

NEWSLETTER



office@sjm.academy

www.meads.e-sussex.sch.uk

Term 2: Week 3

13th November – 17th November 2023

Rainbow Award Winners

Reception – Eburn

Year 1 – Matilda

Year 2 – Eva

Year 3 – Zana

Year 4 – Henry

Year 5 – Declan

Year 6 – Emiko



School Calendar Dates

Friday 17th November – Odd Socks for Anti-Bullying week

Tuesday 21st November – Mufti Day for the 'FRIENDS'

Thursday 23rd November – Flu Vaccinations

Saturday 25th November - Christmas Fayre – 12.30pm- 3pm

Wednesday 13th December – Christmas Jumper Day and Festive Lunch

Thursday 14th December – Pantomime

Friday 15th December – Christmas Carol Service at 2pm

Friday 15th December – Last Day of Term 2

Tuesday 2nd January 2024 – First Day Back – Term 3

Monday 22nd January – INSET DAY

Friday 9th Last Day of Term 3

Monday 19th February – First day back – Term 4

Monday 4th March – INSET DAY

Thursday 28th March – Last Day of Term 4

Monday 15th April – First day back – Term 5

Friday 24th May – Last Day of Term 5

Monday 3rd June – First day back – Term 6

Tuesday 23rd July – Last day of Term 6

Celebration Assembly

Well done to our Rainbow Award winners this week, Felicidades to our Spanish superstars and Congratulations to all our creative artists of the week!





Congratulations to the boys in Year 5 and Year 6 who represented the school at a Football Tournament this week (Arthur, Rory, Mylo, Freddie, Rocco, Eli and Archie).

They played amazingly and came 2nd overall!
We are very proud!

Out of school Achievements

One of our Year 6 students Emiko was selected for the Glyndebourne Youth Opera and is now rehearsing for 6 performances with them. First up is at Glyndebourne is the Talent Showcase on Thursday the 16th November.
<https://www.glyndebourne.com/events/glyndebourne-talent-showcase/>

The next one is not at Glyndebourne, but it's a Friends of Sussex Hospice's Countdown to Christmas at Holy Cross Church in Uckfield on Saturday the 25th November.

<https://www.friendsofsussexhospices.org.uk/ourevents/countdown-to-christmas/>

And then she will be in the 4 Christmas Concerts at Glyndebourne on Sat 9 Dec, Sun 10 Dec, Sat 16 Dec and Sun 17 Dec. <https://www.glyndebourne.com/events/christmas-concerts-2023/>



Odd Socks Day – Friday 17th November



We have had a fantastic day wearing our odd socks for 'Odd Socks Day' for 'Anti-Bullying Week'. It has been a great opportunity to encourage people to express themselves and celebrate their individuality and what makes us all unique!

And a big thank you to everyone who also donated to **Children in Need**.

Royal British Legion – Poppy Appeal

Thank you to all those who came to the office to get rulers, wristbands, button clips, clip-ons or traditional poppies – lots of money has been raised and we know the children have loved them – especially the rulers/snap bands!

When we have been given the total amount raised we will let you know!



Costumes/dressing up clothes needed!!



The School Council have been asking their classes for ways we can make playtime even better. They have asked for more costumes/dressing up clothes for their games.



We are asking families to donate any dressing up clothes you have at home that you no longer want/have grown out of. Please send them in to school washed and ready to go!

Friends News

Christmas Fayre time - 7 days to go!

Next week is sure to be a busy week in fayre land(!), so here are some reminders of what's going on and when:

Mufti Day - Tuesday 21st

Bring along a chocolate gift or bottle donation for the fayre tombola.

Decorate a bag - Thursday 23rd

Pop a festive unisex gift inside your bag and drop it off at the school office.

Cake donations - Friday 24th

Home made or shop bought, please bring your nut free donations to the school office

Raffle tickets - Friday 24th

Return your raffle envelopes to the school office.

And please don't forget to book!

Pre-order your tickets online for the Christmas Fayre and **Santa's Grotto**. Entry is £1 per adult, kids are free and the Grotto is £3. To book visit: <https://bit.ly/49nBzVf>

Bring in a **bottle** or **chocolate gift** and come to school in your own clothes! on **TUESDAY 21st November**

Bottles of wine, beer, soft drinks, bubble bath all accepted. Donations boxes will be at the school gates on Tuesday 21st November.

Registered Charity No. 1106227

Spaces are also still available for local business to **hire a stall** or **pop a flyer into guest bags** so feel free to spread the word. Find out more at:

<https://www.pta-events.co.uk/stjohnsmeadsfmsa/index.cfm?event=event&eventId=72060>

And lastly, we're really pleased to have **real Christmas trees** on sale again this year. With free local delivery included, AND some of the proceeds being donated to the school, it's the perfect opportunity to grab your festive spruce!

Have a great weekend and we shall see you next Saturday!

The Friends of St John's Meads

ST JOHN'S MEADS SCHOOL
ROWSLEY ROAD, EASTBOURNE

Music
Performers
& School
Choir

**JOIN US FOR CRAFTS, TOMBOLAS, GAMES,
RAFFLES, MULLED WINE, FOOD, MARKET STALLS,
SANTA'S GROTTO & LIVE ENTERTAINMENT**



CHRISTMAS FAYRE

Saturday 25th November
12.30 - 15.30PM

Real
Christmas
Trees for
Sale

Booking
now
open

Sponsored by
HART READE
Solicitors
www.hartreade.co.uk



Scan code or visit
<https://bit.ly/49nBzVf>


FRIENDS
of St John's Meads School

All funds raised go towards facilities for St. John's Meads School
to advance the education of its pupils. Registered Charity Number:1106227

Parentkind
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Perform Drama Classes Special Offer

We were very pleased to receive a visit from [Perform](#) a few weeks ago.

The children had a wonderfully energetic time exploring the theme of [Around The World](#) and using drama, dance and singing to help develop their confidence, concentration and social skills.

Perform run regular weekly classes in the local area and they are offering a special introductory discount to all parents of St John's Meads C Of E Primary School if they come along for a free trial session before Wednesday 22nd November - i.e. just over one week's time.

To claim your discount, just call Perform on 020 7255 9120 quoting ESEV221123 or visit perform.org.uk to find out more.

Your nearest Perform venues

See more at perform.org.uk/venues

Perform Eastbourne

Tuesdays at 5.05pm
St John's Parish Hall, 1 Meads Street, Meads, Eastbourne, BN20 7QT

Perform Rottingdean

Thursdays at 5.05pm
Rottingdean Public Hall, Park Road, Rottingdean, Brighton, BN2 7HL

Perform Hove

Saturdays at 11.15am
Cornerstone Community Centre, Church Road, Hove, East Sussex, BN3 2FL

Perform Hove

Fridays at 5.05pm
Cornerstone Community Centre, Church Road, Hove, East Sussex, BN3 2FL

Perform Haywards Heath

Saturdays at 11.15am
St Wilfrids Centenary Hall, St Wilfrids Way, Haywards Heath, West Sussex, RH16 3QH

Your £40 introductory discount

Your child can enjoy a free trial class at any Perform venue. Sign up on or before the expiry date to claim your special discount. Call **020 7255 9120** or visit perform.org.uk/free

DISCOUNT CODE

ESEV221123

EXPIRY DATE

22-Nov-23

The discount code cannot be applied retrospectively. Visit perform.org.uk for full terms and conditions.

020 7255 9120

Confidence Building Fun

Try a Free Drama Class


— This is a fab class!
It was mentioned at
Katie's parents' evening
that her confidence
in class seems to
have grown so I am
delighted. Jane Spurgeon

PERFORM

WATCH YOUR CHILD SHINE

Messy Christmas

Free Family Fun


ST JOHN'S
**ST. JOHN'S CHURCH,
MEADS**

CRAFT + GAMES + SONGS + STORY + FOOD

SATURDAY 2ND DECEMBER

2-4 PM

WWW.STJM.ORG.UK



FREE for families receiving
benefits-related free school meals.

Holiday activities and food (HAF) - bookings now open for December holidays

You can find out what's available and book a place on the [HAF booking website](#).

Get ready for the winter holiday. The Government's Holiday activities and food (HAF) programme funds a range of exciting activities for young people. The activity sessions are free to children who receive benefits-related free school meals. Parents can check if they qualify by reading the East Sussex County Council website [Free school meals page](#).

Sessions are free to those on benefit-related free school meals. There is a great range of clubs spread across multiple venues in East Sussex. They all offer a free healthy meal, engaging activities and a safe space to make new friends. There are clubs offering sport, animation, theatre, art and crafts, forest school, music, and lots more.

You will find more information about the programme on the ESCC [Holiday Food and Fun webpage](#).

A smaller number of places will also be available to children and young people in the groups below:

- Referred to Children and Adolescent Mental Health Services (CAMHS)
- Disabled or special educational needs, including those with an Education, Health & Care Plan (EHCP)
- Young Carers
- Have a disabled sibling
- Referred to the School Mental Health Teams
- Gypsy, Roma & Traveller
- Children in Need (CiN), children on a Child Protection Plan (CP) and Looked After Children (LAC)
- LGBTQ+
- Refugees

Best regards

The HAF team

Children's Services

Ruby Robin Award

A FREE winter challenge for children
age 5-11 to help songbirds



1 CRAFT
Crafty DIY projects to give
songbirds a boost!

2 LEARN
Discover fascinating facts about
your favourite birds

3 BIRD SPOT
Step outside and start
jotting down the feathered
friends you spot

4 FUN
Spread the bird-loving vibes

Win a Ruby
certificate and
pin badge



www.songbird-survival.org.uk



<https://www.songbird-survival.org.uk/what-we-do/campaigns/rra/sign-up>



Providing affordable family fun is central to our small business ethos. So we are delighted to bring you our Black Friday deal.

Only £6pp on 25-26 Nov when booked via our website...

And as always you get a FREE same day second round!



planetgolf.uk

Are you pregnant or a new mum and feeling low, anxious, alone?

Talk & support, parent to parent

'The volunteer makes me feel normal. She listens like it's okay.'

'Everyone there has been through similar things - it feels like a family.'

nct

For more information
text/call Ruby on: 07731 994 579
or email: parentsinmind.es@nct.org.uk

Registered charity in England and Wales: 801295 and Scotland: SC045592

Parents in Mind, East Sussex are also offering the Anna Freud Reflective Parenting Programme. This is an amazing six-week course delivered online, to stimulate a stronger parent-infant bond.

Contact us for more information

Caring for a new baby and feel low, worried, alone?

Talk and support from men, for men

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'The 1:1 support really helped my confidence - as a parent and in myself.'

nct

For more information
text/call James on: 07732 690818
or email: parentsinmind.es@nct.org.uk

Registered charity in England and Wales: 801295 and Scotland: SC045592



the
national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

 **03303 530 541**
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

the
national sleep
helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

POWERED BY
the
sleep
charity

IN PARTNERSHIP WITH
Furniture
Village