

NEWSLETTER Term 3: 31st January 2025



<https://sjm.academy>

Telephone: 01323 730255

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Upcoming Whole School Dates

February 3rd - 7th : National Children's Mental Health Week
Friday 7th : NSPCC Number Day
Tuesday 11th : Safer Internet Day
Tuesday 11th : Parent Consultations 3.30-6pm
Thursday 13th : Parent Consultations 3.30-6pm
Friday 14th : Last day of term 3

Whole School Reminder:

NO NUTS are to be brought in to school. Thank you.



Dear Parents and Carers,



TT Rockstars Superstars

Year 4 have been hard at work learning their timetables and placed third highest in the DCAT family of schools in the Battle of the Brains Contest.

The children have really taken this seriously and the parents have also really got behind our efforts by encouraging their children to do their TT Rockstars at home too.

Rewards System

Thank you for your feedback on the Reward alerts that are sent home on the Arbor app. It is one of the conversations I look forward to the most with parents when I am on the gate.

Staff have been encouraged to keep going and I am sharing the number of rewards in each category with the children in worship every Friday. We also talk about any behaviours that we don't want to encourage.

Peer Review

Last week, two Headteachers from local schools carried out a Peer Review as part of our ongoing school improvement. The areas of focus were SEND provisions, Teaching and Learning, and Student Wellbeing.

The headteachers went into lessons, spoke to children, observed the children at play, met with subject leaders and looked at a range of books. They were really impressed with the children of St John's and the outcomes reflected the following: Children treat each other in line within the school values. The children were polite, welcoming and happy. The reviewers also felt that we are making great improvements in meeting the needs of our SEND children and I know Mrs Hitch was pleased as she and the support staff have been working exceptionally hard to move us along. All staff are aware of the needs of the children and there is work being done in the classroom to adapt lessons for all children. The intervention sessions are also helping to support the children with specific needs to continue to make progress.

As part of our developments, we will be looking at how we share more examples of children's work, and we still have more work to do on developing the curriculum in certain subject areas.



Archives

We have come across several boxes of memorabilia linked to the school, including this picture taken before many of the surrounding houses were built.

The staff have been talking about it and it really does make us all feel part of something so special. I shared it with the children this morning in worship and it certainly created some interest. I think it would be lovely to create an exhibition of sorts for parents and the children.

If you are interested in helping to sort and exhibit what we have found, please let the Office know and I can arrange for us to meet and get this off the ground.

Have a lovely weekend all...

Mrs Byroo



Dear Parents and Carers,

You would have already had some communications from me regarding the parenting workshops we are running, rewards and attendance. I wanted to take this opportunity to introduce myself as I am now at St John's in the role of Interim Pastoral Leader. This is to add additional capacity in the following areas: Attendance, Safeguarding, Mental Health & Wellbeing and Behaviour.

I am based at St John's Meads and St Catherines but also carry out workshops in 4 other local primary schools. I hope to see more of you over the next few weeks.

Mrs. Emma Massey



Mental Health

Place2Be's Children's Mental Health Week 2025 will take place from **February 3-9, 2025**.

This year's theme, **Know Yourself, Grow Yourself**, is presented in partnership with Here4You and supported by The Walt Disney Company, featuring characters from Inside Out 2.

This theme provides a fantastic opportunity to focus on children's self-awareness and personal growth, which ties in perfectly with the work we have been doing at school on growth mindset.

Throughout the week, children will explore their emotions, how they express them, and gain a deeper understanding of their mental health. We will be holding a special Worship on Tuesday to reflect on these important themes.

Additionally, there is a '**Tips for Families**' sheet available towards the back of this newsletter, offering useful suggestions to support your child's mental health at home.



Highlights from Reception

This week we have been learning how some people celebrate the Chinese New Year.

We looked at some of the beautiful clothes that they wear for their celebrations and had fun dressing up in some costumes. We also did some dragon dancing in the hall and listened to lots of different Chinese music.

We learnt about the food that they may eat during the festival and thoroughly enjoyed exploring a sensory noodle tray.



The children were very good at cooking meals and adding toppings!



We have enjoyed hearing the story of 'The Great Race' and how the animals were rewarded with having a year named after them.



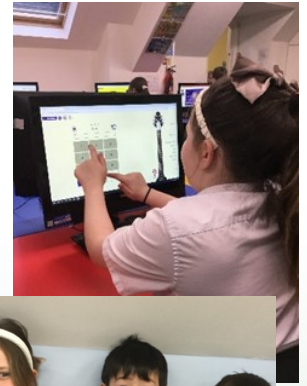
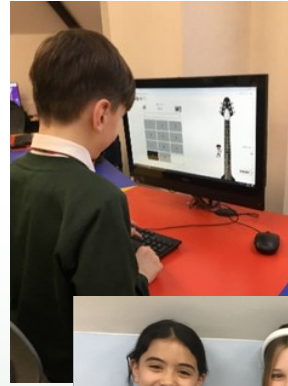
We practiced our cutting skills while we made snake decorations to celebrate 2025 being the year of the snake! We also made lanterns.



We enjoyed some food tasting and enjoyed eating some noodles and prawn crackers with sweet chilli dip!

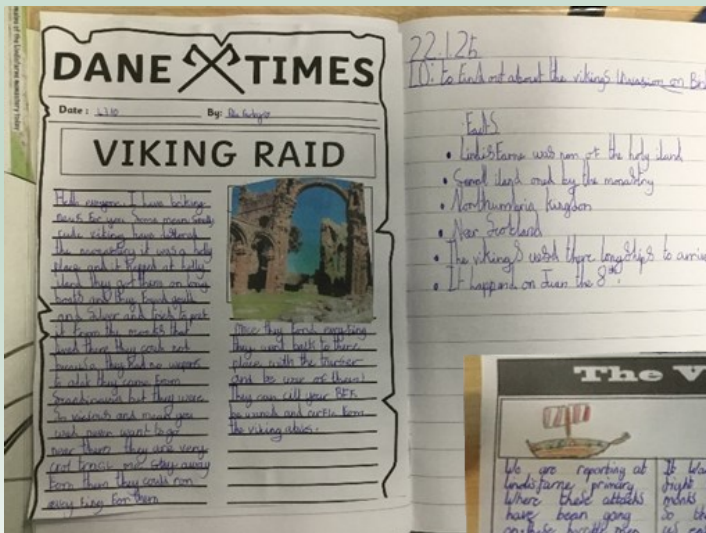


Highlights from Year 4



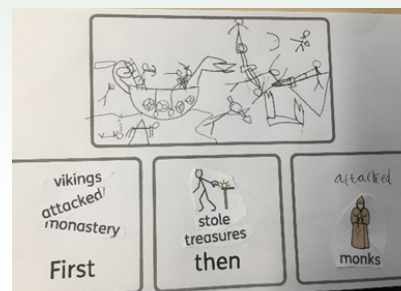
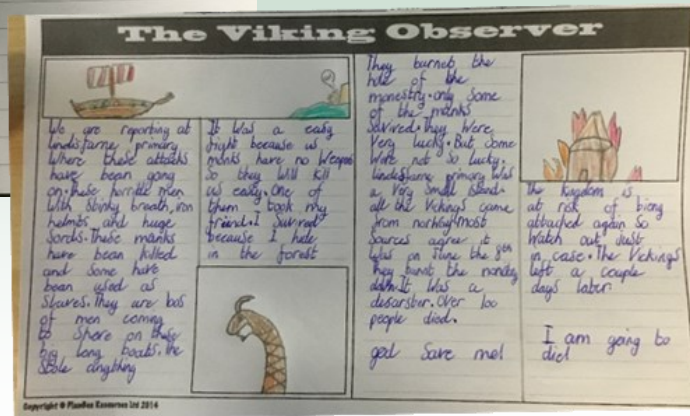
Last week Year 4 took part in the TT Rockstars DCAT competition.

We were very impressed with the enthusiasm the children demonstrated and are proud to let you know that we came 3rd out of the 19 schools that took part. We had a number of children in the top 50 from all the pupils who competed. **Well done, Year 4!**



In History we have been learning about the Viking and the attack of Lindisfarne Island on Holy Island.

The children wrote incredible newspaper reports.



The children also enjoyed joining Year 5 this week to learn and perform Country Dancing.



JANUARY 2025

FRIENDS NEWS

Committee update:



Friends committee for 2025

Following our recent Annual General Meeting, we're thrilled to confirm that our committee team for 2025 are:

- **Chair:** Sarah Lawrence
- **Secretary:** Becca Bowater
- **Treasurer:** Stuart Easton
- **Members:** Tracy Marsh, Zuben Montgomery, Jo Oakey, Charlotte Rivett, Carry Stoddart and Amanda Wilson.

Class reps

Our class reps, keeping you updated with Friends news, are:

- **Reception:** Helen
- **Year 1:** Rhi and Dani / **Year 2:** Hannah and Helena
- **Year 3:** Carry and Shemane / **Year 4:** Tom and Jo A
- **Year 5:** Amanda and Tracy / **Year 6:** Emma and Becca.

GET INVOLVED

If you'd like to get involved, or have ideas you'd like to share, please email secretary@stjohnsmeadsfmsa.org.uk. With your help, we can do more events that kids love and raise more cash!

THANK YOU!

After serving as 'committee secretary' and 'chair' for an incredible 5 and 2 years respectively, **Amanda Wilson and Zuben Montgomery** have stepped down from their roles. **We want to say the hugest thank you** for the countless hours given, so many of them unseen - we are hugely grateful.

Events coming up:

QUIZ NIGHT
THURSDAY 6 MARCH

Thursday 6 March, 7pm: Quiz Night at The Ship Inn

Our popular pub quiz night is back! Put the date in your diary folks and grab your teams. Tickets are £15 per person and include a burger & chips meal. All adults welcome.

➤ Book now at: pta-events.co.uk/stjohnsmeadsfmsa

About The Friends

We are a group of parents and carers, hosting fun events that raise money for our school. Please get in touch if you'd like to get involved.

➤ Get in touch: chair@stjohnsmeadsfmsa.org.uk

Friends of St John's Meads presents

QUIZ NIGHT

THURSDAY 6 MARCH

Join us for our popular
Pub Quiz Night and help
raise funds for the school.

All adults welcome - no
experience necessary.

DATE Thursday 6 March, 7pm

VENUE The Ship Inn, Meads, BN20 7RH

£15 pp

includes burger
main meal

**Teams of
6-8**



HOW TO BOOK

- ★ Gather a team of 6-8 people & choose a team name
- ★ Choose either **Beef** or **Vegan** burger & chips
- ★ Book your place online at:

> pta-events.co.uk/stjohnsmeadsfmsa



Dress code: USA theme!



All the proceeds from this event will go to the Friends of St John's Meads; a charity dedicated to raising money to benefit pupils at St John's Meads CE Primary School. Run entirely by volunteers, thank you for supporting us. Registered charity 1106227.



TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)





Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

NHS Service - Think Pharmacy First!

This NHS service allows children and adults to get quick access to healthcare advice as they can walk into a pharmacy and access the service, removing the potential delay of having to wait for a GP appointment. The person will be offered a consultation with a pharmacist in a private consultation room, with some pharmacies also offering the service remotely as a video consultation. The service supports the following conditions:

- Earache (ages 1 to 17 years)
- Impetigo (ages 1 year and over)
- Infected insect bites (age 1 year and over)
- Sore throats (age 5 years and over)
- Shingles (age 18 years and over)
- Sinusitis (age 12 years and over)
- Urinary tract infections (UTIs) in women (ages 16 to 64 years)



The pharmacist will provide advice and, if clinically necessary, a prescription medicine to treat the condition. Any medicines are supplied free of charge to children under 16 years, with the normal NHS prescription charge rules applying to people aged 16 or over. Should the pharmacist be unable to help, they will direct the person to their GP surgery or other health professional. For more information visit the following websites: -



www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/
www.youtube.com/watch?v=ec-43uOnzPY





FEBRUARY HALF TERM

Fun Football Camp

Come and join us for our Fun Football Holiday Camp, with plenty of football activities including: Football Tennis, Foot Golf, Football Rounders, Shooting Drills, Tournaments, Skill Activities, Goalkeeping Drills, Matches, Individual Challenges and many more!

VENUES

SCAN ME TO BOOK NOW!



HAILSHAM HOLIDAY CAMP
Hailsham Primary Academy, Bulrush Lane, Hellingly, BN27 4FB

EASTBOURNE HOLIDAY CAMP
Ocklynge Junior School, Victoria Drive, Eastbourne, BN20 8XN

DATES


HAILSHAM HOLIDAY CAMP
Monday 17th February 2025 - Friday 21st February 2025

EASTBOURNE HOLIDAY CAMP
Monday 17th February 2025 - Friday 21st February 2025

PRICES

HAILSHAM HOLIDAY CAMP *Hailsham Holiday Camp Main Camp Day Price Increase from 1st March 2025
 Breakfast Club (07:45-08:45) - £6.50 per session
 Main Camp Day (08:45-15:15) - £25.00 per session
 After Camp Club (15:15-16:15) - £6.50 per session

EASTBOURNE HOLIDAY CAMP
 Breakfast Club (07:45-08:45) - £6.50 per session
 Main Camp Day (08:45-15:15) - £27.50 per session
 After Camp Club (15:15-16:15) - £6.50 per session




FEBRUARY HALF TERM

Multi Activity Holiday Camp

Come and join us for our Multi Activity Holiday Camp, with plenty of activities including: A wide selection of Sports, Fencing, Gymnastics, Dance, Performing Arts, Painting, Art and Craft Activities, Movies and many more!

VENUES

SCAN ME TO BOOK NOW!



HAILSHAM HOLIDAY CAMP
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ESSCA CIRCUS CAMP

19TH FEBRUARY



40% OFF

USING CODE
DZT299



Spend the day with East Sussex School of Circus Arts and learn various circus skills such as Juggling, Plate Spinning, Aerials and much more!

Bring a packed lunch, water and suitable clothing



More Info

www.eastsussexschoolofcircusarts.co.uk



Contact Us

01323 325957



Our Location

Hailsham Bypass, BN27 3GD



Dear Parent/carer,

I'm delighted to let you know that I currently have space in my timetable to take on new guitar pupils. Lessons happen weekly and take place within school hours (on a rotating timetable to avoid too much disruption).

Our lessons follow a nationally recognised syllabus but are tailored to each pupils individual tastes.

If you want to learn to play Foo Fighters, you'll learn Foo Fighters!
 If you want to learn to play Ed Sheeran, you'll learn Ed Sheeran!
 If you want to learn to play Justin Bieber, you'll learn Metallica!!

Pupils have the choice to learn just for fun or to take graded exams which eventually start counting towards UCAS points. We work in small groups or on an individual basis and as well as lessons we have a whole range of extra curricular activities such as Rock and Pop band projects, guitar orchestras and many more!
 For more information on lesson cost and to apply please visit

www.createmusic.org.uk

Or feel free to drop me an email on the address below. Please feel free to check out my guitar demo on the YouTube link below as well

jordan.Cresswell@createmusic.org.uk
<https://www.youtube.com/watch?v=E5KkpHWjDo>

Jordan Cresswell, Guitar Tutor
Jordan.Cresswell@createmusic.org.uk

Free taster Guitar lesson!

To reserve your child's place or receive more information please email Jordan.Cresswell@createmusic.org.uk

Dear Parents and Carers,
 Create Music are offering a free Guitar taster lesson to your child. The taster lesson will give them the opportunity to have a go at playing their first notes and rhythms and play along to music right away! This will hopefully inspire them to continue in regular lessons! Regular lessons can be in groups of two or individual. Lessons follow a carefully structured curriculum that encourages good sound production, technique, listening, improvisation,, timing, styles, and most importantly having fun with music!

The standard fee for a group lesson is just £10.10! There are **discounts available** for families with an income of less than £20,000 or for children registered for Free School Meals. We are also able to offer assistance for families on Income Support/Income based Allowance and Child Tax Credits providing parents are not entitled to Working Tax and their annual income is less than £16,190.

Learning to play a musical instrument has many benefits both educationally and socially. It can also be a challenging and rewarding experience as well as helping to improve confidence, so I do hope your child will be able to take advantage of this opportunity.

The taster session will be an opportunity for the children to try out playing the Guitar and get to know more about me and how the lessons work. I will then email you information about fee assistance and how to apply. Please register your child's place for the taster session as soon as possible by emailing me directly here:

Jordan.Cresswell@createmusic.org.uk

You can also email me with any questions you have, I'm more than happy to answer!

Best wishes,
 Jordan Cresswell,
 Guitar Teacher,
 Create Music

Forward Drive
Free Community Cricket

FREE Cricket ✓
 Meet new friends ✓
 Qualified ECB Coaches ✓
 Clubmark Approved ✓
 Be happy, be healthy be active! ✓
 For primary age boys and girls ✓
 Come and "Have a go" ✓
 Equipment Provided ✓
 Join in and have FUN ✓
 Sponsored by Eastbourne Cricket Club ✓



Eastbourne Cricket Club

WANTED

WOMEN & GIRL CRICKETERS

Eastbourne Cricket Club Women's & Girl's Section is looking for new players with or without experience interested in hardball or softball cricket. We can offer age group cricket for Girls from U11-U16 as well as Women's cricket U15+ and adults. We also have an U5-U10 mixed softball pro-gramme called Forward Drive for younger players. We have a winter indoor training programme, which is available now with a professional coach, and regular informal games to help your development and get you ready for the start of the season. So, no matter what your level of experience there will be plenty of opportunity to learn to play, improve your existing skills and be part of the team. Our Women's 1st XI cricket team are also keen to meet local adult women cricketers who would like to play in the new Sussex Women's Premiership Cricket League this coming season, so if you're a local cricketer currently unaffiliated or playing for a club without a Women's team or are thinking of returning to cricket, please get in touch and come to our training sessions, no obligation and a taster session is free of charge.

Why Women and Girl's Cricket?

- One of the fastest growing sports in the world
- Women's Cricket is now a professional sport which means at the higher levels it could be a paid career
- Sussex has an enviable Women and Girl's development pathway
- Opportunity for all abilities
- Develop individual performance and skills in a team sport environment
- Meet new friends and have lots of fun

For more information or to book a taster session please email:

juniors@eastbournecricket.club

FEBRUARY HALF-TERM



PREMIER HOLIDAY CAMPS

Premier Education | **INSPIRING ACTIVITY**

SCAN HERE FOR MORE INFORMATION
or visit premier-education.com/holiday-camps

Trustpilot
Based on over 20,000 reviews

YOUR NEAREST MULTI-ACTIVITY CAMP

Venue: Gildredge House BN20 8AB

Dates: 17th - 21st February 2025

Times: 08:30am - 4:00pm

Price: £29.95 Per day

Ages: Year 1 - 6

Additional info:

PLEASE BRING

A packed lunch
Plenty of water
Suitable clothing
Loads of energy!

Mix it up this half-term with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before - from cricket to fencing, lacrosse to cheer.

Book now for a half-term full of fun!

CAMPS ARE BETTER WITH FRIENDS!

TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

*T&Cs apply. Refer a Friend discount on new bookings only.

Trustpilot
Based on over 20,000 reviews

wave swim school | **hillbrow** health and wellbeing

SWIM, LEARN, SMILE!

Lessons for Life start at Wave Swim School

FREE Public Swimming Access with Lessons

FREE GOODY BAG FOR FIRST 100 JOINERS AT HILLBROW

Hillbrow Health & Wellbeing | Eastbourne

SET THE PACE FOR LIFELONG LEARNING!
hillbrowhealthandwellbeing.org/swimschool

LEARN TO SWIM AT WAVE SWIM SCHOOL

With over 16 years of expertise, teaching more than 2,000 swimmers weekly. We offer a comprehensive range of lessons for all ages and abilities, providing an enjoyable learning experience for everyone.

FREE GOODY BAG FOR FIRST 100 JOINERS AT HILLBROW

WHY SWIM WITH US?

- Start today
- **Water safety** included
- **Lessons are structured**, fun and engaging
- **Increase self-confidence** & social interaction
- Variety of **water activities** included

OUR PROGRAMMES

- Pre-School Swimming Lessons
- School-age Swimming Lessons
- Adult Swimming Lessons
- Ongoing Development

+ FREE Public Swimming Access with Lessons

JOIN TODAY AND START THE NEW YEAR WITH LEARNING, FUN AND HEALTH BENEFITS!
hillbrowhealthandwellbeing.org/swimschool