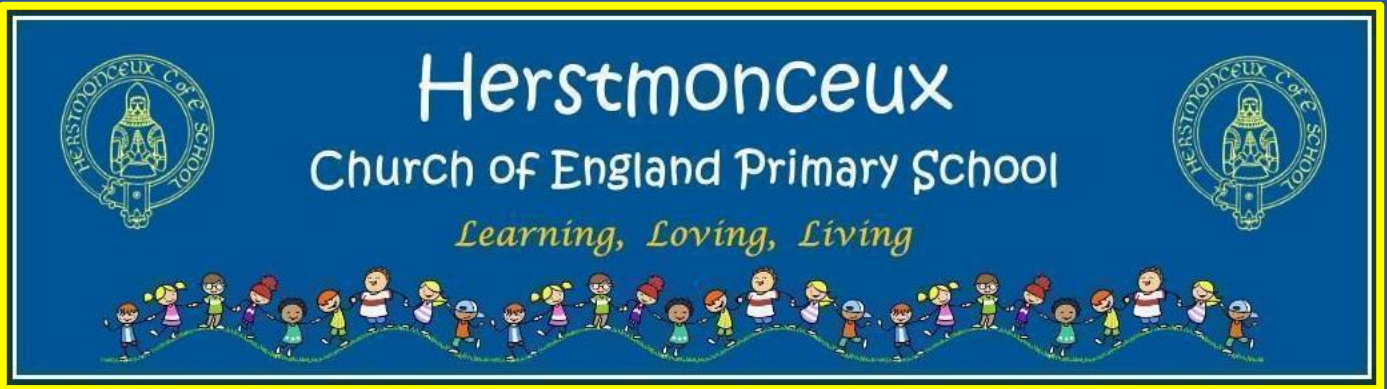




Dear Families,

Welcome back to another edition of our Newsflash! It has been a wonderful couple of weeks filled with learning and brilliant demonstrations of our school spirit.

We kicked off our week together in our Values Collective Worship, where we explored a core part of our school vision: **"Loving all God's kingdom."** During our time together, the children engaged in thoughtful discussions about what it truly means to respect everyone and everything around us, sharing inspiring ideas on how we can put kindness into action every day.

It is one thing to discuss our values, but seeing our pupils live them out is where the real magic happens. Earlier this week during our practice fire drill, our Year 5 pupils instinctively stepped up to guide and comfort our new Reception children. Without any prompting, they offered reassuring words and gentle support, helping our youngest learners feel safe and confident. It was so naturally done and served as a heart-warming reminder of just how caring and responsible our children are.

Thank you for your continued support, I hope you all have a restful weekend!

Miss Emmett
Head of School

Celebration Assembly

All the children work hard to follow our Golden Rules and to use their Learning Powers, and in the last two weeks we especially congratulate ...

Oak Class Reception – Delilah & Henry – Mila & Alro
Maple Class Y1 – Noah & Ethan – Riviera & Lillie
Willow Class Y2 – Jack & Fred – Emmie & Isla-Mae
Chestnut Class Y3 – Ava-Rose & Noah – Chester & Quinn
Spindle Class Y4 – Isaac M & Olivia – Joe & Isaac W
Ash Class Y5 – Alexander & Sophia – Isabella & Summer
Sycamore Class Y6 – Viv & Milo – Poppy & Harry

Prayer from Celebration Worship

Dear God,

Thank you for our wonderful school and community.
Give us the courage to be honest and kind.
May today be blessed with your holy spirit and forgiveness.

Amen

Written and read by Ada - Sycamore Class Y6

Attendance

Good attendance is key to your child's success, learning, and happiness at school. Arriving on time every day ensures they never miss out on vital lessons, exciting activities, or time with friends.

Congratulations to our winning class this week...



Chestnut Class with 99.61% attendance

Maple Class - Year 1	98.65%
Willow Class – Year 2	96.55%
Chestnut Class – Year 3	99.61%
Spindle Class – Year 4	98.33%
Ash Class – Year 5	96.25%
Sycamore Class – Year 6	98.21%

Thank you for your continued support in helping our pupils achieve their very best by prioritising regular attendance!

Calendar dates

Please visit our website to keep up to date with all school events. This is the easiest way to keep an eye on everything school life.

<https://www.herstmonceux.e-sussex.sch.uk/Calendar/>

Welcome to our new Reception class and their Year 6 Buddies

It has been a fantastic start to the new year welcoming such an amazing group of children. However, watching our Year 6 Buddies support them has been even better! Over the last week, the buddies helped our new starters navigate the lunch hall, shared meals together, and joined in playground games.



Next week, our Year 6 pupils will take a step back, reuniting to have lunch with their buddies every Friday. We are so proud of their kindness!

Drop-off and Collection Times

Thank you for your ongoing support with the changes to our drop-off and collection times this term. As we embed these new routines, please come and speak to me on the gate at the start of the day or at 3:15pm if you have any concerns.

That said, it has been amazing to see so many families accessing the facilities at the Recreation ground after school when the weather is kind. Even at 4pm on Friday, the Rec was busy with children playing out in the fresh air!

As a reminder, please do not use the Recreation car park. It is a single-track road experiencing much higher footfall every morning and afternoon. While we understand that walking to the back gate may be a slight detour—and occasionally the muddier option—the safety of our pupils is our priority, and we must avoid any conflict between cars and pedestrians.

Seven Sisters Country Park Trip – Letter Sent!

Please check your emails for full details regarding our upcoming joint class trip to Seven Sisters Country Park on **Friday 16th October**. The visit will bring our geography, science, and art learning to life through a full day of outdoor exploration.

The letter includes essential information on timings, suitable walking footwear, uniform requirements, and what to pack in your child's rucksack. Please take a moment to read through it, and reach out if you have any questions!

Last year's trip was an amazing success and we look forward to hearing the children retell their adventures from the Cuckmere River.



Kidsholidayclub

October Half Term

for ages 5 - 12yrs

**Monday 26 -
Friday 30 October**

8.30am - 5.30pm

Activities include:

- Floats & fun swimming
now available for ages 5yrs+
- Adventure games
- Treasure trails
- Arts & crafts
- Bowling
- Soft play
- Team games
& more...

BOOK ONLINE
Scan the QR code or visit:
www.freedom-leisure.co.uk/centres/hailsham-leisure-centre/book-session

**Full day: £40
Half day: £23**

[/hailsham_leisure_centre](https://www.facebook.com/hailsham_leisure_centre)
[/HailshamLeisureCentre](https://www.facebook.com/HailshamLeisureCentre)

Wealden District Council

freedomleisure
where you matter

WARBLETON BRASS BAND
PRESENTS

SPOOKTACULAR SOUNDS

**A HALLOWEEN CONCERT
FOR THE WHOLE FAMILY!**

Fun, spooky and spectacular
brass band music
you'll LOVE!

**FRIDAY
30TH OCTOBER
2026**

6PM
HEATHFIELD
COMMUNITY CENTRE

**PRIZE
FOR BEST
COSTUME!**

**FREE CONCERT!
★ EVERYONE WELCOME ★**

LIVE MUSIC **FAMILY FUN** **SPOOKTACULAR!**

www.warbletonbrassband.org



SECONDARY PHASE

Dear Parents and Carers,

Earlier this year, we wrote to invite you to attend our **Open Events** as your child prepares for the exciting transition to secondary school. Since then, I have been delighted to take up the role of Headteacher of Hailsham Academy Secondary Phase, alongside my responsibilities as Chief Executive Officer and Executive Headteacher of MARK Education Trust. I am very much looking forward to welcoming prospective students and their families to our Open Events this autumn and sharing all that Hailsham Academy has to offer.

Choosing a secondary school is one of the most important decisions you will make for your child, and our Open Events have been designed to give families a genuine insight into life at Hailsham Academy Secondary Phase.

Open Day: Saturday 3 October 2026, 9:30am to 12:30pm (No booking required)

Our Open Day gives families the chance to explore our facilities, meet our dedicated staff and students, take part in engaging subject activities and discover what makes our school such a welcoming, ambitious and inclusive learning community. Students currently in **Years 5 and 6** are warmly encouraged to attend.

Presentations led by myself and our Head of Year 7, Rose Newman, will take place at approximately 10:00am and 11:00am in the Main Hall, providing an overview of life at Hailsham Academy, our curriculum, values, enrichment opportunities and transition programme. Each presentation will last no longer than 30 minutes.

I am proud to lead a school where high expectations, consistency and ambition underpin everything we do. Alongside a relentless focus on progress and achievement, we place great importance on developing character, confidence and independence. Our students are supported to make their MARK, demonstrating manners, acceptance, respect and kindness, while developing into motivated, articulate, resilient and knowledgeable young people who are equipped to thrive in school and beyond.

This interactive event offers the perfect opportunity to see our values in action and discover more about what makes Hailsham Academy such a vibrant, ambitious and supportive learning community.

Year 6 Open Morning Tours: Monday 5 - Friday 9 October 2026

For families who would also like to experience the school during a normal working day, our **Year 6 Open Morning Tours** provide an opportunity to see Hailsham Academy in action. Led by our Student Ambassadors, the tours begin with registration at 9:30am and enable visitors to observe lessons, meet key staff and hear from current students.

Bookings for our Open Morning Tours are now live. To reserve a place, please complete the online booking form via the link below. A confirmation email will be sent ahead of your visit.

- [Book Your Open Morning Tour](#)

Please note that the closing date for secondary school applications for September 2027 is **31 October 2026**.

We look forward to welcoming you and your family to Hailsham Academy Secondary Phase.

Yours sincerely,

Anna Robinson
Headteacher – Secondary Phase
Executive Headteacher and CEO

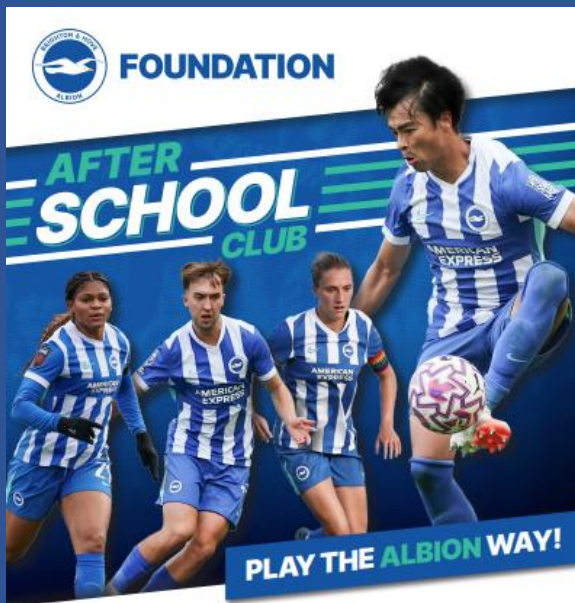
Booking Link:

<https://hailshamacademy.applicaa.com/events/01a09074-1190-7a00-9896-d54bf1071540>

BHAFC after school football training club

To sign up, please click on the link below, or click on the link for the year group your child attends on the flyers attached.

https://bookings.bhafcfoundation.org.uk/activities/courses/courses.htm?coursesSearch=search&ve_ueld=600&typeld=79&startDate=DD%2FMM%2FYYYY



FOUNDATION

AFTER SCHOOL CLUB

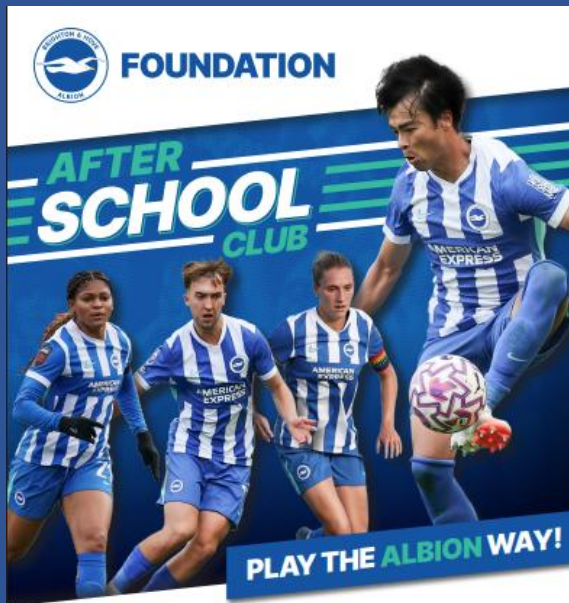
PLAY THE ALBION WAY!

Herstmonceux C of E Primary School - After School Club
Fridays from 11 September - 18 December (excluding 30 October).
3.15 - 4.15pm, £112 for 14 weeks.

Years R-2

» **Book online now at: [bhafcfoundation.org.uk](https://bookings.bhafcfoundation.org.uk)**
Email: soccerschools@bhafcfoundation.org.uk for more information.

Brighton & Hove Albion After School Clubs delivered by the Brighton & Hove Albion Foundation. American Express Stadium, Village Way, Brighton BN1 9PL. Tel: 01273 870000. Company limited by guarantee in England and Wales No. 02203233. Registered charity in England and Wales No. 1120780.



FOUNDATION

AFTER SCHOOL CLUB

PLAY THE ALBION WAY!

Herstmonceux C of E Primary School - After School Club
Fridays from 11 September - 18 December (excluding 30 October).
3.15 - 4.15pm, £112 for 14 weeks.

Years 3-6

» **Book online now at: [bhafcfoundation.org.uk](https://bookings.bhafcfoundation.org.uk)**
Email: soccerschools@bhafcfoundation.org.uk for more information.

Brighton & Hove Albion After School Clubs delivered by the Brighton & Hove Albion Foundation. American Express Stadium, Village Way, Brighton BN1 9PL. Tel: 01273 870000. Company limited by guarantee in England and Wales No. 02203233. Registered charity in England and Wales No. 1120780.



Job Opportunity

Job Title: Cooks and Kitchen Assistants

Location: Lewes and surrounding area

Pay Rate: £ per hour

Hours: 10 - 25 hours per week

We are looking for an enthusiastic person to join our team, helping to support our clients and customers as part of the UK's no.1 food and support services business.

Please text/call Laurey on 07919 165984 or email Laurey.Davis@compass-group.co.uk

Or simply ask a member of the Chartwells Team today

Job/Advert Ref:



HERSTMONCEUX BOWLS CLUB

QUIZ Night!

FRIDAY 23RD OCTOBER

7PM

HERSTMONCEUX VILLAGE HALL

£5 PER HEAD OR £30 PER TABLE OF 6

BRING YOUR OWN DRINK AND SNACKS
TEA AND COFFEE WILL BE AVAILABLE

Fun Food Friends Quiz!

Tickets available in advance from
RICHARD THOMAS 07813 676577
tanneries.rt@gmail.com

OCTOBER HALF TERM CLUBS FOR CHILDREN RECEIVING FREE SCHOOL MEALS

A variety of free clubs - including sports, games, arts, drama, music and a free meal each day

for ages 5-16

- Free for benefit related free school meal (FSM) families - (both targeted and expanded groups qualify in October)
- Plus a small number of places available for other eligible groups.
- Please contact NAF@eastsussex.gov.uk for info to book visit the event list www.eequ.org/escchaf

October groups funded by the crisis resilience fund

East Sussex County Council UK Government

1066 GYMNASICS LEARN ♥ PROGRESS ♥ BELONG

OCTOBER HALF TERM CAMPS

26TH - 28TH OCTOBER
MONDAY, TUESDAY AND WEDNESDAY

8:30AM - 3:30PM

GYMNASICS FRIENDS AND A SPOOKTACULAR TIME!

GYMNASICS ARTS AND CRAFTS (HALLOWEEN THEMED) FUN AND GAMES

MEMBERS **£35.00** NON MEMBERS **£40.00**

FOR ALL SCHOOL AGED CHILDREN

PLEASE BRING A PACK LUNCH (NO NUTS PLEASE)

BOOKING OPEN ONLINE VIA THE WEBSITE

1066 GYMNASICS PLAY MOVE EXPLORE GROW!

OCTOBER HALF TERM PLAYGYMS!

Explore the gym at your own pace!
Open play • Non-coached sessions

UNDER 5s **£4.50**
Fri 30 Oct • 9:30-10:30am

SEN PLAYGYM **£9.00**
Thu 29 Oct • 1:30-3:00pm

UNDER 10s **£9.00**
Thu 29 Oct • 11:00am-12:30pm
Fri 30 Oct • 11:00am-12:30pm
Fri 30 Oct • 1:30-3:00pm

SPACES ARE LIMITED

Book online
Bookings are non-refundable

PLAY BELONG BE BRILLIANT! GYM HAPPIER KIDS BRIGHTER TOMORROWS



WRAP AROUND

Theme Days

Starting Mon 28 Sept until half term

Each day at After School Club now has its own theme. That means there's one special activity planned for that day, as well as the usual snack, tea, play and chill-out time.



MONDAY Multi Sports

A different sport every week. No experience needed. It's all about having a go, learning a new skill and having fun with friends.

- ★ Try a new sport each week
- ★ Play team games and mini matches
- ★ Play fun games



TUESDAY Little Scientists

Hands-on science experiments that fizz, foam and bubble. Children do the experiments themselves, with an adult helping, and find out why they work.

- ★ Make slime, rockets and volcanoes
- ★ Learn simple science words
- ★ Bring home what they make



THURSDAY Crafty Makers

An arts and crafts afternoon. Children make something with their own hands, using clay, paint, paper and autumn bits, and bring it home to keep.

- ★ Shape and paint their own clay model
- ★ Make autumn and Halloween crafts
- ★ Take home their creations



FRIDAY Tiny Passports Club

End the week and travel with us without leaving the school hall! Each Friday we visit a new country and try its food, culture and activities.

- ★ Taste food like naan, pizza and quesadillas
- ★ Learn hello in a new language
- ★ Try activities from that country

CHILDCARE VOUCHERS
ACCEPTED



BOOK ONLINE NOW
WWW.BRIGHTSPARKSPORT.CO.UK

Ofsted
Registered

Herstmonceux CE Primary · 3:15pm to 6pm Club hours: 07355 425590
info@brightsparksports.co.uk



WRAP AROUND

What's on: Mon 28 Sept to Fri 23 Oct

28 Sept - 23 Oct	Monday Multi Sports	Tuesday Little Scientists	Thursday Crafty Makers	Friday Tiny Passports
Week 1 28 Sept	Dodgeball Throw, dodge and catch!	Slime Lab Make your own slime to take home	Clay (part 1) Shape a clay creature or pot	Mexico Say "Hola!", taste quesadillas and nachos, make Day of the Dead masks
Week 2 5 Oct	Basketball Dribbling, passing and shooting hoops	"Udderly" Amazing Magic Milk Watch colors race and swirl!	Clay (part 2) Paint the clay model once it's dried	Greece Say "Yassou!", taste tzatziki dips and pitta, make mosaic vases
Week 3 12 Oct	Archery Hit the target with safe, soft-tipped arrows	Egg-celent Science Let's crack the secrets of food science!	Autumn Craft Creatures made from leaves, conkers and pine cones	India Say "Namaste!", taste poppadoms and naan, draw rangoli patterns
Week 4 19 Oct	Football Skills, games and a mini match	Volcano Finale Who can make the biggest eruption?	Halloween Craft Make a spooky lantern to take home	Italy Say "Ciao!", taste pizza and more.

CHILDCARE
VOUCHERS
ACCEPTED



BOOK ONLINE NOW
WWW.BRIGHTSPARKSPORT.CO.UK

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Registered

Club hours: 07355 425590 info@brightsparksports.co.uk Office: 07308935493



HEATHFIELD & HORAM
FOOTBALL CLUB

TEAMWORK | RESPECT | ENJOYMENT | OPPORTUNITY

U10 GIRLS FOOTBALL TEAM

HEATHFIELD & HORAM FC
PLAY | LEARN | MAKE FRIENDS | BELONG

A NEW TEAM A BRIGHT FUTURE

We're excited to launch our new U10 Girls team at Heathfield and Horam FC! A fun, friendly and supportive environment for girls who love football – whether you're new to the game or already playing.

ALL ABILITIES WELCOME
For girls in Years 4 & 5
(U10 age group)



**SAME GAME
MORE GIRLS**



**TRAINING
THURSDAYS
6-7PM**



**AT THE
WEALDEN
SPORTS HUB**
Outstanding facilities
all weather pitches
& welcoming environment



**FOR GIRLS IN
YEARS 4 & 5**
SCHOOL YEARS
(U10 AGE GROUP)

FREE

UP TO CHRISTMAS
FOR ALL GIRLS IN YEARS 4 & 5



WEALDEN
SPORTS HUB



ALL WEATHER
PITCHES



AMPLE
PARKING



MODERN
CHANGING FACILITIES



A THRIVING
COMMUNITY HUB

GET IN TOUCH
FOR MORE INFORMATION
OR TO REGISTER INTEREST



EMAIL
secretary@heathfieldfc.co.uk



OR CALL ANDREW ON
07850 083490

HEATHFIELD & HORAM FC
FOOTBALL FOR EVERYONE

INCLUSION | OPPORTUNITY | COMMUNITY | BRIGHTER TOGETHER

Oak Class

We are so incredibly proud of how wonderfully our new Oak Class children have settled in over their first couple of weeks! It has been an absolute joy to start each morning greeted by such beaming smiles and an enthusiastic eagerness to step through the door (or in many cases, run across the playground to us). The children have completely blown us away by how quickly they have adapted to our daily routines and how calm, focused, and engaged they are during learning time, both on and off the carpet. In fact, so many staff members across the whole school have already popped by to comment on how amazingly well your children have taken to school life.



It has been a fortnight packed with full-on fun! The children have been busy dive-bombing into construction galore both inside and out, whipping up imaginative potions and concoctions in the water area and nature kitchen, and spinning fantastic stories in the small world areas and our role play home corner. Plus, our young artists have also been experimenting with pictures and artwork across a variety of mediums and surfaces, and, of course, taking full advantage of time on the bikes.

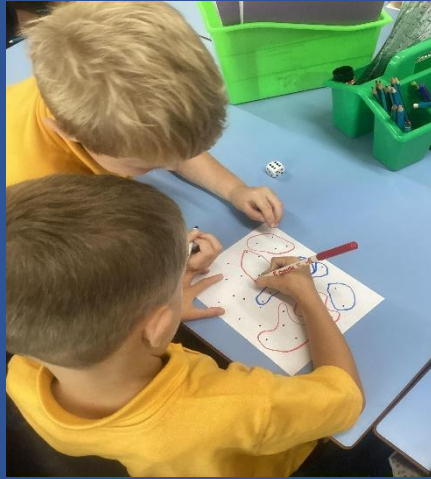


Naturally, the odd wobble is to be expected as everyone adjusts to the new environment, but rest assured we are always right here for whatever your little ones need—whether that's a helping hand, a comforting hug, or the special job of being our classroom helpers. Thank you so much for trusting us with your precious treasures. It really is an absolute pleasure to teach them!

Miss Prior and Mrs Climpson

Maple Class

What a fantastic start to the year it has been in Maple Class. It has been wonderful getting to know the children and seeing signs of their strengths already. It was lovely getting to see some of you at the Meet the Teacher session last week. We are sure it's going to be a great year ahead.



In maths we have been focusing on numbers to 10, and being really secure with our counting, and knowing the number bonds to ten. In statistics we have been answering questions about our favourite things, and being able to tell which ones were the most and least popular.

We had our introduction to Numbots last week, and sent letters home about how to access it at home. We hope the enthusiasm in class has made it back home, there were lovely moments seeing how excited the children were to have earned so many stars. We really hope this will help our number skills this year.



In English, we have been using fantastic language to describe and write a sentence about a dinosaur. We were really pleased with some of the vocabulary being used. There were capital letters and full stops being used, and some good finger spaces. These will be our continued focus in these early weeks. This week we have started reading *The Odd Egg*, and have written our own awards for the duck, and written some pieces of advice to it.



We have been discovering the life of Mary Anning, and starting to understand her importance in our understanding of dinosaurs. We have learnt some key facts already about her, and will be delving deeper into her finds as the weeks go on.

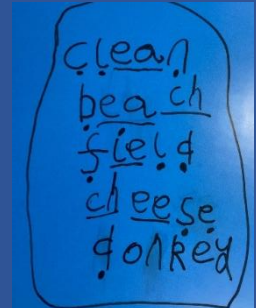
Miss Hunnisett, Mr Toms & Miss Roberts

Willow Class

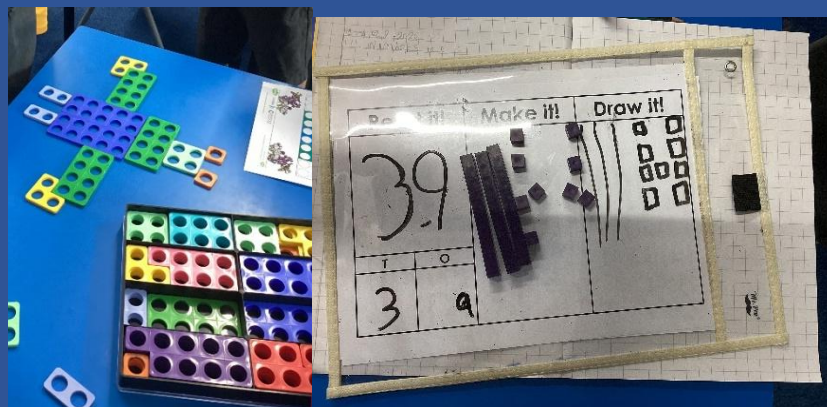
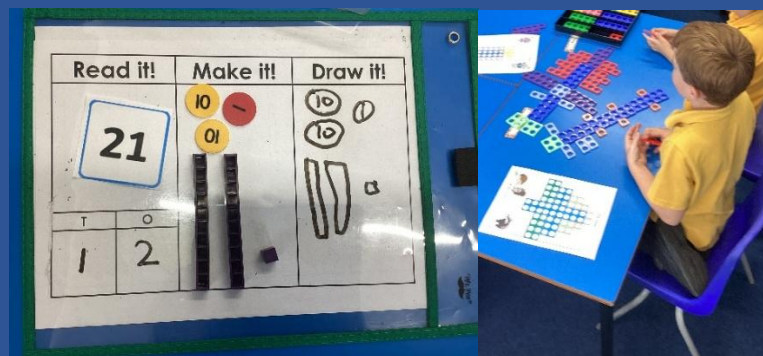
Welcome to Willow Class!

Wow, what a wonderful start to the year! The children have all settled into our new routines quickly and comfortably. Here is a look at what we have been up to over the past fortnight:

In phonics, we have been refreshing our skills in segmenting and blending words, as well as counting syllables. The children already know how to clap out the beats of a word to count the syllables—feel free to keep this challenge going at home!



For maths: The class has been recapping how to use classroom resources and turn that hands-on work into written answers. We started by working with numbers to 20, then moved up to 50, and will be stepping up to numbers to 100 next week.



Things got very exciting in English when the children discovered some strange footprints around the school! Luckily, we had already explored some fact files and identified almost all of them—except for one mysterious set. With some clever investigative skills and a little help from the Natural History Museum, we discovered the mystery prints belonged to a Dodo! This discovery has launched our new focus on conservation and endangered animals, tying right into our story for the next few weeks, *The Journey Home*.

Linking to our English topic, the children have started their science learning by grouping different mammals based on their physical features and survival needs.

Phew! What a busy two weeks it has been. A huge well done to all of our Year 2 children for how beautifully they have adapted to their new routines, and a warm thank you to all our Year 2 families for supporting the children—and us—through the start of this new school year!

Mrs Wake & Mrs Charrett

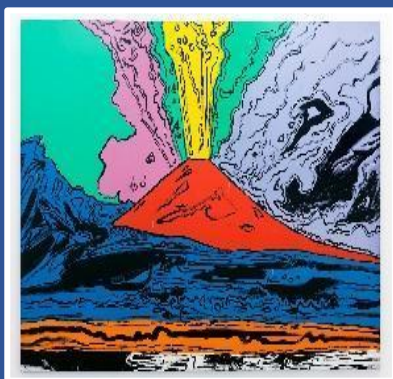
Chestnut Class

We have had a wonderful start to our new school year so far. The children have returned to me, and it is a joy to see how far they have come during the last school year!

We have started our time in Chestnut Class by exploring the book **Leon and the Place Between**; a magical story about a boy's journey into a mystical land of imagination where he can't believe his eyes! In English, we have been learning about common nouns, abstract nouns, fronted adverbials and even modal verbs! The children arrived to a classroom set up as a circus for our stunning start where they could explore the room using all their senses. They saw colourful lights, heard fun circus music and even smelt Mr. Allery's burnt popcorn (Whoops!)

In Maths we have been learning about place value this term. Using the knowledge the children learnt in Year 2, they have been exploring ones, tens and hundreds and learn about flexible partitioning whilst solving equations!

In Art, we have looked at the brilliant artist Andy Warhol and discussed the techniques he used in his art to create such famous pieces as *Vesuvius* and *Marilyn Diptych*.



In Computing, the children have looked at what makes a device 'digital' and created digital posters to show their new understanding of **'Input=> Process=> Output'**.

We then went on to further our knowledge by inventing a machine which also needed these three rules, but which completed a task which there wasn't already a device capable of doing; we had some very original ideas!

In other areas of the curriculum, we have looked at our school values in RE to discuss what **'Learning, Loving, Living'** looks like in our school. The responses from the children were beautiful with one child commenting; *"I love living in Herstmonceux because it means I can come to school to learn."*

Thankyou to everyone who was able to come to our Meet the Teacher event last week, even if you already knew me! For anyone unable to attend, please find a link to the PowerPoint below:

Chestnut - Meet the Teacher 26/27

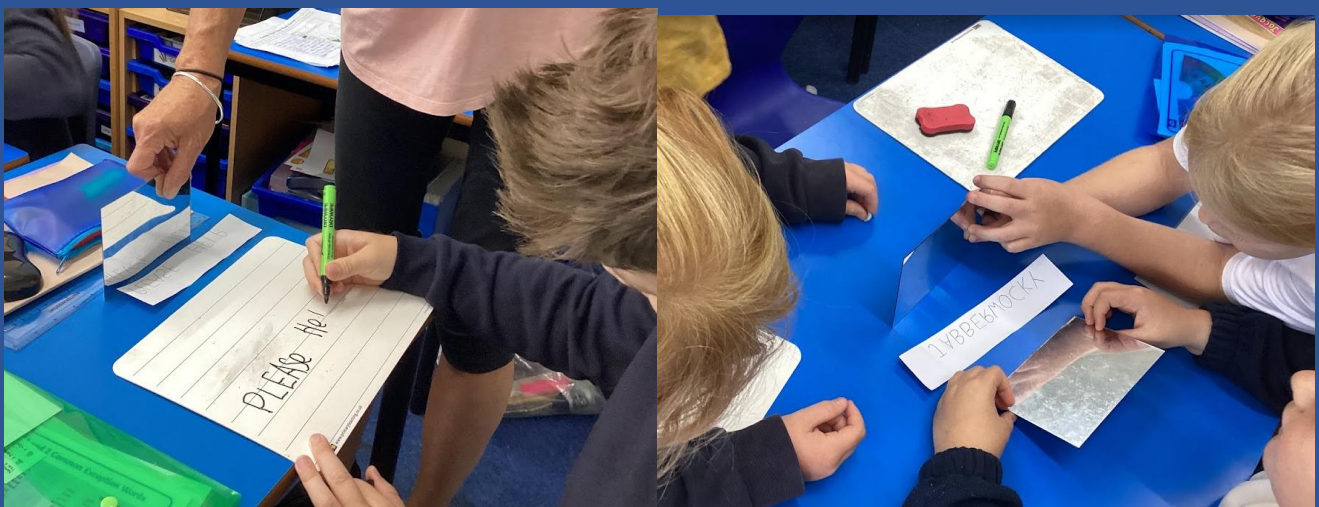


Mr Allery & Miss Hodgson

Spindle Class

What a fantastic start we have had to Year 4! The children have settled brilliantly into the new school year and are already becoming familiar with our new routines and expectations. We have been very impressed with their enthusiasm and positive attitudes towards their learning.

In English, we began with a mystery! The children used mirror writing to uncover clues about the text we would be studying – Jabberwocky by Lewis Carroll. We explored the poem's wonderfully strange nonsense words and used clues from the text to think about what they might mean. The children then rehearsed the poem, thinking carefully about expression and performance, before proudly performing it to Year 1. In Art, we continued the theme by designing and creating our own imaginative mythical creatures inspired by the poem.



In Geography, we have started our exciting new topic on rivers. We began by learning about the water cycle and even created our own mini water cycles using sandwich bags. We are looking forward to seeing the water cycle in action!

In Science, we have begun learning about how living things can be grouped and classified, starting with the different ways we can classify animals.

It has been a busy and exciting beginning to the term. Well done, Year 4, for such a fantastic start – we are looking forward to all the learning and adventures still to come!

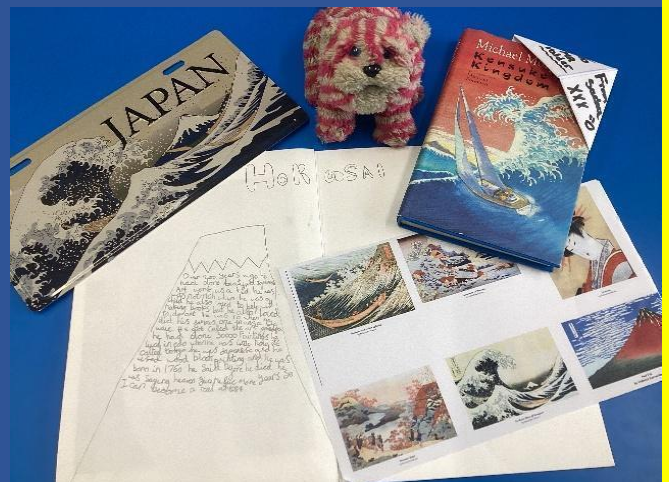


Mrs Peirson, Mrs Piecy & Miss Smith

Ash Class

What a treat it is to have this class back! I was sad to say goodbye to them at the end of year 3, but we're back together again, with vastly experienced Mrs Pavitt as our TA. Similar to last year when I picked up the now year 6s(!!!), it makes the start of the year so smooth and means we can spend less time getting to know each other, and more time understanding our expatiations for the year, setting them high, and cracking on with our learning.

Our first two weeks in Ash Class 2026/27 has seen us begin our topic of Amazing Journeys, following Michael and his family set off around the world on the Peggy Sue in the wonderful Kensuke's Kingdom. His adventure sees him meet the happily shipwrecked Kensuke, who had lived alone for many years before Michael's own accidental arrival. We are currently planning a dramatic scene description in English, while in art we have met our featured artist Hokusai, which is laying the groundwork to create our own print works of The Great Wave off Kanagawa.



Geography is adding to our knowledge of the climate of Kensuke's island, and what longitude and latitude are, and how they impact on weather and weather patterns. Our RE has seen us begin to ask what it means to Christians for God to be holy and loving. We also created a class prayer, build upon each child's interpretation of our school's termly values.



Among many other things these first couple of weeks, we democratically elected our school councillors for 2026/27, so congratulations to Camille and Archie, who I know will do a wonderful job.



2026/27 Ash Class – here we go!!

Mr Valder & Mrs Pavitt

Sycamore Class

It's been a fantastic start, and I'm so proud of how brilliantly our new Year 6 class has settled into the routine. They've hit the ground running with huge smiles and fantastic attitudes.

We've dived headfirst into our very first book of the term, *The Final Year*. It follows the story of a boy named Nate as he navigates his own journey through his last year of primary school—very fitting for our class! The book is written entirely as a novel in verse, and the children are absolutely loving it. They are relishing the creative freedom of free verse poetry and are already spotting all the ways rhythm and imagery bring Nate's world to life.



In Maths, we are focusing on building strong foundations. We are digging deeper into the structure of numbers to ensure everyone feels confident handling larger, complex values. We are also building quick-fire daily times table practice is back in full swing to keep those rapid-recall skills sharp.

Year 6 are embracing their leadership role as school Buddies, loving every minute of supporting our youngest pupils at lunchtime. It is a joy to see our Year 6s embracing this role!

Thank you for all your support at home as we gear up for a memorable final year together!

Miss Mortland and Mrs Hibbert

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

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries; this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



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Safeguarding at Herstmonceux CE Primary School

Our school is committed to safeguarding and promoting the welfare of children, and expects staff, including volunteers and visitors, to share this commitment.

No worry is too small.
If you see or hear something that concerns you, speak to one of our safeguarding team.
We are always here to listen and help.

If you have safeguarding concerns or would like to discuss any issues that arise, please contact us in person, via the school office or by using the email address safeguarding@herstmonceux.e-sussex.sch.uk.

		
Helen Emmett Head of School Safeguarding Lead	Catherine Cottingham Executive Headteacher Deputy Safeguarding Lead	Kally Livingston SENCO Deputy Safeguarding lead

You can also get advice if you have a concern about a child from the following helplines:

East Sussex Single point of Advice :01323 464222

NSPCC Safeguarding advice line: 0808 800 5000

*Chair of Governors: Liz Ford
Safeguarding Governors: Nina Jabang and Emma Robinson*

<https://www.nspcc.org.uk/>

ChildLine: <https://www.childline.org.uk/>