



# The Parkland Federation

Aim High, Work Hard, Dream Big

*If you see someone without a smile, give them one of yours*

17th March 2023

Dear Parents and Carers

We have been very busy around the school site preparing for Spring. Our new gated Secret Garden at the back of the field is almost complete and we hope to house a small beehive here soon. We have four staff members who are now qualified beekeepers and we have been working closely with the British Beekeeping Association to ensure we have the right space and equipment to provide them with what they need. We are very excited to begin to thread this valuable learning through our school curriculum. More news to follow soon!

We are all looking forward to welcoming you into school for our Parent Consultations next week. Please make sure you sign up for an appointment if you have not already done so. Please arrive 15 minutes before your appointment and take some time to look at and celebrate your child's work in the hall. Refreshments will be available, See you all then!



## EYFS



Reception have had a wonderful couple of weeks learning about 'The Three Little Pigs'. We have been busy designing houses for the pigs, drawing story maps of the main events and hearing an alternative version of the story 'The True Story of the Three Pigs'. The children had to decide if they believed the wolf or the three little pigs.

In Maths, we've been learning Number bonds to 10 using part-part whole models, tens frames and Numicon. We've loved doing science experiments and investigations this week as part of science week. Our favourite activity was making our own bubble machines, very exciting!

Congratulations to our Stars of the Week Oscar & Henry (Kerr) Emelia & Tyler (Inkpen) and also to our Dojo winners James & Arlia (Kerr) and Olivia & Xayah (Inkpen)



## Year 1

Year 1 have been having fun during Science Week exploring their fingerprints and guessing different smells ranging from orange and chocolate to vinegar and garlic! We have been tackling subtraction problems using our number bonds and the number line to help them.

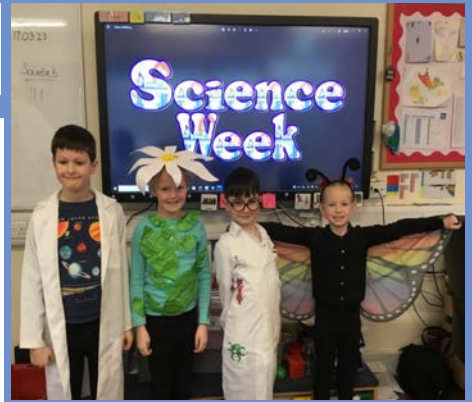
We have also been looking at maps in geography and exploring the 4 countries that make up the UK. The children even managed to find the equator on the map! We have been learning the importance of staying clean and healthy in PSHE too. The children have made some fabulous posters to promote this!

Congratulations to our Stars of the Week: Lily & Ini (Donaldson), Alfie JD & Forrest (Blake) and also to our Dojo winners: Bea and Summer (Donaldson), Hayden & Forrest (Blake)

## Year 2

Year 2 have had a busy two weeks of celebrations. We had an incredible day celebrating World Book Day, which involved a 'Starbooks' breakfast, a dressing up parade and a very eco-friendly book swap. This week, we have been lucky enough to mark Science Week by having a visit in the Planetarium. We are so grateful to FOPS for organising this for us all! In English, we are putting ourselves in the shoes of Samuel Pepys and writing a diary about the Great Fire of London. The children have really impressed us with their creative and emotive responses. During Design & Technology, we learned about axles and wheels then made our own fire engine. The children all managed to use a wood saw to cut their dowel to the correct size! Bravo, Year 2.

Congratulations to our Stars of the Week Huxton & Tyler (Beaty) and Hunter & Piper (Santat) and also to our Dojo winners Riley & Ava (Beaty) and Daisy & Amelia (Santat)



## Year 3

Year 3 have had a wonderful couple of weeks learning about forces, the eruption of Vesuvius in Pompeii and tsunamis. We were looking at friction and how we could tell if a surface had more or less friction by making our own sledges and testing different surfaces. In Maths, we've been learning about perimeters of 2D shapes before beginning our new unit on fractions. The children also composed their own music during recorders. Finishing off our fortnight with Science week, we've loved doing science experiments and investigations all about natural connections. Our favourite activity has been analysing our own fingerprints., Very unique!

Congratulations to our Stars of the Week Skye and Remy (Harrison) and Nyla and Nathan (Woodson) and also to our Dojo winners Bailey and Victoria (Harrison) and Lola and Phoebe (Woodson)



## Year 4



Year 4 had a fantastic World Book Day and celebrated this occasion with a day of fun-filled activities all based around the love of reading! Year 4 shared stories with children from Years 1, 2 and 3 and acted like fantastic role models to the younger pupils, who thoroughly enjoyed their reading session. The pupils also discussed their favourite authors and characters. Following on from our Science topic all about teeth, Year 4 spent their Wednesday afternoon creating their very own toothpaste! Using a mixture made up of corn syrup, glycerine, peppermint essence and water, the children were able to create their very own toothpaste. We then tried using our newly-created toothpaste to dissolve stains, with some fantastic results - well done Year 4! [Congratulations to our Stars of the Week: Natalya & Rowan \(Blackman\) Aleksandr & Barney \(Walliams\) and also to our Dojo winners: Sophie & Poppy \(Blackman\) Ellie & Millie \(Walliams\)](#)

## Year 5



Year 5 have enjoyed two special visitors coming in and sharing their experiences in weaving and poem writing. The children had the pleasure of meeting Ismini and Woodzy, self employed artists who shared their knowledge and experiences with weaving and poetry. The children were able to practise their own weaving techniques in light of their DT project and also had a go at writing their own poem about how to be a better me in 2023. The children loved every minute! We have also enjoyed Science week, whereby we took part in lots of different science experiments. We also took part in some comic relief activities, solving lots of tricky maths problems and designed our own red noses. [Congratulations to our Stars of the Week Brooke & Mollie \(Wilson\) and Phoebe D & Grayson \(Zephaniah\) and also to our Dojo winners Jaiden & Brooke \(Wilson\) and Emily & Lillia \(Zephaniah\)](#)

## Year 6



Another busy two weeks have passed by for Year 6! World Book Day was a fabulous day with many children beginning the day by sharing a book over breakfast. There were some incredible costumes and Year 6 were proud to have the winner of the best costume in their year - thanks must go to Tommy G's mum for the perfect application of Tommy's make-up. As requested by FoPs, the children spent an afternoon putting their artistic skills to the test to create portraits of King Charles. The results were amazing and were portraits fit for a king! In Science, among many of the activities, the children studied fossils before creating their own ones. Don't forget to do your homework, Year 6!



Congratulations go to this week's Stars of the Week Jessica N and Lucy (Rosen) Kaelen and Esme (Mian) and Dojo Winners Kai and Neveah B (Rosen) Tommy and Joey (Mian)

## This week's Attendance:

Excellent attendance at school allows a child to have the best possible start in life. All pupils should aim for at least **97%** attendance in order to ensure they do not miss out on their education.

Inkpen Class (YR) 91%	Kerr Class (YR) 92%	Blake Class (Y1) 93%
Donaldson Class (Y1) 93%	Santat Class (Y2) 93%	Beaty Class (Y2) 93%
Harrison Class (Y3) 94%	Woodson Class (Y3) 93%	Walliams Class (Y4) 93%
Blackman Class (Y4) 94%	Zephaniah Class (Y5) 95%	Wilson Class (Y5) 94%
Mian Class (Y6) 93%	Rosen Class (Y6) 94%	The Highest Attendance Award goes to <b>Zephaniah</b> class. Well done!



## Eco Committee

Our **Eco tip** this fortnight is to not waste water! For example - When running the cold tap to drink, there is water wasted before it runs cold enough, this can be collected in a jug & used for the kettle.



Last Friday we took part in the 'In Blooms' competition at the town hall. With the theme being 'Our King' this year, the children at the Infants and Juniors designed some beautiful flower beds. Miss Guthrie and Mrs Walker each took 4 children to represent each school to the town hall and all the children were incredible at not only explaining their designs but representing Parkland. It was a privilege to take them out for the afternoon. We are thrilled that **Parkland Infant School placed 2nd in the competition, just behind St Bedes Prep school.**



A huge thank you and well done to; Daisy, Ruby, Scarlett and Logan at the Infant school and well done to Henry, Alfie, Florence and Carol at the Junior school.



## School Council

Our Junior **Citizen of the Fortnight** this week is Henry in Wilson class for being a confident speaker at the In Bloom competition and representing our school so well! Well done!



Our Infant **Citizen of the Fortnight** this week is Scarlett in Donaldson for being a great representative of Parkland Infant School at our In Blooms competition.

# WORLD BOOK DAY 2023



A BIG  
thank  
you  
♥



## A Big Thank You

Last term, we held a number day in order to raise funds and awareness for the NSPCC. Your generous donations raised £140 for this worthwhile charity and will go towards work done across the county with children in need of support.



## Parent and Pupil Lunchtime Survey Results

Thank you to the 18 parents who took part in the lunchtime survey. Your feedback was really helpful to the kitchen team and included:

1. **Requests for a sandwich option.** This will be introduced in the summer term.
2. **Children not liking the roast option.** This will now be fortnightly rather than weekly.
3. **Chilli is unpopular as a meal.** This has been removed from the menu.
4. **Choice of salads needs to be improved.** There are 8 salad options on offer each day and children are encouraged to try these.

For our pupil survey, the following feedback was given:

- ★ 88% of children said the food looked nice on the plate.
- ★ 91% said the food was tasty or very tasty.
- ★ 82% said they had enough to eat.
- ★ 95% of children said the kitchen team listened to them and were helpful.





# Mental Health and Wellbeing Support



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HERE



on Safeguarding For Parents Curriculum Health & Wellbeing Remote Education

## 'Understanding Anxiety & Worry'

### What it is and how to support your child

Would you like to know how to help your child more with their fears & worries?

This FREE 2 hour session with our 'Me & My Mind' family practitioners is for any parent or carer interested in knowing more about supporting their child's emotional well-being. The session will include understanding more about anxiety and worry and offer practical things you can do to help support your child at home.

**Tuesday 28<sup>th</sup> March 2023**

**1.00 -3.00 pm.**

**Parkland School - Dahl Studios**

Please click [here](#) to book your space

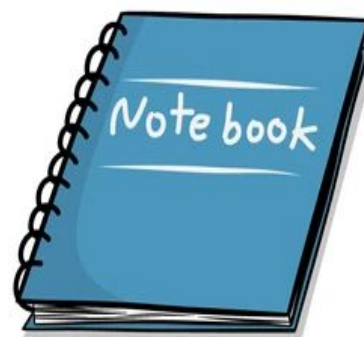


A helping hand with your mental health  
**me & my mind**  
East Sussex Mental Health Support Team

# Important Dates and INFORMATION

## Diary Dates

22nd & 23rd March	Parent Consultations (Please sign up if you have not already done so.)
31st March	Last day of Term 4 FoPs Discos - Mufti Day (non uniform day) - (Lucky Jars)
17th April	First day of Term 5
28th April	EYFS Vision tests plus Heights, Weights & Measures - please make sure you register on the parent portal
8th May	School Closed - Bank Holiday
26th May & 5th June	INSET DAYS



thank you!



**FREE  
COURSE  
FOR  
ADULTS  
19+**

**BOOKING  
ESSENTIAL**

**SMALL  
FRIENDLY  
GROUP**

## Let's Grow!

**A 3 week course taking place on Thursdays at 10.30am to 1.00pm  
in the Community Garden on the 16th, 23rd & 30th March 2023**

Kick start the spring gardening season with this fun and informative introduction to gardening.

We'll focus on soil preparation, propagation and the cultivation of vegetables. This practical course includes the construction of bamboo supports for runner beans.

Suitable for all levels of ability. Students are advised to wear outdoor working clothes for this course.

**WILLINGDON TREES COMMUNITY CENTRE  
101 HOLLY PLACE, EASTBOURNE, BN22 OUT**



**TO BOOK YOUR PLACE CONTACT LISA, CHELSEA OR ELLEN ON:  
eastbourne@sussexcommunity.org.uk ☎ 01323 504438**

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[www.theparklandfederation.com](http://www.theparklandfederation.com)



## Join us this school holiday for free food and fun!

Enjoy a tasty and healthy meal together and have fun joining in with a range of activities such as crafting, table games, sensory play, sports, dancing and cooking.

Monday 3rd April, 2.30pm to 5.30pm - offering dinner

Thursday 6<sup>th</sup> April, 11.30am to 2.30pm - offering lunch

Tuesday 11<sup>th</sup> April, 2.30pm to 5.30pm - offering dinner

Thursday 13<sup>th</sup> April, 11.30am to 2.30pm - offering lunch

**FREE FOR EVERYONE**

Contact us to book your places or book online at:

<https://eequ.org/thetreescommunityassociation>

Please do contact us at the Centre if you need help making your booking



Willingdon Trees Community Centre, Holly Place, Eastbourne, BN22 OUT

T: 01323 504438. E-mail: [eastbourne@sussexcommunity.org.uk](mailto:eastbourne@sussexcommunity.org.uk)



Places are limited and advance booking is essential.  
Children under 16 years of age must be accompanied by  
an adult.





## FOOD & FUN MENU



**Mon 3rd April**

**2.30pm to 5.30pm**

- ~ **Pasta Bolognese**
- ~ **Make Your Own Chocolate Nests**
- Easter Crafts with Crafty Trees**
- Plus Easter Egg Hunt**



Always available:

~ Filled Rolls ~ Fruit ~

**Vegetarian and Gluten Free Options**

**Thu 6th April**

**11.30am to 2.30pm**

- ~ **Make Your Own Ploughman's**
- ~ **Eton Mess**
- Spring Gardening with Trees Toddlers Allotment**
- Plus Pool & Ping-Pong**



## FOOD & FUN MENU



**Tues 11th April**

**2.30pm to 5.30pm**

- ~ **Butter Chicken**
- ~ **Make Your Own Mini Trifles**
- Spring Crafts with Crafty Annie**
- Plus Multi-sports with Defiant Sports**



Always available:

~ Filled Rolls ~ Fruit ~

**Vegetarian and Gluten Free Options**

**Thu 13th April**

**11.30am to 2.30pm**

- ~ **Spanish Omelette**
- ~ **Make Your Own Neapolitan Ice Cream Sundae**
- Making Music with Creative Force**

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Ingage Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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[www.theparklandfederation.com](http://www.theparklandfederation.com)

# FAMILY HUBS AND YOUTH HUBS IN EAST SUSSEX COMMUNITY CONSULTATION

**PLEASE TELL US WHAT YOU THINK**  
HELP US DEVELOP THE SPACES AND THE SERVICES  
FOR CHILDREN YOUNG PEOPLE AND THEIR FAMILIES



**We want to hear from young people, from parents and carers and from people working with families too!**



*We want to make sure that we offer the whole family, the right service, in the right place, at the right time.*

If you would like a translated version of the consultation, or if you need some support to fill it in, please contact us and we will try and to help.

☎ 0345 60 80 192

✉ [ehcommunications@eastsussex.gov.uk](mailto:ehcommunications@eastsussex.gov.uk)



 **FAMILY HUB**  
EAST SUSSEX

 **YOUTH HUB**  
EAST SUSSEX

**East Sussex**  
County Council