk/e/276849382957>

`Understanding Sleep and Healthy eating` - Wednesday 30th March from 9.00am to 11.00 am.

<https://www.eventbrite.co.uk/e/276919241907>



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team

Me and My Mind are also offering webinars. The first one is called: **Supporting Children and Young People with Low mood. This will be - Thursday 5th May 2022 10am - 11am** This is an online 1-hour workshop on understanding how mood and how it looks like for a child. The workshop includes strategies to help Parents and Carers to manage low mood at home.

This webinar can be booked using the following link :- [book tickets supporting low mood webinar](#)

Local Support for our Families



Holding Space
A SAFE SPACE FOR YOU TO CONNECT

✉ contact@holdingspace.org.uk
☎ 07922 851207
🌐 www.holdingspace.org.uk

Holding Space

MENTAL HEALTH
SUPPORT
FOR PARENTS, CARERS
AND FAMILIES

Holding Space is an amazing local charity that support parents, carers, children and young people who are struggling with their mental health. Here is what they provide: -

Parent Coffee Mornings

An informal, café style group for parents to meet, chat and connect with one another. A safe space where you can talk about anything. You can share as much or as little as you like. We have a laugh and a cry! Our group is facilitated by trained volunteers; some with lived experience.

Walk and Talk Sessions

These are informal sessions and are a great way to get some fresh air, gentle exercise, meet other parents and chat at the same time.

Regular Telephone Support

We provide regular telephone support to parents and carers with our trained volunteer team.

Information & Education

We believe that empowering and educating families is paramount to understanding and managing mental wellbeing. We run a number of courses and workshops around different topics relating to mental health and wellbeing.

Early Morning Routines

Please be reminded that if you would like to talk to your child's class teacher, our doors are always open at the end of the day. Teachers are busy working with groups of children from 8.40am, so if you have an urgent message for the teacher, please pass this onto a member of the Leadership Team who are available on site each morning. Alternatively, you can leave a message with the office who will pass this on if urgent. Thank you in advance for your support.

Thank you



Safeguarding Information

There is a wealth of information on the childline website that is child friendly and can help with many of the worries children are faced with each day.

<https://www.childline.org.uk/kids/>

There is also a page that supports children and parents who may be worried about current world conflict

[Childline - World Conflict](#)



Support for People Currently Caught in Conflict

Our thoughts are with families currently caught up in conflict around the world. Like our staff team, we know that there are many other members of our school community who would like to help. There are several ways that you can do this. The first is through a Just Giving page: [Just Giving Page Link](#)

There is also a Facebook Page for a local charity called Rainbow Wishes which is regularly updated with ways that you can support. [Rainbow Wishes Facebook Link](#)

Another way you can support is through [Elite Lettings](#) in Eastbourne who are collecting donations of dry food (cereal, rice, pasta etc) and canned goods as well as blankets, nappies, batteries, toiletries and torches. They have already made three successful deliveries to Poland and have a fourth planned for next week in support of refugee families. [Elite Lettings can be found at 5 Gildredge Road, Eastbourne. BN21 4RB](#)

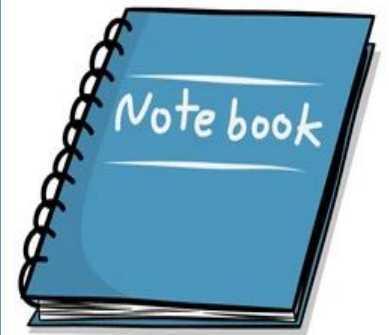


Thank you

Important Dates and INFORMATION

Diary Dates

23rd March 2022	Class Photos across The Parkland Federation - (Van Cols) - school photographers. Please remember to dress smartly in school uniform
29th March 1:30pm to 2:55pm.	'Understanding Anxiety' workshop for parents
30th March from 9.00am to 11.00 am.	'Understanding Sleep and Healthy eating' workshop for parents
Wednesday 30th March	Open Afternoon to look at your child's work after school
Before the end of Term 4	Please ensure you activate MCAS (My Child At School) App.
1st April 2022	Last day of Term 4 (FOPs Mufti)



Thank you!



BRIGHTEN SOMEONE'S DAY ONLINE

Tiny actions can have a huge impact. Here are our suggestions for making someone smile online!

VIDEO CALL A RELATIVE

SHARE UPBEAT PLAYLISTS

SHARE A FUNNY POST

SHARE THROWBACK PHOTOS

BE KIND IN THE COMMENTS

PLAY GAMES WITH MATES

SEND A KIND MESSAGE

SEND HAPPY VOICE NOTES



Share posts FROM YOUR FAVOURITE CHARITIES

COMIC RELIEF

RED NOSE DAY



National Online Safety®

#WakeUpWednesday

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE 4

Upsetting content can make us feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR EMOTIONS 6

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS 7

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.ofcom.gov.uk/news/2020/09/09042020> | <https://www.wildfire.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



SOCCER SCHOOLS

BRIGHTON & HOVE ALBION SOCCER SCHOOLS



HOLIDAY FOOTBALL COURSES FOR ANYONE
AGED 5-13. ALL ABILITIES WELCOME.

BOOK ONLINE NOW



Easter holiday

Brighton // Hove // Worthing // Eastbourne
Chichester // Hassocks // Horsham // Uckfield

All sessions
will adhere to
government and
FA protocols to
prevent spread
of Covid-19.

🔗 **Scan here to book, [click here](#) or visit: albioninthecommunity.org.uk**

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL Tel: 01273 878265.
Company limited by guarantee in England and Wales (No. 5122343). Registered charity in England and Wales (No. 1110978).



FAMILY FUN



Family Fun Bouncy Castle £6.00
Wednesday 6th April
10:00 - 12:00

Family Racket Sports £6.00
Tuesday's 5th & 12th April
12:30 - 14:30
Wednesday's 6th & 13th April
12:30 - 14:30

Egg Hunt & Crafts Adventure
£7.50
Thursday 14th April
10:00 - 12:00

Tennis Fun £6.00
Friday 8th & Monday 11th April
10:00 - 12:00

USA Dodgeball £6.00
Monday 4th April
Tuesday 12th April
10:00 - 12:00

Little Tekkers Football £4.00
4 - 6 Yrs.
Tuesday's 5th & 12th April
16:00 - 17:00

Football Fun: £6.00
Monday's 4th & 11th April:
12:30 - 14:30
Wednesday 13th April
10:00 - 12:00
Friday 8th April - 12:30 - 14:30

SPORTS CAMPS

- SUPERVISED
- GAMES
- TOURNAMENTS
- 7 - 12yrs UNLESS STATED
- FROM £4 PER SESSION
- PRE-BOOKABLE

*Family Fun Racket Sports are non-supervised, prepay & play! Activities available will be Table Tennis, Badminton & Short Tennis. This cost of £6 is per family of four.

*Bouncy Castle Family Fun (children aged 3-8 yrs.) will be supervised but parents must stay the duration. Why not get involved with crafts making that will be set out too!

*Easter Egg Hunt & Adventure will consist of Clue solving, Egg finding & Egg eating! Your child will be eating chocolate eggs. If your child has any allergies, please declare this directly to our staff on 01323 509859.

*Tennis Fun sessions will be supervised, learning the basics of the game with fun drills, skills and matches along the way!

*USA Dodgeball is all about Ducking, Diving, Moving, Catching, and Throwing! With our FOAM PVC coated Dodgeballs, every moment will be remembered in this fast-paced action sport & extremely fun session!

* Football Fun sessions will run fun drills, skills, games, and tournaments

Hampden Park Sports Centre
Brodrick Road
Eastbourne
BN22 9RQ
01323 509859

 **sport**
EASTBOURNE 

*All dates are subject to change

www.theparklandfederation.com