

London Meed Primary School

Bravery Curiosity Resilience Community Respect

NEWSLETTER: Friday 19th January 2024

This week has seen children trying lots of new things. Year 2 have learnt magic tricks, counted in Mandarin and danced the Macarena. 5D started forest school braving the extreme cold. Our Premises Manager, Lee Blake, spent time with Year 6 children teaching them about WW2 and some jive dancing. We also had some very brave Year 4 pupils performing body percussion in front of the entire school. Today, some of Year 5 and 6 children are up at the O2 joining a 9,000 strong choir at the Young Voices 2024. A report will follow in next week's newsletter.

Clubs started back this week, with lots of enthusiastic children. The new Taekwondo club has proven to be popular. The instructors were really impressed how polite and respectful our children were.

Finally, just to let you know that unfortunately Mrs Langtree is unwell and will not be in school until after half term. In the meantime, please contact myself via the school office if you have any queries.

Have a lovely weekend everyone.

Jake Terrill

Deputy Headteacher

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.

<i>Name of child</i>	<i>Class</i>	<i>Reason</i>
Charlie K.	6B	For always completing work of a high standard and for your admirable passion for Maths. Keep it up, Charlie!
Thomas	6H	For consistently following our school rules and being an extremely polite and reliable member of our class community. Fantastic attitude Thomas!
Bobby	5D	For always working hard and showing curiosity in all aspects of his learning. Most recently, he demonstrated when writing a

		descriptive free-verse poem describing the ocean.
Aaron	5S	using his mathematical knowledge, and for supporting his peers to solve challenging decimal related questions.
Abner	4P	For showing a positive attitude towards his learning and always working conscientiously.
Lacey	4O	For an excellent attitude to learning and for always showing respect by listening well and helping out in the classroom.
Katie	3M	For always being ready to learn and showing resilience when measuring using centimetres and millimetres. Well done!
Lani	3C	For showing creativity and inspiration when writing her diary. Fabulous effort!
Benjamin	2K	For using creativity to write a fantastic information page about polar bears!
Lewie	2M	For showing curiosity when solving maths problems and sharing his understanding with our class community. Great work Lewie!
Amelia G	1S	For achieving a London Meed Hero award for her determination to improve her phonics and her reading. She has shown the school value of resilience as she has tried so hard. Well done Amelia!
Elora	1M	For achieving a London Meed Hero award for her determination to improve her phonics and her reading. She has shown the school value of resilience as she has tried so hard. Well done Elora!
Harry	Apple	For fabulous reading and trying really hard in his phonics lessons. Well done.
Haven	Cherry	Showing resilience when learning to write her name.

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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.

Free CAHMS parent/carer webinars.

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

- 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@spft.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

[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.

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.

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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.

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.

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/>

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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

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 2023-24

For WSCC term dates please visit

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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



PROTECT

YOUR CHILD

**VACCINES GIVE THEM
THE POWER TO FIGHT
PREVENTABLE
CHILDHOOD DISEASES**

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



BASKETBALL 3-7 YEAR OLDS

THESE SESSIONS PROVIDE AN INTRODUCTION TO THE WORLD OF BASKETBALL WHILE FOCUSING ON ESSENTIAL MOVEMENT SKILLS

3-4 YEAR OLDS & RECEPTION - SATURDAY -
9:45AM-10:30AM @ THE HOLY TRINITY SCHOOL

RECEPTION & NOVICE YR 1 - SATURDAY -
9:00AM-9:45AM @ THE HOLY TRINITY SCHOOL

EXPERIENCED YEAR 1 & YEAR 2 - SATURDAY -
9:00AM-10:00AM @ THE HOLY TRINITY SCHOOL



SIGN UP FOR A TASTER SESSION HERE:

WWW.STORMBASKETBALLCLUB.COM/BABY-BALLERS

EMAIL: KARL@STORMBASKETBALLCLUB.COM



STORMBALLCLUB



STORMBASKETBALLCLUB



STORMBALLCLUB



MONDAY 7.00PM
THURSDAY 7.00PM
SATURDAY 8.30AM

PARKFIT

LONDON MEED SCHOOL, CHANCTONBURY ROAD, BURGESS HILL