



London Meed Primary School Newsletter

26th January 2026

Bravery Curiosity Resilience Community Respect

Last week was another busy week. It started with a visit from the RSPCA to speak to all the children in assembly about their rescue centre in Brighton. Please see further below for more information from this. The children really enjoyed this. Some of our Year 3 children went to Haywards Heath College on Thursday for a basketball event with Mr Terrill. They were amazing ambassadors and had a fantastic time. They received certificates in assembly on Friday.



On Friday many of our Year 5, and some of our Year 6, went to the O2 in London for Young Voices. What a magical time we had - it was truly amazing. We were right at the back of the O2, so high up and our children were very brave coping with the heights (as were the staff)! They were impeccably behaved and sang beautifully. We really had such a special time, especially when the show began and the lights went out. A huge thank you to all the staff who helped either on the day, planning the trip or helping teach the children the songs. We cannot wait for next year now!





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This week, EYFS have got the fire service coming in to visit. We also have our termly visit from our West Sussex Advisor on Wednesday morning. Some of our Year 5 children are off to Marten House on Friday afternoon to talk to the local residents.

Parking:

We are finding more parents and carers are parking outside the front of the school. Sometimes this is double parking over the disabled bay or the staff bays and sometimes this is over the corners by Woodlands Meed. School staff will come and ask that you move if you park in these places and we do ask that you park safely and with respect.

OPAL and collections:

On Monday we had our grounds day with Kurti from OPAL and we looked at how we develop our school grounds even further. We are so EXCITED!!!!!! We have put the map up in the front entrance and we will be doing this in phases. One of the first things we want to get going with is building a messy/mud kitchen. We could really do with some support with this, so if you know someone that would be able to help us build this, please let us know. There will be various projects that will require help, so if you are interested in offering some support, again please let the office know.

We are still looking for as many loose parts items as possible. We need pots, pans, utensils, sieves, colanders and metal and plastic containers for our messy/mud kitchen. We need tarpaulin, pegs, wind breaks, bungees and old sheets for den building. We need buggies, crutches, wheelchairs, wheeled items for our role play alongside hats and bags and old coats (adult size). And then any small world items you may have such as dolls houses, train sets, garages, cars, play mobil, dolls, lego, mobilo etc. If you are thinking of revamping your garden furniture, we would be happy to take any benches, picnic benches, chairs and tables. Before throwing out, check with us as to whether we could use it or not.

Facebook:

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

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



SCAN ME

Miss Dowley

Lost Property

On Wednesday (28th Jan), we will be placing all lost property (uniform, lunch boxes etc) outside so items can be claimed. KS1 will be on the KS1 playground between Y1 & Y2 classes, KS2 will be placed on the KS2 playground between Y3 & Y5 classes. This will be weather dependent. Any items left over after, will be donated/disposed of.

LMA Disco

We are pleased to confirm tickets are now available for the LMA disco on 12th February, please find details in the latest LMA Corner newsletter or visit the link below:

<https://www.pta-events.co.uk/londonmeed/index.cfm?event=event&eventId=111601>



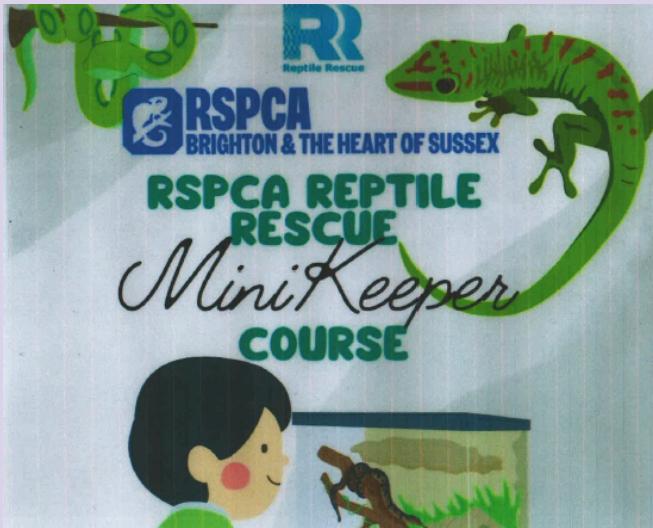
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RSPCA Visit

Last week we had a visit from the RSPCA for an assembly with the children. Please find information below that was shared in the assembly.



Parents Evening

Bookings will be open via the eSchools app at 8am on the 11th February for Parents Evening appointments which will be held on Wednesday 4th and Thursday 5th March after school. Please can we ask that you book an appointment for your child with their class teacher. If you experience any issues, please do contact the school office.

Spare Clothes

Our class supplies of spare clothes are fast dwindling, please can these be returned if you have any at home. Please could we also take this opportunity to ask for uniform donations including joggers and pe tops to be dropped off at our office. Thank you for your continued support.



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London Meed Hero Awards

Class	Name	Award
Apples	Theo	Always being kind, respectful and thoughtful to all adults and children, and always trying his best in everything he does. Well done!
Cherries	Ivy	For always being ready to learn and trying her best.
1M	Libby	attempting writing tasks with greater independence to create an information poster about skateboarding and for ALWAYS spotting double digraphs in phonics! :) Well done Libby
1C	Stanley	For always listening carefully during carpet time and sharing your interesting and exciting ideas.
2O	Annie	For sensational sitting and for resilience on improving sentences using conjunctions. You are reflective about your work and listen well to feedback. Well done.
2S	Annabelle	For always being ready to learn and always trying her best. Annabelle is a pleasure to have in the class. Well done Annabelle!
3T	-	Double award due next week
3N	Erlil	For always contributing in class discussions. Erlil has great ideas and is always willing to share his point of view and even challenge others respectfully. Whether in Guided Reading, English or Maths, Erlil talks about his learning passionately and we are so proud of him - well done, Erlil!
4SB	Lula	For showing incredible determination, resilience and bravery to keep going even when her team were losing at bench ball. Lula was an inspiration and went on to score in two separate matches despite being several points down. Many others would have simply given up but Lula just kept going. Well done!
4A	Dylan	For hard work and enthusiasm in French lessons, especially in verbal contributions
5B	Luke	For writing an effective free verse poem and for always being an enthusiastic and well-motivated learner. Keep it up, Luke!
5M	Darcy	For showing fantastic commitment to learning the songs and dances for Young Voices. You also created a wonderful free verse poem about pollution in the ocean using figurative language and imagery. Well done, Darcy!
6H	Freya	For demonstrating an ambitious attitude to learning. Freya has produced an eloquently written free verse poem describing the contrasting beauty and danger of Antarctica. She carefully selected powerful vocabulary and used figurative language effectively. Fantastic effort Freya!
6D	Zac	For working exceptionally hard to publish his poem about the beauty and dangers of Antarctica in his neatest handwriting. In his poem, Zac successfully included a wide range of powerful vocabulary, along with effective similes, metaphors and other figurative language. I am extremely proud of the effort and care you put into publishing your work. Keep it up, Zac!



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Forthcoming diary dates

Date (Spring Term ☼)	Event
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	LMA - 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	Parents evening 3.30 to 6.30
5th March	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	LMA - 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

Date (Summer Term ☼)	Event
30th April	LMA - Quiz night
3rd July	LMA - Summer Fair
21st July	LMA - Y6 Leavers Disco



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WOW Club



February Holiday Club - bookings open!

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

- Discos
- Sport
- Pottery
- Lego
- Science

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





25/26 | Term Dates



AUTUMN | **Wed 3rd Sept** - **Fri 19th Dec**

Half Term 27th Oct - 31st Oct
INSET DAYS: 3rd Sept & 3rd Nov

SPRING | **Mon 5th Jan** - **Fri 27th Mar**

Half Term 16th Feb - 20th Feb
INSET DAYS: 5th Jan & 23rd Feb

SUMMER | **Mon 13th Apr** - **Wed 22 July**

Half Term 25th May - 29th May
INSET DAYS: 1st June

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
GDGYMNASICSANDDANCEACADEMY@GMAIL.COM
07594 305424 TO ENQUIRE ABOUT OUR CLASSES!!



Celebrating 10 Years of Crest Swim School!

Swim Lessons Just £10!



To celebrate our 10th Anniversary, we're offering discounted lessons at just £10 per lesson Available until the Easter holidays.

- ✓ Available to new customers only
- ✓ Limited spaces available
- ✓ The perfect time to start swimming with us
- ✓ Book by 31st January 2026

Don't miss out - once spaces are gone, they're gone!

Available until the Easter holidays

Email: hello@crestswimschool.co.uk Book Now Call: 01825 790896

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

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



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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

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!

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 - 9pm
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

Registered Charity No: 1150906
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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



Volunteers needed

Do you have a few extra hours? Volunteers needed for our groups and home visiting. We're looking for people with parenting experience who can offer friendship and support to local families with young children under 5 years.

Get in touch today and find out more: 01293 416327 or visit www.homestartchams.org.uk



FEBRUARY 2026 Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	2 Feb 10am
Improving Family Communication	2 Feb 7pm
Supporting A Child with ADHD	3 Feb 10am
Understanding Addictive Behaviour	3 Feb 7pm
Anxiety Based School Avoidance	9 Feb 10am
Anxiety Explained	16 Feb 10am
Cannabis and Ketamine Awareness	16 Feb 7pm
What is ACT?	17 Feb 10am
Introduction to OCD	17 Feb 7pm
FREE - Reducing the Harm from Screens	19 Feb 7-8pm
Understanding the Teenage Brain	23 Feb 10am
Raising Self-Esteem	23 Feb 7pm
Decreasing Depression	24 Feb 10am
Supporting Healthy Sleep	24 Feb 7pm
Understanding Anger	9 Mar 7pm
Facing Defiance	10 Mar 7pm

Cartwheels, Handstands, Walkovers And Flicks Seminar!



20th February

12pm-3pm

London Meed Primary School, Burgess Hill



Join us for a fun, high-energy Handstand, Walkover, Cartwheel & Flick Seminar where athletes will learn cool drills, build strength and flexibility, and boost confidence while perfecting their skills! This session focuses on safe technique, smooth movement, and powerful progressions. Come ready to flip, balance, and have fun!

Want to learn how to do this? 😊😊



Only £24!!

Contact
gdgymnasticsanddanceacademy@gmail.com
 07594 305424
 or DM us on Facebook and Instagram



online talk by Jane Keworth

Supporting a Child with ADHD

Challenging the stereotypes, offering practical support and explaining more about this condition

3rd February 10-11:30am

3rd March 7-8:30pm



Book online
facefamilyadvice.co.uk
 £24 or Free with a school membership code





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The newly formed Sussex Parent Carer Forum Collaborative (SPCFC) met last week (pictured here at the Brighton office) and have been busy working together to create some events where you can find out about what's changing for SEND families locally and nationally and share your thoughts with us

We know that Local government and the NHS are going through some big changes, and we want to help you understand what this could mean for you and your family. A new SEND White Paper is expected soon, and we hope to share what we know about it.

Come along to one of the following events:

Brighton

Monday 23rd February - PaCC - Brighton

East Sussex

Monday 2nd March - ESPCF - Eastbourne

Tuesday 3rd March - ESPCF - Online

West Sussex

[Tuesday 27th January - WSPCF - Crawley](#)

[Friday 6th February - WSPCF - Online](#)

[Monday 2nd March - WSPCF - Worthing](#)

[Tuesday 24th March - WSPCF - Online](#)

Share your views, questions, and concerns with us. We will take these and share them directly with the local authority and NHS Sussex

Head to your local PCF website for the latest news:

Pacc - [Home - PaCC | Brighton and Hove's forum for parent carers](#)

ESPCF - [Home - East Sussex Parents Carers Forum](#) (event details to be published soon)

WSPCF - [Events - West Sussex Parent Carer Forum](#)

Your voice matters! These changes could affect your family, and we want to make sure you're heard.



Stronger together across Sussex



LITTLE STARTERS GROUP BURGESS HILL



PARENT CARERS AND CHILDREN 0 – 3 YEARS



Do you have a child or children under 3 years? Would you like to meet other parents in a small, friendly and nurturing environment?

Then bring your baby and/or toddler(s) along to our Little Starters group where you can play together, make friends and find parenting advice and support.

When: Tuesday 10:00 – 11:30 – term time only

Where: Kings Church, 33-35 Victoria Road, Burgess Hill RH15 9LR.

Free entry – but £1 donation welcome. Light snack and drink provided for the children.

If you're thinking of coming along, or want to find out more, please call/message Emma on 07851 107005 or email EmmaS@homestartchams.org.uk

** We aim to respond within 3 working days during term time **

WWW.HOMESTARTCHAMS.ORG.UK





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