



The Parkland Federation

Aim High, Work Hard, Dream Big

If you see someone without a smile, give them one of yours

3rd February 2023

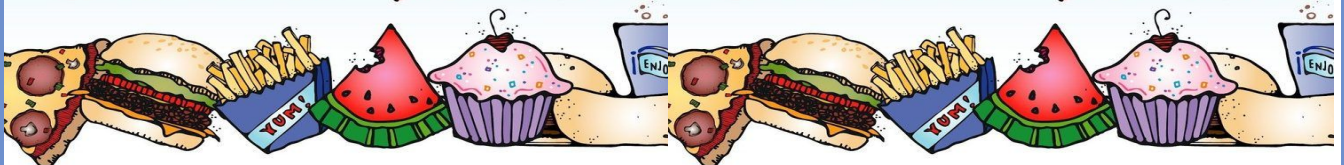
Dear Parents and Carers,

Welcome to the final newsletter of Term 3. We hope you have been enjoying the drier weather and that you are looking forward to the Spring.

We are always keen to make sure we communicate with parents in the best way possible, whether that's by showcasing the amazing work that your children do or passing on information that we think is helpful. With that in mind, we have started to look into putting information for parents on our very own school Facebook page. If you have allowed photos of your child on social media you may see some of the work they do posted there as well as any important updates about events etc. We will never post the names of the children when using photos. If you have any concerns or are unsure about photo permissions then please get in contact with the office.

Don't forget to complete the link to our current survey regarding our school dinner offer. Please let us know your thoughts: [School Dinner Survey](#). The survey will close on the final day of Term 3 next week, so make sure your voice is heard.

School Lunch School Lunch





EYFS

Reception have had a fabulous few weeks learning about Chinese New Year. The children had a special visitor called Pi-Shu who came all the way from China to teach us about some Chinese culture and the celebrations that take place. The children have loved making lanterns, trying new foods and learning about Chinese New Year. This week, we've also been learning about 'The Three Billy Goats Gruff'. We have designed trolls, made story maps and been adding and subtracting goats. The children have loved acting out the story with their friends and we have had lots of 'trip trapping' over our garden bridge. Well done, Reception!



Congratulations to our Stars of the Week, Roman & Grace A (Kerr) Elsie and Emily (Inkpen) and also to our Dojo winners Arlia & Luke (Kerr) and Austin and Charlie (Inkpen)

Year 1



What an exciting few weeks Year 1 have had! They all looked amazing dressed as explorers for Arctic Day. The children made their own passports and had their boarding passes ready for the plane. A few children even got delayed at customs due to sneaking animals onto the plane! Luckily we made it there and back to the Arctic in less than two hours and even met a real BA flight attendant on the plane. The children have been inspired by their new non-fiction text in English and have had a go at creating their own fact books. In Art, they have been creating penguin pictures using their knowledge of tints and shades and in PE they have practised different rolls. What a busy bunch!



Congratulations to our Stars of the Week: Jenson & Louie (Donaldson) and Isla & Tyler (Blake) also to our Dojo winners: Tyger & Teddy (Donaldson) and Arlo, Archie & Connor (Blake).

Year 2

During the last two weeks, Year 2 have been having a fabulous time creating their William Morris inspired prints. They were able to use an ink roller to create a repeating pattern. In preparation for our History topic on The Great Fire of London, we have had a visit from East Sussex Fire and Rescue Service. They have amazed us with their equipment and taught us some useful life lessons in keeping safe. It has been wonderful listening to the children's thoughtful questions. During PE with Brighton & Hove Albion, we have been able to develop great team-working skills, resilience and co-operation.

We have ended the week by celebrating NSPCC Number Day with an array of number activities whilst also raising money for charity! Well done, Year 2!

Congratulations to our Stars of the Week Riley & Thomas (Beaty) and Matilda & Olivia (Santat) and also to our Dojo winners Emilia & Lexie (Beaty) and Disath and Piper (Santat)



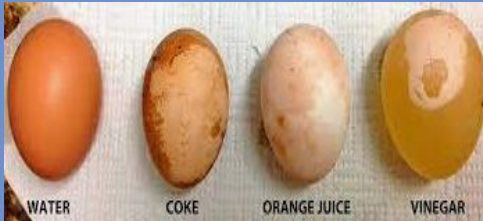
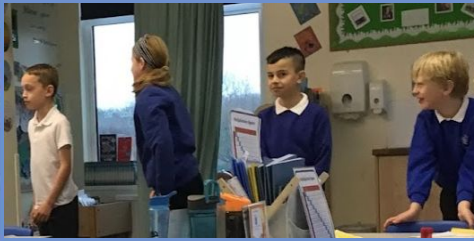
Year 3

Geology rocks! Over the last two weeks, Year 3 have become budding Geologists. They have been investigating the permeability of different rocks and conducting experiments to explore this. In English, they have been creating some explosive volcano descriptions and have created some amazing pieces of work. We have carried our eruptive theme over into History where we have focussed on Pompeii and added a bit of drama into the mix with a reenactment of the volcanic eruption. We ended the fortnight with numerous numbers in aid of the NSPCC. The children rocked in a county wide TTrackstars competition, dressed up as numbers and many more interesting activities all while raising money for this worthwhile cause. Starting next Monday Year 3 have got swimming lessons to look forward to, which we are very excited about.

Congratulations to our Stars of the Week: Layla & Athena (Woodson) Jesse & Jollie (Harrison) and also to our Dojo winners Rhylei & Amelia (Woodson) and Zoe & Jack (Harrison)



Year 4



A massive congratulations to Year 4 who have now finished their swimming lessons for the year! The children have taken part so well and are now in a fantastic position to swim the 25 metres independently by the time they are in Year 6 - Well done, Year 4! They also showed their teamwork skills by playing a game of 'Zoom-Eek', a game whereby the children either say, 'Zoom' or 'Eek' passing the sound one way or another. We all discovered it's a lot harder than we anticipated! Our Science investigation results for the effects certain drinks have on teeth came in! We were all a little surprised about some of the outcomes, but amazed that we could bounce the egg left in vinegar! Fabulous work!

Congratulations to our Stars of the Week: Teddy and Abigail (Blackman) Ava and David (Walliams) and also to our Dojo winners: Romeo and Louis (Blackman) Florence and Lucas (Walliams)

Year 5



Year 5 have had a very busy two weeks! We took part in an Anglo-Saxon and Viking day and also made Dragon Eyes out of clay. We are so impressed with the creativity and attention to detail that the children showed whilst making them! We then made Viking longboats and were able to decorate them and practise our 3D shape making skills.

We have also been creating our text maps in English this week for our upcoming unit on poetry. The children have been using their free time to make up their own poems and we are so amazed with how quickly they have picked up different types of poems and the use of patterns within their writing! Well done, Year 5!

Congratulations to our Stars of the Week Finley and Oliver (5 Wilson) and Lily F (5 Zephaniah) and also to our Dojo winners Cody and Amelia (5 Wilson) and Ethan M and Beth (5 Zephaniah).

Year 6



Year 6 have been incredibly busy, yet again! During PE sessions, the children have been improving various skills including accurately throwing and catching a ball as well as working together as an effective team. The children have been applying these skills whilst playing Benchball. They have noticed their improvements over each week and are rightly proud of themselves.

In Geography, the children have been working on their locational knowledge and their understanding of human and physical geography. As well as being able to locate many countries in Europe, the children are developing their knowledge of the counties of England and the features of each of them.

Congratulations to our Stars of the Week Carlton (Rosen) Bridie (Mian) and also to our Dojo winners Mia (Rosen) and Tyler C (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) 91%	Kerr Class (YR) 92%	Blake Class (Y1) 94%
Donaldson Class (Y1) 93%	Santat Class (Y2) 93%	Beaty Class (Y2) 93%
Harrison Class (Y3) 94%	Woodson Class (Y3) 93%	Walliams Class (Y4) 94%
Blackman Class (Y4) 94%	Zephaniah Class (Y5) 94%	Wilson Class (Y5) 95%
Mian Class (Y6) 93%	Rosen Class (Y6) 94%	The Highest Attendance Award goes to Wilson class. Well done!



SWITCH
OFF



Eco Committee

The Eco Committee has been busy planning a '**Switch off**' day that they will lead on next term. They will encourage all of the classes to switch off their lights and technology for the day. Lessons will be taught using other means and opportunities to develop other skills will be planned in. How exciting!

Our **Eco tip** this fortnight is to support the switching off of technology like your TV and gaming consoles. This could be one evening a week, encourage your children to read a book, go for a walk, write a letter or play a board game instead. Let us know how it goes at home!

School Council

Our Junior **Citizen of the Fortnight** this week is River D from Mian Class - for encouraging adults and children to make good choices to protect our environment! Our Infant **Citizen of the Fortnight** this week is **Mackenzie** in Beaty Class - for being a good role model to the Infant pupils. Well done to these two!

The School Council are busy planning their next fundraising event which will be for **Comic Relief**. More details to follow...

Important Date for your Diary - Comic Relief will be **Friday 17th March!**

End of the Day

A gentle reminder that the school gates officially close at 3.30pm each day. Please support us by ensuring you are off site promptly. Our sports clubs and After School Club can not start to use the outside space until we have secured the premises. We really hope you can support us with this.

THANK YOU!



Uniform Expectations

Don't forget to ensure that your child attends school in the correct school uniform (including footwear). The link can be found here: [Website - Uniform Link](#)

Please remember that children should not wear any jewellery other than stud earrings. Bracelets, rings and necklaces etc are not permitted for health and safety reasons.

Thank you for your support.



Dogs on School Premises

Please be reminded that dogs (of all sizes) are not allowed on the school site at pick up or drop off time. All of our school animals are carefully Risk Assessed and we want to keep our children safe at all times.

THANK YOU
THANK YOU
THANK YOU



Punctuality and Attendance

Please remember to be on time each morning so that children arrive by 8.45am when formal learning begins. We have recently been analysing our attendance figures as well as looking at the National picture. Did you know recent GCSE data shows that 84% of pupils with no missed school sessions during KS2 achieved the expected standard in English, maths and science compared to 40% of pupils who had high absent rates (below 95%). Good attendance really does make all the difference!



DON'T BE LATE!

Mental Health and Wellbeing Support



Swale
ACADEMIES
TRUST

CLICK
HERE



on Safeguarding For Parents Curriculum Health & Wellbeing Remote Education

Children's Mental Health Week

6th February - 10th February 2023



Every year Place2be launch Children's Mental health week. At the Parkland Federation, we like to highlight the cause as it raises awareness of how important mental and physical wellbeing is not just for our children, but for us as adults too.

This year's theme is all about `connection.` It highlights how important it is for our mental health to be connected to people, whether it is family, friends or colleagues. The sense of connection is important for all of us.

In class, we will be playing games and taking part in activities to show how important being connected to someone is. We will also be focusing on how important it is to always talk to a trusted adult.

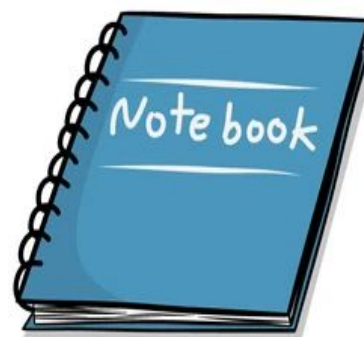


[Please click here for the link to Place2Be for parents](#)

Important Dates and INFORMATION

Diary Dates

Children's Mental Health week	6th - 10th February
Last day of Term 3 (mufti - non uniform day)	10th February 2023 End of Term disco - Mufti - Bottle donations
First day of Term 4	20th February 2023
Comic Relief Mufti Day £1 donation	17th March 2023
Parent Consultations	22nd & 23rd March 3.30pm - 6.30pm
Bank Holiday for the Coronation of King Charles III	Monday 8th May 2023
SATS Week - Year 6	9th May - 12th May 2023



Thank you!



Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help, reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



NOS National Online Safety®
#WakeUpWednesday

Helping to tackle food waste
and food poverty

Willingdon Trees Community Fridge & Pantry

Open Weekdays 10am to 3pm



Willingdon Trees Community Centre
101 Holly Place, Eastbourne, BN22 0UT
01323504438 eastbourne@sussexcommunity.org.uk

Places
for People



**COMMUNITY
FUND**



FareShare
fighting hunger, tackling food waste



Helping to tackle food waste
and food poverty

What is a Community Fridge & Pantry?

It is a place where anyone can donate or take surplus food - helping to avoid food being wasted whilst also providing low cost food!



How does it work?

Have you got surplus food and would like to share?

We can accept things like:

Sealed packaged foods
Cooked food from a registered food business
Cheeses
Fresh fruit
Fresh vegetables
Table sauces
Pastry
Unopened milk & yoghurt
Unopened fruit juices
Salads
Eggs (with dates)

Please check-in your donation with a member of staff

We can't accept:

Cooked food from your home or unregistered sources
Cooked food that doesn't have a use-by date
Cooked rice
Pates
Bean sprouts
Food made from unpasteurised milk

If you are a registered food business and want to drop off your leftovers we need to know the date it was cooked, ingredients list, allergen information and reheating instructions.

How does it work?

Would you like some free food?

We are passionate about tackling food waste and food poverty and so you can visit Willingdon Trees Community Fridge and Pantry as often as you like. We are open weekdays 10am to 3pm. Anyone who needs some food can pick some up. We ask for suggested donations on a what you can afford basis to be placed anonymously in the donation pot. If you can't afford to donate on a particular visit that is no problem. We just ask that people are considerate of the needs of others and only take what they need and what is fair.

With thanks to the Hubub Community Fridge Network for this guidance



NSPCC Speak out. Stay safe. **programme**



Protecting a generation of children against abuse. Find out how we can help your school.

NSPCC School Service

We're recruiting!

Would you like to volunteer to visit local schools twice a month and deliver our age-appropriate Speak Out. Stay Safe. workshops to primary school pupils in your area?

If you are passionate about children's rights, empathic and perceptive, flexible, and adaptable, feel comfortable talking to large groups of children and willing to rise to a new challenge, please get in touch.

You will be a part of a friendly Sussex team of like-minded people and most importantly, you will make a huge difference to children within your local area.

You will receive full training and will work alongside other local volunteers to make sure at the end of each session children feel empowered and know who they can speak out to if they are worried.

For more information and how to apply, look at this great new vacancy her: **[School Service volunteer](#)**

Deadline is 12th February 2023

NSPCC