

# NEWSLETTER



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

**Term 2: Week 5**

**27<sup>th</sup> November – 1<sup>st</sup> December 2023**

## Rainbow Award Winners

Reception – Elio

Year 1 – Nathaniel

Year 2 – William

Year 3 – Athos

Year 4 – Abigail

Year 5 – Isla

Year 6 – Freddie



## School Calendar Dates

Friday 8<sup>th</sup> December – Reception Sing

Tuesday 12<sup>th</sup> December - Y 1 & 2 Nativity - 2.30pm

Wednesday 13<sup>th</sup> December – Y 1 & 2 Nativity - 9am

Wednesday 13<sup>th</sup> December – Christmas Jumper Day and Festive Lunch

Thursday 14<sup>th</sup> December – Pantomime

Friday 15<sup>th</sup> December – Christmas Carol Service at 2pm

Friday 15<sup>th</sup> December – Last Day of Term 2

Tuesday 2<sup>nd</sup> January 2024 – First Day Back – Term 3

Monday 22<sup>nd</sup> January – INSET DAY

Friday 9<sup>th</sup> Last Day of Term 3

Monday 19<sup>th</sup> February – First day back – Term 4

Monday 4<sup>th</sup> March – INSET DAY

Thursday 28<sup>th</sup> March – Last Day of Term 4

Monday 15<sup>th</sup> April – First day back – Term 5

Friday 24<sup>th</sup> May – Last Day of Term 5

Monday 3<sup>rd</sup> June – First day back – Term 6

Tuesday 23<sup>rd</sup> July – Last day of Term 6

## Celebration Assembly

Well done to all our Rainbow Award winners.

We also celebrated our Spanish superstars, Artists of the week and presented lots of Lexia and Mathletics certificates.



## Out of school Achievements

Ellie (Year 2) sings with the Angelica choir and as their youngest member was asked to turn on the Eastbourne Christmas lights in front of over a thousand people - she was very brave!



We also celebrated lots of swimming achievements and a keyboard award.. Well done everyone!

## Forest School

The whole school has taken part in fantastic Forest School sessions this week.

The children have shown great resilience with the weather...Torrential downpours and biting cold didn't dampen their spirits!

The helpers have been amazing – a HUGE thank you to everyone who gave up their time to ensure the children could take part in a wide range of activities. These included: Watercolours, sizzling sausages, orienteering, fire lighting, den building, snowflake tortillas, bracelet weaving and marshmallow toasting.





## Book Fair in School

Great News! The Scholastic Book Fair has been back in school this week. Any books you bought we receive commission from so thank you so much!

## From the Friends: Christmas Fayre: THANK YOU!

We want to say a massive thank you to those who visited the Christmas Fayre last Saturday. It was such a wonderful afternoon seeing the children having a great time, and entertaining us with their talents too. Bravo!

Thank you also to our sponsor, Hart Reade Solicitors and all our amazing raffle donors.

And finally, a huge thank you to all those who helped set up, run stalls and activities, bake cakes and pack down. We really couldn't have done it without you.

We are so thrilled with the amount raised. **Thank you!!**

This will make such a difference to the school. Thank you again for all your support, The Friends of St John's Meads.



## ELFRIDGES



We are sorry to announce that our Elfridges event won't be going ahead this year. **We apologise for any disappointment caused.**

The Friends are, however, beavering away working on some new ideas for 2024. We will keep you posted!

**Messy Christmas**

Free Family Fun

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

**CRAFT + GAMES + SONGS + STORY + FOOD**

**SATURDAY 2<sup>ND</sup> DECEMBER**

**2-4 PM**

[WWW.STJM.ORG.UK](http://WWW.STJM.ORG.UK)



## 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



**Child Therapy Service**  
Resources - Training - Support

## Key Dates

http://



### Training

DECEMBER

- 4th, 6pm: Different behaviour between Home and School
- 11th, 8pm: Understanding the Whole Child Framework
- 12th, 6pm: Running a Social Skills Intervention using the Theory of Mind

### Coffee Mornings

- 4th, 10am: Coffee Morning for Families of Children with a PDA Profile

### Well-being

- 6th, 6pm: Relaxation Session

DON'T FORGET  
IF YOU ARE A  
MEMBER - THESE  
ARE ALL FREE!

[www.childtherapyservice.org.uk](http://www.childtherapyservice.org.uk)

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



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](mailto:parentsinmind.es@nct.org.uk)



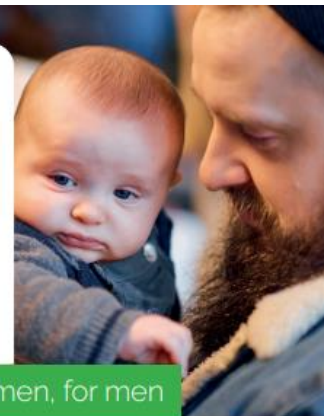
Registered charity in England and Wales: 801295 and Scotland: SC041592

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](mailto:parentsinmind.es@nct.org.uk)



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