



London Meed Primary School Newsletter

12th January 2026

Bravery Curiosity Resilience Community Respect

Well we had a very interesting start to the new term with snow, black ice and high winds!!!! Luckily we are all back to normal and we want to thank you for your patience last week with different arrangements for coming in and going home. Last week, the children all settled back into school really well.

This week, clubs all start again. Please make sure your child has signed up to the clubs they would like to attend. The school had a fire drill practice this morning which went well. On Wednesday, some of our Key Stage 1 children are off to St Paul's for a net games sporting event. We also have our last open morning for prospective parents of children wanting to start school in September 2026. If you do have a sibling who is due to start school, the deadline for applications is Thursday 15th January 2026.

Please can we remind parents and carers that your child MUST bring in a coat each day and wellies. Many children, despite the cold weather, were claiming last week that they didn't have coats and their fleeces were their coats. In this current weather, children must wear a coat outside unless we tell them otherwise. For those children wanting to play on the field, they do need waterproof trousers as it is particularly muddy! Please also see our OPAL lists below to see how you can help support our outside play.

Behaviour:

Following feedback from staff and pupils on our new behaviour policy, this term we have introduced new reward bands for pupils who follow our school rules of 'Ready, Respectful, Safe' on a consistent basis. Staff have been given a very limited number of these bands to give out, so if your child comes home wearing one, it means that they have done a brilliant job of adhering to one of the school rules. The bands are the children's to keep if they are given one.



Online Safety:

The Children's Commissioner has published the following guide - What I wish my parents or carers knew: A guide for parents on managing children's digital lives.

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>



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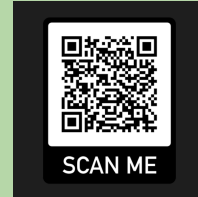
OPAL collections:

We are looking for the following donations to support our OPAL play - old wellies, pool noodles, foam padding, yoga mats, kitchen pots and pans, utensils, sieves and colanders. If you are having a new kitchen we are after old sinks and cupboards to help build our own mud kitchens. We also need benches.

Facebook:

Please remember to check out our Facebook page for what is going on in school.

<https://www.facebook.com/profile.php?id=61580110393113>



Miss Dowley

PE Days:

Please see the revised PE days for year groups below ready for the new term

PE Days

Please remember to send your child in their PE kits on their allocated PE day below:

- Apples - Tuesday and Wednesday
- Cherries - Monday and Friday
- Yr1 - Tuesday and Thursday
- Yr2 - Monday and Tuesday
- Yr3 - Tuesday and Thursday
- Yr4 - Wednesday and Thursday
- Yr5 - Tuesday and Thursday
- Yr6 - Wednesday and Friday

The poster also features an illustration of three children (two girls and one boy) engaged in physical activities: one girl is running, one boy is jumping, and one girl is hula hooping.

KS1 Maths Workshop

The new date for this workshop will be Thursday 12th February. Please can the form below be completed to confirm your attendance.

<https://forms.gle/FnT9cmRpAmvUw4KQA>

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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London Meed Hero Awards

Class	Name	Award
Apples	Jude	For always being polite and respectful and always trying his best with his learning.
Cherries	Ethan	For making fantastic improvements with his reading and attitude to learning in general.
1M	Khadijah	For always being ready, respectful and safe. Khadijah is a great ambassador for our class as she is always willing to help others and shows great respect to all of the adults in our school. Well done Khadijah!
1C	Kooper	For showing curiosity and determination when showing how many tens and ones are in numbers up to 20. It is so wonderful to watch how much you love maths!
2O	Hamza	For being curious and asking lots of questions about how and why. This shows you are thinking carefully about your learning and wanting to find out more. Well done.
2S	Caitlin	For being respectful and helping to keep our classroom tidy and organised. Well done Caitlin.
3T	Adura	Sharing some fantastic ideas in English about our new book and using what you know to describe and make inferences about a character. You always show me you are ready to learn, which I really appreciate.
3N	Pippa	Pippa is like an unsung hero! She demonstrates our values everyday, in everything she does. She is kind, caring, resilient and always tries her best no matter what. We are so proud of her! Well done, Pippa!
4SB	Aroush	For always being so brilliant in every lesson but especially for her incredible rainforest facts that she researched in our non-fiction books this week. Well done Aroush!
4A	James T	For being fully focussed and ready to learn in maths this week. James has given explanations in inputs using excellent mathematical vocabulary. Well done James !
5B	Taylor	For working carefully when using the short division method to correctly complete her calculations and for always being Ready, Respectful and Safe. What a brilliant role model you are, Taylor!
5M	Jake	For showing fantastic resilience during maths lessons when using short division to divide 4 digit numbers. You are contributing in lessons, trying your best and being kind and respectful to everyone in the classroom. Keep up the great work, Jake!
6H	Tom	For being an ambitious learner who always tries his best and engages in all lessons by showing curiosity about the learning that is taking place. His attitude to learning is excellent and he is a wonderful role model to all children at our school. Keep it up Tom!
6D	Oliver	For his thoughtful contributions and insightful ideas during Computing, where we have been learning about websites and webpages, and in English, where he made perceptive inferences about the front cover of our new class story and supported them with clear evidence. Well done for showing such curiosity, Oliver!



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Forthcoming diary dates

Date	Event
14th January	Additional Open Day
15th January	Last day to apply for EYFS school space (26/27)
16th January	2nd Hand Uniform Sale (LMA)
23rd January	Y5/6 Young Voices
30th January	Some of Year 5 to Marten House
10th February	Y6 Newhaven Fort
10th February	Little Big Sing
11th February	Y1 Amberley Museum
12th February	Valentine Disco EYFS, Year 1 and Year 2 - 3.15 to 4.00 Year 3 and Year 4 - 4.15 to 5.00 Year 5 and Year 6 - 5.15 to 6.00
16th - 20th February	Half Term
23rd February	INSET Day - School Closed
2nd - 6th March	Y6 Bikeability
3rd March	Y2 British Wildlife Centre
4th March - change of date	Parents evening 3.30 to 6.30
5th March - change of date	Parents evening 3.30 to 6.00
6th March	World Book Day
20th March	Comic Relief
17th March	Y4 Animazing visit
26th March	Science Day
26th March	Easter Disco EYFS, Year 1 and Year 2 - 3.15 to 4.00 Year 3 and Year 4 - 4.15 to 5.00 Year 5 and Year 6 - 5.15 to 6.00
27th March	Easter egg raffle
27th March	Easter Holidays - break up at 1.30pm



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MAKING SENSE OF CHANGE

SAVE THE DATES

— 27th — JANUARY CRAWLEY	— 6TH — FEBRUARY ONLINE
— 2nd — MARCH WORTHING	— 24th — MARCH ONLINE

Your voice matters! These changes could affect your family, and we want to make sure you're heard. Come and be part of the conversation!

BURGESS HILL

CHAT & CHILL

Do you have a child with SEND? Come along to chat with other SEND parents. Take a break and enjoy a delicious hot drink.

JOIN US:
Friday 23rd January
10:00 - 12:00

NO NEED TO BOOK! Just come along:
Home Coffee House, The King's Church
33-35 Victoria Road
Burgess Hill, RH15 9LR





25/26 | Term Dates

AUTUMN | Wed 3rd Sept – Fri 19th Dec
Half Term 27th Oct – 31st Oct
INSET DAYS: 3rd Sept & 3rd Nov

SPRING | Mon 5th Jan – Fri 27th Mar
Half Term 16th Feb – 20th Feb
INSET DAYS: 5th Jan & 23rd Feb

SUMMER | Mon 13th Apr – Wed 22 July
Half Term 25th May – 29th May
INSET DAYS: 1st June

SCHOOL UNIFORM

SECOND HAND SALE

Friday 16th Jan 3pm

Uniform donations welcome



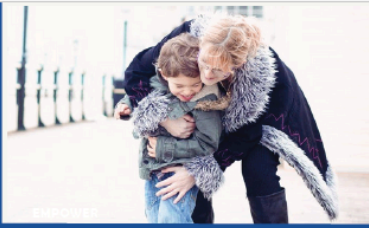



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TRAINING SPRING TERM 2026



WORKSHOPS

Making Sense of Masking	Tuesday 13 th January	7.30 - 9.30 pm
Understanding Demand Avoidance	Thursday 15 th January	10.30 am - 12.30 pm
Making Sense of Wellbeing: Self-care skills for parents and carers	Tuesday 20 th January	7.30 - 9.00 pm
Understanding Sensory Processing Differences	Wednesday 28 th January	10.30am - 12.30pm
Making Sense of Anxiety in Adolescence	Tuesday 3 rd February	7.30 - 9.30 pm
Making Sense of Personal Independence Payment (PIP)	Wednesday 4 th February	7.30 - 9.30 pm
Making Sense of Annual Reviews	Thursday 5 th February	10.30 am - 12.30 pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Thursday 12 th February	10.30 am - 12.30 pm

All of the above training will be delivered on Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

reachingfamilies.eventbrite.com



Reaching Families

www.reachingfamilies.org.uk

Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096

UMBRELLAS

Parent Support Groups

Spring Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
13th Jan / 3rd Feb / 3rd Mar

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
14th Jan / 11th Feb / 11th Mar

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
20th Jan / 10th Feb / 17th Mar

Umbrellas Online

Thursdays via Zoom
7.30 - 9pm

15th Jan / 12th Feb / 5th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub
21st Jan / 25th Feb / 18th Mar

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am
Adur East Family Hub
27th Jan / 24th Feb / 24th Mar

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am
Arun West Family Hub
29th Jan / 26th Feb / 26th Mar

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

outreach-training@reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

Dove Lodge, 49 Beach Road,
Littlehampton, BN17 5JG

Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096



Celebrating 10 Years of Crest Swim School!

Swim Lessons Just £10!

To celebrate our 10th Anniversary, we're offering discounted lessons at just £10 per lesson
Available until the Easter holidays.

- ✓ Available to new customers only
- ✓ Limited spaces available
- ✓ The perfect time to start swimming with us
- ✓ Book by 31st January 2026

Available until the Easter holidays

Don't miss out - once spaces are gone, they're gone!

Email: hello@crestswimschool.co.uk

[Book Now](#) Call: 01825 790896

£10 discounted lessons available when booked by 31st January 2026.

GYMNASTIC CLASSES AT YOUR SCHOOL!

TUESDAY FROM 3.15-4.15 KS2

LONDON MEED!

OUR AFTER-SCHOOL GYMNASTICS CLASS TO BUILD STRENGTH, FLEXIBILITY, AND CONFIDENCE IN A FUN, STRUCTURED ENVIRONMENT. WITH EXPERT COACHES GUIDING STUDENTS THROUGH SKILL DEVELOPMENT WHILE FOSTERING DISCIPLINE, TEAMWORK, AND A LOVE OF MOVEMENT.

THURSDAY FROM 3.15-4.15 KS1

CONTACT US NOW TO BOOK YOUR TRIAL OR
GDGYMNASTICSANDDANCEACADEMY@GMAIL.COM






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DISCOVER OUR CLASSES @ PARK CENTRE,
BURGESS HILL

TUESDAYS

JUNIORS & INTERS DANCE 4.00PM - 5.00PM

DRAMA SESSIONS 5.00PM - 6.00PM

FOR BOYS & GIRLS
AGES 8-16
ALL WELCOME

JOIN US IN SPRING TERM 2026

  @CREATESPACESTUDIOS.COM
WWW.CREATESPACESTUDIOS.COM



PARENTING MENTAL HEALTH SERVICE

OUR SERVICE IS OPEN TO ANY PARENT OR CARER WHO IS SUPPORTING A CHILD OR YOUNG PERSON BETWEEN THE AGES OF FIVE AND 18 LIVING IN WEST SUSSEX.

WE SUPPORT YOU TO HELP YOU SUPPORT YOUR CHILD OR YOUNG PERSON WITH THEIR MENTAL HEALTH.

WHAT WE OFFER:

- PEER SUPPORT GROUPS- BOTH DURING THE DAY (IN PERSON) AND IN THE EVENING (ON-LINE)
- MONTHLY 'EXPERT BY EXPERIENCE' GUEST SPEAKER ZOOM EVENING SESSIONS, COVERING TOPICS SUCH AS SELF-HARM, EBSA, AUTISM AND MENTAL HEALTH, MASKING AND MORE...
- 1:1 SESSIONS WITH A PEER SUPPORT WORKER
- CLOSED FACEBOOK GROUP; REGULAR NEWSLETTERS AND ACCESS TO TRAINING, E-LEARNING AND WEBINARS (ON THE WEST SUSSEX MIND WEBSITE).
- PARENTING MENTAL HEALTH COURSES ACROSS WEST SUSSEX

TO SIGN UP, CONTACT OUR HELP POINT

MONDAY TO FRIDAY, 10AM UNTIL 4PM ON 0300 303 5652
OR EMAIL HELPPPOINT@WESTSUSSEXMIND.ORG
OR USE THE FORM ON OUR WEBSITE -
WWW.WESTSUSSEXMIND.ORG

CHARITY NO. 1186714 COMPANY NO. 08884776