



London Meed Primary School Newsletter

19th January 2026

Bravery Curiosity Resilience Community Respect

Last week was another busy week. On Wednesday, some of our Key Stage 1 children went to St Paul's for a net games sporting event. They had a fantastic time and really enjoyed going out for their first sporting event. They also received certificates in our Celebration assembly on Friday. We had our last open morning for prospective parents of children wanting to start school in September 2026. I had a hot chocolate session on Friday afternoon, which was so lovely and they thought my hot chocolate tasted really good.



We also had a successful 2nd hand uniform sale on Friday, which was good for our OPAL fundraising and our environment.

This week started with a visit from the RSPCA to speak to all the children in assembly about their rescue centre in Brighton. The children really enjoyed this. Some of our Year 3 and Year 4 children are off to Haywards Heath college on Thursday for a basketball event. And then on Friday we have most of our Year 5 and some of our Year 6 going to the O2 in London for Young Voices. This is such an exciting and amazing event where schools all over the South of England come together for a singing event. We spend the afternoon rehearsing and then the concert is for parents in the evening. It really is a magical event.

Please can we remind parents and carers that your child MUST bring in a coat each day and wellies.

Borrowing uniform:

We are always happy to change children if they have an accident or get covered in mud, but we are handing out a lot of our spare uniform and not getting it back. This means we are running really low especially in pants and trousers. Please make sure you return any uniform that is borrowed to you as soon as you can and clean.

Parking:

We know that most parents are really good and park with respect but we have had another complaint from a resident on Holmesdale Avenue saying they are being blocked into their own driveways and that parents are parking on the pavement not leaving enough room for pushchairs forcing other people to walk in the road with an accident almost happening. We really would hate for an accident to happen to any of our community so please can we ask that you do park respectfully around the school.



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Year 1 Net games festival at St. Pauls on Wednesday



10 of our Year 1 students went to St. Pauls School to take part in a festival where they were introduced to a variety of sports that use a net. They showed fantastic resilience, team work and coordination when using rackets, paddles and balls. The teachers who attended were extremely impressed with their sportsmanship and enthusiasm. They are great role models for London Meed. Well done, Year 1!

OPAL collections:

We are looking for the following donations to support our OPAL play - old wellies, pool noodles, foam padding, yoga mats, kitchen pots and pans, utensils, sieves and colanders. If you are having a new kitchen we are after old sinks and cupboards to help build our own mud kitchens. We also need benches.

Facebook:

Please remember to check out our Facebook page for what is going on in school.

<https://www.facebook.com/profile.php?id=61580110393113>



Miss Dowley

Blue Peter Winner:

Our very own William in Y1 has been awarded with a blue peter badge for a fantastic piece of artwork of a hedgehog inspired by his learning of woodland creatures back in September.

Fantastic accomplishment William!



Half Term Holiday Club

Details can be found below on our onsite WOW holiday club for this half term with bookings now open



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London Meed Hero Awards

Class	Name	Award
Apples	Tommie	For super reading at school and at home! Well done
Cherries	Albert	For showing resilience with his independent writing on the carpet.
1M	Edie	For thinking of AMAZING questions to ask a skateboarder - especially about being safe and then writing these. Edie even remembered to use a question mark. Well done Edie!
1C	Hazal	For showing curiosity when reading unknown words and creating your own glossary about skateboarding words.
2O	Alex	For always being polite and respectful and for showing that you are ready for learning at all times. You have made a fabulous start to this term. Well done.
2S	Charlie	For showing resilience when learning to form his letters correctly. Charlie has tried and tried and tried to improve his handwriting and he is doing a brilliant job. Well done Charlie.
3T	Duna	Writing a fantastic paragraph as Varjak Paw that included all the features of a recount. You have also been kind and supportive to people sitting around you, helping them with work and ideas when needed. You are a superstar.
3N	Immy	For working really hard and doing so well in Year 3! You have made a massive improvement in your reading and are always ready to learn. You are such a positive member of the 3N team, well done!
4SB	Zach	For always being such a polite and respectful member of the class. Zach is always ready and enthusiastic to learn and due to this he is making great progress. Well done!
4A	Freddie T	For working really hard on his presentation and much larger handwriting. Well done Freddie!
5B	Bonnie M.	For your secure understanding of fractions and mathematically accurate diagrams and explanations. Keep it up, Bonnie!
5M	Abigail	For always being focused, on task, and ready to learn, you are a fantastic role model for others. You consistently try your best and show great resilience, even when learning is challenging. You are also wonderful at origami, and we really appreciate how clearly you explain your skills to the whole class (teachers included!). Keep up your brilliant attitude to learning, Abigail!
6H	Emine	For demonstrating bravery during her first week at London Meed. Emine has settled well into 6H. She has made new friends, learnt new routines and has tried hard with her learning. We are so happy to have her as a member of our school community. Well done Emine!
6D	Coen	For designing an incredible website about Mario Kart World in Computing, which he put a lot of thought and effort into to ensure that it had a clear purpose, was informative and was visually appealing to his audience. Keep up the good work, Coen!



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Forthcoming diary dates

Date	Event
23rd January	Y5/6 Young Voices
30th January	Some of Year 5 to Marten House
10th February	Y6 Newhaven Fort
10th February	Little Big Sing
11th February	Y1 Amberley Museum
12th February	Friendship Disco EYFS, Year 1 and Year 2 - 3.15 to 4.00 Year 3 and Year 4 - 4.15 to 5.00 Year 5 and Year 6 - 5.15 to 6.00
16th - 20th February	Half Term
23rd February	INSET Day - School Closed
2nd - 6th March	Y6 Bikeability
3rd March	Y2 British Wildlife Centre
4th March - change of date	Parents evening 3.30 to 6.30
5th March - change of date	Parents evening 3.30 to 6.00
6th March	World Book Day
20th March	Comic Relief
17th March	Y4 Animazing visit
26th March	Science Day
26th March	Easter Disco EYFS, Year 1 and Year 2 - 3.15 to 4.00 Year 3 and Year 4 - 4.15 to 5.00 Year 5 and Year 6 - 5.15 to 6.00
27th March	Easter egg raffle
27th March	Easter Holidays - break up at 1.30pm

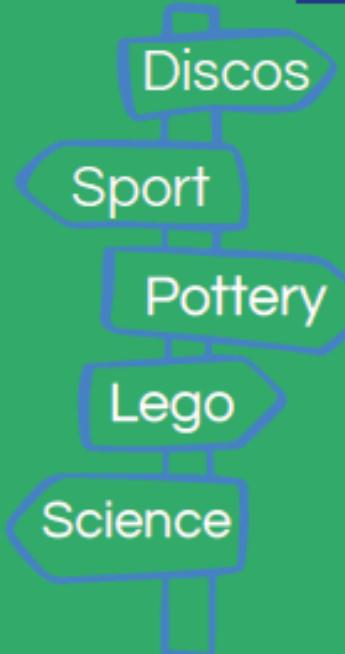


WOW Club



February Holiday Club - bookings open!

[Click here to book or scan below](#)



Mon 16th-Wed 18th February
@ London Meed Primary School

School Day - £38
08:30 - 15:30 (£32.30 with early bird discount)

Full Day: £43
08:30 - 18:00 (£32.30 with early bird discount)

15% Early Bird Discount
available until 02/02/26 !
use code EBDF-15

See you there!



SCAN ME





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£10 discounted lessons available when booked by 31st January 2026.

To book or find out more:
hello@crestswimschool.co.uk

GYMNASTIC CLASSES AT YOUR SCHOOL!

TUESDAY FROM 3.15-4.15 KS2

LONDON MEED!

OUR AFTER-SCHOOL GYMNASTICS CLASS TO BUILD STRENGTH, FLEXIBILITY, AND CONFIDENCE IN A FUN, STRUCTURED ENVIRONMENT. WITH EXPERT COACHES GUIDING STUDENTS THROUGH SKILL DEVELOPMENT WHILE FOSTERING DISCIPLINE, TEAMWORK, AND A LOVE OF MOVEMENT.

THURSDAY FROM 3.15-4.15 KS1



CONTACT US NOW TO BOOK YOUR TRIAL OR
GDGYMNASTICSANDDANCEACADEMY@GMAIL.COM
07594 305424 TO ENQUIRE ABOUT OUR CLASSES!!



DISCOVER OUR CLASSES @ PARK CENTRE,
BURGESS HILL

TUESDAYS

JUNIORS & INTERS DANCE 4.00PM - 5.00PM

DRAMA SESSIONS 5.00PM - 6.00PM

FOR BOYS & GIRLS
AGES 8-16
ALL WELCOME



JOIN US IN SPRING TERM 2026

www.createspacestudios.com
[facebook.com/createspacestudios](https://www.facebook.com/createspacestudios)



West Sussex Mind

PARENTING MENTAL HEALTH SERVICE

OUR SERVICE IS OPEN TO ANY PARENT OR CARER WHO IS SUPPORTING A CHILD OR YOUNG PERSON BETWEEN THE AGES OF FIVE AND 18 LIVING IN WEST SUSSEX.

WE SUPPORT YOU TO HELP YOU SUPPORT YOUR CHILD OR YOUNG PERSON WITH THEIR MENTAL HEALTH.

WHAT WE OFFER:

- PEER SUPPORT GROUPS- BOTH DURING THE DAY (IN PERSON) AND IN THE EVENING (ON-LINE)
- MONTHLY 'EXPERT BY EXPERIENCE' GUEST SPEAKER ZOOM EVENING SESSIONS, COVERING TOPICS SUCH AS SELF-HARM, EBSA, AUTISM AND MENTAL HEALTH, MASKING AND MORE...
- 1:1 SESSIONS WITH A PEER SUPPORT WORKER
- CLOSED FACEBOOK GROUP; REGULAR NEWSLETTERS AND ACCESS TO TRAINING, E-LEARNING AND WEBINARS (ON THE WEST SUSSEX MIND WEBSITE).
- PARENTING MENTAL HEALTH COURSES ACROSS WEST SUSSEX

TO SIGN UP, CONTACT OUR HELP POINT

MONDAY TO FRIDAY, 10AM UNTIL 4PM ON 0300 303 5652
OR EMAIL HELPPOINT@WESTSUSSEXMIND.ORG
OR USE THE FORM ON OUR WEBSITE - WWW.WESTSUSSEXMIND.ORG

CHARITY NO. 1156218 COMPANY NO. 0888478



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TRAINING SPRING TERM 2026



WORKSHOPS

Making Sense of Masking	Tuesday 13 th January	7.30 - 9.30 pm
Understanding Demand Avoidance	Thursday 15 th January	10.30 am - 12.30 pm
Making Sense of Wellbeing: Self-care skills for parents and carers	Tuesday 20 th January	7.30 - 9.00 pm
Understanding Sensory Processing Differences	Wednesday 28 th January	10.30am - 12.30pm
Making Sense of Anxiety in Adolescence	Tuesday 3 rd February	7.30 - 9.30 pm
Making Sense of Personal Independence Payment (PIP)	Wednesday 4 th February	7.30 - 9.30 pm
Making Sense of Annual Reviews	Thursday 5 th February	10.30 am - 12.30 pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Thursday 12 th February	10.30 am - 12.30 pm

All of the above training will be delivered on Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

reachingfamilies.eventbrite.com



www.reachingfamilies.org.uk
Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096

UMBRELLAS

Parent Support Groups

Spring Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

13th Jan / 3rd Feb / 3rd Mar

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

14th Jan / 11th Feb / 11th Mar

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

20th Jan / 10th Feb / 17th Mar

Umbrellas Online

Thursdays via Zoom

7.30 - 9 pm

15th Jan / 12th Feb / 5th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

21st Jan / 25th Feb / 18th Mar

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

27th Jan / 24th Feb / 24th Mar

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

29th Jan / 26th Feb / 26th Mar

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

outreach-training@reachingfamilies.org.uk



www.reachingfamilies.org.uk

Dove Lodge, 49 Beach Road,
Littlehampton, BN17 5JG



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MAKING SENSE OF CHANGE



SAVE THE DATES

27th

JANUARY

CRAWLEY

6TH

FEBRUARY

ONLINE

2nd

MARCH

WORTHING

24th

MARCH

ONLINE

Your voice matters! These changes could affect your family, and we want to make sure you're heard. Come and be part of the conversation!

BURGESS HILL



CHAT & CHILL

Do you have a child with SEND?
Come along to chat with other SEND parents. Take a break and enjoy a delicious hot drink.

JOIN US:
Friday 23rd January
10:00 - 12:00



NO NEED TO BOOK! Just come along:
Home Coffee House, The King's Church
33-35 Victoria Road
Burgess Hill, RH15 9LR