

## CHRISTMAS FUN!



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**This term has been another fun filled, busy term. I am sure these newsletters are getting longer!**

School has been filled with the normal Christmas Sparkle and Shine this term. Nursery and Reception Christmas shows included Shepherds wrapped in tea towels,

the cardboard angel wings with wonky halos and a doll baby Jesus in the manger.

The choir have been busy performing in the local community and graced the Stage at Glyndebourne performing in the One Voice Festival. We know just how special this is for parents, children and staff included.



# IT'S CHRISTMAS TIME!

The teachers are taking the children's lead and are frantically preparing for the traditional end of term pantomime- oh yes we are!

The last day of term includes - festive dress, Pantomime, Christmas dinner and a party or 2.

I am sure everyone will need a rest after an incredibly busy day and term. Not only do the children need to rest and recharge but the families and staff do too. A huge amount of effort, energy and dedication have gone into this term's events and I would like to say a huge thank you to our amazing Polegate School team and all our families and wish you all a very peaceful, relaxing holiday.



## PANTOMIME TECHNOLOGY CHALLENGE

On Friday 1st December, some very courageous Year 4 pupils took on the ultimate 'Pantomime Technology Challenge' - to help Belle make a vehicle to transport her books to the Beast's castle.

The children were given 1 hour to design and build their creations, which included rotating bookshelves and a convertible roof, before the final judging took place. The children were inventive, resilient and fantastic representatives of Polegate School! Well done to Isaac, Kairon, Lola and Ella-Mai!



## POLEGATE CHOIR

### Polegate Choir Spreading the Festive Cheer

Our wonderful KS2 choir performed for the residents at a local care home. There were happy tears and smiles throughout the performance and the residents and staff were hugely grateful. Well done to the children who continue to rehearse week upon week for the various musical events we are attending this term. Polegate choir, you are all amazing!



# FOREST SCHOOL

**Forest school, although wet, windy and muddy has been wonderful again this term.**

The children have continued investigate, explore, problem solve and more. Working in Forest School the children are developing a relationship between themselves and the natural world. Thank you for providing the children with forest school clothing and footwear. I know on a busy school run this can be very challenging!



# ROCK STEADY CONCERT

Children that have taken part in Rock Steady this term shared their work with the school this week delivering an amazing concert. We were entertained by 4 fantastic bands-

- **The Watermelons**
- **Black Pythons**
- **Ricrollers**
- **The Beekeepers**



# NURSERY OPEN DAY

Families were invited to a Christmas themed open afternoon at nursery recently. What a lovely session it was. Super atmosphere!



## RARING2GO

You can now download The Winter copy of the Raring2go Magazine here



## Sports for Champions visit



Lily Woodham is visiting school on Thursday 25th January

We have raised a massive £941 so far! Children may come into school in trainers on the day if they don't already have PE.

# MY HAPPY MIND



Parents and Carers!  
Thank you!

We are proud to announce that our school is officially a myHappyMind Bronze Accredited school. The Accreditation recognises schools that are embedding the myHappyMind curriculum into school life and taking real action to improve the mental health and well-being of the school community.

We would like to thank those parents who provided feedback about the program, which supported the application.

As we were successful with our application, we will receive some fantastic resources to help us embed the myHappyMind curriculum next year including a Wheel of Gratitude to help us develop an Attitude of Gratitude.

Want to learn more about the science of myHappyMind and how you can use myHappyMind techniques at home? Why not grab a copy of myHappyMind's Founder, Laura Earnshaw's best selling book 'My Happy Mind' <https://myhappymind.org/mhmbok>

Don't forget to sign up to the FREE Parent app, you can use the QR code below to download it.



SCAN ME

# HEALTHY HABITS IS COMING TO A VENUE NEAR YOU!

If you would like support to eat well and get more active as a family, come and join us for a free, fun programme in the New Year!

Interested?

Want to find out more?

Visit our website now for further details:

<https://www.eastsussexchildren.nhs.uk/healthy-habits/>

Or give us a call on  
0300 123 4062

NHS  
East Sussex School Health and  
Children's Integrated Therapy Services

Healthy  
lifestyle  
club  
for children aged 4 to 11  
Eat well and get active together

Eight fun one-hour  
interactive sessions suitable  
for the whole family.  
Virtual and face-to-face sessions available

Healthy  
habits

Please contact 0300 123 4062 or visit  
[www.eastsussexchildren.nhs.uk/healthy-habits](http://www.eastsussexchildren.nhs.uk/healthy-habits)

we care

## TALK FOR WRITING

Term 2 included two inset days. I hope you all enjoyed a couple of November long weekends.

On these days the teachers and support staff participated in Talk for Writing.

The impact of this training is clear with children producing some amazing work.

L.E. To write a non-chronological report  
Lesson 2  
wk (3/10/23)

**HOT TASK**

Introduction  
Planet @web is in a close galaxy it has sinking black grass.

Environment  
Planet @web is a blue planet. It has red people, frozen deserts and wide hills. creatures  
On Planet @web there are burping cats, talking dogs and walking sharks.

→ P P P P P P  
→ G G G G G G  
Beautiful presentation! LLS

HERE IS SOME STUNNING YEAR 1 WRITING!

# YEAR 1 BUDDIES

## Year 1 are really enjoying being a buddy for the Reception children!

The children had a wonderful buddy session where some children spent time in the Year 1 classroom and some spent time in the Reception classroom. The Year 1 buddies led some activities, had a chat with their buddies and were just so lovely with the Reception children.

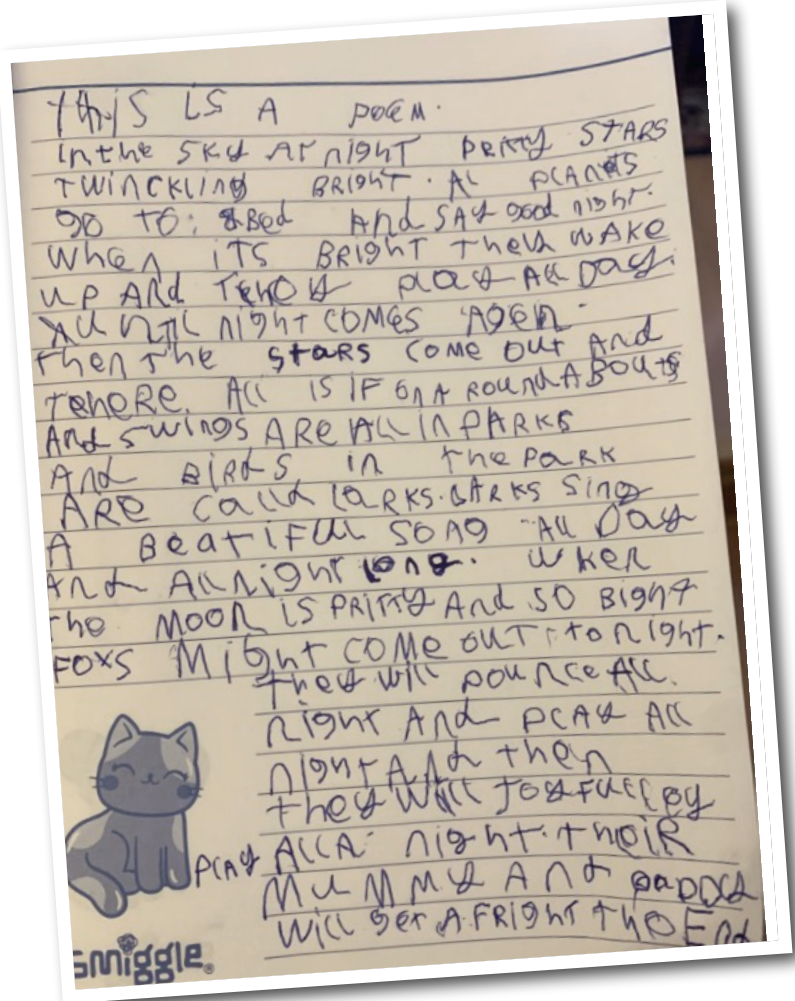


## A BEAUTIFUL POEM

### Ivy Rogers wrote a beautiful poem at home.

Ivy was rightly very proud of her work. It is so lovely to see the children practising their writing skills at home and sharing their success with such pride.

Keep sharing - Mrs Jones thoroughly enjoys reading all your stories and poems!



# DIARY DATES

15th December  
Last Day of Term 2

18th Dec – 1st Jan  
2024

Christmas Holiday

2nd January 2024  
Term 3 first day

12th January  
6MU class assembly

19th January  
2D class assembly

25th January  
Sports for  
Champions visit

26th January  
3L class assembly

2nd February 2024  
INSET Day

6th February  
Parents Consultations

8th February  
Parents Consultations

21st February  
Year 2 Great Fire of  
London Workshop

15th April 2024  
INSET Day

# SPORTS NEWS

Congratulations to the team of girls and boys who represented Polegate at the annual Sportshall Athletics competition at Willington Secondary School recently.

With events ranging from a 6 lap parlauf to a 1 minute speed-bounce, we competed in lots of different activities with varying degrees of success! What was consistent though, was the exemplary behaviour and team spirit of the group. Well done to everyone that took part. We will get the overall results at the end of the week.



**MAKATON  
LEVEL 1**

**E F T**

**Fridays 9:30am - 12:30pm  
January 19th - February 9th 2024**

**Free for Parents/Grandparents and Caregivers**  
The Firs, Elphinstone Rd, Hastings, TN34 2AX  
To book call 01424 722241 or email  
office@educationfuturestrust.org

Our children. Our families. Our community.  
Registered Charity Number: 1146171 Company Number: 7852922



# PARKING

**The children have been out on parking patrol this week sharing a very important message.**

Driving children to school is seen as the most convenient choice for parents with busy lives. Many parents take the view that by driving their children to school they are keeping them safe. Yet the combination of each individual decision means an increase in vehicle traffic and congestion particularly at the school gate.

Many children now miss out on the opportunity to develop vital road safety skills with their parents on the way to school. They fail to build up confidence and learn the ability to manage risk walking around their local community.

Walking can improve overall fitness levels in children and adults. It is a cheap low impact way to exercise. Getting active in our daily lives can have a big impact on health issues.

We realise that there are some parents/carers who have no alternative but to drive their children to school, however, many are driving short distances where walking is a real option. Even those who have to drive to school can do their bit by parking away from the school entrance and walking for part of the journey. Please can we ask all families to respect our local community parking with care. Residents at Charles Moore Court and Old School Close have recently sent a reminder that parking bays are private and that many residents require easy access due to wheelchair use.

**What can you do to help keep everyone safe around the school gates?**

**Please don't:**

- **Block the road - emergency vehicles and other traffic may need access**
- **Park on yellow lines, zig-zags or block the school entrance**
- **Park on the pavement, across dropped kerbs or residents' driveways**
- **Park opposite or within 10 metres of a junction**
- **Park where you will cause inconvenience to other road users**
- **Leave your vehicle with the engine still running**
- **Stop in the middle of the road to drop your child off, even for a few seconds.**

These changes make a real difference to the congestion around schools, making the school run less stressful and far safer for everyone. Not only that but they will help your child's education. Research has shown that children who walk or cycle to school are more receptive to learning at the start of the school day than those who travel to school by car.

## BOOK EXCHANGE - THE BOOK BURROW

**You may have noticed a new storage unit outside the school office.**

**To create a community of readers- parents, grandparents, children... we would like to start a community book swap. If you have any books that you would like to donate please add to the Book Burrow, likewise feel free to borrow a book or 2.**

**The top section will be for adults and the bottom for children.**

**Happy reading!!**



## CHILDCARE

### HELP PAYING FOR YOUR CHILDCARE



**Government help with childcare costs for parents.**

Whether you have toddlers or teens, you could get support.

**CLICK HERE**

### THE CURRENT OFFER

In England, all parents and carers of 3 & 4 year-olds are entitled to 15 hours a week childcare support with registered childcare providers. Eligible working parents and carers of children aged 3-4 can also get an additional 15 hours childcare support, bringing their total up to 30 hours a week.

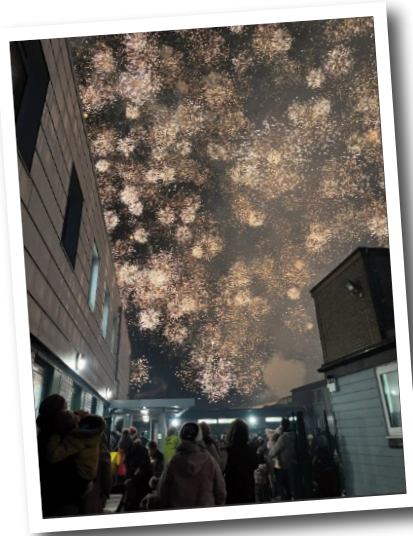
Some eligible parents of 2-year-old children may also be entitled to 15 hours childcare support, if they receive some additional forms of government support.

# PFA NEWS

**The PFA have had an incredibly busy term!**

## Winter Extravaganza

What an amazing event! Fireworks and Christmas together, what more could you want? The event was well attended and, as always, a sell out event.



Christmas magic with Santa. The PFA hosted Santa here at Polegate School. Children had the opportunity to meet Santa as well as participate in Christmas crafts. Fun was had by one and all.



Thank you so much to our wonderful PFA for hosting incredible events and raising funds for the school. We are all so looking forward to the start of the KS2 Trim Trail!

## Wreath making

Fun and laughter was fully included during the Christmas Wreath making evening. The wreaths look stunning!



# RECEPTION TRIP

## WOW! What a wonderful first school trip for Reception.

The children were so excited to walk to the local church to explore what a church is like on the inside. They listened to the Christmas story, sang some of their Nativity songs and went on a hunt around the church to find some of the important places/objects.

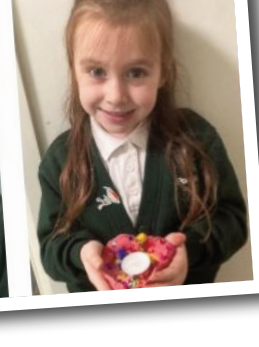
We had such a lovely time and the children represented Polegate amazingly!



# LET'S CELEBRATE!

## The children in Miss Budd's 'Let's Celebrate' club have had a wonderful term of all things celebrations!

We have learnt about lots of different worldviews and have created art based on them. We have celebrated Bonfire Night, Diwali and Christmas. The children particularly enjoyed creating their own Diva lamp in celebration of Diwali.



# KEEPING SAFE ONLINE

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

### TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at [videostandards.org.uk/RatingBoard/games](http://videostandards.org.uk/RatingBoard/games).

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### 'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

### DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

### APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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### CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

### WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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TOK TAK

### LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

### IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

### STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

### Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has writes regularly about internet safety issues.



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[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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# A Christmas Fish.....



Competition time!!!

Send us photos of your Christmassy decorated aquarium, and the best decorated aquarium wins a £30 voucher

to spend at:

Fish Around Limited, 5 High Street, Hailsham, BN27 1AL

Call us for details: 01323 844400

Email us: [fisharoundhailsham@outlook.com](mailto:fisharoundhailsham@outlook.com)

Judging to take place on Saturday 23<sup>rd</sup> December 2023 at  
12pm at the shop.

Get fish-(decorat)-ing!!!!



## The Big Ambition – Have your say!

The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England.

**The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

**The Big Ambition** survey will be open until Friday 15th December.

[WWW.CHILDRENSCOMMISSIONER.GOV.UK/THEBIGAMBITION](http://WWW.CHILDRENSCOMMISSIONER.GOV.UK/THEBIGAMBITION)

## Safer Sleep for Babies and Coping with a Crying Baby

### What Everyone Needs to Know

This 1-hour 15 minute webinar is for all professionals working with or who come into contact with parents/carers who are pregnant or care for a young baby.

Delivered by a subject specialist it will support you to learn the importance of sharing updated safer sleep information with families and how to have effective conversations around crying babies.

Information and resources will also be shared to support your work in this important area of safeguarding.



### Training Objectives

The aim of this webinar is to provide you with an awareness of safer sleeping messages and how you can support parents/carers in conversations around safer sleeping and coping with crying babies.

### Learning Outcomes

By attending this webinar you will be able to:

- \* List the key factors affecting vulnerability relating to Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Infants (SUDI)
- \* Have an improved awareness of safer sleep that will enable you to facilitate conversations with parents/carers in how to make every sleep a safer sleep.
- \* Identify how sharing key messages about ICON can help parents cope with crying babies.
- \* Explain the role of professionals in making safer sleep everyone's responsibility to work together with the aim to reduce the incidence of Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Death in Infants (SUDI).

### How to Book

Please select the area which you work within and follow the instructions to book below:-

**West Sussex**—please click this [link](#), register for an account if you don't already have one (use L&D as your Line Manager when prompted if your Line Manager does not have an account themselves) and then search for "Safer Sleep" in the search box.

**East Sussex**—the link will be active in January, in the meantime, please use West Sussex or Brighton & Hove booking instructions.

**Brighton & Hove**—please email [BHSCP@brighton-hove.gov.uk](mailto:BHSCP@brighton-hove.gov.uk) with the details of the course you would like to attend.

21st December 2023: 1:00pm-2:15pm

17th January 2024: 10:00am-11:15am

20th February 2024: 10:00am-11:15am

15th March 2024: 12:00pm-1:15pm

18th April 2024: 3:00pm-4:15pm

15th May 2024: 9:30am-10:45am

# ATTENDANCE

Class 2D and class 4S are clearly incredibly healthy, having won 4 attendance certificates each so far!

Keep up the good attendance!

RA = 96.4%	2D = 97.5%	4S = 96.8%
RB = 91.9%	2K = 96.3%	5D = 94.8%
RH = 94.8%	3JS = 98.1%	5MD = 96%
1F = 95%	3L = 95.5%	5K = 92.3%
1G = 96.3%	3T = 95.4%	6M = 95.4%
1S = 94.9%	4H = 95.2%	6MU = 94.6%
2C = 96.8%	4EH = 94.5%	6W = 94.9%

Christmas is a time of joy and celebration, but we know it can be difficult for some children with special educational needs such as Autism or ADHD.

Below we have compiled a list of websites which provide many tips for the festive period. With good planning and clear communication, we hope these tips will help you to have an enjoyable Christmas!

<https://parents.actionforchildren.org.uk/additional-needs-disabilities/support-home-school/send-christmas/>

<https://www.autism.org.uk/advice-and-guidance/professional-practice/christmas-resources>

<https://www.theschoolrun.com/surviving-festive-season-parents-tips-sen-kids>

<https://www.adhdcentre.co.uk/tips-for-an-adhd-family-christmas/>

## Diary Dates

Start of Term 3  
Tuesday 2nd  
January  
2024

## 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  
1,372 followers!



**Polegate**  
SCHOOL

Polegate School  
Oakleaf Drive  
Polegate  
East Sussex BN26 6PT  
Tel: 01323 482404  
Email: [info@polegateschool.co.uk](mailto: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](http://www.polegateschool.co.uk)

Designed by Prowork: [www.prowork.co.uk](http://www.prowork.co.uk)