



# The Parkland Federation

Aim High, Work Hard, Dream Big

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

3rd March 2023

Dear Parents and Carers,

Welcome to our first newsletter of Term 4. Although the weather is still a little on the chilly side, we have been enjoying the first signs of Spring at Parkland. One of the ways we promote emotional well being with the children is to practice mindfulness and pay attention to the present moment. Taking a minute to focus on the blossom buds or daffodils that are beginning to bloom around our school has been a real delight.

We have also welcomed 12 newly qualified visiting teachers who have joined us for this term. They have travelled from Illinois University as part of an enrichment programme and we are thrilled that they have joined us to work with the children and teachers and hope that they make some wonderful memories to take back to America.

A huge thank you for all of your support with our World Book Day today. We have had an incredible day and will share a series of photographs for you to enjoy in the next newsletter. Watch this space!





## EYFS

Reception have had a wonderful two weeks learning all about 'Goldilocks and the Three Bears'. The children enjoyed a trip down to our local woods, 'Hampden Park' this week. They were so excited to see different types of bears! We then listened to 'We're Going on a Bear Hunt' and finished off with a play in the park and our fruit around the duck pond.



We also made our own porridge this week and enjoyed adding toppings of our choice. To end our busy two weeks, we've had a wonderful World Book Day! It was lovely to see the incredible outfits from EYFS. Well done, Reception. Congratulations to our Stars of the Week Amin & Oscar (Kerr) Ned & Charlie (Inkpen) and also to our Dojo winners Frankie & Logan (Kerr) and Lexi-May & Liam. D (Inkpen).



## Year 1

Year 1 have had a fantastic start to Term 4! It was kicked off fantastically by our very special visitor Jessica Roper, a kickboxing champion who got the children moving in an exciting workout.

We have been spotting signs of Spring in our Science lessons - hopefully the weather will start to warm up soon! We have been tackling number bonds to 20 in maths, using our knowledge of number bonds to 10 and started our new book in English "Spike", which is about a penguin with rainbow hair. The children celebrated World Book Day on Friday and looked incredible in their outfits!



Congratulations to our Stars of the Week: Milly, Franco & Harry (Donaldson), and Luca & Tyler (Blake) and also to our Dojo winners: Lily, Finley and George (Donaldson) and Isla & Forrest (Blake).

## Year 2

We would like to say a big thank you to our Year 2 families for dressing up the children for World Book Day! They looked fabulous and they had such a fun day celebrating reading!

In RE we have been learning all about the Easter story and have made palm crosses in class. In our writing, we have explored the life cycle of a butterfly, with the children writing up some detailed explanations of the process of metamorphosis. On Wednesday afternoons, we have worked with Mrs. Moran to learn about handball. We are becoming experts in this fascinating sport!

Congratulations to our Stars of the Week, Alfred & Daisy (Santat) & Maya and Alastair (Beaty) and also to our Dojo winners Daisy & Honey (Santat) & Alex & Kody (Beaty).



## Year 3

We have had a busy start to Term 4. The fortnight started with a visit from kickboxing champion, Jessica Roper and ended with a wonderful World Book Day. We had reading time with the infants and listened to stories read by our class authors as well as taking part in a book swap. During Maths we have been learning to compare units of measurement and have had a lot of fun with the tape measures. Last Friday was Switch Off Friday. This meant no background music or sheet music on the board during recorders. The children made the most of this time composing their own piece of music and then performing it.

Congratulations to our Stars of the Week Mollie & Florence (Woodson) Lilly and Zoe (Harrison) and also to our Dojo winners Lillie-May & Koli (Woodson) and Charity and Madison (Harrison)



## Year 4



Year 4 were hard at work keeping their teeth clean this week during Science. Using some prosthetic teeth, some floss and toothpaste, the children worked hard to clean their teeth, helping them to learn how important it is to keep teeth clean and the effort it takes to do this. The children learned a lot from this activity and thoroughly enjoyed keeping their teeth clean! Year 4 have spent time also learning about measures, such as centimetres, metres and kilometers. They went outside to measure parts of the playground using the trundle wheels. A very good degree of accuracy was shown. Well done, Year 4!

Congratulations to our Stars of the Week - Edi & Keira (Blackman) Danny and Oscar (Walliams)) and also to our Dojo winners - Zak & Annie (Blackman) and Florence, Bailee and Brody (Walliams)

## Year 5



Year 5 have been super busy this week! We have had a fantastic World Book Day and have loved sharing a story with some of the infant classes. We spent the day reading, completing some book related activities and showing off our costumes! Thank you Mrs BT for organising all the lovely activities! Mr Thrower also organised a fantastic event with a guest athlete. The children were able to complete a series of activities which got their hearts racing! Thank you, Mr Thrower! We have started our new unit of work in English whereby we are learning how to write a persuasive letter. The children are very excited about pretending to be King Hrothgar and write to Beowulf to persuade him to help his kingdom! Congratulations to our Stars of the Week Dante and Josh (5 Wilson) Ayssa and Daniel (5 Zephaniah) and also to our Dojo winners Ethan and Finley (5 Wilson) and Alex and James (5 Zephaniah)

## Year 6



It has been another busy week for Year 6 and the children have been working extremely hard. We were lucky to have Jessica Roper visiting us and the children were worn out by the exercises she put them through! During Science this week, the children became fossil experts. They identified animals from their fossilized remains before creating their own fossil. The children put their geographical skills to the test last week when they used compasses to direct their partners on different routes across the playground. In History, the children became detectives when they looked at ancient images of relics and worked out what they had been used for during the Ancient Mayan period.

Congratulations to our Stars of the Week Lucas and Tyler W (Mian) and Riley (Rosen) also to our Dojo winners Darren and Bridie (Mian) and Brooke (Rosen)

## This week's Attendance Figures

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) 95%	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) 94%
Blackman Class (Y4) 94%	Zephaniah Class (Y5) 93%	Wilson Class (Y5) 94%
Mian Class (Y6) 92%	Rosen Class (Y6) 94%	The Highest Attendance Award goes to <b>Kerr</b> class. Well done!



## Eco Committee

We had our first '**Switch off Friday**' last week, which was a huge success! I'm afraid there are no pictures as we were not able to use any form of technology, however the children enjoyed a range of lessons in and out of the classroom. We are now planning on a '**Switch off Friday**' once a term in order to demonstrate how we can do things without the need for electricity. In addition to this, the Eco Committee is busy preparing for the '**In Bloom competition**' next Friday. The theme this year is King Charles. We look forward to sharing our flower bed designs with you in the next Newsletter.

SWITCH  
OFF



Our **Eco tip** this fortnight is to **switch off** your plug sockets at home. This will help with saving as much electricity as possible! Don't forget you can also join in with a '**switch off evening**' at home!

SCHOOL COUNCIL

## School Council



Our Junior **Citizen of the Fortnight** this week is Riley in 6 Mian for being a good role model and always following the Rainbow Rules! Well done, Riley! Our Infant **Citizen of the Fortnight** this week is Alex in Santat for always being a ray of sunshine. Bravo, you two!



**Comic Relief** is fast approaching and we are excitedly planning a dress up day as well as a fun event to help raise as much funding as possible. The date for this is **Friday 17th March!** More details to follow soon.



## Big Walk & Wheel

Join us at the Parkland Federation as we take part in the Sustrans Big Walk and Wheel! The Big Walk and Wheel is the UK's largest walking, wheeling, scooting and cycling challenge. It inspires pupils to make active journeys to school, improve air quality in their neighbourhood and discover how these changes benefit their world. It's more important now than ever to travel actively. Active travel is a great way to build physical activity into children's daily routine. It helps them arrive to school more relaxed and alert, and is great for their mental wellbeing too. This year, the challenge will run from **20-31 March 2023**, and we look forward to seeing as many children as possible using a range of different methods of travel - good luck everyone with accomplishing this challenge!. Ms Simpson has been leading the way by riding her bike to school every day since the start of the academic year.



**Go on an amazing journey every day**

## Jessica Roper visits Parkland!

Parkland Infant and Junior Schools were treated to a fantastic day with kickboxing champion, Jess Roper. Jess led a highly engaging circuit training session with the children, demonstrating the way in which she trains. Once the circuit training was completed, Jess then took an inspiring assembly, where she discussed how she made it as a professional athlete, with all the highs and lows that this entails. The children were able to speak about their hopes and dreams for the future, which Jess encouraged them to go and follow. Some children (and adults!) were then able to, using boxing gloves, throw a punch - kickboxing style! The children had an absolutely fantastic day and were truly inspired by what Jess had to say.

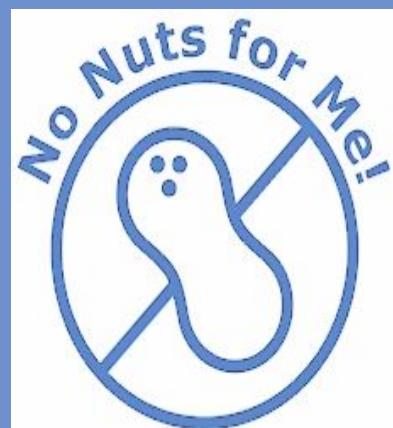


## NUT FREE SCHOOL

Please can we remind parents that we are a nut free school. This is due to allergies that some of our pupils and staff have.

Children should not be bringing nut bars, nuts or sandwich filling spreads such as peanut butter or Nutella to school at any point. If you have any questions or concerns about this, please do not hesitate to contact a member of staff.

We really appreciate your support in ensuring our school is safe for all members of the school community.



## Uniform Expectations

Don't forget to ensure that your child attends school in the correct school uniform (including footwear) unless we have a theme day or mufti day. The link can be found here: [Website - Uniform Link](#)

Please remember that children should **not** wear any jewellery other than stud earrings. Bracelets, rings and necklaces etc are not permitted for health and safety reasons and toys should not be brought to school.





# Mental Health and Wellbeing Support



Swale  
ACADEMIES  
TRUST

CLICK  
HERE



on Safeguarding For Parents Curriculum Health & Wellbeing Remote Education

## SAVE THE DATE

The Mental Health Support Team, Me and My Mind, will be holding a parent support session entitled 'Understanding Anxiety and Worry - how to support your child.' This event will be held at Parkland School.

The session will be on **Tuesday 28th March 2023** from **1.00pm - 3.00pm**

**Further details will follow shortly, including how to book your space.**

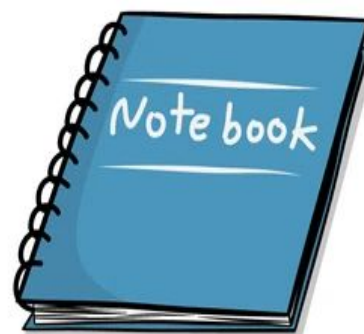
### Important resources for parents and carers

[Parenting Smart site](#) is filled with a number of resources for parents and carers of 4-11 year olds. The latest articles include advice on supporting healthy gaming habits, developing a child's talent and safe social media for younger children. These can all be read or watched in under ten minutes and are perfect for those with limited time. Please do take a look.

# Important Dates and INFORMATION

## Diary Dates

Comic Relief Mufti Day £1 donation	17th March 2023
Parent Consultations	22nd & 23rd March 3.30pm - 6.30pm. Sign up information to follow soon.
Understanding anxiety and worry - Parkland Parent support session	Tuesday 28th March 1 pm - 3 pm
Bank Holiday for the Coronation of King Charles III	Monday 8th May 2023
SATS Week - Year 6	9th May - 12th May 2023



Thank you!



# Langney Mini Soccer School

**FIRST MONTH FREE**

**FREE KIT**

**3-6 Y/O's**

An Introduction  
to Football!  
Qualified Coaches!  
Fun & Games!  
Only £5 / Session!  
Pay Monthly!



Now Taking Bookings  
for Spring 2023

**Saturdays**  
**9am – 10am**

Langney Mini Soccer School is a fun & exclusive introduction to football for children aged 3 - 6 years old. We run sessions every Saturday, with FA Qualified coaches waiting to meet with you and your little ones.

For more information, please call **07734 394211**  
or email [lee@afclangney.com](mailto:lee@afclangney.com)  
or find us at [afclangney.com](http://afclangney.com)





# FOOTBALL FUN!

at Hampden Park Sports Centre

Brodrick Road, Eastbourne, BN22 9RQ

Mondays & Fridays: 4-5pm!

Organised games led by our own experienced coach!

Mon: 7 to 11 years Fri: 6 to 9 years.

Book Now and get a 'FREE TASTER' session on  
Friday 3<sup>rd</sup> & Friday 10<sup>th</sup> March 2023!

(t&c's- new & returning children, free tasters valid on booking up to Friday 3<sup>rd</sup>  
March 3.59pm)

Telephone: 01323 509859

Email: [sporteastbourne@waveleisure.co.uk](mailto:sporteastbourne@waveleisure.co.uk)  
to book your place!



For more information, please visit [www.sporteastbourne.co.uk](http://www.sporteastbourne.co.uk)

# PARENTING TWEENS & TEENS

## A Survival Guide



Funded by:

Sussex  
Community  
Foundation

18th April - 23rd May (every Tuesday for SIX weeks)  
6.30pm - 8.00pm

Are you struggling to manage your child's behaviour and issues?

Are you worried about how this is affecting relationships in your family?

And how it's affecting you?

Being a parent to your child when they hit the teen years is hard!

This 6 week programme will help you to understand and navigate the teenage years from hormones, to school life, relationships and family life.

### Schedule

Week One: Building Strong Connections.

Week Two: Development - Understand Your Tween or Teen.

Week Three: How To Get Along With Each Other

Week Four: Boundaries and Consequences

Week Five: Trouble Shooting

Week Six: Putting It All Together

If you are in receipt of benefits please contact us as we may be able to offer you additional support.



### Introducing Jenny

I am a fully qualified counsellor and have worked with children, young people and their families for over ten years. I have developed and designed this parenting programme with Holding Space to engage and support local families and parents.

I have worked in youth and family services in Melbourne and as a counsellor in educational settings in East Sussex providing counselling support to children, young people and their families.

The clients I work with have complex and multiple needs such as trauma, grief and loss, relationship and family issues. They have experienced separation and divorce, family violence and abuse, behavioural problems in children and adolescents and managing life with a mental illness.

I work with clients to help form and manage positive, healthy relationships with the people who are most important to them.

Registered Charity Number: 1194399

07922 851 207

[contact@holdingspace.org.uk](mailto:contact@holdingspace.org.uk)

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

ACTING MOON EVENTS



# THE JUNGLE BOOK

12TH - 15TH APRIL 2023



## SHOWTIMES

WED 12th - 2pm

THU 13th - 2pm

FRI 14th - 1pm & 4pm

SAT 15th - 1pm & 4pm



Venue: ESSCA, Hailsham

Box Office: 01323 325957

£5 OFF FAMILY TICKETS, USE CODE ESSCA5 AT CHECKOUT