

LONDON MEED PRIMARY SCHOOL - Newsletter 3rd November 2023

BRAVERY, COMMUNITY, CURIOSITY, RESILIENCE, RESPECT



Dear Parents/Carers,

Despite the wet and windy weather, we have had a super week at London Meed. On Wednesday, we were visited by an advisor from the Local Authority who observed teaching and learning through the school. I am always so proud when showing our school to visitors as our staff and children represent our school values so well. The amount of learning and progress that has taken place since September is very evident.



Yesterday, Claire, from the Burgess Hill Pantry visited and talked to the children in assembly about the important work this charity does. She was extremely thankful for your very generous donations which will help families in our local community. It took our Year 6 volunteers a long time to pack up the donations and load them into her car.

Can I respectfully remind everyone to fill out a Withdrawal From Learning form before taking children out of school for a holiday. Most requests will be unauthorised as I am only able to authorise term time absence in exceptional circumstances but for safeguarding reasons we do need to know where children are if they are not in school. The form can be found on the website [Withdrawal from Learning form](#)



Next week, our Year 6 children will be selling poppies and merchandise before school from 8.20am and after school from 3.10pm. Items range in price from a minimum of a £1 donation. Please ensure you have the correct change.

We will be raising money for **Children in Need on Friday 17th November**. All children are invited to wear their home clothes for a £1 donation.

Finally, I would like to thank the LMA for organising the discos that were enjoyed just before half term. With the non-uniform sale, the discos and the tuck shop they have raised an amazing £1100!

Have a really lovely weekend everyone.

Kindest regards, Natalie Langtree, Head teacher

Emails

London Meed respects the work life balance of its staff. If an email has been sent outside normal working hours, or within teaching sessions, there is no expectation for staff members to provide an immediate response. We aim to respond within 48 hours within the working week only.

Follow us on Twitter  @london_meed1



Grass areas and Play equipment out of bounds

Due to the weather declining, our grass areas and play equipment in both playgrounds are out of bounds during the school day. We would like to remind you that no one is allowed on these areas before or after school! Last year there were a couple of incidents where younger siblings and an adult ended up with broken limbs after slipping on the equipment or grass, and we would like to avoid any further incidents like this. Thank you for your co-operation.

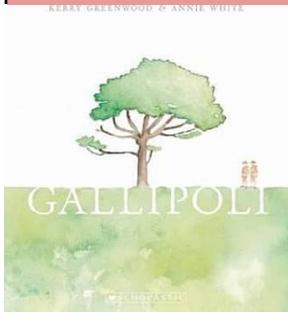
Many congratulations to this week's London Meed Hero award winners!

Name of child	Class	Reason
Samira M	6B	For always upholding the school values and being a kind friend. Keep it up, Samira!
Ella	6H	For perseverance and hard work when learning the formal method of short division. Fantastic resilience Ella!
Hemish B	5D	For showing resilience and perseverance when learning about multiplication, particularly long multiplication. Well done for always having such a fantastic attitude towards your learning, Hemish!
Caragh	5S	For her hard-working attitude; showing resilience when tackling multiplication using a new method. Keep up the hard work Caragh!
Olivia	4P	For showing resilience and making excellent progress with her times tables.
Charlie	4O	For showing curiosity in English when reading information about Deep down under. This is helping you to extend your vocabulary.
Ryan	3M	For showing resilience when faced with a new method of addition. You have shown great understanding of column addition, well done!
Harriet	3C	For showing persistence and determination to understand column addition.
Avitaj	2K	For showing resilience when adding money in maths this week and always being a respectful member of our community!
Zach	2M	For showing curiosity in his learning and always being ready to look after members of our class community.
Marley	1S	For showing the school value of respect by remembering to say "stop it, I don't like it" when someone upsets him.
Pippa	1M	For always doing the right thing. Pippa consistently shows respect. She always follows the golden rules and is such a great part of our community.



Remembrance Day:

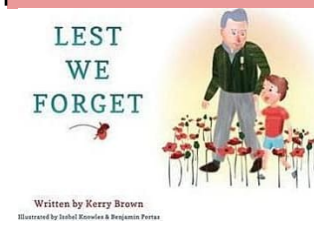
Next week is Armistice Day on 11th November and is also known as Remembrance Day. It marks the day World War One ended, at 11am on the 11th day of the 11th month, in 1918. A two-minute silence is held at 11am to remember the people who have died in wars. Here are some books that you may enjoy reading about Remembrance:



Gallipoli by Kerry Greenwood

“True story of two best mates. Simple pictures [and] beautifully written.” Recommended by Joanne Story Sharp.

Suitable for children from ages 6 and upwards, this story follows Dusty and Bluey the Anzac soldiers on their way to the Great War and depicts their friendship through to the battle of Gallipoli.



Lest We Forget by Kerry Brown

“This book is fantastic. [It] talks about days you would like to remember and forget. Also incorporates both Anzac Day and Remembrance Day.” Recommended by Robyn Hamilton.

This bestselling picture book is the story of a young boy visiting his grandfather. He thinks about the most important days in his young life, which are events such as his first day at school and the day his baby sister was born. Through the illustrations, the reader then sees the grandfather's experiences of the war - wearing his new soldier's uniform for the first time, looking at a photo of the baby he's never met.

Plea for football boots

Does anyone have any football boots their child has grown out of? We have a number of children who would like some in order that they can take part in football club. Please hand them into the school office if you do. Many thanks.



Sussex Football trials We are thrilled to announce that Finn J from class 6B was successful in the Sussex School Football trials and has been accepted onto the squad. This is an amazing achievement and shows true resilience - well done Finn!



LMA Forthcoming events

The LMA has set up a Patchwork page where they will be sharing upcoming events, notices, links for uniforms and donate buttons. To view the page click the link [London Meed Association Patchwork page](#)

LMA second hand uniform shop

The LMA are really pleased to report that the first load of second hand uniform stock is ready and on sale in its new location at Once Upon A Boutique, 34 The Martlets.

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.

Free School Meals

Is my child eligible?

From 1 April 2018, free school meals in all West Sussex maintained and free schools and academies are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- **Universal Credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)**
- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Support under Part VI of the Immigration and Asylum Act 1999**
- **The guaranteed element of state Pension Credit**
- **Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more £16,190)**
- **Working Tax Credit run-on - paid for four weeks after you stop qualifying for Working Tax Credit.**

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A number of pupils will also be protected against losing their current free school meals. You can find more information on GOV.UK. If you are not eligible for benefits-related, free school meals, but your child is currently in Reception, Year 1 or Year 2, they will automatically be entitled to Universal Infant Free School Meals and you need not apply. Contact your school for details. If you are eligible for benefits-related free school meals in accordance with the above criteria, and your child is also receiving Universal Infant Free School Meals, please continue to register. This will enable your child's school to claim valuable 'pupil premium' funding.

To apply for Free School Meals please visit

<https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/#how-to-apply>



NEW! West Sussex Mind Parenting Peer Support Group 'Circles' near you!

If you are you a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support. Did you know peer support can help increase confidence and can help you learn new skills like coping with challenges? We have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience.



Please find us at:

ADUR (Fishergate)

The Neighbourhood Gateway Hub, West Street (Gardner Road Entrance), BN41 1PR

- Monday 06.11.23
- Monday 04.12.23

ARUN (Bognor Regis)

Arun West Family Hub, Laburnam Grove, Bognor Regis PO22 9HT

- Monday 11.12.23

NORTH (Horsham)

Upper Floor Hall, Blackbridge Community Centre, Three Acres, Horsham, RH12 1RS

- Monday 13.11.23

WEST (Midhurst)

The Rowan Room, The Grange, Bepton Road, Midhurst GU29 9HD

- Wednesday 13.12.23

WORTHING (Durrington)

Ashdown Centre, Birkdale Road, BN13 2QY

- Tuesday 31.10.23
- Tuesday 28.11.23

If you would like to know more, please contact us via our Help Point and state you would like a parenting referral.

Call our Help Point

Monday to Friday, 10am until 4pm on 0300 303 5652
or email helppoint@westsussexmind.org

The Parents Service at West Sussex Mind has lots more to offer:

We hold regular Peer Support Groups both during the day (both in person and on-line) and evening (on-line). We have a monthly 'Expert by Experience' Guest Speaker join us for one of the evening sessions, this year so far we have covered topics such as Self-harm, OCD, Social Anxiety and How to manage aggressive behaviours. These sessions are great as you get to hear more about the subject and a chance to ask any questions relating to your situation.

Another great aspect of the service is the opportunity to have some 1:1 sessions with a Peer Support Worker (again who has lived and professional experience).

These are in blocks of three and can be delivered at a time convenient for you.

We have a closed Facebook group for sharing information and to give parents and carers a platform to ask any questions confidentially.

There are monthly newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).

West Sussex  Mind



Sussex Partnership
NHS Foundation Trust

WEBINARS FOR PARENTS/CARERS

SUPPORTING CHILDREN AND
YOUNG PEOPLE WITH THEIR
MENTAL HEALTH



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

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 19TH OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8TH NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13TH DECEMBER DEPRESSION
- 17TH JANUARY OBSSIVE COMPULSIVE DISORDER (OCD)



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/1081/
Sussex-CAMHS-ParentCarer-
Webinars#/](https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/)

NEED TO GET IN TOUCH?

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

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



What are Expert by Experience sessions?

Expert by Experience sessions by West Sussex Mind are regular training support groups with themes around mental health, including OCD; School Avoidance; ASC and ADHD and mental health. Guest speakers present on the given topic and then the session is open for questions aimed at the speaker, giving parents and carers the opportunity to build on their knowledge, skills and confidence when supporting their children and young people.

Who can attend?

If you have a child or young person aged 5-18 (or in school) and they are struggling with their mental health and you live or your child/young person attends school in West Sussex, you can access our support.

Booking open for the next session until 7 November!

14 November 2023 -ASC, ADHD and mental health

This session will be hosted by Expert by Experience Denise Snook. Join us for a session on how ASC and ADHD impacts on our children and young people's mental health, get some advice and idea's on how you can support them (and yourself) and feel supported by people who have lived experience.

When and where are the sessions?

These sessions are on Zoom and run in the evenings, 7:30-9:30pm. You will be sent the Zoom link ahead of the session.

How do I access the sessions? If you are not already accessing the Parenting Service at West Sussex Mind, please contact us via Help Point by calling 0300 303 5652 (Mon to Fri, 10am to 4pm) or email helppoint@westsussexmind.org and a member of the team will contact you to take some details, and this will confirm your place.



Please remember to send your child in their PE kits on their allocated PE day below. - these are the new days from 4th September 2023

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

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.

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Forthcoming events

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

Term Dates 2023-2024

For WSCC term dates please visit https://www.westsussex.gov.uk/media/15495/school_term_calendar_2022_23_res.pdf

Academic Year 2023-2024 term dates including INSET Days

Autumn Term 2023

Children return Monday 30th October
Last day of term Friday 15th December

Spring term 2024

Starts Tuesday 2nd January
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