



# NEWSLETTER

Term 4: Week 4 2021

[office@meads.e-sussex.sch.uk](mailto:office@meads.e-sussex.sch.uk)

[www.meads.e-sussex.sch.uk](http://www.meads.e-sussex.sch.uk)

Thanks for supporting Red Nose Day!

Here's the link to our Just Giving page

in case you would like to donate:

<https://www.justgiving.com/fundraising/st-johns-meads-c-of-e-primary--rednoseday21>



## Rainbow Awards:

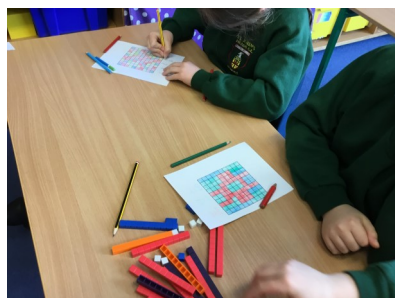
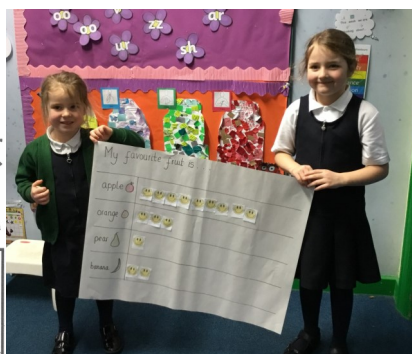
- Reception: Aila Mohamid
- Year 1: Celeste Medard
- Year 2: George Martin-Espin
- Year 3: Mason Arnold
- Year 4: Isla Mai Robinson
- Year 5: Sophie Crossley
- Year 6: Alexa Stanger

## Let's Cöunt!

# census 2021

It's Census Day on Sunday 21st March. This was a great opportunity to talk to the children about the what a census is, what it tells us about how we live and how it helps us to plan for the future.

Across all year groups, children have been using this unique event as a starting point for some creative maths and writing. They have created posters, spreadsheets, recorded data and engaged in some great discussions.



Thursday 18th March 2021 RE  
**Design Your Own Census 2021 Poster**

The census is a special survey that takes place every ten years. It gives us lots of important information about different families in England and Wales. In 2021 the census is being done mainly online for the very first time. Can you design a colourful poster to encourage people to join in with the census?



### Upcoming dates

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

Friday 19th March Comic Relief

Monday 29 March Science Day

Thursday 1st April Last Day of Term

Friday 2nd April Good Friday

Sunday 3rd April Easter Sunday

Monday 4th April Easter Monday

Monday 19th April School Open

Monday 19th April—Clubs start this week

# Reception Class World Down Syndrome Day

On Thursday, Reception Class wore brightly coloured or mis-matched socks to raise awareness of World Down Syndrome Day. Throughout the day, they talked about what makes us all special and unique, and completed activities such as designing 'odd' socks, painting and going on a sock hunt!



#LotsOfSocks  
#WorldDownSyndromeDay



# Comic Relief

Each class sent their funniest joke to Mrs Weeks today. She chose the one that made her laugh the most and made a donation to Red Nose Day in their honour.

The winning entry was from Molly in Year 2 ...

*What do you call a teacher wearing earmuffs?*

*Whatever you like, they can't hear you!*



A couple of favourite runners up:

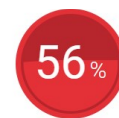
Gabriel - Year 3

*Why did the rock star put his music in the fridge? To keep it cool!*

Year 4

*Why was 6 afraid of 7? Because 7, 8, 9!*

Total raised so far



£281

raised of £500 target  
by 54 supporters



If you would like to donate to Red Nose Day you can do so on the schools'

Just Giving page

[https://www.justgiving.com/fundraising/  
st-johns-meads-c-of-e-primary--  
rednoseday21](https://www.justgiving.com/fundraising/st-johns-meads-c-of-e-primary--rednoseday21)



Spring

FRIENDS

# PHOTOGRAPHY COMPETITION

Take a photo that  
represents SPRING  
and enter the  
competition for a  
chance to WIN!



Prizes for KS1 and KS2  
1<sup>st</sup> Prize:  
Easter Hamper  
2<sup>nd</sup> Prize:  
Goodie Bag

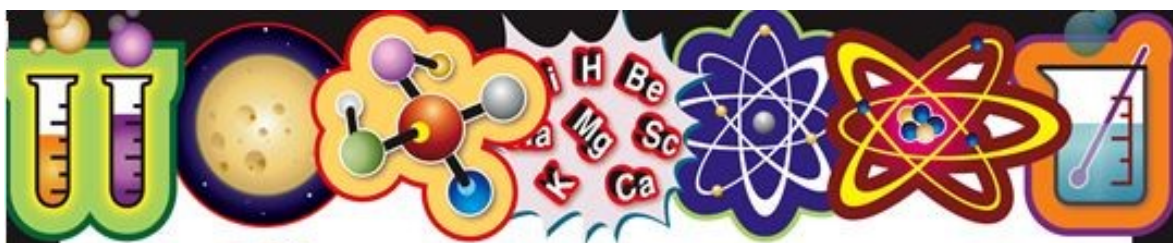
To Enter: Please email your photo entry to  
[secretary@stjohnsmeadsfmsa.org.uk](mailto:secretary@stjohnsmeadsfmsa.org.uk) with the  
subject: Easter, and your Name and Year Group.

#### Ts & Cs:

Entry to the competition consents to  
the photo being published. Competition  
for children of St John's Meads School  
Eastbourne. Only one entry per child.  
Closing date: 29<sup>th</sup> March 2021.

Voluntary donations welcome. To support us, please visit:  
<https://www.facebook.com/FriendsofStJohnsMeadsPrimary/>





SCIENCE DAY

Monday 29<sup>th</sup> March 2021

On Monday 29<sup>th</sup> March (the last Monday this term) we are going to be taking part in a whole school science day! The theme for this day is colour.



We will spend the day taking part in different science experiments linked to colour.

**The children are invited to wear a colourful jumper instead of a school jumper this day.**

This could be a jumper with lots of colours on it, or just a jumper of your favourite colour!



# Wellbeing



**Parent Online Support Group**  
Every Wednesday 10.30- 11.30am

Join us on Zoom:  
[https://us02web.zoom.us/j/86556962421?](https://us02web.zoom.us/j/86556962421?pwd=aDVQOQptUIYyK1MrMkwxMUUs3VzdlQT09)  
[pwd=aDVQOQptUIYyK1MrMkwxMUUs3VzdlQT09](https://us02web.zoom.us/j/86556962421?pwd=aDVQOQptUIYyK1MrMkwxMUUs3VzdlQT09)

**Meeting ID: 865 5696 2421**  
**Passcode: support**



**WALK AND TALK**


*An informal, chatty, safe, confidential space for Parents and Carers to chat and be supported (and to get some fresh air too!)*

Every Friday @1pm  
Meeting at:  
The Fishermen's Club  
Royal Parade, Eastbourne BN22 7AA

PLEASE GET IN TOUCH FOR MORE INFO:

[contact@holdingspace.org.uk](mailto:contact@holdingspace.org.uk) 07922 851207  
[www.holdingspace.org.uk](http://www.holdingspace.org.uk) @EastbourneHoldingSpace

*\*Social distancing and government guidelines will be adhered to\**



**Toolkit for Parents with an Anxious Child (aged 7-13)**

**Is your child experiencing anxiety?**

**Would you like strategies and skills to help them and you manage their anxiety.**

With funding from Uni Connect and Sussex Learning Network, we are offering a free 6-week programme specifically designed to empower Parents/Carers with the skills they need to help their anxious child.

The sessions will be facilitated by Annabel who has extensive experience as a teacher, trainer and therapist using Cognitive Behavioural Therapy and Somatic techniques with children. Her expertise is in supporting parents and children with anxiety.

Places are limited. For further information or to book an exploratory telephone conversation, please contact us at:

[contact@holdingspace.org.uk](mailto:contact@holdingspace.org.uk)



**Are you worried about your child?**

**Is your child feeling anxious, depressed or fearful?**

**Do you need some support for yourself?**

Holding Space are a not for profit community organisation supporting families with their mental health.

**A SAFE SPACE TO CONNECT WITH OTHER PARENTS, TALK, SHARE AND BE SUPPORTED**



**HOW WE CAN HELP:**

We are offering low cost counselling for children aged 7-16 and 1:1 telephone support with a trained facilitator and/or counsellor.

PLEASE SPEAK TO YOUR LOCAL SCHOOL OR CONTACT US DIRECTLY FOR SUPPORT. THIS SERVICE IS COMPLETELY CONFIDENTIAL.

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