



NEWSLETTER

Term 4: Week 3 2021

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www.meads.e-sussex.sch.uk



We have been so happy to welcome back our pupils from all year groups this week.

Hearing the buzz in the classrooms and seeing children reconnect with friends in the playground has been really wonderful. They have shown amazing resilience and we are very proud of them.

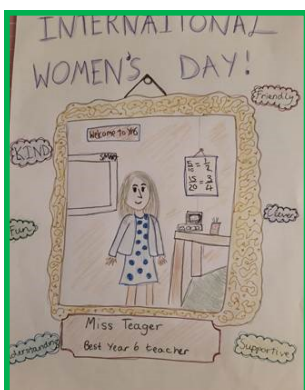
Thank you for the messages of support and encouragement you have shared with your children's' teachers and school staff. These have been very gratefully received and is a testament to how caring our school community is.

Rainbow Awards:

Reception: Ryan Mugooui
Year 1: Lysander Haines
Year 2: Emily Pope
Year 3: Alice Bending
Year 4: Hollie Pope
Year 5: Kaiya Woodrofe
Year 6: Yoting Wang



Thank you for observing the parking restrictions outside of the school gates.



Louisa McEnnis in Year 6 shared this fantastic drawing she had submitted to her Guides group in honour of International Women's Day on Monday. The Guides were asked to create a message for a woman who inspires them.

Dear...Miss Teager - best year 6 teacher

Often the most inspirational women in our lives aren't famous - instead they're the ones we see every day. Our mums, friends, grans, sisters and teachers. Louisa from 4th Eastbourne Guides wanted to celebrate her year 6 teacher, Miss Teager, who she says is kind, friendly, fun, clever, supportive and understanding.



Upcoming dates

<https://www.meads.e-sussex.sch.uk/coming-events>

Friday 2nd April	Good Friday
Sunday 3rd April	Easter Sunday
Monday 4th April	Easter Monday

Back To School



Well done to all of the children for settling back in to their classes and working so hard this week.



Wellbeing and Support



SUPPORTING AN ANXIOUS CHILD

This live webinar will unpick why some children struggle with anxiety and know what to put in place, to support them.

WEDNESDAY 24TH MARCH @8PM

TICKETS £10+



TRAINER: TRACY CHADWICK
EDUCATIONAL CONSULTANT - SEMH TEACHER - PARENT - THERAPIST


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www.childtherapyservice.org.uk/workshops

RELAXATION AND WELLNESS

PRACTICAL WEEKLY WORKSHOP

Workshop Goals:

- To accept that we all have trapped stresses
- To be aware when these stresses are triggered
- To stop new stresses entering our body
- To release existing ones



I GUARANTEE - YOU WILL LEAVE THE SESSION MORE RELAXED, CENTERED AND BALANCED - WITH THE TOOLS TO HELP YOU DEAL WITH THE STRESSES OF DAILY LIFE

Only £5



UNDERSTANDING A CHILD'S SENSORY OVERWHELM

Is a child's anxiety due to an unmet sensory need? If so, what is it - and how can I help? Find out in this webinar!

THURSDAY 18TH MARCH @8PM

TICKETS £10+



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