

news

February 2024

In This Issue

Makaton	2
Diary Dates	2
Super Hero Day	3
House Points	3
Book Burrow	3
Real Life Heroes!	4
Cases Of Measles	4
Hailsham Food Bank	5
Reading Tea	6
Big Walk & Wheel	6
Art Competition	7
Parking	8
World Book Day	9
Attendance	9
Maths Workshop	10
Family Maths Challenge	10
Online Safety	12
Football News	13
Sports Visit	14



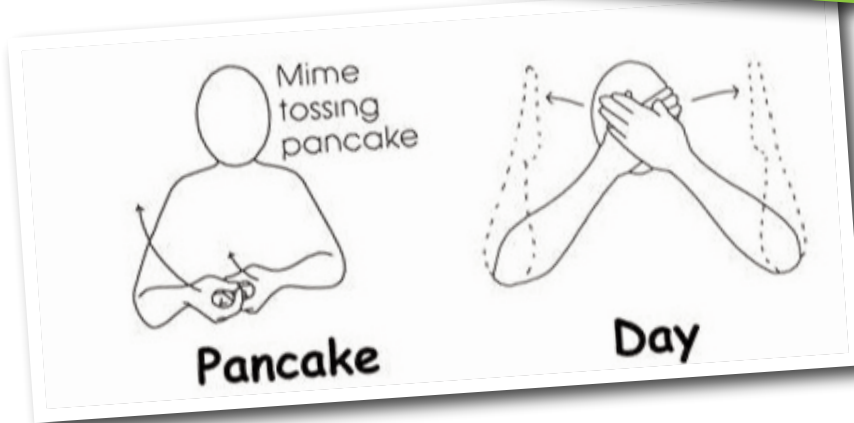
ANOTHER FUN FILLED TERM

Well, this may have been a short term but we have certainly packed a lot in!

There is so much that I always feel proud of and with each and every newsletter there are exciting things or wonderful achievements to share with you. This newsletter is no exception.

MAKATON

SIGN OF THE MONTH



I hope you all enjoy making and eating pancakes on Tuesday 13th February.

While cooking your pancakes (see recipe) practice the Makaton sign- Pancake Day.

Skills to Last a Life Time - Challenge

There is a so much for children to learn in this high tech world, it is all too easy to miss out on practical skills. So here is a Polegate pupil newsletter challenge -

Make a pancake, cook a pancake, flip a pancake and enjoy! Any photographic evidence of meeting this challenge would be greatly received.

Ingredients for the pancake mixture

- 110g/4oz plain flour, sifted
- pinch of salt
- 2 eggs
- 200ml/7fl oz milk mixed with 75ml/3fl oz water
- 50g/2oz butter



DIARY DATES

20th February
Family Maths Challenge

1st March
5K class assembly

6th – 7th March
PFA Mother's Day Gifts

7th March
World Book Day

8th March
3T class assembly

15th March
4S class assembly

22nd March
1S class assembly

28th March
Last day of term 4

29th March - 14th April
Holiday

15th April 2024
INSET Day

Diary Dates

28th March
2024

LAST DAY
OF TERM 4

RECEPTION

SUPER HERO DAY



Much fun was had during the reception superhero day!

The children thoroughly enjoyed sharing their costumes and super powers! I think the teachers enjoyed sharing their super powers too!



HOUSE POINTS



And the winner is Orion!

(by a house point or 2!)

BOOK BURROW



Thank you for your kind book donations. It is great to see so many children and parents starting to use the Book Burrow. Remember if you need a new read check out the Book Burrow.

RECEPTION MEETING REAL LIFE HEROES!

Reception had a wonderful time meeting the emergency services. Much fun was had, hats, sirens, waterhoses, blue lights, red lights and much, much more!



Diary Dates

Monday 15th
April 2024
INSET DAY



CASES OF MEASLES

Cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems. If you are at all concerned follow the link below:

[What to do if you think your child has measles and when to keep them off school - The Education Hub \(blog.gov.uk\)](#)



HAILSHAM FOOD BANK



Polegate School

With Thanks for the donation of food totalling
202.40kg this will provide 482 meals for
individuals and families in the Hailsham and the
surrounding area.

Thank you so much for your support



Registered Charity in England & Wales

Registered Charity No:1199124 | Reg in Eng. & Wales/Scotland

READING TEA

Lots of books, biscuits and laughter were shared during the recent reading tea party.



SUSTRANS BIG WALK & WHEEL

As always here at Polegate School we are participating in Sustrans Big Walk and Wheel.

On each day of the challenge, schools compete to see who can get the highest percentage of their pupils walking, using a wheelchair, scooting or cycling to school. Wouldn't it be great if we could top that leader board!





TAKE PART IN AN

ART COMPETITION

**DO YOU KNOW
CHILDREN WHO COULD
DRAW THE FRONT PAGE
OF THE ANNUAL PUBLIC
HEALTH REPORT?**

The East Sussex Director of Public Health's Annual Report will focus on the impact of art and creativity on improving and sustaining health and wellbeing. We are searching for images drawn by children – either in freehand or digitally to help shape the report.

The winning entry will grace the front cover of the report. A collage will be created to celebrate all entries. Please send in their creative picture as a digital image, with the child or young person's first name, school and age.

The winner will receive £20 in vouchers and the runner up will receive £10 in vouchers. Good Luck!

**Please send in your images to:
participation.team@eastsussex.gov.uk by 26 February.**

PARKING

Strictly speaking as a school we have no authority outside our school gates but we couldn't just sit back and wait for an accident or fatality to happen and sadly it felt like it was only a matter of time.

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

I appreciate that it is impossible for everyone to walk, scoot or cycle. We all have such busy lives but it does mean 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.

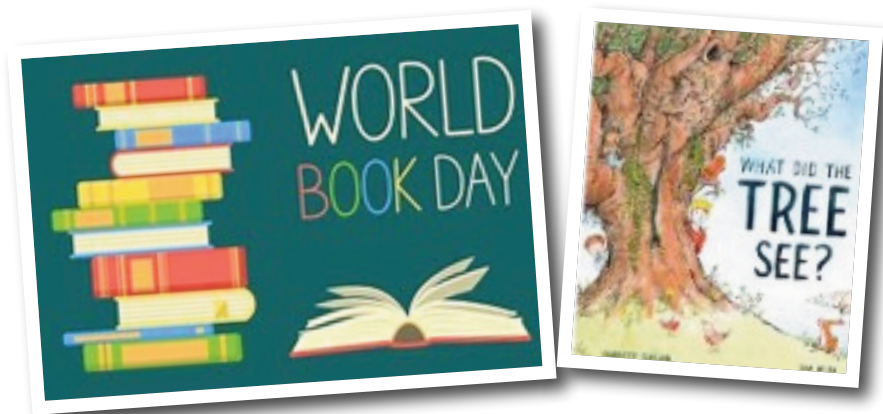
Walking can improve overall fitness levels in children and adults. It is a cheap low impact way to exercise. Getting active in our daily lives can have a big impact on health issues such as obesity.

We realise that there are some parents 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 where it is busy and walking for part of the journey.



WORLD BOOK DAY

Thursday 7th March it is World Book Day!
Menu of events



Let's dress up!

This year we are encouraging the children to get comfy and read so we are inviting them to come to school in pyjamas, dressing gowns or onesies! The cosier the better!

Book Cafe

We will have a book café set up all day and the children will be visiting as a class to spend time enjoying books in a different environment.

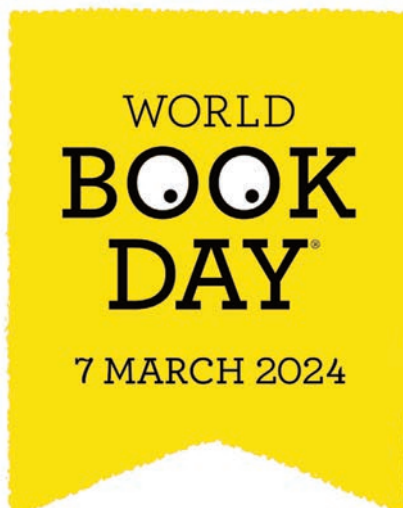
The Book Café will also be open after school (3-3.45pm) – Refreshments will be provided – please do come along to share a book!

Book in a Box

Using a box no bigger than standard show box size, your task is to create a book in a box using props and images, in fact you can use whatever art medium you like to re-create your favourite book in a box, such as, pencil, paint or collage. A separate letter will be sent home about this with more information, examples and ideas. All participating entries must be returned to school by Wednesday 6th March 2024

Stop and Read

Throughout the day there will be a STOP AND READ alarm and the children will be able to stop whatever they are doing – even writing or maths – and grab a book! There are plenty of book choices on class book shelves but to ensure children have the perfect book to hand the children are welcome to bring in a favourite book from home.



LATEST ATTENDANCE FIGURES

RA	95.9%
RB	91.4%
RH	94.3%
1F	96%
1G	96.5%
1S	95.2%
2C	96.6%
2D	97.2%
2K	96.5%
3DS	98.1%
3L	96%
3T	95.3%
4H	95.2%
4EH	94.3%
4S	96.4%
5D	95.4%
5M	95.8%
5K	92%
6M	95.3%
6MU	94.7%
6W	95.4%

EARLY YEAR MATHS WORKSHOP

Many thanks to all the parents who attended the Early Year Maths Workshop this term run by Polegate's maths intervention teacher Mrs Chadwick.

Early maths concepts were explored and the parents engaged and interacted in lots of hands on activities. Parents were shown a wealth of different ideas in order to support their children at home and the feedback from the workshop was really positive.

The fun filled afternoon ended with a pop in and play session in the Reception classrooms where parents were able to engage in a variety of maths activities with their children.



FAMILY MATHS CHALLENGE

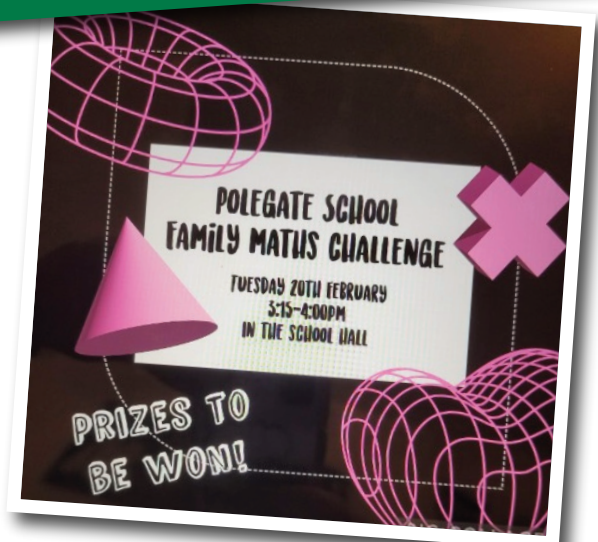
[Family Maths Challenge \(office.com\)](https://office.com)

And more maths.....

If you would like to join us for the maths family challenge, please sign up soon.

We promise that this session will be fun, engaging and include prizes!

What more could you want?





**14
FEB**

**ADULT £9
CHILD £6
FAMILY OF 3 £17
FAMILY OF 4 £25
KIDS UNDER 2 FREE**

WWW.GROVEEASTBOURNE.COM



SCAN ME

**11:00
13:00
DOORS OPEN
30 MIN BEFORE**

HELP KEEP YOUR FAMILY SAFER ONLINE

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



National
Online
Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3



How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5

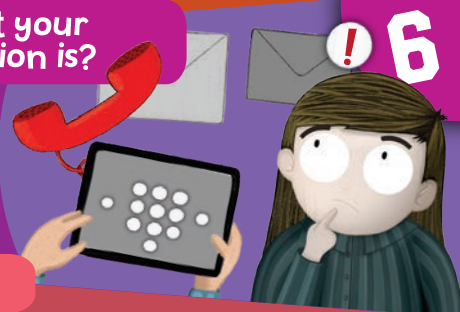


Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7



Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07/11/18

FOOTBALL NEWS



Firstly, may I say thank you to all the parents who have ferried our players around for both league and tournament football this season. Thanks too to all of you that came to support the teams both home and away.

As the season progressed, both the boys and girls performances improved markedly right up to the end of last term when the girls were starting to win their games, and the beginning of this season when the boys beat Stone Cross by 10 goals to 1!

Sadly, we didn't make the league play-off finals which took place at Eastbourne Borough FC on Wednesday 31st January, but I'm very pleased with the progress we did make and the way both teams began to gel really well. The overall winners of both leagues this year were Gildredge House, who beat Ocklynge in both the

boys' and girls' final on penalties.

I hope that we will have the opportunity to play some friendlies over the next few months and the Year 6 girls have a tournament at Bede's in late March.

KS1 footballers enjoyed an afternoon of competitive games at the Sports Park in Eastbourne this week. We had 2 teams from year 1 and 2 representing Polegate in a tournament with teams from 10 schools in the Eastbourne area. The older team had a difficult draw which included the overall winners, Stone Cross, to whom we lost 4-1. However, we were the only team that scored against them and had them worried at the start when we scored first! The younger team managed 2nd place in their group - winning 3 games and losing only to eventual winners Langney. Huge congratulations to all the players, some of whom were representing our school for the first

time. We're sure it won't be the last!!!

Sportitude will continue to run the Mixed football clubs after school on Thursdays (KS2) and Fridays (KS1) and from next term we have Tim Brown from Eastbourne Borough coming to coach girls only from years 3-6 on a Thursday 3-4pm.

In the next few months we have entered several tournaments for younger age groups too. Year 3 & 4 girls and boys both have Albion Cup competitions in March and Years 3-5 have the Ocklynge Challenge Cup on March 12th. We will be running trials for all of these events later in February.

SPORTS FOR CHAMPIONS

ATHLETE VISIT - HOLLY MILLS

We were delighted to welcome 2024 Olympics hopeful Holly Mills to our school recently.

Holly has been successful at both junior and youth level and is now aiming for a senior medal in Paris this summer.

At the start of the day, Holly inspired and impressed the children (and staff) with her story and some information about her training, her aspirations and the importance of healthy eating.

Then throughout the rest of the day, each class joined Holly in a fitness circuit that many of the children had been sponsored for.

As well as having an exciting, active day, as a school we managed to raise almost £1000 which will be shared between the athlete's charity 'Sports for Champions' and Polegate School.

Thank you to all our extended school family for your generosity in supporting the event and to everyone at school that helped to make it such a fantastic day!



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.uk

Diary Dates

15th April
2024
INSET
DAY

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
1,368 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