



London Meed Primary School Newsletter

9th December 2024

Bravery Curiosity Resilience Community Respect

We had such a lovely week last week. Year 5 had a fantastic Viking Day, taking part in workshops throughout the day. They really enjoyed trying on some of the outfits and learning Viking songs. Year 2 had the most amazing fabulous finish to their topic with a medieval day. The children came dressed up as knights, princesses, kings, queens and dragons. They finished the afternoon with a medieval banquet and ball and were visited by their very own Fester Jester. It really was such fun! Year 3 had Forest Schools which they loved despite the cold weather. Year 5 are busy learning the songs for Young Voices in January - we cannot wait to take them all up to London for the day. Year 6 are busy making their very own head torches. They have been busy designing them and are now ready to start making them. We cannot wait to see the finished torches.

This week is performance week. Both Reception and Key Stage One have their dress rehearsals and then performances of their nativity. The singing coming from the hall is beautiful and I know the parents that come and watch will be delighted. The children have worked so hard to learn all the songs. Two of our Year 6 Junior Governors are off to the Burgess Hill Council meeting to represent our school - a very important role. We have Christmas Jumper Day on Friday. Your child can come wearing a Christmas jumper on top and uniform on their bottom half. Some of our Year 5's are off to Marten House on Friday to talk with the residents there and find out about their interesting lives.

All after school clubs have now finished for the term. Thank you to all our staff who gave up their time to enable such a wide range of clubs to be offered this term. **The Spring term clubs timetable will be sent out once we return after the Christmas holidays. After school clubs will not start until week commencing the 20th January.**



Our Christmas Post box is by the Christmas tree, outside the school office. If your child would like to use it for their Christmas cards please ensure that the envelope has the name and class of the recipient to ensure they are delivered to the right person.

REMINDERS:

Please can we remind you that the disabled parking bays are for holders of Blue Badges only and that any cars parked there without a blue badge displayed will be asked to move.



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If your child comes in late please sign them in and then hand them to a member of staff who will take them down to their class. **Please do not escort them around the school yourself.**

If you have any issues or questions in the first instance please email your child's class teacher via their year group email address or alternatively email office@londonmeedprimary.co.uk who will then forward your email onto the relevant member of staff. **Please do not send emails to individual members of staff as, if they are not in school, the email will not be read.**

theorchard@londonmeedprimary.co.uk	The Orchard
year1@londonmeedprimary.co.uk	Year 1
year2@londonmeedprimary.co.uk	Year 2
year3@londonmeedprimary.co.uk	Year 3
year4@londonmeedprimary.co.uk	Year 4
year5@londonmeedprimary.co.uk	Year 5
year6@londonmeedprimary.co.uk	Year 6

Year 2 Fab Finish

Year 2 had a fabulous finish on Friday. The children enjoyed a Medieval style banquet with music, dancing and entertainment from our very own Jester.

"I loved the fancy dancing."

"The feast was great- I enjoyed the biscuits."

"Fester Jester made me laugh- he did some magic and I got some flowers!"





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Christmas Countdown:

The next couple of weeks are really busy with Christmas events so please make a note of them in your diary.

Tuesday 10th December - Key Stage 1 dress rehearsal at 9.30am

Wednesday 11th December - Reception Nativity at 10.00am

Thursday 12th December - Key Stage 1 Nativity at 2.00pm



Friday 13th December - Christmas Jumper Day - please wear with school uniform on the bottom half.

Friday 13th December - Key Stage 1 Nativity at 10.00am

Friday 13th December - Year 5 to Marten House at 1.15pm

Tuesday 17th December - Key Stage 2 Carol concert dress rehearsal

Wednesday 18th December - Christmas party Day - children can come in own clothes

Wednesday 18th December - Christmas lunch - please make sure you have booked this for your child. The deadline was the 5th December so please provide your child with a packed lunch if you did not book in advance.

Thursday 19th December - Key Stage 2 Carol Concert at 10.00am. We will need help with this so please fill in google form if you can help.

Thursday 19th December - Elf run day - Key Stage 1 and Reception in the morning and Key Stage 2 in the afternoon



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9th December 2024

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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>
Jude R-S	6B	For showing resilience and determination during test week and for always being a supportive, polite and kind member of our class. What great qualities to have, Jude!
Summer	6H	For showing resilience and determination when carrying out the Year 6 tests this week. You are a fantastic role model for our school community. Well done Summer!
Cadi F	5D	For showing resilience and bravery when completing tests this week to the best of her ability as well as completing her home learning to a very high standard. Well done, Cadi!
Nancy D	5A	For being resilient and showing determination when completing her Maths paper. You showed inner resilience and curiosity when you found it tough. Well done Nancy!
Milo	4N	Milo is such a resilient learner. He has worked really hard during Test Week, and has improved his speed when answering times tables questions. He loves to share his creative drawings in class - he even drew his teacher in a Santa outfit, which the children thought was very funny! Thank you for always being so positive, Milo!
Emily B	4S	For showing bravery in gymnastics to climb the large apparatus and pushing herself to perform a range of different movements. Well done!
Ivy	3T	Demonstrating what a fantastic memory you have for different periods of the Stone Age. You were clearly able to explain how life changed for prehistoric people, which is a lot to remember. Well done!
Alessio	3M	For showing great resilience and bravery during test week. You took your time and tried your absolute best. Very well done, Alessio!
Matthew	2S	For great progress in phonics and growing confidence in reading this term. Well done.
Caelan	2O	For excellent progress in phonics and growing confidence in reading and writing this term. Well done.



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Mia	1C	For showing curiosity and resilience when joining in with our daily maths lessons. You always try your best and write fabulous extended sentences. Very well done, Mia!
Freya	1M	For always being such a burst of enthusiasm and curiosity every day! Freya is always keen to learn new things and has been dazzling us with how carefully she listens and how she tries out things independently. What a star!

Y5 Viking Workshop – 2nd December, 2024

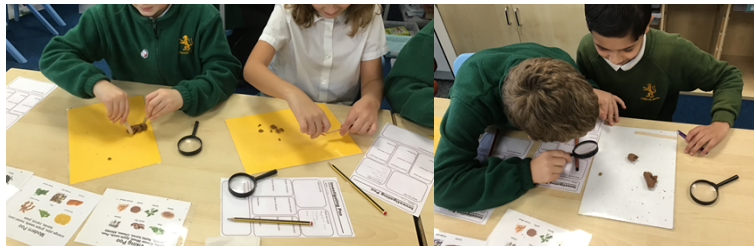
We had a wonderful workshop, learning all about the Vikings and how they lived from day to day.



In the morning we worked in small groups and completed different activities. Including dressing up, solving clues and traditional games.



As a whole class we imagined we were on a Viking longboat and sang sea shanty 'Nordic' style songs, as we voyaged across the oceans.



In the afternoon we worked scientifically and investigated faeces. We were able to find out about other civilisations.



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9th December 2024

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When starting up for some of these apps, some will speak to the parent directly, saying something along the lines of 'Your child is good to go. Let them take it from here.' It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may store data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Ideal they're created by a qualified mental health professional to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of any trained professionals. These apps should never be considered a substitute for counselling or other licensed medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

[@wake_up_weds](https://twitter.com/wake_up_weds) www.thenationalcollege.com www.wakeupwednesday.com www.wakeupweds.com

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

#Wake up Wednesday

The rise in awareness of mental health issues has given way to several easily accessible services to help with such problems – for example, wellbeing apps promising to serve as an assistive tool for anyone in need of support. While these can be useful to some, there are a few risks which are important to consider – especially if a child or young person is using the app.

Of course, it can be tricky to know exactly where the safety concerns lie with a service intended to help and support its users – and it can be harder still to safeguard younger users. The free guide attached breaks down the online safety risks of mental health and wellbeing apps, before letting you know how best to keep children and young people safe if they ever wish to use these services.

Plea from EYFS Staff

We are looking for parents/carers who are police, firefighters, any medical such as nurse, Dr, paramedic, midwife etc, dentist, librarian, etc who might be happy to come and talk to EYFS about their job in the spring term. If you are able to please email theorchard@londonmeedprimary.co.uk and the teachers will then sort out specific details nearer the time. Many thanks.



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9th December 2024

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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/84lbWMY>

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>

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/>



Congratulations to Aaron 6B who represented the Russell Martin Academy in training and matches with Portsmouth FC academy teams at their facilities last week. Well done!



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9th December 2024

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Forthcoming diary dates

Date	Event
	Clubs have now finished for the term apart from Taekwondo and Gymnastics.
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
19th Dec	Elf Run to raise funds for St Peters and St James Hospice
20th Dec	Break up for Christmas holidays at 3.15pm

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

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9th December 2024

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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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**Fully Funded
School
Support
Course**

**Available
in Levels
1, 2 & 3**

***Please go to our website
for more detailed
information.**

**6 Week
Course
Mon - Fri
Daily sessions
1st session 9:30 - 11:30am
2nd session 12:30 - 2pm**

www.studysmartuk.online

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9th December 2024

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23rd December, 2nd & 3rd January

MID SUSSEX HOLIDAY CAMPS

Book online at www.pioneerchildcare.co.uk

FREE HAF Places Available

Book online at <https://bit.ly/free-haf-pioneer>

For children in receipt of Free School Meals. Funded by the Department of Education





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9th December 2024

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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)

10% SIBLING DISCOUNT AVAILABLE

BOOK NOW TO SECURE A SPOT!

Contact us:
 georgiesgym@gmail.com
 07594 305424
 or DM us on Facebook and Instagram!

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9th December 2024

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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**

