



ANOTHER BUSY TERM HERE AT POLEGATE

I am not quite sure where time seems to go, but we really packed in a lot, again!

Swimming, forest school, sporting events, trips, visitors, marvellous middles... I could go on and on. I couldn't be prouder of the staff and children that make the most of every amazing opportunity here at Polegate School.

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As we come to the end of term 1 sadly the swimming pool will be prepared for hibernation. The children (and staff) have thoroughly enjoyed swimming again this term. The opportunity to teach such an important life skill, 3 terms a year, is something that we are proud of.

Thank you all so much for ensuring your children have the correct kit on the correct days, I know that this is feat in itself!

EUROPEAN LANGUAGE DAY

The 26th September was European Language Day and to help us celebrate this, Year 3 parents were invited to a 'Drop in' straight after school.

They were shown how KS2 children learn French at school and played games and took part in activities that we use at Polegate to make French lessons fun and inspirational.

A great time was had by all and the croissants and French biscuits went down extremely well!!!!

We also had Year 9/10 students from Willingdon secondary, visit our Year 4 children.

The students had prepared French lessons for each of the classes, and they delivered these to our children to help develop and extend their learning further.

The students were so impressed with the Year 4's that they have asked to come again later in the year!!

Well done Year 4!



RECEPTION ARTISTS

Reception children have thoroughly enjoyed creating portraits of themselves, celebrating their marvellous selves!

I think you would agree we have some budding artists!



YEAR 3 MARVELOUS MIDDLE

Year 3 celebrated their marvelous middle by immersing themselves in various Stone Age related activities!

We created our own paint using fruit, we re-created Stone Age necklaces using clay and we made our own fossils. In the afternoon, we went to forest school where we got to build shelters and think about how Stone Age people had to shelter themselves from the weather using natural resources.



MULTISPORT FESTIVAL

This week, a few pupils in Year 4 were lucky enough to be invited to Ratton school to take part in a Multisport Festival.

The children enjoyed playing different games and learning new skills led by Year 9 Sports Leader's at Ratton. We had a super day and the children were fantastic representatives of Polegate!

The children we took:

Freddie Hobden
Teddie Hobden
Freddy Devall
Olivia Camilleri
Ava O'Brien
Arin Aydemir
Alfie Parish
Kati Ince
Dexter Kerr



STORY TIME!

It really was so lovely to see some many avid readers!

The feedback from the session was incredibly positive-

"What a lovely way to end the school day before going home to chores, dinner and bed time."

"Lovely to see some books we might not have thought of buying/reading."

"We'll definitely come if you do it again."

"I'm going to put this in her HSJ as todays reading!"

After this huge success out next story time session will be held on
Thursday 7th December Time from 3.05.3.35 in the School Hall



De La Warr Pavillion Art Sundays

Art on a Sunday? Sounds perfect!

WHAT ARE ART SUNDAYS?

Art Sundays are free drop-in creative workshops that take place on the first and third Sunday of every month, open to all ages.

Each week, the workshops will be led by an artist taking inspiration from our exhibitions programme.

Art Sunday workshops run on first and third Sunday of each month in the Rooftop foyer from 2-4.30pm, drop-in session. No booking required.

Click here for more information

<https://www.dlwp.com/artsundays/>



Write a story you would love to read

With half term fast approaching why not write a story!

Please let us know if you decide to enter a story, maybe bring your story into school, we would love to share!

BBC's 500 Words is the UK's largest children's story writing competition for 5-11 year-olds. Enter by- 20:00 Friday 10 November

Click here to find out more:

<https://www.bbc.co.uk/teach/500-words-recruitment-judges/z8fsb7h>






the
national
sleep
helpline

Does your child suffer with sleep issues?

Do you struggle
with your child's
bedtime?

Will your child
not sleep in
their own bed?

WE CAN HELP

 **03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

ATTENDANCE

RA	97.9%	2D	98.7%	4S	97.7%
RB	92.2%	2K	96.9%	5D	96.1%
RH	98.1%	3JS	98.4%	5MD	94.8%
IF	92.9%	3L	96.8%	5K	93.4%
IG	96.4%	3T	96.4%	6M	95.6%
IS	95.4%	4H	95.8%	6MU	92.9%
2C	97.4%	4EH	95.4%	6W	94.6%

E-SAFETY

Click on the link below for important e-safety messages shared by the children:

https://polegateschool-my.sharepoint.com/:v/g/personal/s_barden_polegate_e-sussex_sch_uk/EfQEfmvIVF9Hk7pf-kENvWYB-uBBK1XROWkVfXndiO0PRg



PARENT BOOK CLUB

More reading... As community of readers we would like to start a parent book club. If this is something that would interest, you please contact Mrs Jones.

The basic structure of the group would include-

1. Catch up with members and enjoy a snack and a drink.
2. Ask for everyone's views on the book – did they like it or not? Why/why not?
3. Discuss the following aspects of the book:
 - **Plot:** were there any twists? What were everyone's views on these?
 - **Themes:** what were they? How were they shown in the book?
 - **Characters:** what was everyone's thoughts? Did they like the protagonist? What about the antagonist? Were there any shocks?
 - **Style of writing:** how did the author write? Was it in a style you liked and found easy to follow?
 - **Ending:** was it a satisfying ending? Were there any plot details that weren't wrapped up?

DIARY DATES

20th October
Last day of Term 1

23rd – 27th October
Half Term

30th October
Term 2 start

New to Reception 2024
Open Days
2nd November 9-10am
7th November 1.45-2.45pm
9th November 5 to 6pm

10th November
INSET Day

15-16th November
Reception NCMP screening

17th November
2C Class Assembly

24th November
INSET Day

29th November
PFA Christmas
Extravaganza

1st December
1G class assembly

1st December
Flu Vaccination

4th December
Year 3 Living History
Workshop

4th December
Year 5 Victorian Workshop

14th December
Year 4 Viking Workshop

15th December
Last Day of Term 2

18th Dec –1st Jan 2024
Christmas Holiday

2nd January 2024
Term 3 first day

2nd February 2024
INSET Day

15th April 2024
INSET Day

RECYCLING

Get involved and join The Big Recycling Hunt

While your children are learning at home, they can help make our world a better place, and teach others about recycling.

Take our Family Challenge to get started. Take an adult vs child quiz on recycling.

Create a treasure map tracking a recyclable through your home. Photograph a 'lost recyclable' - send us your photo to enter the Selfie challenge prize draw!



Families - The Action Pack ([recyclenow.com](https://schools.recyclenow.com))
<https://schools.recyclenow.com/families/>

BOOK AWARD

East Sussex Children's Book Award has been launched. If you would like to participate in the event at home, follow the link below:

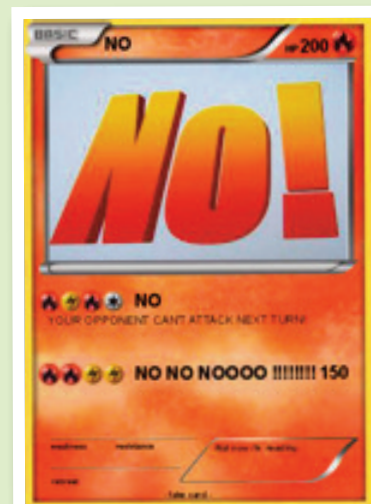
https://eastsussex.spydus.co.uk/cgi-bin/spydus.exe/MSGTRNGEN/WPAC/BOOKAWARD?HOMEPRMS=UD_ESCBA&utm_campaign=libraries&utm_content=eastsussexchildrensbookaward&utm_medium=web&utm_source=shorturl-escba

EAST SUSSEX CHILDREN'S
BOOK AWARD

PRECIOUS TOYS & ITEMS FROM HOME

Please keep toys and precious items at home. Children often lose toys, swap items- particularly Pokemon cards (which can cause all sorts of upset!), or items get broken.

We have a wealth of playtime equipment to keep all children entertained.



COMPUTING CLUB

Year 3, 4, and 5 Computing Club this term has been an absolute blast exploring various areas of technology and witnessing the enthusiasm and creativity of our young learners.

One of the highlights of the term has been our work with crumbl, the children explored connecting the crumbls and creating light shows using block coding. The children have thoroughly enjoyed the challenge! Some children chose to delve into the world of stop motion animation. Using their imagination and creativity to bring their characters and stories to life.

In addition to this, some of our talented young coders have taken their first steps into learning Python, a beginner-friendly coding language. They have grasped the fundamentals with great enthusiasm and have even started creating simple programs. It is



is truly impressive to witness their logical thinking and problem-solving abilities unfold.

During the Computing Club, we spent some time exploring physical sequencing using code and go mice and Botleys. The children have relished the hands-on experience of guiding the mice through mazes,

utilizing logical thinking and trial-and-error to find the most efficient routes.

We spent our last session of the term stepping into a new world using Virtual Reality (VR) headsets. The immersive experience allowed them to explore and interact with various virtual environments, sparking their curiosity and expanding their horizons.

MY HAPPY MIND

Building your child's resilience, self-esteem and confidence

MyHappyMind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

myHappyMind is delivered in school by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day. To further embed this learning and ensure that you are able to engage in these topics with your child, myHappyMind has developed a set of resources for parents. These resources can be accessed online on your computer, or through an app on your phone. The resources allow children to continue to practise some of the habits they have developed at school, such as happy breathing, for you to

learn more about what they are learning in the program. Also included are activities for you to do together at home, to complement the in-school lessons.

To access these materials just go to <https://myhappymind.org/parent-resources> and enter your name, email, and authentication code. Your authentication code is: **114435**

We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum. If you have any questions about the curriculum, please contact your class teacher.

If you have any technical questions about accessing the resources, please contact hello@myhappymind.org

THINK TANK- RELAUNCH

Think Tank is an opportunity to meet and discuss school ideas with a range of parent representatives from each year group has in the past proven very successful.

The Think Tank is a group of parent representatives, one from each year group at least, who meet to discuss general school-related issues. This Forum provides a valuable way to listen to your ideas, suggestions and seek your views on our ideas, helping to ensure the needs of the children and their families are met.

This has been a really successful initiative that has been in place for an unbelievable 8 years now! Part of the success of this group is down to the fact that the parents share the aims of the school to:

- To support and promote children's learning
- To help the school find out what parents and carers think about important issues
- To involve parents and carers actively in school decisions

- To make plans that support the ways the school wants to develop and improve outcomes for our children.

The school has benefited hugely from their support and I know Claire certainly appreciated their views and commitment. They always have solutions and suggestions at the ready.

I don't want to put any parents on the spot by announcing who was in it before because your circumstances may well have changed. You may not have the capacity you once had. I know the parents that were representatives for different year groups and if you want to continue then that would be fabulous but equally if you no longer able to then I will open this opportunity out to others. You have the opportunity to return the slip to say you will continue or will not below. Just let us know.

The role of this group

It is important that all parents understand this group is not in place to address specific concerns about an individual child or issues relating to individual members of staff. Parents who need to discuss these issues

should follow school procedures relating to this, approaching their class teacher in the first instance.

We know that when parents are involved in their child's learning and in the life of the school, children do better. This is borne out by a growing body of research. Parental involvement is a key lever for school improvement and we are lucky to have such a committed group of parents.

If you are interested in this role, then please email your expression of interest to the school office and we will approach you if there is a vacancy for your year group. Honestly there is no expectation you bring anything but yourself and your thoughts and opinions with an openness to listen and respect other parent's views. The more diverse and representative the group is of our community the better!

The meetings take place in the school day generally a Thursday afternoon, once a term, at 2.30pm just before pick up at the end of the day.

BETHANY AT CHESSINGTON

Bethany thoroughly enjoyed her day at Chessington World of Adventures. Bethany won the 97% attendance award for 2022-23. It was a hot, busy but lovely day.

Bethany loved dragons fury, and also got to see her favourite animals giraffes on the safari ride.

Remember we celebrate 100% attendance termly as well as the yearly 97% attendance raffle. Chessington World of Adventures appears to be a hit, therefore the 2023-24 97% attendance prize will be... a family of 4 ticket to Chessington World of Adventures!



THE SUPER DRAW IS HERE

The Super Draw is here... and the prizes are BIGGER and BETTER than ever!

This weekend's big Super Draw prize is an amazing Harry Potter double prize bundle - a Family trip to the Warner Bros Studio Tour, AND 4 tickets to see Harry Potter and the Cursed Child at the Palace Theatre!

Our new Super Draw gives people new and exciting ways to play – instead of committing to weekly tickets, supporters can choose to just buy tickets for the Super Draw week, meaning more flexibility and less commitment, whilst still supporting Polegate Primary School. Existing supporters can even choose to TOP-UP their tickets just for this weekend's draw!

Social media is a fantastic way to promote your lottery, and it's so quick

and easy to do! Just click the button below to be taken to your dashboard, where you can simply share the prize to Facebook, using the button near the top of the page.

Or why not encourage existing players to invite friends and family using our new Refer a Friend process?

For every person that signs up using their unique referral link, they'll BOTH get an entry into the exclusive £200 prize draw!

<https://www.yourschoollottery.co.uk/school-admin/3FF5B0D9-0004-4F52-8121-E404FFB3C29F>



**How you helped
Polegate School PFA
raise funds in 2022/23
With a grand
total of....
£19,483.05**

Discos
£3498.02

Mothers
day gifts
£708.77

Family
Games
night
£125.00

Winter
Extravaganza
2022
£5,738.40

Father's
Day gifts
£613.55

Quiz night
£88.26

School
Lottery
£1,134.80

Donations
& Grants
£2,100.00

Amazon
Smile
£409.27

Summer
fair &
raffle
£2,594.10

2nd Hand
Uniform
£118.95

Freeze
Pop
Fridays
£47.87

Smarties
Challenge
£1,389.06

Bags2
School
£131.00

Wreath
Making
£750

Charity
number
1177773

PUMPKIN CARVING COMPETITION



**BRING ENTRIES ON 31ST OCTOBER
MORNING**

**LINE UP ON GRASS AREA BY JUNIOR GATES
NAME AND CLASS CLEARLY WRITTEN ON THE BOTTOM
CHILD ONLY ENTRIES**

FREE ENTRY | WIN A FAMILY PASS TO WINTER EXTRAVAGANZA!

BLUE PETER BOOK CLUB

As a child I always wanted a Blue Peter Badge. You can imagine my excitement when I saw the new reading Blue Peter Badge.

Reading lies at the heart of all we deliver here at Polegate School and developing a love of reading that stays with children for a lifetime is always our goal. What could be better to encourage this further than a Blue Peter reading club?

What is the Blue Peter Book Club?

The Blue Peter Book Club is all about sharing the joy of reading! Each month we'll talk about a different book from the list below and find out your thoughts on it too! We'll also have lots of fun activities, quizzes and cool challenges to try.

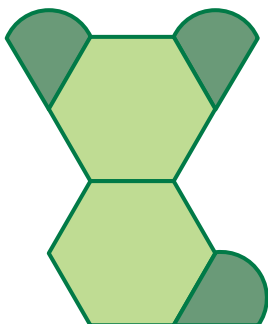
<https://www.bbc.co.uk/cbbc/joinin/blue-peter-book-club>



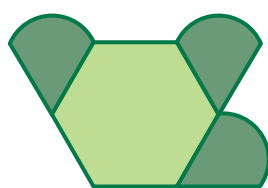
MATHS PROBLEM OF THE MONTH

Remember to share your answer with Mrs Murphy to win a house point.

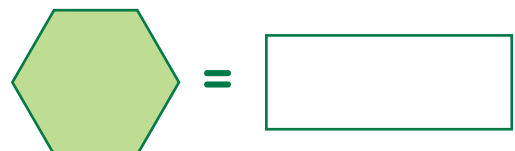
Amina is making designs with two different shapes. Calculate the value of each shape. She gives each shape a value.



Total value is 147



Total value is 111



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

FREE LEISURE DISCOUNT CARD

Click here to find out more:

<https://igo.eastsussex.gov.uk>



Diary Date

Friday 20th
October
**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
1,363 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 Powarx: www.powarx.co.uk

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.



Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.vic.gov.au/documents/about/programs/bullystoppers/eminappropriate.pdf> | <https://www.esafety.gov.au/educators/training-professionals/professional-learning-program-teachers/inappropriate-content-factsheet1> | <https://www.revealingreality.co.uk/wp-content/uploads/2021/04/childrens-media-tives-year7.pdf>