

news

April 2023

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THE WEEKS ARE RACING BY!

How can it be term 5 already! At least with the summer term the days are longer and (hopefully) the sun will shine.

Last term as always was incredibly busy with many visitors coming to Polegate to observe teaching practice. As always our visitors were blown away with the children and their confidence, attitudes to learning and enjoyment for school.

We received many comments on the wealth of opportunities offered to the children, swimming, bespoke PE provision, forest school cookery... I could go on and on.

It is great that we can offer these opportunities and I would like to take this opportunity to thank you as well for providing many changes of clothing for the children- PE kit, forest school, swimming kit. The children often come to school carry many bags and instruments for another busy day.

This term has started like all others with a wealth of new learning opportunities, including summer swimming. As always the summer term will be busy with sports weeks, residential trip, school trips and SATS. Phew!

DANCE CLUB

Dance club, led by Mrs Barden, performed brilliantly recently at the Congress Theatre. Weeks of tireless rehearsals paid off, resulting in a spectacular dance which gained 5 star reviews.

Well done one and all, we are very proud of you!



AFRICAN DRUMMING

Year 4 had an African drumming workshop with Mr Carruthers from Willingdon learning African songs and chants, and an Art workshop learning about kente cloth making.



FAIRTRADE FORTNIGHT

Lilia, Izzy and Jade from Year 5 visited the manager at Polegate Co-Op as part of the fairtrade fortnight and were amazing ambassadors for the school. They went round the shop and each found 2 different fairtrade

products and then explain to the manager everything they had been learning about it at school. The manager was very impressed with their knowledge and how polite all girls were.



WORLD BOOK DAY DOODLE COMPETITION WINNER

Alfie from class 3L was selected as one of the 10 winners of the Doodle Learning competition for world book day!

He is very much looking forward to his books arriving in the post! Well done Alfie!



GRAPEVINE MAGAZINE

Grapevine Magazine Spring 2023

The Eastbourne, Wealden & Lewes Family Grapevine WINTER 2022/23 digital issue is now available online!

It is a one stop directory of things to do for family with children from bump to teen. The magazine lists activities, places to visit & events taking place this spring/summer. It also features 4 fantastic competitions for a chance of winning some fabulous prizes, from days out to a family camping weekend, as well as the chance to win copies of a lovely book!

It is available to view online and to download here:

<https://thefamilygrapevine.co.uk/eastbourne-wealden-lewes/see-a-copy/>



SPORTING EVENTS

As always there has been many sporting events.

The children represented Polegate School with pride. I hear we are gaining a reputation for entering competitive teams that also demonstrate true sportsmanship.



SPORTING SUCCESS

Keria Deragon in 4JD competed at the Legacy Division Cheer Dancing Championship. She competed with gusto, truly demonstrating the Polegate spirit.

A huge well done from all at Polegate!



DIARY DATES

5th May

King's Coronation Celebrations

9-12th May

KS2 Year 6 SATs

18th May

Class Photo Shoot

19th May

RB Class Assembly

22-26th May

Sports Week

29th May – 2nd June

Half Term

5th June

Term 6 Start

7-9th June

Year 6 Residential Trip to Norfolk Lakes

RECEPTION VISITORS

Reception had the pleasure of caring for 5 little ducklings!

The ducklings had a lovely time here at Polegate with plenty of cuddles and lots swimming. The children cared for them very well and produced some stunning early years writing!



Diary Date

18th May
Class Photo
Shoot

YEAR 6 - AUTHOR VISIT

Year 6 enjoyed a visit from local author and archaeologist Jake Wilson.

They had a fantastic morning hearing about Jake's archaeological finds and being able to handle some of the objects, as well as finding out all about how he writes his children's stories. They asked lots of amazing questions linked to writing and ancient Egypt and were incredibly inspired by his visit.



It was really interesting to discover how Jake R. Wilson wrote *Cursed Tales: The Pharaoh Of Asco Express*. He based many of his fictional characters off of real life people that he has met.

I really enjoyed looking at the artefacts and skulls he has discovered over his 11 years as an archaeologist. He told a story about each thing he showed us- my personal favourite was the coin attached to a necklace.

I learned how Jake has a passion for archaeology. It was very fun to learn the story of King Tutankhamun and his body preservation.

How long did it take to find some of his artefacts?

Friday 24th March 2023

Jake R Wilson

Jake signed my book when I met him before and he signed my reading journal today.

Jake R. Wilson is an archaeologist and an author. He came in to teach us about ancient Egyptian history. The talk was really interesting and he even bought some artefacts for us to explore and hold. When he spoke about his book, it was really fun and he shared about how long it took to write his book and what he did in order to create vivid imagery. Some of his favourite books are: *Goosebumps*, *The Hobbit* and *Horrible Histories!*

Jake R. Wilson

Jake R Wilson is an archaeologist and author. Today, we were very fortunate to be able to have him come in and teach us about his journey through writing and all about Egypt and Tutankhamun (a Pharaoh). Personally, I really enjoy writing what Tutankhamun looked like when he had been found 3000 years after he had been put in his tomb. It was very fascinating learning all about the steps to being mummified. I even got his autograph!

What I liked is that he passed around lots of objects that he has from Egypt, although, he has never actually been to Egypt himself. Personally enough, he actually had a cow's horn and skull! It was crazy feeling it because I have never felt anything like it. It was huge and very long. Other things I had was two wine bottles, a piece of a cooking pot, a pipe, a tobacco box and something else that had Egyptian money and lots of 'bejewelled' stuff. Overall, it was very fascinating and interesting.

Jake R Wilson

I really enjoyed it because he told us about facts and what he discovered whilst talking about his book (how to write a good story as well) and interesting things about Tutankhamen - which wasn't his original name - and shown what Tutankhamen looked like after being in his sarcophagus for over 3000 years.

We learnt that Tutankhamen's tomb had a fake wall that is believed to hold his mother. We also learnt that an exposed, 700 year old person burrowed without being mummified, would only show their skeleton whilst a 3000 year old person who was mummified, would still have it's skin on the body and wouldn't rot away.

ONLINE SAFETY

The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers.

Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

We are therefore delighted to announce that Polegate Primary School have shown our commitment to protecting our pupils online by working with National Online Safety- providing resources for all parents and carers.

The resources include Parents & Carers courses (presented by Myleene Klass), online video resources and weekly guides covering a huge range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying

- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

Create your account

To create your account, please follow <https://nationalonlinesafety.com/enrol/polegate-primary-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre>

ATTENDANCE

RB = 95.6%

RH = 95.2%

RG = 94.6%

1B = 94.7%

1G = 96.8%

1S = 96.1%

2C = 97%

2R = 95.3%

2S = 96.4%

3GJ = 95%

3L = 94.3%

3T = 94.7%

4AD = 96.5%

4H = 96.4%

4JD = 91.1%

5M = 93.9%

5K = 94.3%

5T = 94.5%

6M = 96%

6MU = 95.5%

6W = 95.1%

HELP KEEP YOUR FAMILY SAFER 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 for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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#WakeUpWednesday

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@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023

THANK YOU

Thank you to all those families remembering to walk, cycle or scooter to school. This has such an impact on traffic and parking outside of school.



Remember if you do need to drive try to park away from school and more importantly, legally.

WHERE CAN I PARK?

When parking you need to respect any parking regulations and the needs of other road users in the area. Please park in a safe location, where you are not causing any obstruction or breaching any traffic regulations.

WHERE CAN'T I PARK?

- On school entrance markings during school hours.
- On public footpaths and verges.
- Partially or fully across a dropped kerb for a driveway.
- On pedestrian crossings and their zigzag markings.

- Within 10 metres of a junction.
- Around a bend where oncoming traffic has a restricted view.
- On school zig-zags, double yellow and single yellow lines (during controlled hours) and in time limited areas for longer than allowed.
- In disabled parking bays unless you are entitled and displaying a valid blue disabled badge.

OPERATION CRACKDOWN

If you do witness dangerous or anti-social driving we have been advised that the best course of action is to report it to Operation Crackdown:

<http://www.operationcrackdown.org>

MATHS PROBLEM

Maths problem of the month

Remember to share your answers with Mrs Murphy to gain a learning ladder sticker.

Here are some digit cards



Find the 4-digit number that is closest to 5,000.

You may only use each card once

WELL DONE IZZY

Izzy Bond in 5M has reached an impressive 3,236,294 words! Over 3,000,000! A phenomenal achievement Izzy!



DOODLE MATHS STARS!

Children are now reaching the incredible goal of 730 day Doodle streak, This is incredible- such dedication and determination. I will ask them to help me to develop this dedication for the gym!

Doodle maths and Doodle spell is a great programme that is easily accessible. We have seen such a positive impact on the children's maths and spelling skills. Keep Doodling!! It really helps.



100 DAYS IN RECEPTION

We celebrated 100 days in Reception!

Reception have been using their maths knowledge to count how many days they have been in Reception. They were so excited to move our ten bundles of 10 into the hundreds! They celebrated with lots of different 100 activities such as a hunt for 100, how many times can you write your name in 100 seconds and making pictures using number 100!



COMMUNITY FUNDRAISER AT ST WILFRID'S

Rainbow Run

Rainbow Run taking place on Saturday 20th May, is a 5k sponsored rainbow coloured fun run, held locally at Nash Street Farm near Hailsham.

Perfect for families, friends, colleagues and anyone else who wants to join in the excitement of running through seven paint stations – with all funds being raised for St Wilfrid's patient care.

If you would like to tell your pupils and staff about this super exciting event, I will be able to send you a printed poster and some flyers or a pdf version of each, which you can share with your school.



EARLY YEARS MATHS WORKSHOP

Nearly 40 parents and guardians attended the 'Early Years Maths Workshop' run this term by Mrs Chadwick.

Everyone got really involved in all of the hands on activities and went away from it with lots of ideas to support their children at home with their maths learning.

The workshop was followed by a maths 'Pop in and Play' session in the Reception classes which was full of engaging maths activities to take part in.

Many thanks to all that gave up their time to attend the afternoon.



Diary Date

29th May –
2nd June
Half 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
1,349 followers!



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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