



Dear Parents/Carers,

Packed Lunches

If you would rather your child did not eat a hot meal every day, they can, of course, bring a packed lunch into school. Please pack these in a suitable container, clearly labelled with your child's name and class. Although there is access to water, it is a good idea to include a drink of water or fruit juice. No fizzy drinks, bars of chocolate or sweets though please. Do also ensure that packaging is easy for your child to open. We have a number of children with nut allergies so we insist that you do not include nuts, including peanut butter, in your child's lunches. Nutritional guidelines are for children to have two servings of fruit and/or vegetables in their packed lunch (for example; pepper strips, cut up apple, washed berries, carrot sticks are popular choices).

Y6 Viking Art Day



Year Six pupils at London Meed arrived at school in their Viking costumes, ready to participate in an immersive art experience. They sketched from life, added charcoal for greater effect, before including colour. They participated in a workshop run by Maureen Burgess. The quality of

the artwork produced was fantastic, but better still was the sense of pride in their work shown by pupils. We were all most impressed by the attitude and ability of every child on the day.

Hair!

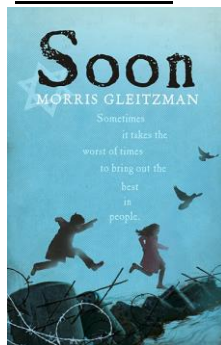
What we love to see is tidy hair on boys and girls. Anyone who's hair is long enough to be tied back should be. Even shorter hair can get in the way when the head is tipped forwards for writing, so a hair band is often helpful too. What follows are two things we do not like to see in school – remember this is often because it sets an unhelpful precedent for other parents.

- Hair should be natural colour, no hair dye or bleach
- Extreme hair styles such as Mohican, tram lines or anything closely shaved (ask for nothing less than a number 2)

We ask this because secondary schools have the same expectations. Thank you for supporting an appropriate appearance at school.

Other News

Book Review



Soon by Morris Gleitzman

This is one of a series of books: 'Then', 'After', 'Now' and 'Once'. If you like quite heavy and sometimes sad books then I guess this is for you. It's about the Holocaust and one girl who is 6 and a boy who is 11. Their parents have been captured and best friend killed whilst they jumped off

a train. There are loads of ups and downs in this book. Read it if you want to find out more and don't forget the others in the series. Lucy Y6

Family Information Service

The Family Service Directory is an online directory of support services and family activities that take place across West Sussex. The Family Service Directory provides free, impartial and up-to-date information for parents and carers of children and young people aged 0-18 years. family.info.service@westsussex.gov.uk

Free Bikeability Courses

We are again running FREE Bikeability holiday courses in the Easter and Summer holidays.

Applications can be made via the link on the website.

<https://www.westsussex.gov.uk/roads-and-travel/road-safety/cycle-safety-courses-for-school-children/#school-holiday-courses>

Easter Holiday course

10 April to 13 April 2017 (4 days) from 9.00am - 11.00am Venues:

- Oak Grove College, Worthing
- The Arena Sports Centre, Bognor Regis
- St Paul's Catholic College, Burgess Hill
- Maidenbower Junior School, Crawley
- Forest School, Horsham

Summer Holiday course

31 July to 3 August 2017 (4 days) from 9.00am - 11.00am

Venues:

- Oak Grove College, Worthing
- Maidenbower Junior School, Crawley
- The Arena Sports Centre, Bognor Regis
- St Paul's Catholic College, Burgess Hill
- Forest School, Horsham



Ink Pots Writing Workshops

Writing workshops encouraging expression through words and pictures...

Half term workshop - maps, journeys and adventures!

Thursday 23 February 10am - 12 noon

St John's Church, Burgess Hill RH15 9AA

£16 per child/£2.50 bring-a-friend discount

ink pots writing workshops

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Please visit our website www.inkpots.org for more information or call Gill on 07771 231563 for a chat.

Dates for your Diary for the Autumn Term.
(Further dates for the academic year
can be found on the calendar on our website)



FEBRUARY

7 th	Safer Internet Day
16 th	The Orchard Night in the Museum Pyjama Party at 6pm
17 th	Last day of half term
20 th –	Half term
24 th	
27 th	First day back after half term Y1 and Y2 Pirate Training Day

MARCH

2 nd	World Book Day
Week of	Scholastic Book Fair
6 th	
14 th	Parent Consultations 3-5pm
16 th	Parent Consultations 3-7pm

APRIL

7 th	Last day of term
10 th -21 st	Easter break
24 th	First day back after Easter break