

London Meed Primary School

Bravery Curiosity Resilience Community Respect

NEWSLETTER: Friday 26th January 2024

Several members of our school community have embodied our school values this week. Rosie, Cindy Lou, Hudson, Zach, Alessio and Brooke from 2M showed Resilience. They have been practising choral reading all week and really impressed me by reading an entire story to me yesterday afternoon.

On several afternoons this week, I was really heartened to see Oscar E (younger brother of Josh and Jake E), along with his Mum, retrieving lost balls from the hedges surrounding the Key Stage 2 playground. This really demonstrated our value of Community, particularly as Oscar has not actually started at our school yet!

Year 5 showed Curiosity out in the Key Stage 2 playground as they re-enacted the story of Kensuke's Kingdom. They were clearly having a great time working in groups, showing a real love of books and stories.

Young Voices

The pupils who attended Young Voices last week did a fantastic job of representing our school in terms of their singing, dancing and behaviour. Feedback from all attendees was very positive and we will certainly be signing up to go again next year. A big thank you to all the members of staff who enjoyed a long day and late night to ensure the trip took place.

Have a great weekend everyone.

Jake Terrill

Acting Head teacher

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.

We will be speaking with the children, about what constitutes a Young Carer, in an assembly, after half term.

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 office@londonmeedprimary.co.uk for the attention of Ms Palethorpe, 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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London Meed Hero Awards

Many congratulations to our pupils who have been awarded this week's London Meed Hero Award: please note it is one child per class for all year groups.

Name of child	Class	Reason
Chloe D.	6B	For writing an interesting paragraph about the outbreak of WW2, using topic vocabulary, rhetorical questions and expanded noun phrases. Well done, Chloe!
Milabella	6H	For exceptional progress, through determination and resilience, in Times Tables recall. Keep it up Milabella!
Tom	5D	For working hard and showing resilience when developing his understanding of spelling patterns and applying them in his written work. Keep up all your hard work, Tom!
Fernando	5S	for showing resilience in maths when calculating between decimals and fractions and always working hard to achieve your best. Well done!
Reyansh	4P	For demonstrating excellent rapid recall facts in his times tables.
Elliot	4O	For always showing respect with your polite and hardworking attitude. You have been a great talk partner and are always ready to help others with their learning.
Hugo	3M	For showing respect and community values when thinking about your behaviour in the classroom. Your behaviour and learning have been amazing this week - let's keep it up!! Well done!

Guntaj	3C	For showing concentration and curiosity in all your learning. You have made an excellent start to the new year. Very well done Guntaj.
Iona	2K	For a lovely, creative piece of writing this week. Your use of language was wonderful!
Abby	2M	For respecting her own right to be heard and talking to the whole class community with such enthusiasm. Great work Abby!
Martha	1S	For a fabulous piece of descriptive writing on this week's text, Journey. You were brave and pushed yourself. Well done Martha.
Addison	1M	For the way he has been trying his absolute best with phonics. It is so lovely to be able to see how Addison uses his phonics when he is reading and writing words now.
Peyton	Apple	A fabulous supertato story using lovely story language and great description.
Archer	Cherry	showing curiosity in maths and challenging himself during carpet sessions.

Parking

Please note the disabled bays are for holders of Blue Badges only. Also, please remember that if the cones in front of staff cars have been removed because of the weather this does not mean it is okay for you to park.

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Last week, we were very fortunate to have Mr Blake sharing his extensive knowledge of WW2 with us. We experienced building a shelter and even learnt some 1940s dance moves. What an informative and enjoyable workshop - thank you, Mr Blake!



This week, Molly T. kindly brought in newspapers from WW2 which she shared with the class. What an amazing experience for us all! Thank you, Molly.

London Meed Loves Reading

This week is the beginning of Storytelling week

Sat 27th Jan - Sun 4th Feb

Stories belong to everyone...what's your story? What will you be telling and where will you be telling it? Every year there are hundreds and hundreds of events during National Storytelling week. It's a celebration of storytelling for all!



Drum Assembly



On Thursday, our children from Years 3-6 enjoyed a fantastic demonstration from our drum teacher, Milo Fell. He played Uptown Funk and had the children clapping and bopping to the beat. Milo is in school on a Thursday; if your child is interested in drum lessons

please contact milofell@hotmail.com

Free CAHMS parent/carer webinars.

CAMHS
PARTICIPATION
YOUR VOICE MATTERS

NHS
Sussex Partnership
NHS Foundation Trust

WEBINARS FOR PARENTS/CARERS

SUPPORTING CHILDREN AND
YOUNG PEOPLE WITH THEIR
MENTAL HEALTH

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

Each webinar will take place on Zoom at 10am and 7pm and will run for 90-120 minutes

- 22ND FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26TH MARCH MANAGING CHALLENGING BEHAVIOUR
- 16TH APRIL BEREAVEMENT
- 15TH MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13TH JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY

HEADS ON
Support for mental health



SUPPORTED BY
**NHS
CHARITIES
TOGETHER**

SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

<https://ticketlab.co.uk/series/id/1206#/>

NEED TO GET IN TOUCH?

If you have any questions, please email: CAMHSParticipationTeam@sptf.nhs.uk

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)

There are a series of upcoming webinars, organised by our Sussex Child and Adolescent Mental Health Service (CAMHS), which are open to ALL parents and carers of children and young people in Sussex.

CAMHS are running a rolling programme of webinars, for parents/carers to attend, with sessions running in the morning and evening to enable as many as possible to attend.

To book a webinar please visit

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[Sussex CAMHS Parent/Carer Webinars | TICKETLAB](#)

All previous webinars that have been delivered are available to watch back here - [Workshops for parents and carers :: Sussex Partnership NHS Foundation Trust \(sussexcamhs.nhs.uk\)](#) and cover ADHD, Anxiety, Autism & Challenging Behaviour, Building Self-Esteem & Resilience, Depression, Eating Disorders, Managing Self Harm & Suicidal Thoughts, and Sleep.

Mental Health Concerns

If you have concerns about your child's mental health or if they are in crisis please contact the "Sussex Mental Health Helpline" for free on 0800 0309 500 or via 111 (Option 2). This helpline is open 24/7 365 days a year.

If you feel your child presents with risks to self or others or is at risk of harm from others please make a direct referral to the **Integrated Front Door Service (IFD)** by either calling **01403 229900** or email

wschildrenservices@westsussex.gov.uk. IFD is best placed to offer advice and provide support regarding risk. Please also advise the school of any referral that you make.

West Sussex Family Hub

There is a Family Hub in Penn Crescent Haywards Heath that is open to all families. Family hubs offer a range of support, information and guidance to parents, carers and young people as part of Early Help. Hubs are open for you to drop in and speak to our staff Monday to Friday during opening times on a whole range of issues affecting you and your family. They also have public access computers to use, free of charge, as well as social spaces available to meet other parents.

in all our hubs on the front desk who can offer information, advice and guidance.

They can help you with: finding childcare, applying for free childcare entitlement, finding local activities and support services, pregnancy and early child development, Parenting and health advice for you and your family, how to access local housing services crisis support, such as emergency access to food and utilities, personal finance and the benefits you may be entitled to. For further information please click on the link in the title.

Year Group/Class	PE days
Apples	Wednesday and Thursday
Cherries	Monday and Wednesday
Year 1	Wednesday and Thursday
Year 2	Tuesday and Friday
Year 3	Wednesday and Friday
Year 4	Monday and Friday
Year 5	Tuesday and Wednesday
Year 6	Monday and Thursday

Forthcoming events

To view forthcoming diary dates please visit our Online calendar which can be accessed via our website www.londonmeedprimary.co.uk

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.

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Please find below the INSET days for the next academic year 2024/2025 as I know this helps with planning any holidays:

Monday 2nd September 2024
Friday 25th October 2024
Friday 14th February 2025
Friday 23rd May 2025
Monday 2nd June 2025

Here is the link to the WSCC term dates

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

Term Dates 2023-24

For WSCC term dates please visit

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

Academic Year 2023-2024 term dates including

INSET Days

Spring term 2024

Half term 12th February to 16th February

INSET DAY - Monday 19th February

Children return Tuesday 20th February

Last day of term Thursday 28th March

Easter Holidays 29th March to 12th April

Summer term 2024

Starts Monday 15th April

Bank Holiday - 6th May

INSET DAY - Friday 24th May

Half term 27th May to 31st May

INSET DAY Monday 3rd June

Last day of term Tuesday 23rd July



NEW BEGINNER SWIMMING LESSONS

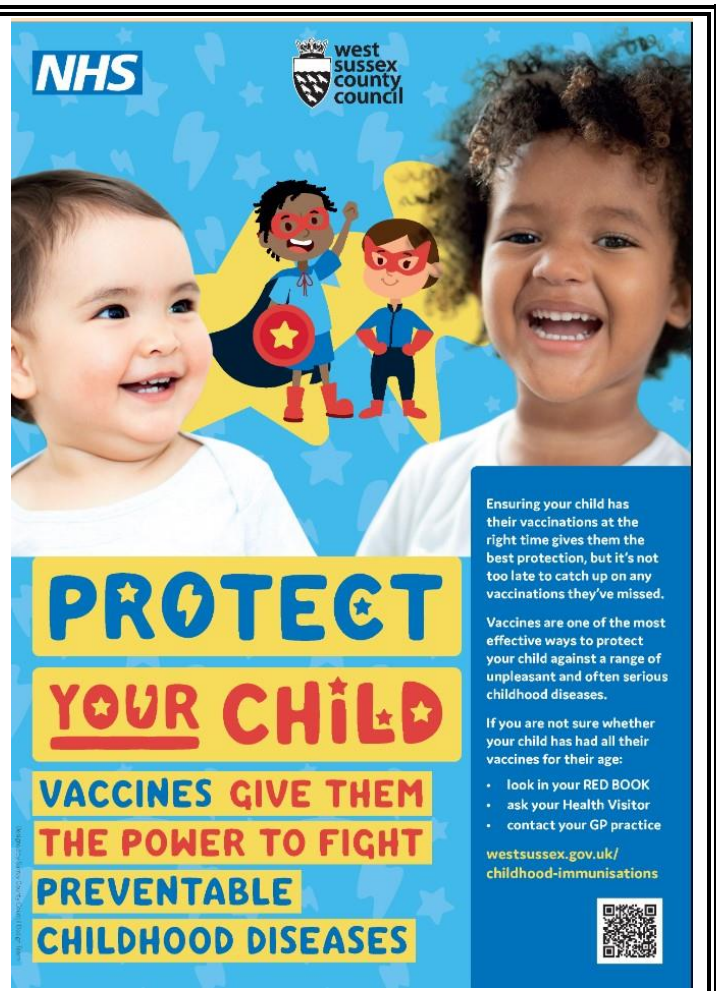
SPECIAL OFFER

SPECIAL OFFER AVAILABLE ON THE FOLLOWING CLASSES - WHILE SPACES LAST - £10 PER LESSON UNTIL FEB HALF TERM

CHAILEY HERITAGE SCHOOL - THURSDAY 5.30PM
GREAT WALSTEAD SCHOOL - SUNDAY 10AM AND 10.30AM

contact us to book or for more information
01825 790896
hello@crestswimschool.co.uk

CREST
Swimming School



NHS west sussex county council

Ensuring your child has their vaccinations at the right time gives them the best protection, but it's not too late to catch up on any vaccinations they've missed.


Vaccines are one of the most effective ways to protect your child against a range of unpleasant and often serious childhood diseases.

If you are not sure whether your child has had all their vaccines for their age:

- look in your RED BOOK
- ask your Health Visitor
- contact your GP practice

[westsussex.gov.uk/childhood-immunisations](https://www.westsussex.gov.uk/childhood-immunisations)

PROTECT YOUR CHILD VACCINES GIVE THEM THE POWER TO FIGHT PREVENTABLE CHILDHOOD DISEASES



Happy Birthday 15!

THE BOOK NOOK

Please book online - www.booknookuk.com/events

THE BOOK NOOK BIG BIRTHDAY BASH!!
February 17th, All Saints Church, Hove

10-11am DRAW OFF!! with Nick Sharatt, Steven Lenton, Sophy Henn & Adam Stower.	1-2pm Supertato LIVE! with Sue Hendro & Paul Unnet.
4-5pm EXPLORING FANTASY WORLDS! with Laura Ellen Anderson, Vaahli Hardy & Jenny McLachlan.	7-8:30pm An evening of poetry, drawing & conversation with CHRIS RIDDELL!

THE BOOK NOOK 1 St John's Place, First Avenue, Hove BN3 2FJ
Email: info@booknookuk.com
Tel: 01273 911988