

news

July 2023



THANK YOU

As this is the final newsletter of this academic year I would like to start by thanking everyone: staff, pupils, parents, volunteers, our committed PFA and governors for the ongoing support and hard work.

The success of our school is a real team effort and the school is surrounded by a fabulous community and I certainly feel very lucky to be part of it!

I cannot believe that I have completed a year as Headteacher at this amazing school. I look forward to further success, achievements and celebrations next academic year.

Have a super summer!

In This Issue

Time To Reflect	2
Matilda The Musical	2
Bagels	3
Baby News	3
Transition Day	4
School Games Success	5
2023 Dance World Cup	6
Meet Our New Teachers	6
Parking	6
Staff Goodbyes	7
Playground Fun	8
Incredible Writing	8
Attendance	9
Swimming Gala	9
Outdoor Learning	10
Diary Dates	10
Year 1 Fun	11
Fancy a Coffee?	11
Sports Festival	12
London Fun	13
Football News	13
Mental Health Advice	14
Online Safety	15

TIME TO REFLECT



This is a really good time to reflect on the year and celebrate many of the achievements and there have been many (we really don't stop!):

- Attendance improving for all groups across the school at different rates but it is an improving picture with 2 National attendance awards won this year!
- Gaining Sportsmark Gold for the incredible sporting opportunities we provide the children.
- Another successful Inclusion Quality Mark inspection which sees us maintain Flagship School Status. I have included just a few of the amazing quotes from the IQM report-

"Polegate is a happy, welcoming and vibrant community, where staff and governors work as a team and share a commitment to continuous school improvement and meeting the needs of every child."

"The pupils interviewed were great ambassadors for the school, making comments like: 'All the pupils are kind and caring' and 'the teachers help you in your learning'. They told me that every lesson is fun."

- Ongoing visitors to school observing bets Polegate practice. The children are always mentioned during these visits-

"what amazing, confident children,"

These are each big achievements in their own right but of course what is even more important is what happens on a daily basis across the whole school and the progress that children make in all aspects of their learning.



It is your children's enjoyment and engagement each and every day; the smiles on their faces that have made the year for me, it's what makes my job so special!

Deborah Jones
Headteacher

MATILDA THE MUSICAL

Children from years 3 and 4 had a wonderful time at St Andrew's Prep watching 'Matilda.'



BAGELS

Unfortunately morning bagles are coming to an end. Funding provided by National School Breakfast club has now ceased.

I know that this will be disappointing for the children, but as I am sure you are all aware through recent news articles, school budgets are ever decreasing.

Morning routines can be fraught but here are a few top tips from Healthy Children.org

Breakfast for Learning: Why the Morning Meal Matters - HealthyChildren.org

6 tips to make breakfast easier & healthier

Any effort to make breakfast nutritious is better than no breakfast at all. Here are some ways you can make breakfast a healthy part of your child's day.

1. Set an earlier bedtime

Make sure your child gets to bed early enough to get up in time to eat breakfast. Sleep is a crucial ingredient in children's overall health, no matter their age.

2. Eat breakfast together as a family when possible

Ideally, the whole family can sit down together for breakfast. Research suggests that families that eat together tend to eat healthier. It also gives parents the chance to act as role models in terms of nutrition and eating behaviours.

That said, a leisurely breakfast with your children each morning probably isn't realistic for most families. It is realistic though to make sure you carve out enough time to allow your child to eat without pressure.

3. Think outside the (cereal) box

You don't need to be limited by labels to decide what's good to serve for a morning meal. Think protein, think fruits

and vegetables, and think creatively.

For instance, if your child doesn't like the typical breakfast foods like eggs, toast, or cereal, try these options:

- Frozen banana: Dip a banana in yogurt. Roll it in crushed cereal and freeze.
- Milkshake: Combine milk, fruit and ice in a blender.
- Peanut butter breakfast: Spread peanut butter on whole-wheat crackers, apple slices, a tortilla or jicama slices.
- Leftovers: Serve what's left of last night's meal. Good choices include chicken or whole-wheat spaghetti.

4. Prepare breakfast the night before

In other words, plan ahead. This can go a long way toward having a wider range of healthy foods on hand.

For example, to fix breakfast the night before, you can:

- Hard-boiled eggs
- Slice up fresh fruit
- Have your child's favorite cold cereal dished out
- Bake muffins and divide them into serving sizes

5. Have grab-and-go foods available

A sit-down breakfast made up of the four basic food groups is best. But if that doesn't work, having quick breakfast foods available for your child to grab and eat on the way to school is the next best thing. Good options include:

- Hard-boiled eggs
- Homemade muffins
- Yogurt
- Granola bars
- Dry cereal
- Energy bars
- Fresh or dried fruit
- A bagel with low-fat cream cheese

Inflation

Highest inflation rates since the 1980s and wage stagnation have squeezed household budgets - The Guardian June 2023

We are all aware of the worrying rising cost of living. If you know of anybody that requires support, please share the link below:

[Money help and advice East Sussex County Council](#)

BABY NEWS

Miss Hayes has shared her beautiful news-

I wanted to share that Elsie Grace Williams was born on 21st June weighing 7 pound 2. Myself and Rhys are absolutely loving every minute of the newborn bubble.



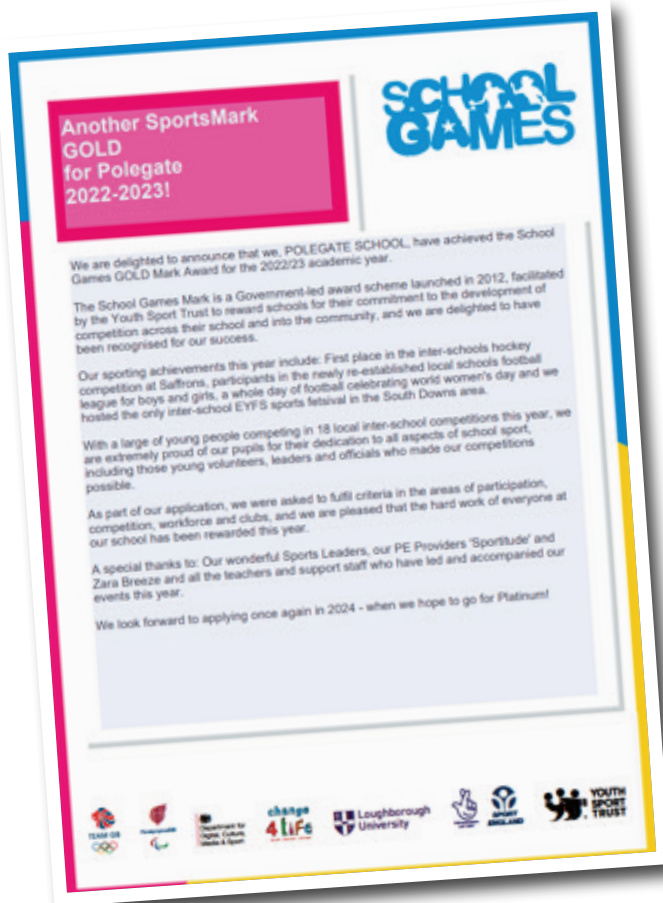
TRANSITION DAY

Transition day was a huge success this year. The children thoroughly enjoyed meeting their new teachers and visiting their new classrooms. Thank you to all the parents that also popped in after school. I know that the children valued sharing their new classrooms with you all.



SCHOOL GAMES SUCCESS!

Polegate School are proud to have been awarded the School Games Gold Award



2023 DANCE WORLD CUP

Scarlett Harris 5T went to Portugal 29th June - 8th July with her dance team Zoe Pennington dance studios of Polegate to represent team England in the 2023 Dance World Cup.

She has come back with a bronze medal for children's national large group, 6th in the world for children's large group song and dance, 8th in the world for junior large group song and dance and 11th in the world for children's large group show dance (this was a hard section of 35 dances).



MEET TWO OF OUR NEW TEACHERS



Samantha Stracey

I am really excited to get back into the classroom and continue my teaching journey at Polegate School. When I am not at school I love to spend time with my family and friends, going to the theatre and taking my children on adventures.

I love football and enjoy spending my weekends at football matches, watching my son play football and supporting my daughter at her gymnastics classes. On the rare occasions I get time to myself I'll indulge in a good book or rewatch Gilmore Girls.



Louise Saunders

Hi, my name is Miss Saunders and I am SO excited to be joining Polegate School! I have been teaching for 6 years but this is my first time teaching in Year 4 so I am excited to learn alongside my new class. I love teaching every lesson but my favourites are PE and Maths.

On the weekends, I love to read and watch films. If it's really warm, I love spending the day at the beach paddle boarding and swimming in the sea! I can't wait for next year - it's going to be fantastic!

Parking

PARKING ON DOUBLE YELLOW LINES

We have had a number of very worried parents and residents sharing their concerns of cars parked illegally on double yellow lines outside of school.

Some cars even park on the sharp corner resulting in multiple blind spots! I cannot share strongly enough my frustration that this is still happen. Please park responsibly and with the safety of all our children in mind.

We have informed the local police force to assist in this matter.

Lost Property

Please remember to search the lost property outside KS2 if your child loses anything. We had over 30 jumpers at the end of last term that were not named and not collected so unfortunately did not make it home.

Label everything



SO MANY GOODBYES



Sue Belk

Mrs Belk has been at Polegate School since 2nd September 2004! Mrs Belk has been an incredible teaching assistant and has supported so many children. We will all miss her dearly but wish her all the luck for her future adventures!



Hayley Page

Miss Page has been an incredible Forest School teacher and has developed Forest School provision here at Polegate immensely. We wish her all the luck as she embarks on her new career.



Sian Gurney

Although Miss Gurney has only been with us for a year she has made a lasting impression. Being a child's first class teacher is a privilege and one that Miss Gurney has cherished.



Jessica Stewart-Crocker

Miss Stewart has been at Polegate school since January 2022. Her commitment and dedication to the school and children has been 'outstanding!'

Charlotte Whittaker

Miss Whittaker is moving onto further her teaching career. We wish her all the luck in her new school.

Julie Bishop

Or 'Mrs B' as the children like to call her. Mrs Bishop has worked at Polegate School since 19th April 2006. She has been an incredible midday supervisor who has supported hundreds of children and staff here at Polegate. She is the 'go to lady' at lunchtime! Miss Bishop is not completely escaping; she will be offering her services to Polegate School Breakfast Club.



Una Holbrook

Mrs Holbrook has been at Polegate School since 6th January 2014! She has worked tirelessly supporting many of our most vulnerable children gaining many accreditations and awards.

The many years of Flagship Inclusion Quality Mark status is testament to Mrs Holbrook relentless drive for all pupils here at Polegate.

She was part of the senior leadership team during our 2020 Outstanding Ofsted grading evidence of her success can clearly be seen in the Ofsted report, a small snippet is below-

"The school is deeply inclusive and nurturing. Pupils with special educational needs and/or disabilities are welcomed and get the right support from a very early age."

We wish Mrs Holbrook a very happy, well deserved retirement!

Diary Date

**18th &
19th July
Year 6 Leavers
Shows**

PLAYGROUND FUN

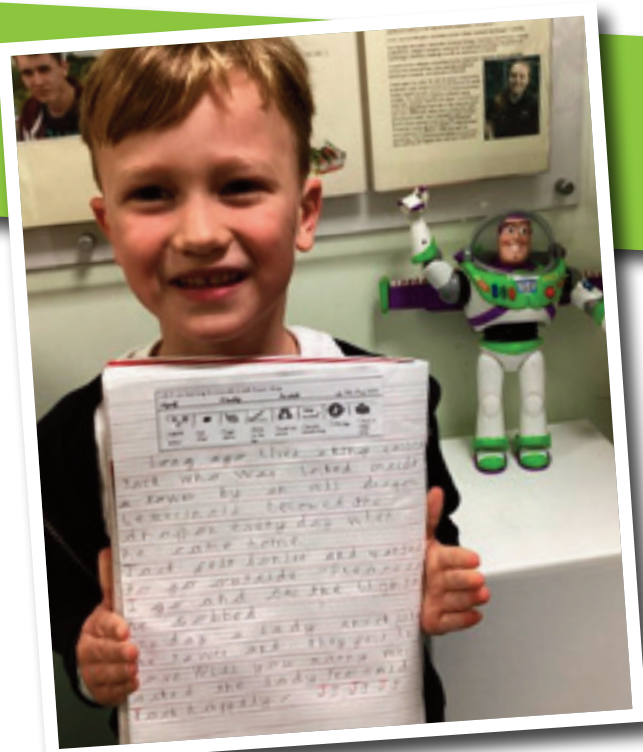
Our playgrounds are fun, exciting environments. The children always have a wealth of engaging, open ended resources. I would like to thank our dedicated lunch time team for supporting the children so incredibly well.



INCREIBLE WRITING

The children have produced some incredible writing this year across the school!

Here is a little example.



LATEST ATTENDANCE FIGURES

RB = 95.8%

RH = 95.2%

RG = 95.2%

1B = 94.7%

1G = 96.5%

1S = 96.1%

2C = 97.3%

2R = 95.5%

2S = 96.1%

3GJ = 95.1%

3L = 94.4%

3T = 94.9%

4AD = 96.8%

4H = 96%

4JD = 91.9%

5M = 95.6%

5K = 95.9%

5T = 95.4%

6M = 96.3%

6MU = 95.6%

6W = 95.5%

PRIZE DRAW

If your child has 97% or more then they will be entered in our draw on the final day of term at 9am!

Look out on Twitter for the winner who will win a family outing to Chessington World of Adventures



SWIMMING GALA

A group of Year 5 children went to Bedes Secondary School to take place in a Swimming Gala.

The children swam front crawl, back stroke and took part in relays.

We came 4th but the children were amazing and gave it their all. Their team work admirable!

The leader of the event commented how beautifully well-mannered all of the children were!



OUTDOOR LEARNING

Year 1 making the most of outdoor learning - drawing around animal shadows!
Look at that concentration!



DIARY DATES

15th July
PFA Summer Fayre

17th July – Reception
Beach Extravaganza

18th & 19th July
Year 6 Leavers Show

21st July
Last Day of School

1st September
INSET Day

4th September
Academic year 2023-24
Term 1 start

22nd September
6W class assembly

28th September
School Health Service –
Year 6 NCMP Screening

29th September
5MD class assembly

6th October
2K class assembly

13th October
6M class assembly

16th & 18th October
Parents Consultations

18th October
Individual School Photos

20th October
Last day of Term 1

23-27th October
Half Term

30th October
Term 2 start

INSET Days
10th November
24th November
2nd February 2024
15th April 2024

YEAR 1 FUN

Year 1 enjoyed an afternoon of fun as reward for winning the school Enterprise project



FANCY A COFFEE?

Pop to Polegate Nursery! The children are very experienced baristas!



RECEPTION SPORTS FESTIVAL

Optimism, vitality and self-determination, we saw plenty of this!



Eight schools from the local area took part in the recent Reception Sports Festival hosted by Polegate School.

Polegate Sports Leaders were amazing and many of the schools commented on their hosting skills!

Sports Leaders

Ellen Heward

Jade Keen

Eloise Lavender

Amy Bourgoyne

Holly Moore

Lilia Owen

Seb Farley

Will M 6M

Leo 5M

Lilia Owen 5



LONDON FUN

Year 3 had a very memorable trip to see all the London sights!



FOOTBALL NEWS

Bella, Neve, Olivia and Edie participated in their 1st ever football match! They have trained relentlessly every Monday night building up their confidence and talking teamwork and tactics.

They are incredible and we were all very proud!



MENTAL HEALTH ADVICE



Sussex Partnership
NHS Foundation Trust

Getting advice

Help for mild to moderate mental health and wellbeing difficulties

You can click...

To obtain advice about a child or young person showing mild to moderate emotional health and wellbeing difficulties please consider the following:

CZONE

Here you can access toolkits, resources and advice to support young people on the mental health and emotional wellbeing pages. As well as information about the Whole School Approach (WSA) to Mental Health and Emotional Wellbeing (MHEW) and MHEW in Education Team you can access toolkits and resources.

Website: Czone.eastsussex.gov.uk/health-safety-wellbeing/mental-health-emotional



E-Wellbeing

This is a digital wellbeing service run by the YMCA Downslink Group. Just complete their quick questionnaire on the home page to find help, advice and support available for specific needs i.e. Mind and CAMHS. Additionally, they have resources for schools.

Website: E-wellbeing.co.uk



You can chat...

If any of the online services above don't resolve your concerns or you require further advice please consider the following services:

The East Sussex School Health Service

The School Health One Point (SHOP) - parents, carers and professionals from any school/higher education setting can contact to discuss the health of any child or young person aged 4-19 years, including any emotional health and wellbeing concerns.

Phone number: **0300 123 4062**

Email: KentChft.esSchoolHealthService@nhs.net

Website: EastSussexChildren.nhs.uk/about/school-health



If you are a setting who has the Targeted emotional health and wellbeing offer you can also discuss with your Link nurse at your termly link nurse meeting or the nurse working with the young person.

i-Rock

A service relevant for young people aged 14+. Offers online chat function and face-to-face advice and support for young people and their mental health.

Website: IRockSussex.com

Sussex Mental Health Line

The Sussex Mental Healthline offers listening support, advice, information and signposting to anyone experiencing difficulties, or who is concerned about a young person experiencing a mental health crisis. Phone number: **0800 0309 500** or **111** select option 2 for mental health Text **SUSSEX** to **85258** Free, 24/7, confidential mental health text messaging support service, available to all

Mental Health Support Teams (MHST) in schools

If your school is part of the MHST programme, school staff can speak to the school EMHP or SMHP that are the linked to the school. The school senior mental health lead will have their details. Advice about mental health and emotional wellbeing can be given for any of the children attending the school as well as those being seen.

Email: Mhstinfo@eastsussex.gov.uk



The Mental Health and Emotional Wellbeing (MHEW) in Education Team

Schools can contact the Mental Health and Emotional Wellbeing (MHEW) in Education Team to get advice about the Whole School Approach to MHEW and discuss MHEW issues in their setting. Contact the website below to arrange a consultation.

Website: Mhew@eastsussex.gov.uk



CAMHS Single Point of Access (SPoA)

If, after exploring the support options above, you remain concerned about a young person's emotional health and wellbeing, please contact our specialist team in SPoA for advice and consideration of referral to CAMHS.

If you are concerned that a child or young person is presenting as suicidal or has disclosed suicide ideation, plan or intent please telephone CAMHS SPoA immediately to discuss with a CAMHS clinician:

Phone number: **01323 464 222**

Monday to Thursday 8.30am-5.00pm

Friday 8.30am-4.30pm



If you have serious concerns out of hour or that cannot wait until the next working day please telephone the Sussex Mental Health Line using the NHS 111 service or calling 0800 030 9500 this service is available 24 hours a day, 7 days a week.

In the event of a mental health emergency, please consider attending a local A&E service.

STAY SAFE ONLINE THIS SUMMER

How many tips can you find?

UNSURE?
ASK A TRUSTED
ADULT

MAKE TIME FOR OTHER HOBBIES

IGNORE TROLLS & BULLIES

AVOID SCROLLING AIMLESSLY

BE KIND

REACT AND COMMENT POSITIVELY

BUYING ONLINE? SPEND CAUTIOUSLY

REPORT BAD ONLINE BEHAVIOUR

TAKE REGULAR SCREEN BREAKS

ACCEPT PEOPLE'S DIFFERENCES

THINK TWICE BEFORE POSTING

WATCH OUT FOR FAKE NEWS

DON'T GIVE OUT PERSONAL INFO

SHARE UPLIFTING CONTENT

SHARE UP

12



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.07.2022



National
Online
Safety®

#WakeUpWednesday

Online safety tips for parents & carers to KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out ... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or frying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public networks are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.

LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep – which can play havoc with their concentration, mood and energy levels the next day.

FOCUS ON FACTS

The internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online – especially if the person involved isn't around to provide their side of the story.

KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.

PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.

LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.

DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example – and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.

WATCH FOR EXCESSIVE GAMING

With no school, children often take every opportunity to fit in 'just one more go' on their favourite game – sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but it could become problematic if it evolves into a recurring habit.

IT'S 'THE GREAT OUTDOORS' FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney+ and Minecraft will still be there on drizzly Sundays in October.



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.07.2022

EdTech

SUMMER HOLIDAY GUIDE

It can be challenging to find holiday activities for digitally savvy young ones. There are plenty of edtech (educational technology) avenues to explore this summer, however, and we've compiled a rundown of our favourites...

For the gamer

There are some excellent free (or cheap) platforms out there which let budding programmers create their own games and characters. Children can discover the basics of game design as they learn how to build characters and make them speak, move and interact with each other. Young ones can construct a game from scratch and then share it with their friends.

Try: Play Lab at code.org • Toca Builders

For the photographer

If your child is an aspiring photographer or loves fine-tuning images before posting them on social media, there are options which young people may find less daunting than Photoshop. As well as editing and adjusting photos, making illustrations or converting between image formats, some packages are geared towards illustration while others let you work with raster and vector graphics.

Try: Photopea • Sumopaint • PhotoGrid

For the sports fan

Video games are usually seen as reducing the time young people spend exercising. However, there is a genre that encourages physical activity: from music-based games that get users up and dancing, to sports simulators where the controller becomes a tennis racket. Devices' ability to track movement in real time and translate it into a game can make physical activity less of a chore.

Try: Runkeeper • Strava • Zombies, Run! (12+)

For the coder

Online, you can find a selection of programming environments where users can learn to make simple apps. Young people can design an app, code it in JavaScript or work in text-based language, then share their newly created app with friends. With millions of aspiring coders in the world, the internet has an abundance of tutorials to get young ones started.

Try: App Lab at code.org • Dance Party at code.org • Flappy Code at code.org • Hour of Code

For the explorer

Young adventurers can discover the world from new perspectives – strolling Tokyo's streets or soaring over Yosemite. For those with virtual reality headsets, Google Earth VR puts the whole planet within reach, while – even further afield – youngsters can use their device to delve into the wonders of our solar system with virtual tours of NASA's labs and mission control centres.

Try: Google Maps Treks • Google Earth VR • NASA at Home: Virtual Tours

For the avid reader

Your child's smartphone or tablet can become an inspirational learning tool that fires their imagination while improving their reading, vocabulary, spelling and comprehension. Mobile reading apps and audiobook libraries are worth setting some screen time aside for. As well as developing young ones' language skills, they also encourage the unbridled bliss of enjoying a good story.

Try: Hoopla • Epic • Audible

For the musician

Learning to play an instrument and creating music electronically has become much easier thanks to technology. As the field keeps advancing, more software is being created – and there are many applications which are compatible with various devices, including mobile phones. For example, your child could start their journey to becoming a superstar DJ with real-time mixing and editing tools.

Try: Let's Play Kids Music: Summer Musical • GarageBand • Transitions DJ • YouTube music tutorials

For the historian

Virtual tourism boomed when the pandemic cancelled everyone's travel plans. Let technology transport you to jaw-dropping historical sites or inside some of the world's most inspiring museums. Explore the Colosseum or the Amazon rainforest in VR, take a virtual tour of the National Museum of Computing at Bletchley Park or step inside the British Museum without leaving your living room!

Try: HistoryView Virtual Library • The British Museum – Google Street View • The National Museum of Computing 3D Virtual Tour

For the artist

Unleash your child's creative streak over the holidays with these arts and craft activity ideas! Most are quick and easy to make with materials you'll probably already have at home. There are ideas for young artists of all abilities, so you're sure to find a few exciting projects to try out. Children could also take a virtual tour of some stunning galleries and art installations.

Try: Artist at code.org • Summer crafts for kids at Activity Village • Summer arts and crafts at Projects with Kids • Google Arts and Culture – virtual reality tours you'll love

Meet Our Expert

Gary Reddin is Leader of the Virtual Curriculum at Alt Bridge School, a specialist provision school in Liverpool. He has supported the integration of technology into the teaching practice across the curriculum to empower young people to reach their academic potential and prepare for life beyond school.



NOS National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.08.2021

CHANGE OF INFORMATION RELATING TO YOUR CHILD

We just wanted to let you know that due to the new GDPR regulations we will not be sending out data collection sheets any more. We do still need to know if there are any changes to information relating to your child.

Changes we need to know about are:

- Medical details (any new allergies, asthma etc)
- Change of address, telephone numbers or email address

Keep us informed

It will be up to you to keep us informed and you can do this by emailing the school office at:

office@polegate.e-sussex.sch.uk

with any changes or by completing the form which you can find on the download section on our website

www.polegateschool.co.uk

WE WISH YOU ALL A FABULOUS SUMMER HOLIDAY

See you in September

Diary Date

Friday
21st July
Last day of
term

Archive



You can read all the previous newsletters on our website.

Twitter

Be the first to hear the news.
Follow us on Twitter.
We now have
1,358 followers!



Polegate School
Oakleaf Drive
Polegate
East Sussex BN26 6PT
Tel: 01323 482404
Email: info@polegateschool.co.uk



Feedback

We'd love to hear your feedback and any new ideas you have. Please send us your thoughts via the contact us page on the school website:

www.polegateschool.co.uk

Designed by Prowork: www.prowork.co.uk