



Quality, excellence and passion

21.07.23

Dear Parents/Carers,

It remains quite unbelievable that we are at the end of the academic year. Across the year (for me, since January), it has been a joy to see each individual thrive and grow, achieving their own milestones along the way. I have mentioned before that my very favourite moments are when the children are able to show me the amazing work/challenges they have completed; there have certainly been plenty of these moments of late.

As the term draws to a close, we have had a vibrant week in school. We enjoyed watching the Year 5 and Year 6 musical this week. I spoke about how important these experiences are to all those who took part. Performing Arts provide the opportunity for all children to develop independence, resilience and respect. The audience and I certainly witnessed this along with an abundance of confidence amongst all pupils. Congratulations to the children and to the Year 5 and Year 6 team for putting this together.

Our Year 6 pupils also enjoyed an end of term disco this week to mark their time at Heron Park. Along with their families, they enjoyed a video of well wishes from staff and a montage of pictures capturing their time at the school. It goes without saying that this time at Primary School passes very quickly. I am in no doubt that parents/carers have memories of their child's very first school day. Our Year 6 pupils have grown into wonderful individuals ready for the next phase of their education. We could not be more proud of them. We hope that they will visit us at some point in the future to let us know how they are getting on.

School Games Mark Gold

I am delighted to let you know that the school has been awarded the School Games Mark Gold! This award is available to schools who challenge themselves and demonstrate progress against national benchmarks. We are very proud of this achievement. I would like to express my thanks to Sportitude, our staff and our children who worked hard to gain this award.

Summer Fayre

What a success this event was! I would like to personally thank the entire PTFA team for the countless hours, effort, resilience and good humour that went into arranging this community fayre. It was fantastic to welcome so many of you into the building to share this experience with us. I know that many children were very impressed with the amount of prizes they won! By the end of Friday, the PTFA had raised £1600 towards new playground markings. I might add this was all achieved in just over one hour. Amazing! The next step now will be to liaise with companies as to the markings we can place on the playground and we'll do so in the terms ahead. I personally cannot wait for the next PTFA fundraising event in the next academic year. Thank you for all your kind donations.

Safeguarding



Over the summer holidays it is important that you know who to turn to should you ever have any concerns about a child. Please remember that, whilst staff are not in school, you can contact ChildLine on 0800 1111.

Alternatively, you can contact the Single Point of Advice in East Sussex which has both a daytime and out of hours number

Monday-Thursday 8.30am -4.30pm 01273 335906

Monday to Thursday 5pm to 8.30am 01273 335905

You Tube Caution

There have been a number of children who are accessing inappropriate sites/materials on You Tube. Their use of this platform needs very careful monitoring as children are using terms/vocabulary which is not appropriate. To help keep your children safe, please check the parental settings on your children's devices. Talking to children about what they are viewing is also crucial; they need to continue to share any concerns/worries with you. I thank you for your support as you work to keep the children safe.

Uniform

I know that you will be considering your child's uniform for the next academic year. I wanted to remind you that we do have a uniform policy which needs to be followed. Please ensure that your child is sent back into school with the correct items in September.

Uniform

Raspberry sweatshirt with school logo

White shirt

Black trousers, black skirt or black pinafore dress.

Black socks or tights.

Black shoes (Not trainers or slip on shoes)

Summer

(Term 5 and Term 6 only)

As above with the addition of:

Raspberry gingham dress

Black shorts

School jumpers, PE bags and book bags can be purchased from:

www.superstitch86.co.uk



PE Uniform

Plain black sweatshirts/jumper no hoodies

Black shorts

Plain black jogging bottoms

White t-Shirt

Black trainers or plimsolls

Black PE bag with school logo

Attendance



School attendance is of high priority nationally and will be so in September. Our expectations of children are that they are in school over 95% of the time and are only off in exceptional circumstances. If children are in school they are receiving their education which they are entitled to. Attendance is about a partnership between home and school. We will, of course, be on hand to support where required. I look forward to working with you to ensure that pupils are in school in September and ready to learn on time.

I would like to take this opportunity to thank all my staff who are committed to ensuring the children have memorable experiences during their school day and week. I work with a wonderful group of people who show commitment, care and enthusiasm on a daily basis which is essential in school. As the term ends, we do have to say goodbye to some of these adults. It goes without saying that the team and I wish those leaving us at the end of this term, Claire Dann, Miss Tallett, Mr Sewell and Mrs Pengelly all the best in their future roles.

Before I draw the newsletter to a close, I would also like to thank you all for your ongoing support and for being part of our Heron Park Community. I would also like to mention our amazing pupils; each young person has been absolutely fantastic to work with across this year. Although the school physically closes, we remain busy. Collectively, we have and will be busy preparing exciting experiences for the next academic year which I look forward to writing to you about in term 1 2023/2024.

Have a wonderful, safe and restful summer. As a parent, I know that the last section of that sentence is hard to achieve sometimes, but I do hope that your summer is fun and the weather is kind. The team and I cannot wait to see the children and you on return to school on **Tuesday 5th of September.**

Kind regards,
Mrs H Crees
Headteacher



Don't forget about the Summer Reading Challenge!



Summer Reading Challenge 2023

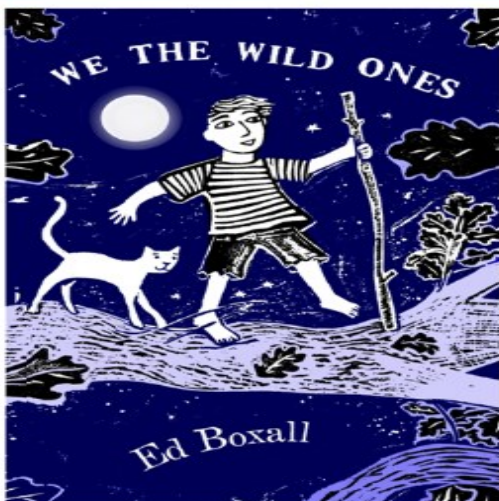
Ready, Set, Read!

Presented by The Reading Agency.
Delivered in partnership with libraries.

YOUTH SPORT TRUST | INSPIRING ACTIVE READERS | THE READING AGENCY

Illustrations by Loretta Schauer and logo artwork by Lizzie Everard. All © The Reading Agency 2023.

We The Wild Ones with Ed Boxall



This summer, enjoy Wolves, Bears, and the Far off Lands of Unsomewhere.

Join Ed for a fabulous mix of stories, poems and songs based on his new book 'We The Wild Ones' and his popular 'Carried Away wit...

4 August 2023 - Battle Library 11am - 12noon

4 August 2023 - Wadhurst Library 2pm - 3pm

11 August 2023 - Hollington Library 11am - 12noon

11 August 2023 - Hampden Park Library 2pm - 3pm

Activities for children

[ESCIS](#) is a good resource for families trying to find out about local holiday clubs. The holiday food and fun programme still has spaces in some areas, for eligible.

Follow this [link](#) for more information or contact HAF@eastsussex.gov.uk

Food bank Eastbourne 01323 409925 <https://eastbourne.foodbank.org.uk/>

Bexhill 07866570468 <https://bexhill.foodbank.org.uk/>

Emotional wellbeing

There are a number of [sources of advice](#) if parents and carers have concerns about the mental health of children and young people.

Holding Space - Support for parents and carers with children with mental health problems.

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

Lots of useful links and supports. Various online parenting groups and support.

www.openforparents.org.uk

The School Health Service are open as usual during the school holiday for advice and assistance

Community Fridges – Free membership normally can pick up 10 different items (vegetables, store cupboard items and fresh food) for £2.

Seaside: <https://www.seasidecommunityhub.com/community-fridge/>

Sidley: <https://www.communityfridgemap.org.uk/profile/mJhBNV3BjN0mZQc470cC>

Langney: <https://1space.eastsussex.gov.uk/Services/5407/Langney-Larder>

Willingdon Trees: 01323 504438 or contact them by email on eastbourne@sussexcommunity.org.uk.

Water safety

We live in a coastal county and we also have plenty of open rivers and lakes, so water safety can be an issue.

[Ensure that your home is a safe, secure place to enjoy water safely \(Royal Life Saving Society - RLSS\) – download and share the poster attached Water safety for parents, children and young people \(RoSPA\) Top Five Beach Safety Tips for family safety \(RNLI\)](#)

Keeping Cool and Sun-safe.

As we are having warmer weather it is important to look after ourselves during warmer days and heat waves as there are risks to our health.

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Online safety

Children may spend more time than usual on the internet and using social media during the holidays. Here are some trusted sources of information to help keep your children safe.

[Get Help Around Children's Online Safety | National Online Safety Online safety resources | Samaritans Keeping children safe online | NSPCC](#)



Kids eat 'free' or for '£1' - No minimum spend required



Brewdog kids eat 'free'

When an adult buys a main meal and pre-books a table



Brewers Fayre 'free' kids' breakfast

When adult buys a cooked breakfast. Valid every day



Dunelm Pausa Café kids eat 'free'

When an adult spends £4 in café



Hungry Horse kids eat from £1

When an adult buys a main meal. Mondays only

M&S

M&S Café kids eat 'free'

When adult spends £5 in café on weekdays. Includes main, side, fruit and drink

Normally £8-£10. Every day, between 3pm-5pm



Morrisons Café kids eat 'free'

When an adult buys a main meal. Valid every day



Sainsbury's Café kids eat 'free'

When an adult buys a main meal



Table Table 'free' kids' breakfast

When adult buys a cooked breakfast. Valid every day



Tesco Cafés kids eat 'free'

When an adult makes a purchase in café. Clubcard members only

Meals out under £10



Prezzo pizza or pasta for £7.50

For O2 Priority and Virgin Media customers

Bill's

Bill's bottomless pancakes £7.50

Normally £8-£10. Every day, between 3pm-5pm



Pizza Express £7.75 kids' Piccolo meal deal

Includes starter, main, dessert, drink and activity pack

WORRIED ABOUT RISING ENERGY BILLS?
GET FREE ENERGY ADVICE FROM OUR TRAINED ADVISORS.
NOW AVAILABLE ON THE PHONE, ONLINE OR IN PERSON.

Call **01424 390062** (local rates) or text the same number and we will call you back. Or email hello@energisesussexcoast.co.uk

Most people can save money and energy.
In your energy advice appointment, we will look at switching, accessing government grants to make your home more energy efficient and offer support with any billing or energy debt problems.

Partnership with **THE NATIONAL LOTTERY COMMUNITY FUND**

ENERGISE SUSSEX COAST | HM Government

Contact our partners, the **Hastings Advice & Representation Centre (HARC)**, for specialist help with welfare benefits advice **0333 344 0681**

Housing Advice

Free legal housing advice

- Homeless, sofa-surfing, nowhere to live?
- Facing eviction or worried about losing your home?
- Rent or mortgage arrears?
- Disrepair affecting your health or safety?

BHT Advice is a specialist legal housing advice service with three offices in Sussex. We have experienced Housing Solicitors and Advisors to help you resolve your housing issues.

We are a charity and our advice service is funded through grants, donations and a contract with the Legal Aid Agency (LAA). Please do not treat the advice, information or other services as you do for another organisation. If you advise you need our LAA contract, an email response within the LAA may require a contribution towards their costs depending on your financial circumstances. We would discuss this with you prior to any advice provided. Please contact us for more details.



advice@bht.org.uk

Brighton: 01273 645455
Eastbourne: 01323 642615
Hastings: 01424 452618

BHT Advice (Sussex) Charity No. 2005501 | Registered for Social Housing No. 117596 | Company Limited by Guarantee (Registered in England, No. 7019816) | 2017 Sussex Energy Solutions was not authorised & regulated by the Financial Conduct Authority.



Revive!

tuesday wednesday friday

Free Community Café

with hot drinks and snacks

Tuesdays 9.45am – 10.45am

Wednesdays 10.00am–11.30am

Fridays 12.30pm – 2pm

in the large hall at the
Willingdon Trees Community
Centre, Holly Place, BN22 OUT





Weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet N Sour Chicken Served With Rice	Pork Sausages Served With Mashed Potato And Gravy	Roast Chicken Served With Roast Potatoes And Gravy	Beef Bolognese Served With Pasta and Garlic Herb Bread Wedge	Breaded Fish Served With Chips
Chinese Vegetable Stir Fry Served With Noodles	Quorn Sausages Served With Mashed Potato And Gravy	Cheese and Potato Puff Served With Gravy	Vegetable Bolognese Served With Pasta And Garlic Herb Bread Wedge	Cheese And Pepper Quesadilla
Jacket Potato with a choice of Baked Beans, Cheese or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna Mayo	Baked Beans
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	
Sandwiches, Wraps or Baguettes* Filled With Either Ham or Cheese	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham	
Served With Tortilla Chips and Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips and Crudites	
Lemon Shortbread Slice	Iced St Clements Cake	Chocolate Chip Biscuit	Chocolate Beetroot Cake	Strawberry Ice Cream

Available daily

Fresh Fruit, Yogurt and Homemade Bread

*Baguettes only available for year 5 & 6

17.4.23 02.05.23 05.06.23 26.06.23 17.07.23



Weekly menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sticky Five Spice Chicken Served With Noodles	Beef Chilli Con Carne Served With Rice	Roast Gammon Served With Roast Potatoes And Gravy	Homemade Beef Lasagne Served With Garlic Bread Wedge	Pork Sausage Served With Chips
Basil and Tomato Pasta Served With Herby Bread Wedge	Chunky Vegetable Chilli Served With Rice	Quorn Roast Served With Roast Potatoes And Gravy	Homemade Mac N Cheese Served With Garlic Bread Wedge	Vegetable Omelette Served With Chips
Jacket Potato With a Choice of Cheese, Beans or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna	
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Sandwiches, Wraps or Baguettes* Filled With Either Ham or Cheese	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham	
Served With Tortilla Chips And Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips And Crudites	
Apple Crumble And Custard	Fruity Jelly	Traditional Iced Topped Sponge Cake	Sultana Rice Crispie Cake	Arctic Roll

Available daily

Fresh Fruit, Yogurt, Homemade Bread

*Baguettes Only Available For Year 5 & 6

24.04.23 15.05.23 12.06.23 03.07.23



Weekly menu



Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Curry Served With Rice And Naan Bread	Shepherds Pie Topped With Mashed Potato	Roast Herb Chicken Served With Roast Potatoes And Gravy	Beef Burger Served With Wedges	Fish Fingers Served With Chips
Sweet Potato Curry Served With Rice And Naan Bread	Lentil And Vegetable Pie Topped With Mashed Potato	Roasted Vegetable Hotpot Served With Roast Potatoes And Gravy	Quorn Burger Served With Wedges	Quorn Vegan Nuggets Served With Chips
Jacket Potato With a Choice Of Cheese, Beans or Tuna Mayo	Jacket Potato With A Choice Of Cheese, Baked Beans Or Tuna		Jacket Potatoes Served With Cheese, Beans Or Tuna	
Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Baked Beans
Sandwiches, Wraps, Baguettes* Filled With Either Cheese or Ham	Sandwiches, Wraps or Baguettes* Filled With Either Cheese or Ham		Sandwiches, Wraps or Baguettes* Filled With Either Ham Or Cheese	
Served With Tortilla Chips And Crudites	Served With Tortilla Chips And Crudites		Served With Tortilla Chips And Crudites	
Fruity Flapjack	Eve's Pudding And Custard	Raspberry Ripple Sponge	Vanilla Shortbread	Chocolate Ice Cream

Available daily

Fresh Fruit, Yogurt, Homemade Bread

*Baguettes Only Available For Year 5 & 6

01.05.23 22.05.23 19.06.23 10.07.23

HARRISON
food with thought

From September lunches will cost £2.41 per meal, per day, for all children in year 3 and above, unless you are entitled to Free School Meals.

From September, we will no longer be using ParentPay, all meals and trips can be paid for by Arbor pay.



Bereavement Support for Children & Young People

Seahorse Stroll

Helping young people know they are not alone in grief

Saturday 9th September

2-4pm

Helen Gardens, Eastbourne Seafront, BN20 7XL

Seahorse Stroll is a chance for children and their families to come together and remember loved ones who have died.

Join us for:

A picnic and games in Helen Gardens

A short stroll from Helen Gardens to the Italian Garden on Eastbourne Seafront

Laying lanterns in the Italian Gardens

Any bereaved child is welcome to join and bring up to two adults. Entry is free, donations to the hospice are welcomed

Register at stwhospice.org/seahorse-stroll



St Wilfrid's Hospice



Registered with
**FUNDRAISING
REGULATOR**

Diary Dates:

Term 1 2023/2024

Friday 1st September - INSET DAY

Monday 4th September - INSET DAY

Tuesday 5th September - FIRST DAY OF TERM 1

Friday 20th October - END OF TERM 1

Monday 30th October - FIRST DAY OF TERM 2

Friday 10th November - INSET DAY

FRIDAY 15th December - LAST DAY OF TERM 2

Tuesday 2nd January - INSET DAY

Wednesday 3rd January - FIRST DAY OF TERM 3

Friday 9th February - END OF TERM 3

Monday 19th February - FIRST DAY OF TERM 4

Friday 8th March - INSET DAY

Thursday 28th March - LAST DAY OF TERM 4

Monday 15th April - FIRST DAY OF TERM 5

Monday 6th May - BANK HOLIDAY

Friday 24th May - END OF TERM 5

Monday 3rd June - INSET DAY

Tuesday 4th June - FIRST DAY OF TERM 6

Friday 28th June - INSET DAY

Friday 19th July - LAST DAY OF TERM 6