



London Meed Primary School Newsletter

10th March 2025

Bravery Curiosity Resilience Community Respect

We had another fun packed time last week. Although we celebrated World Book Day on Friday, we had various events and activities going on throughout the week. These culminated in a special extended assembly on Friday, where every year group were able to show their work centred around reading and books - we even had some stories being rapped to the whole school! It was lovely to see so many parents, grandparents and carers coming in to read with the children on Friday afternoon; it was a fantastic occasion and the children really enjoyed it. A big well done to all of the children who entered the 'Get Caught Reading' and 'Make an Object' competitions, Mr Terrill and I had a tough time judging them. The winners from both competitions will be announced in next week's newsletter, and the children will receive their prizes soon. Finally, thank you to everyone who dropped in to the Book Nook book fair and bought something - a percentage of all sales goes back to the school to spend on books.



It was lovely to see so many parents and carers attending the Parent Consultation Evenings last week. We hope that you found them helpful, and a big thank you to all teachers for staying late and hosting the meetings.

As well as things related to books and reading, last week we also saw: Year 6 visiting Newhaven Fort and learning about life in World War 2; children in Years 3 and 4 attending a hockey festival; and pupils in Years 1 and 2 having a go at playing cricket at Ardingly College.

Here's hoping that the sunshine continues for another busy week at London Meed!

Miss Dowley



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10 children from Year 4 went to Downlands to take part in a Hockey Festival on Wednesday 5th March. They joined several other schools from Burgess Hill and Hassocks to have a go at playing some hockey and learn some new skills. The children were well behaved and enjoyed all the activities.



On Wednesday 5th March, Year 6 visited Newhaven Fort as part of their learning about World War II. We were very fortunate that it was a beautiful day and we were able to spend a lot of time outside exploring the fort. The children particularly enjoyed handling historical artefacts and participating in the interactive displays. We all had a wonderful day.





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Miss Oliver and Mr Naeem are pleased to welcome EYFS and KS1 parents to school on Tuesday 18th March 9-9.30am for a Phonics and Fluency workshop to help support pupils. The workshop will be repeated on 20th March 2.40-3.10pm for those unable to make the first

Please complete the form below to confirm your attendance

<https://forms.gle/69uTh3SnGA1zFAGJ6>

Reminders

Nut free school:

We have a number of children with a severe nut allergy. Please ensure that your child's packed lunch does not contain any items of food that contain nuts. This includes hazelnut chocolate that can be found in chocolate crepes and croissants. Thank you

If you have any issues or questions in the first instance please email your child's class teacher via their year group email address or alternatively email office@londonmeedprimary.co.uk who will then forward your email onto the relevant member of staff. **Please do not send emails to individual members of staff as, if they are not in school, the email will not be read.**

theorchard@londonmeedprimary.co.uk	The Orchard
year1@londonmeedprimary.co.uk	Year 1
year2@londonmeedprimary.co.uk	Year 2
year3@londonmeedprimary.co.uk	Year 3
year4@londonmeedprimary.co.uk	Year 4
year5@londonmeedprimary.co.uk	Year 5
year6@londonmeedprimary.co.uk	Year 6

Please remember to send your child in their PE kits on their allocated PE day below:

Apples - Monday and Thursday

Cherries - Tuesday and Friday

Y1 - Wednesday and Thursday

Y2 - Tuesday and Friday

Y3 - Wednesday and Friday

Y4 - Tuesday and Thursday

Y5 - Tuesday and Wednesday

Y6 - Monday and Thursday



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Amazon Wish Lists - Thank you so much for your overwhelming support with this.

It is important that when you order, you put a message inside with the delivery saying which year group it is for and who it is from so the children can say thank you to that child. Please also ensure you order through the list as this will then remove the item so it is not purchased again.

EYFS <https://amzn.eu/i9G1rlm>

Year 1 <https://amzn.eu/9mK2jpx>

Year 2 <https://amzn.eu/2kD7gYv>

Year 3 <https://amzn.eu/iGSxtVp>

Year 4 <https://amzn.eu/84IbWMy>

Year 5 <https://amzn.eu/dYucRra>

Year 6 <https://amzn.eu/9JiNJVo>

SEN Support <https://amzn.eu/7Lor7mH>

London Meed New Nurture Room and Sensory room <https://amzn.eu/37ZfDXi>



Congratulations to Erin in Year 3 who earned her 2nd and 3rd badge at gymnastics last week. Fantastic Erin!

School Community News

New Mental Health and Well-being Website via West Sussex County Council: West Sussex County Council have launched a new website to help children, families and schools with mental health and well-being. The link is below so please do have a look to see if there is anything that you might find supportive. <https://www.westsussex.gov.uk/education-children-and-families/childrens-mental-health-and-emotional-wellbeing/>

E Safety Seminar: The local police are running E-Safety webinars, for parents and carers. To join the webinars please visit <https://www.eventbrite.co.uk/cc/online-safety-for-parents-3386699>



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Young Carers

As a school we are committed to ensuring that all pupils get the support they need to have a positive school experience, are happy in school and can achieve their full potential. We know that for some pupils, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. We think in every class there could be as many as two pupils who are helping to support someone because of one of these factors – we call these young carers. Students can be young carers for lots of different reasons.

They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping

They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok. Some young carers might be doing lots of caring, others just a small amount but all are impacted by the situation at home for example by worrying about the person with the health condition, or needing to do more things for themselves compared to other pupils.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school.

How to Join Young Carers

In the meanwhile, if you think that any of the above applies to your child, and that they might possibly be a young carer then please email pastorallead@londonmeedprimary.co.uk for the attention of Ms Brayne, who is the Operational Lead. Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support. A copy of our Young Carers Policy can be found on our website.

https://www.londonmeedprimary.co.uk/web/young_carers_policy_january_2024/678710

and further information about Young Carers can be found under the Statutory information section

https://www.londonmeedprimary.co.uk/web/young_carers_/678712



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Referral to Healthy Child Programme 5-19 School Nursing Service

The School Nursing team can be contacted by parents directly for a variety of issues as listed below:

- Continence issues e.g., soiling, day, or night-time wetting
- Sleep issues
- Support for school staff when they need to produce individual health care plans for pupils
- Poor school attendance related to health issues
- Sexual health advice Lifestyle concerns including weight, smoking, drugs, or alcohol
- Health needs assessment following safeguarding meetings
- Emotional health and wellbeing support, such as low self-esteem, low mood, low level anxiety



Parents can contact the School Nurse team via the HCP 5-19 duty line 0300 303 1137, option 1. or by texting Parentline on 07312 277011. Parents and young people can also access their websites, Health for Kids and Health for Teens.

Umbrellas

Parent Support Group
Spring Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.

EMPOWER
INFORM
SUPPORT

<p>Shoreham Umbrellas Tuesdays, 10 am - 11.30 am Adur East Family Hub (Shoreham) 14th Jan / 4th Feb / 4th Mar / 1st Apr</p> <p>Littlehampton Umbrellas Wednesdays, 10 am - 11.30 am Creative Heart Community Hub (upstairs) 22nd Jan / 12th Feb / 12th Mar / 2nd Apr</p> <p>Worthing Umbrellas Tuesdays, 10 am - 11.30 am Durrington Community Centre 21st Jan / 11th Feb / 18th Mar</p>	<p>Horsham Umbrellas Wednesdays, 10 am - 11.30 am Horsham Family Hub 15th Jan / 26th Feb / 19th Mar</p> <p>Chichester Umbrellas Thursdays, 10 am - 11.30 am Donnington Parish Hall 30th Jan / 27th Feb / 27th Mar</p> <p>Burgess Hill Umbrellas Tuesdays, 10 am - 11.30 am The Cherry Tree Centre 28th Jan / 25th Feb / 25th Mar</p>
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If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:
outreach-training@reachingfamilies.org.uk

Reaching Families

Umbrellas Online	
Thursdays via Zoom	
16th Jan	7.30 pm - 9 pm
6th Feb	7.30 pm - 9 pm
13th Mar	7.30 pm - 9 pm



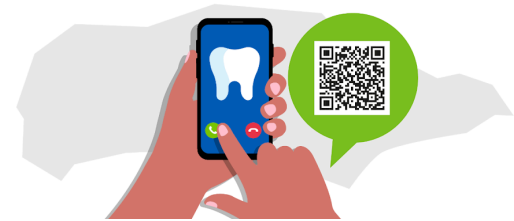
If you need urgent dental help and cannot find a dentist, the Dental Helpline can book you an urgent appointment with an NHS dentist.

For up to-date-information and support on getting urgent dental care, contact:

0300 123 1663

Monday to Friday 8am and 4pm

Alternatively, email: kcht.dentalhelpdesk@nhs.net for more information.





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Forthcoming diary dates

Date	Event
Tuesday 11th March	Y2 trip to the British Wildlife Centre
Wednesday 12th March	Young Carers Action Day
Tuesday 18th & 20th March	EYFS and KS1 Phonics and Fluency Work shop
Tuesday 18th March	Y3 Bee talk and Y4 Reptile visit
Friday 21st March	Comic Relief
Week commencing 24th March	Y6 Bikeability week.
Wednesday 26th March	Biscuit and Banter with Miss Dowley.
Thursday 3rd April	Easter Raffle - details to follow.
Friday 4th April	Last day of the Spring term.
Monday 7th - 21st April	School closed for the Easter holidays. School reopens Tuesday 22nd April.

Term Dates 2024-2025

For WSCC term dates please visit

<https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/school-term-dates/>

London Meed Academic Year 2024-2025 term dates including INSET Days

Spring term 2025

Last day of term Friday 4th April

Easter Holidays 7th to 21st April

Summer term 2025

Starts Tuesday 22nd April

Bank Holiday - 5th May

INSET DAY - Friday 23rd May Half term 26th May to 30th May

INSET DAY Monday 2nd June

Last day of term Tuesday 22nd July



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Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't. For more guidance please visit <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

If you do keep your child at home, it's important to notify the school on the first day before 9.20am to let them know that your child won't be in and give them the reason. You can leave a message on the absence line 01444 232336 or report their absence on the [Study Bugs App](#)

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, please let their teacher know via their year group email address.

BURGESS HILL GIRLS
Tomorrow's Women

TREAT DAY FOR CARERS

THURSDAY 6TH MARCH 10.15am - 2.00pm

Are you providing unpaid care for an ill, frail or disabled family member, friend or partner who is unable to manage without your support? *We are holding the perfect event for you!*

Join us at Burgess Hill Girls for a day of pampering and fun activities. There will also be services attending to offer information. Places are limited so book your FREE place from February 4th. You are welcome to bring the person you care for along to the event.

To book your place, please visit Burgess Hill Town Council Help Point, 96 Church Walk or call 01444 247726 from February 4th. Please note there is no parking available on site - the nearest car parks are by the station. There will be very limited disabled bays available.

Event supported by -

Burgess Hill Town Council **Carers Support West Sussex**

[Treat for Carers day](#) If you are an unpaid adult carer in Burgess Hill, who supports an ill, frail, or disabled family member, friend or partner who is unable to manage without support, then register FREE to attend the Treat Day for Carers, on Thursday 6th March! Held at Burgess Hill Girls from 10.15am until 2pm, there will be pamper treatments, as well as activities to get involved with and information services to talk to. The school will be providing a lovely lunch to all attendees, with musical entertainment and a free raffle, including prizes from Jupps fish & chip shop and Plumpton Racecourse. Joining us with information will be Carers Support, West Sussex Fire and Rescue, and West Sussex Young Carers, to name a few! For this year's event we will be trialling advanced appointment bookings, to ensure fairness. During the booking process you will be asked your 1st, 2nd and 3rd choices, with a view to everyone being booked into 2 of the 3 preferred choices. We please ask that you choose three different appointment types to ensure we can accommodate your request. You will then be informed of your bookings and timings when you arrive at the event. To book please call 01444 247726 or visit The Help Point at 96 Church

Walk. You are welcome to bring the person you care for along to the event if they are an adult, unfortunately children cannot be accommodated at this event. For further information contact



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communityteam@burgesshill.gov.uk This event is co-organised by Burgess Hill Girls and Burgess Hill Town Council, with sponsorship from Carer Support West Sussex

Preston Nomads Junior Cricket Camps

The camps are aimed at boys and girls aged 7-12, school years 2-8. All kit is provided, and all coaches are DBS checked. The dates are all Monday to Wednesday 09:00 – 14:45. £125 for all three days, £50 per day.

- April 14, 15, 16.
- May 26, 27, 28.
- August 4, 5, 6.
- August 18, 19, 20.

Please email pncricketcamp@gmail.com or contact 07956776682 for more details.

Preston Nomads Cricket Club, Spen Cama Memorial Ground, Clappers Lane, Fulking. BN5 9ND

Junior Cricket Camps
7-12 years of age - Boys and Girls

£125 for 3 days or £50 per day

Kit provided! All coaches DBS checked

CAMP 1 April 14th + 15th + 16th
CAMP 2 May 26th + 27th + 28th
CAMP 3 August 4th + 5th + 6th
CAMP 4 August 18th + 19th + 20th
ALL - 9am - 2.45pm

Open to non Nomads players!

BOOK YOUR PLACE NOW!

Location:
Preston Nomads Cricket Club
Spen Cama Memorial Ground
Clappers Lane, Fulking
BN5 9ND

pncricketcamp@gmail.com
07956776682

JUNIOR BAKE OFF

JOIN THE CLASS OF 2025!

JUNIOR BAKE OFF
... IS LOOKING FOR BRILLIANT BAKERS, AGES 9-15 FOR THE NEXT NEW AND EXCITING SERIES!

APPLICATIONS CLOSE
SUNDAY 23RD MARCH

[APPLYFORJUNIORBAKEOFF.CO.UK](https://applyforjuniorbakeoff.co.uk)

PIONEER CHILDCARE

HOLIDAY HQ

WORLD EXPLORERS

WEST SUSSEX EASTER CAMPS!

Monday 7th - Thursday 17th April 2025
Book online at pioneerchildcare.co.uk

FREE HAF Places Available
For primary-aged children in receipt of benefits related Free School Meals
Book online at <https://bit.ly/free-haf-pioneer>

AFRICAN SAFARI
EUROPEAN EXPEDITION
POLAR EXPRESS



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SEN Roller Discos

It's a GO, so make sure to save the date!



21st March
16:30-17:30

£10 Entry,
1 x Carer goes free
£1 Skate Hire



£10 OFF SCHOOL OFFER WHEN YOU BOOK BY 21/03/25- NEW SWIMMERS ONLY

BEGINNER SWIMMING LESSONS SPACES

SPACES AVAILABLE NOW! TRY BEFORE YOU COMMIT

WOODLANDS MEED AGE 3+ | TUES, THURS, FRI 4PM
CHAILEY HERITAGE AGE 3+ | THURS 5.00PM | FRI 4PM & 5.00PM
ST LAWRENCE HURST AGE 3+ | SAT 10.30 & 11.30 | SUN 9.30AM
GREAT WALSTEAD AGE 4+ | SAT 9.30AM, 10.30AM, 12NOON | SUN 11.30AM

OTHER SPACES AVAILABLE AT OTHER LEVELS. CONTACT US FOR MORE INFORMATION AND TO BOOK YOUR SPACE
HELLO@CRESTSWIMSCHOOL.CO.UK 01825 790896




EASTER GYMNASTICS CAMPS

£36.50 A DAY INCLUDING SNACKS!

📍 LONDON MEED PRIMARY SCHOOL, BURGESS HILL RH15 9YQ

📅 MONDAY 7TH APRIL
📅 MONDAY 14TH APRIL

9AM-3PM (EARLY DROP OFF 8:30 FOR £5 EXTRA/LATE PICK UP UNTIL 4PM FOR £6 EXTRA)

10% MULTI-DAY DISCOUNT & 10% SIBLING DISCOUNT FOR THE 2ND/3RD CHILD AVAILABLE!

BOOK NOW TO SECURE YOUR SPOT!

Contact us to book or for more info!
📧 g4gymnasticsanddanceacademy@gmail.com
☎ 07584 309434
📱 or DM us on Facebook and Instagram

