

news

May 2026



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A HUGE THANK YOU

As we come to the end of a very busy and exciting Term 5, we would like to say a huge thank you to all of our children, families and staff for their continued support and enthusiasm.

It has been a term full of energy, effort and plenty of memorable moments, and we are very proud of everything that has been achieved.

TERM HIGHLIGHTS

One of the highlights this term has been our fantastic Sports Week.

The children showed brilliant teamwork, determination and a wonderfully positive attitude throughout every activity. It was lovely to see so many smiles, cheers and moments of encouragement as they took part in a wide range of events. Well done to everyone who joined in and gave their very best.

Reception visits

We have also enjoyed welcoming new families through our Reception visits. These visits have been an important opportunity for children and parents to become familiar with our setting, meet staff and begin to feel part of the school community. We are really looking forward to welcoming our new Reception children in the months ahead.

Year 6 SATs

A special well done goes to all of our Year 6 children and the teaching team for their hard work and commitment during SATs. The children approached the week with maturity, resilience and a calm, determined attitude, and we are incredibly proud of them. Thank you also to the staff who supported them so carefully and thoughtfully.

Reading Tea Party

Our reading tea party was another lovely occasion this term. It was a pleasure to celebrate reading together and share books, stories and conversation in such a warm and welcoming atmosphere. Thank you to everyone who helped make it such an enjoyable event.

Residential visit to Hindleap

Year 5 have also had a wonderful experience on their residential visit to Hindleap. This was a fantastic opportunity for the children to build confidence, strengthen friendships and enjoy learning beyond the classroom. We know they will have made memories to treasure.

Enjoy Half Term

As we head into half term, we wish you all a happy break with good weather, sunshine and plenty of time for family and friends. We hope you are able to rest, recharge and enjoy some well-deserved downtime in preparation for Term 6.

Diary Dates

1st June
Term 6 starts

DIARY DATES

22nd May
INSET Day

25th -29th May
Half-term

1st June
Term 6 starts

4th June
Year 3 London Trip

5th June
Art Exhibition

5th and 8th June
Vision & NCMP Screening Reception

8th June
New to Reception Parents Meetings

12th June
6W Class Assembly

16th and 17th June
PFA Father's Day Gifts

19th June
RKH Class Assembly

26th June
Year 4 Trip to Port Lympe

1st July 9.30am
Rock Steady Concert

3rd July
Year 2 Trip to Hastings

3rd July
3H Class Assembly

6th July
Year 1 Battle Abbey Trip

9th July
Reading tea party

7th – 9th July
Year 6 Enrichment Days

13th July at 2.15pm
Rock Steady Concert

16th July
Whole school transition day

16th July
Meet the teacher

YEAR 3 VISIT TO PEVENSEY CASTLE

Year 3 recently enjoyed a wonderful trip to Pevensey Castle to support their historical work linked to our local community and the events of 1066. It was a brilliant opportunity to bring our learning to life and explore an important part of our area's history.

The weather was kind to us, which made the day even more enjoyable. The children showed great enthusiasm as they explored the castle grounds and spotted many features they had already learned about in class. From the

strong stone walls to the impressive remains of the castle, they were able to identify elements they had studied and make thoughtful connections to their historical learning.

There was plenty of excitement throughout the day, and fun was had by all. The children listened carefully, asked excellent questions and behaved beautifully throughout the visit. It was a lovely reminder of how history can be made exciting and meaningful when we step outside the classroom and experience it for ourselves.

We are very proud of Year 3 for their curiosity, enthusiasm and excellent conduct on this memorable trip.



LATEST ATTENDANCE FIGURES

RJ =	93.5%	2D =	95.6%	4T =	94.5%
RKH =	96.2%	2H =	96.9%	5D =	96.9%
RS =	93.4%	3B =	95.1%	5EK =	94.4%
1RH =	96%	3C =	94.1%	5K =	94.4%
1L =	95.6%	3H =	96.1%	6M =	95.8%
1M =	94.9%	4D =	96%	6L =	94%
2B =	97%	4H =	95.8%	6W =	92.4%

Diary Dates

**1st July 9.30am
Rock Steady
Concert**

CELEBRATING ACTIVE TRAVEL TO SCHOOL

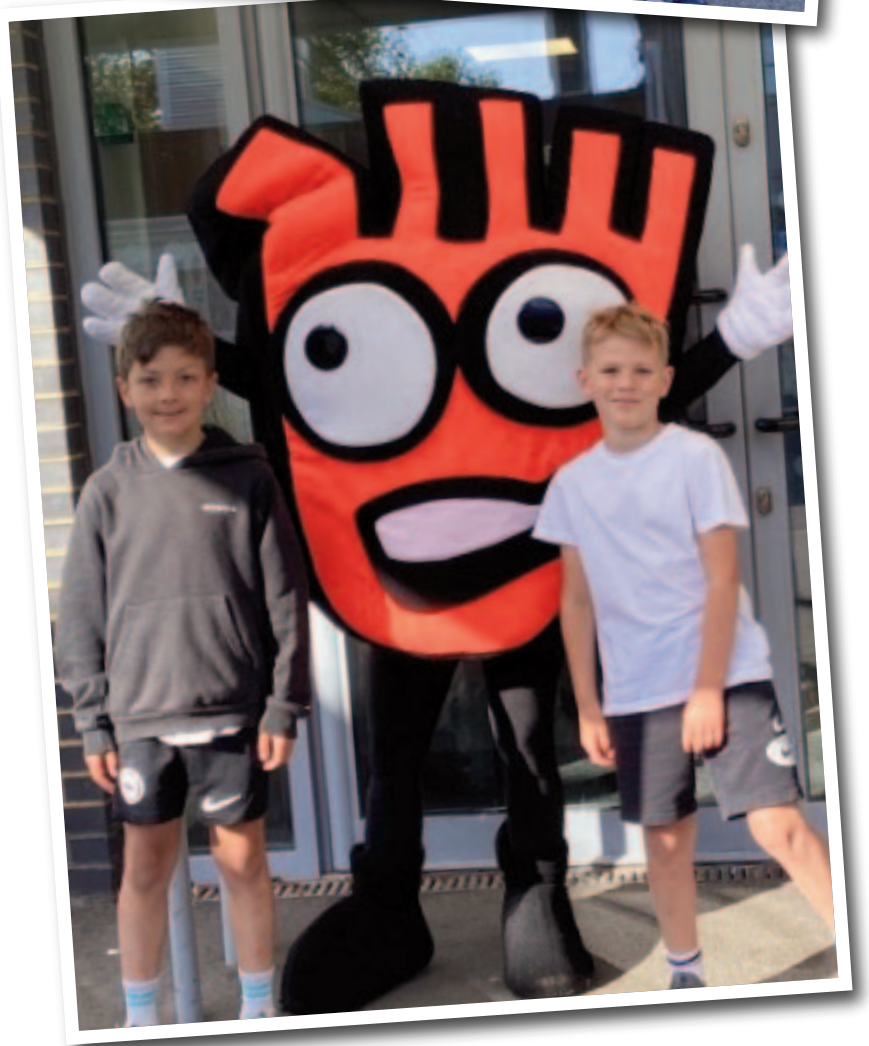
We were delighted to welcome WoW from Living Streets at the school gate this term to greet children and encourage even more families to choose active travel to school.

It was a lovely start to the day, with smiles all round as pupils arrived on foot, by scooter or bike, showing just how many are making healthy, sustainable choices.

We are also thrilled to share that badges are flying out of the office as children continue to earn their rewards for consistently getting to school actively. Their commitment and enthusiasm are fantastic to see, and it is wonderful to recognise so many children for their efforts.

Even more impressively, our school is now consistently in the top 10 leaderboard nationally. This is a brilliant achievement and reflects the dedication of our pupils, families and staff in supporting active travel habits.

Thank you to everyone who is helping to make the journey to school a positive, energetic part of the day. Keep it up, everyone — we are making a real difference together!



MORNING MAGIC: FIND BUZZ & WOODY

Some children find coming into school a little tricky, especially in the morning. We understand that saying goodbye can feel hard, and we want to make that journey into school or nursery as calm, cheerful and positive as possible.

To help make mornings more engaging, **Buzz or Woody will be hidden in the school playground entrance and nursery area** each day. Children can look out for them as they arrive and enjoy a happy start to the day. This small activity is designed to give children something fun and familiar to spot, helping them settle more easily and feel confident about coming into school.



We hope this simple game will make those first few moments a little brighter. A friendly search for Buzz and/or Woody can help turn a wobbly morning into a positive one, while encouraging children to arrive with a smile. Please do help your child join in and see if they can find them on the way in.

Sometimes, a little excitement is all it takes to ease the morning and set the tone for a lovely day ahead.

CATERING UPDATE FOR NEXT YEAR

We are pleased to share some exciting news about catering for next year. Our contract with Chartwells has now come to an end, and we are currently seeking a new catering company to join us and continue providing tasty, nutritious meals for our school community.

As part of the selection process, we recently welcomed Polegate Parliament to join us on a tasting day. This gave us the opportunity to test out the competition and gather valuable feedback on the different options available. It was a really positive

occasion, and we appreciated the time and interest shown by everyone involved.

We know that good food plays an important role in the school day, and we are committed to choosing a team that can deliver both quality and variety for our pupils. There will be more news to follow very soon, and we will share updates as soon as we have secured our new catering team.



We are very excited about what comes next and look forward to bringing you more information in the near future.

MATHS CHALLENGE

MATHS CHALLENGE!

A box contains two **white** socks, three **blue** socks and four **grey** socks.



Rachel knows that **three** of the socks have **holes** in them, but does not know what colour these socks are.



She takes **one** sock at a time from the box **without looking**.

HOW MANY SOCKS MUST SHE TAKE FOR HER TO BE CERTAIN SHE HAS A PAIR OF SOCKS OF THE SAME COLOUR WITHOUT HOLES?



SUMMER READING CHALLENGE

The Reading Agency and libraries are excited to introduce Read to Summer Reading Challenge 2026.

About the Challenge

The Reading Agency, along with the UK public library network, delivers the Summer Reading Challenge across the country every year. It is the UK's biggest annual reading promotion for children aged four to eleven. Throughout the Summer Reading Challenge, library staff, along with teenage and adult volunteers, help children to discover new authors and explore a wide range of different types of books, giving them a positive experience of reading for pleasure.

You can make a huge difference by encouraging your pupils to take part.

The Summer Reading Challenge:

- Significantly improves reading confidence and independence
- Ensures pupils are ready for their return to school, preventing the summer reading 'dip'
- Aids the successful transition between year groups and key stages
- Contributes to all pupils' achievement
- Encourages extra-curricular activity – encouraging family engagement with reading
- Develops links between your school, the library and the wider community

You can find additional information and free resources to support children's reading for pleasure in the Summer Reading Challenge School Zone:

www.summerreadingchallenge.org.uk/school-zone-src

The Challenge will begin in libraries on Saturday 5th July and end on Saturday 6th September.

To take part in the Challenge children need to read six books of their choice that they have borrowed from the library or downloaded from our e-book library over the

summer holidays. They are given rewards for each book they read and a certificate and medal if they manage to complete the Challenge.

The Challenge is for all children, whatever their reading ability. Children who are not reading independently can share their books with a family member or friend, or they might prefer to listen to audio books. We have materials to enable children with additional needs to participate as well. You can find out more about these by emailing library.enquiries@eastsussex.gov.uk or by speaking to your local library contact.

Children can be signed up at www.eastsussex.gov.uk/src They will need to login to their library account (library card number and PIN) to complete the registration process.



LETS MOVE CHALLENGE

Why being active matters

There are lots of good reasons for kids to be active! Research shows that physical activity helps school-age children in lots of ways. Here are some of the benefits of staying active:

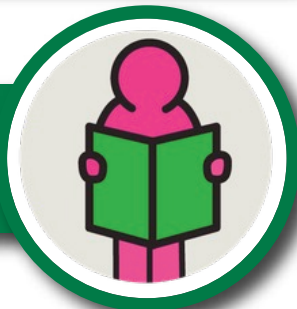


Improves behaviour, self-confidence and social skills



Improves health and fitness

Improves attention levels and performance at school



Maintains healthy weight



Develops co-ordination



Helps them sleep better


Strengthens muscles and bones



Improves mood and makes them feel good



Get active with Joe Wicks! Which activity will you choose?
Mrs Jones will try the Super Hero Challenge.



Activate with Joe Wicks on YouTube

Fun, high-energy workouts with Joe Wicks to help kids get active whilst having fun along the way!

YEAR 5 HINDLEAP WARREN

Our Year 5 residential to Hindleap Warren was a truly exciting and invigorating experience for everyone involved.

The children threw themselves into a range of adventurous activities, including the high ropes and the Leap of Faith, showing remarkable courage, resilience and team spirit throughout.

There was plenty of fun and engagement across the trip, and the children were incredibly happy and content from start to finish.

We were delighted to see the wonderful memories being made and would like to say a heartfelt thank you to the teaching team for supporting the children and spending time away from their families to make this trip such a huge success.



EASTER BONNET CHALLENGE!



Well done to everyone who took part in the Easter Bonnet Challenge!

You all worked so hard and we loved seeing your beautiful bonnets parading around school spreading some Spring cheer!

Keep your eyes peeled for the next DT Challenge.

RSHE TERM 6: CHANGING ME

We appreciate that you may not have been able to attend our recent RSHE workshop in person, but do not worry.... we recorded the workshop to make available to all.

If you would like a recorded version of the workshop or to meet on an individual basis, please contact Miss Marsh directly on c.marsh@polegate.e-sussex.sch.uk or the school office.

We have had a great response to our RSHE survey and would like to thank everyone who has completed the parent survey so far, your support and feedback is greatly appreciated. There is still time to share your views with us, link is attached here.

[RSHE at Polegate Parent Consultation Survey](#)



STAYING SAFE WITH AI ONLINE

AI-generated content and AI tools such as chatbots, content generators and summaries are quickly appearing across popular online apps and services.

You may also have seen popular tools such as ChatGPT. These can be very helpful for finding information, creating ideas and getting quick support through chat functions.

However, it is important to remember that AI also brings risks for children and young people. Some content may be age-inappropriate, illegal or encourage unhealthy behaviours. There is also the risk of bullying and sexual abuse, including the misuse of AI content generators to

create realistic-looking images, videos or messages intended to harm others.

To help children use AI safely, start with open conversations about what AI is, how it works and why it should always be used with adult guidance. Encourage children to check information carefully, think critically about what they see online and never share personal details. Remind them that not everything generated by AI is true, safe or suitable.

For further support and advice, please click the NSPCC guidance linked below.

[Artificial intelligence safety tips for parents | NSPCC](#)

ONLINE SAFETY

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

3 KNOW YOUR LIMITS

Current government guidance suggests no solo screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

9 EXPLAIN AI LIMITATIONS

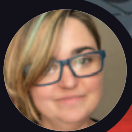
AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as 'hallucinations'. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and Advisory Teacher who works with nurseries, schools, colleges, and businesses to improve inclusion for neurodivergent people. She is the Founder and Director of Neuroteachers and the author of "The Other 29 – How Supporting Your Neurodivergent Learner Can Improve Teaching and Learning for the Whole Class".



See full reference list on our website

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#WakeUpWednesday

The National College

Free Workshop



What you can do **RIGHT NOW** to support your child diagnosed (or suspected) with autism and/or PDA

Thursday **28th May** 8pm - 9pm

Join us



No one needs to walk alone in their autism parenting journey

Send an email to team@youarenotalone.community to request the Zoom link to attend the **FREE** workshop

FREE

SEHF
SOUTH EAST HOCKEY FUTURES

HOCKEY COACHING SESSIONS FOR STATE SCHOOL CHILDREN

27th & 28th May 2026

YR-Y6	Y7-Y11
10:00-12:00	13:00-15:00

AT SAFFRONS SPORTS CLUB, COMPTON PL RD, BN21 1EA

Children will need astro shoes or trainers (no studs or blades) and will need to bring a gumshield and shin pads. Sticks will be provided (if needed).

Scan QR code to book:

YOUR MENTAL HEALTH



ME & MY MIND, MENTAL HEALTH SUPPORT TEAM

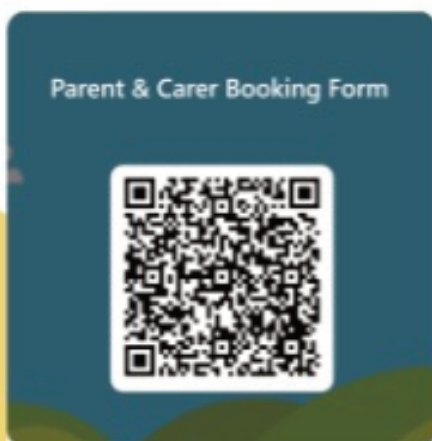
Helping your child to manage
change and transitions.

In this session, we will share
information about children's mental
health and wellbeing and ideas for
supporting them.

We aim to make these sessions as
informal and comfortable for you as
possible. There is no pressure for
you to share anything about
yourself or your family.

Booking Information

Please use this booking form to book your
space by clicking this link or
scanning the QR code



INFORMATION



Tuesday 9th June



8-8:45am



Polegate School



Jon.Barron@eastsussex.gov.uk



OUR NEW FACEBOOK PAGE

We are thrilled to launch our new Facebook page, where we will share the wonderful activities that take place within our school day.

Facebook will replace 'X'. Follow the link below to join this is exciting platform:
<https://www.facebook.com/share/17Lz9SGmXJ/?mibextid=wwXlfr>

This platform is designed to keep you informed and engaged with all the exciting events, achievements, and learning experiences our students encounter.

At Polegate School, we believe in celebrating success, and our Facebook page is a fantastic way to highlight the incredible accomplishments of our students and staff. Whether it's showcasing a school project, sharing photos from a recent trip, or announcing awards and recognitions, we want to ensure that our community feels proud of the achievements that reflect our school ethos of learning without limits.



Diary Dates
9th July
Reading
Tea Party



You can read all the previous newsletters on our website.

Facebook
Be the first to hear the latest news. Follow us on Facebook. We have **417 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