



# London Meed Primary School Newsletter

18th November 2024

Bravery Curiosity Resilience Community Respect

What an amazing week, last week. We had so many events. Year 3 had an immersive Stone Age day. They got to explore what it was like living in a stone age cave with a fire, walking barefoot over stony ground, cave painting and listening to the sounds around them as they slept outside. They really loved the day and gathered so much enriching language for their writing. We had two sporting events. The first was our Sports Crew going on training at Burgess Hill Academy - they are now ready to start working with our infants at playtimes and lunchtimes. Then our Year 5 and 6 boys football team played a friendly game against St Wilfrids school. St Wilfrids won, but our children really enjoyed taking part.

Last Tuesday, we took part in Odd Socks Day as part of Anti-Bullying Week. The children really enjoyed wearing their odd socks and talking about why we are unique. They had a great week looking at what bullying is and we cannot wait to judge their posters - watch this space for the winners.



The Book Nook came in as part of our book fair and the children got to spend time looking through the books and listening to Julie, from the shop, read them a story. Thanks to those who bought books - we earn new books for the school from your purchases.

Our Parent Consultations went well with the vast majority of parents attending and sticking to time.

On Friday, we raised money for Children in Need by wearing our own clothes and bringing in a donation of £1. We managed to raise a fabulous £350!!!!

On Friday, Mr Terrill and Mrs Chambers (governor) took 12 children to the Houses of Parliament. They had a fantastic time and even managed to sneak into the House of Commons for a look at what goes on!!!! What a brilliant trip. See below for more details.

**Parent Reps** - we are still looking for a Parent Rep for Year 5. Please can I meet with the Parent Reps on Monday 25th November at 8.45am for about 15 minutes. We can discuss what the role involves and find out some of the perks.



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## Reminders:



This Friday is the Rainbow Tombola donation day. We welcome all donations in the class colour. If you need to clarify anything, feel free to contact us on email [Ima@londonmeedprimary.co.uk](mailto:Ima@londonmeedprimary.co.uk).

**Many congratulations to our pupils who have been awarded this week's London Meed Hero Award.**

<i>Name of child</i>	<i>Class</i>	<i>Reason</i>
Tom B.	6B	For using figurative language and expanded noun phrases when describing the dangers of Antarctica. Keep it up, Tom!
Bonnie	6H	For demonstrating our school value of resilience when investigating equivalent fractions during maths this week. Well done Bonnie!
Holly	5D	For showing resilience and determination when learning about adding fractions and mixed numbers as well as converting improper fractions to mixed numbers. Keep up all your hard work, Holly!
Thea	4S	For working hard in music to compose and perform a swung, 2 bar rhythm. Keep up the amazing work!
Noah	4N	For showing great bravery in settling into his new class and school. Noah has made new friends and has worked so hard! Well done!
Oscar K	3T	For always contributing to class discussions by putting your hand up to share answers. I have been particularly impressed with your answers in maths lessons because exchanging can be very tricky! Thank you for being brave and curious at all times.



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Lula	3M	For showing resilience when adding and subtracting 3-digit numbers with exchange. Well done, Lula!
Finley	2S	For showing the school values of curiosity and resilience in maths this week. You have tried hard to solve problems using 'lots of' and you have presented your work very neatly. Well done Finley!
Amelia S	2O	For showing resilience when learning about multiplication and arrays and for demonstrating community by always looking after our classroom.
Jessica	1C	For showing independence and curiosity when investigating the environment. You make all your learning purposeful. I am so proud of the progress you have made in Year 1 already.
Grace H	1M	For always trying her best in everything she does. She is a curious and respectful class member who is kind and caring. We are very lucky to have you in our class Grace. Well done!



## Online Safety

As children, we all rely completely on adults to help us resolve situations that are causing us to become upset or stressed. This is known as co-regulation. The next phase, once autonomy has begun to develop, is called self-regulation: this is when children start to become capable of exercising more control over their impulses and behaviour, and managing their own emotions.

This vital developmental milestone, however, isn't reached spontaneously. Learning to self-regulate requires sensitive guidance from trusted adults – simply talking with children about their thoughts and feelings, for instance, can ease the

route to self-regulation. The #WakeUpWednesday guide attached has some expert tips for supporting children to reach this goal.

## Election of Parent Governor

I am pleased to inform you of the result of our election for parent governor(s).

Elected: Mr John Sims

We would like to thank those who put their names forward and we are sorry that there were insufficient places for all those interested this time. Tricia Eastley, Chair of Governors.



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## Sports News

### Sports Crew Training

A group of 12 Year 5 children attended training at Burgess Hill Academy to become our next Sports Crew / Active Play Ambassadors for London Meed. They had to work as a team to identify the role and responsibilities of being a play leader, as well as plan games and activities to deliver to our EYFS and KS1 children during lunch time play.

Our new leaders came up with some excellent ideas for multi sports and multi skill activities using a range of equipment, and they practised delivering these activities to other children from different schools. Their first job is to train all the other children who want to be leaders from Year 5, then deliver a practise session to our EYFS children before embarking on lunchtime activities,

The children all represented our school wonderfully and are excited and keen to take up their new roles.



Last Thursday, our year 5 & 6 pupils hosted St Wilfrid's for a friendly football match. The children were split into two teams and played 40 minutes of football. One team drew 3-3 and one team lost 4-1. There was some great football on display, with some good passing and movement and some great saves by our goalkeepers. Thank you to Elisabeth Bell for stepping up as a goalkeeper into the boys team. The children all worked hard as a team and the teacher from St Wilfrid's commented how friendly and respectful our players were and they are hoping to get another match with us in the spring term.

### Charities

As part of our Community school value, we often support local, and national, charities through collections and donations. The Junior Governors are looking to review which charities we support and are seeking ideas for possible new causes. If you have a particular charity that you feel the school could be supporting, please email the school office with the subject 'FAO Mr Terrill - Charities', giving the name of the charity and, if you wish, a brief account of why you feel that the school could be supporting that charity. The Junior Governors will then look at suggestions and decide which charities the school will support over the coming months.



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## Junior Governors trip to the Houses of Parliament

On Friday 15th November, the Junior Governors travelled up to London for a day at the Houses of Parliament. When we arrived, we walked through London and saw lots of famous landmarks. We arrived at the Houses of Parliament at roughly 11 o'clock, we went through security and watched a short film about

parliament's history. After that, we were shown around and went into the House of Commons - it was great fun as we got to go into the discussion chamber and see where the Prime Minister stands. Then we went to Westminster Hall and saw all of our famous monarchs from the past on plaques on the floor. After our tour, we sat on benches overlooking the River Thames and had lunch. Finally, we headed back to Burgess Hill on the train.

-Oli and James from 6B

**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>



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## 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/>



### ANXIETY TOOLKIT FOR PARENTS AND CARERS WEBINAR

SATURDAY 25<sup>TH</sup> JANUARY 2025, 10AM- 12 MIDDAY

LEARN PRACTICAL TIPS AND STRATEGIES TO HELP PARENTS AND CARERS SUPPORT THEIR CHILDREN THROUGH ANXIETY IN THIS ONLINE EVENT!

Are you feeling overwhelmed by your child's anxiety? Join us for this online event where Your Space Therapies will provide you with practical tools and strategies to help you support your child. Emma Connor, Child Psychotherapist will share valuable, easy to implement strategies to navigate through challenging situations and promote your child's well-being. Don't miss out on this opportunity to learn and connect with other parents and carers facing similar experiences. Register now and equip yourself with the **tools** to better understand and manage anxiety in your child.

Price: £27.80

For more information and booking please scan the QR code:



### Your Space Therapies:

On the 25<sup>th</sup> of January 2025, Your Space Therapies are offering a practical and down-to-earth 'Anxiety Toolbox' webinar for parents and carers to support their children with anxiety and mental health.

All the details and a QR code for ease of booking are on the flyer attached.



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## London Meed Association



**Festive wreath workshop**

Come and join the LMA for an evening of festive fun creating your own wreath

The evening will be hosted by Helen from Flowers by Table of Tales

**£40 PER PERSON**  
includes basic materials and light refreshments

WEDNESDAY 27TH NOVEMBER 7.30-9.30PM  
LONDON MEED PRIMARY SCHOOL  
TICKETS [HTTPS://WWW.PTA-EVENTS.CO.UK/LONDONMEED](https://www.pta-events.co.uk/londonmeed)

The LMA festive workshop is taking place on the 27th November. There are still some tickets left, price £40pp. 7.30-9.30pm at the school. To book please visit

<http://www.pta-events.co.uk/londonmeed>

The booking system will close at midnight this Wednesday, 20th November.



**STALL HOLDERS WANTED!!!**

*London Meed Association  
Christmas Fayre*

NOVEMBER 30TH  
2PM TO 5PM

LONDON MEED PRIMARY SCHOOL  
BURGESS HILL  
£20 PER STALL  
✉ [LMA@LONDONMEEDPRIMARY.CO.UK](mailto:LMA@LONDONMEEDPRIMARY.CO.UK)



LMA raising funds for London Meed School

**CHRISTMAS  
Prize Donations**

Can you help?

Can you, your business or workplace donate a prize? Maybe a bottle of wine, a gift voucher, tickets to an event or items for a hamper?

We'd be grateful for any donations, large or small.

If you'd like to help, please email [lma@londonmeedprimary.co.uk](mailto:lma@londonmeedprimary.co.uk) by Friday 22nd November and we'll arrange collection

LMA is a registered charity 1016352

The next LMA event is our Christmas Fair on **Saturday 30th November from 2.00pm to 5.00pm**. To book tickets please visit In order to help us with this, please see the following key dates for donations, all of which are non-uniform:

Friday 22nd November - Rainbow tombola donations

Friday 29th November - bottles donations

The LMA would like to reach out to the school community to ask if anyone has any unwanted artificial Christmas trees they are getting rid of/upgrading and any strings of Christmas lights that they can have to decorate our school for the Xmas fair. If you do, please contact Jo on the committee via the LMA email address who can arrange to collect them [lma@londonmeedprimary.co.uk](mailto:lma@londonmeedprimary.co.uk)



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## Forthcoming diary dates

Date	Event
20th Nov	Biscuit and Banter with Miss Dowley at 2.30pm
22nd Nov	Non uniform day - donations for Rainbow tombola at Christmas fair
25th Nov	Miss Dowley to meet with Parent reps at 8.45am for 15 minutes
29th Nov	EYFS to Toy Museum
29th Nov	Non Uniform day - Bottle donations for Christmas Fair
30th Nov	Christmas Fair at school from 2.00pm to 5.00pm
11th Dec	Reception Nativity to parents and carers at 10am
12th Dec	Infants Nativity (Year 1 and Year 2) to parents and carers at 2pm
13th Dec	Infants Nativity (Year 1 and Year 2) to parents and carers at 10am
13th Dec	Christmas Jumper day
18th Dec	Christmas Party Day & Christmas lunch
18th Dec - Cancelled	Biscuit and Banter with Miss Dowley at 2.30pm
19th Dec	Key Stage 2 Carol Concert at 10am
20th Dec	Break up for Christmas holidays at 3.15pm





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## 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

### Autumn Term 2024

Last day of term Friday 20th December

### Spring term 2025

Starts Monday 6th January

INSET DAY - Friday 14th February

Half term 17th February to 21st February

Children return Monday 24th February

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

### 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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Flutters Flutters

A Christmas show for all the family

KIDS

# FRANKY

21st, 23rd, 24th & 27th-30th December

**BOOK NOW**

**KOMEDIA**  
01273 647100  
komedia.co.uk

Arts Council England

Learners



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 GD Gymnastics and Dance Academy

# Christmas and New Year Gymnastics Camp!

**LONDON MEED PRIMARY SCHOOL  
BURGESS HILL RH15 9YQ**

**FRIDAY 3RD JANUARY 9-3PM**  
(EARLY DROP OFF 8:30AM/ LATE PICK UP 4PM FOR EXTRA £5 EACH)

**ONLY £35 A DAY WITH SNACKS INCLUDED**

**10% SIBLING DISCOUNT AVAILABLE**

## BOOK NOW TO SECURE A SPOT!

Contact us:  
✉ [georgiesgym@gmail.com](mailto:georgiesgym@gmail.com)  
☎ 07594 305424  
📱 or DM us on Facebook and Instagram!



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## KIDS BOOT CAMP...

Calling all 7-14 year olds who want to improve their overall fitness and increase their strength, confidence and agility whilst having fun!!

Next Gen Kids is on every Wednesday from 4pm-4.45pm during term time. We would LOVE to see you at our new home:- Unit 2, Sovereign Business Centre, Victoria Road, Burgess Hill, RH15 9LR

Just £7 per session with fully qualified coaches every step of the way. **For more information or to book please call Nicky on 07591 596160 or email [info@theultimatetraining.co.uk](mailto:info@theultimatetraining.co.uk)**

