



Quality, excellence and passion

12.05.23

Dear Parents/Carers,

I do hope that you were able to enjoy the bank holiday weekend. We certainly enjoyed some Coronation celebrations in school before the weekend. The Coronation lunch went well with both children and staff seated in our banqueting halls to enjoy a sandwiches and cake together. It was a treat to see the children's decorations up in the school. Enormous effort had gone into personalising sections of bunting; I would like to thank all the children for their designs and all the staff who went the extra mile to help with the organisation and logistics involved with this celebratory event.

This week our Year 6 pupils have been taking their SATs tests. Throughout their school life at Heron Park, we have spent significant time teaching them our core values: Respect, Curiosity, Independence, Resilience and Aspiration. Without any doubt, the children have demonstrated each one of these values this week. I might add that this applies to the wider school community, who have supported the children throughout their tests by demonstrating respect and kindness too. The assessments are conducted at this time each year. As a school we fully recognise their importance. We also remember that the children have individual skills and strengths which extend beyond the assessments. It is safe to say that all their primary school experiences help prepare our children for their futures. I would like to thank all the children for their determination this week.



Next week sees the beginning of the 5-day walk to school event launched by our Eco Group. During this week, we will ask pupils whether they were able to walk, scoot or bike to school. We understand that it is not always possible to walk all the way from home. You might, for example, decide to park a little way from the school and walk or scoot the last few minutes. The children will be able to share their daily method of travelling during morning registration. We hope that you are able to help support this event.

Our PTFA continue to work tirelessly raising important funds for our children. At Heron Park, we recognise the importance of recycling and the impact work in this area has in helping preserve our environment. What better way to do this than reusing uniform? The uniform sale will be happening again soon and all contributions go towards our children. In addition, the PTFA will be selling some treats at the end of the school day for those who would like to purchase them.



## Safeguarding

Should you ever have any concerns about a child and require advice, you are able to contact ChildLine or our school Senior Leadership Team/some members of our Safeguarding Team: Mrs. Richardson, Mrs. Crees, Mrs. Williams or Mrs. Morgan.

Please do have a look at the bulletin in the newsletter which outlines what parents need to know about Spotify. The guide provides some helpful information about the platform, including the age at which children should be to have the app.

## Attendance

Attendance continues to be a focus for the school. At Heron Park we continue to have high expectations related to attendance. Our school target is over 95%. This week our overall attendance was exactly 95%. This outcome is really positive-we are heading in the right direction! Consistent attendance enables pupils to have the best chance at realising success now and in their futures.

It is equally important that children are in school on time. Just 5 minutes late each day equates to 3 days lost learning across a year.

I have recently received a number of requests for holidays in term time. I wanted to let you know that, in line with our attendance policy, I am unable to authorise such requests.

I do thank you for your commitment in ensuring that the children are in school each day and on time. Maintaining good attendance is very much about a partnership between home and school. Should you need any support in this area, please do contact our school office.



Class winners:

Oak 98%

Willow 98%

Ducks 96%

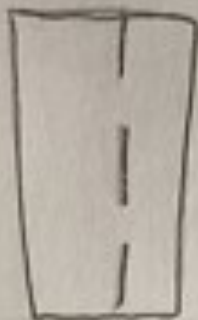
Our Parental Engagement Events are due to take place in the next two weeks. We do look forward to greeting you in school to share all your children's progress. Please see the details about these events later in this newsletter. I would like to take this opportunity to wish you all a wonderful weekend.

Kind regards,  
Mrs H Crees  
Headteacher



## Celebrating the Coronation





# Walk TO School!

WALK



By walking, scooting or using your bike, you're helping reduce exhaust fumes.

Walking, scooting or using your bike is also healthy.

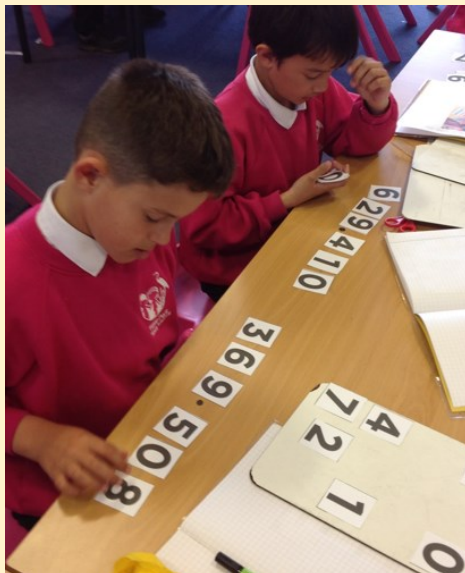
Next week we ask you to walk, scoot, or bike to help us improve our environment.

## Year 6

In recognition of all their hard work this week, our Year 6 pupils have spent the afternoon celebrating all their efforts by taking part in bowling event. As I mentioned earlier, we could not be more proud of the children. They have worked so incredibly hard and it was an utter pleasure for their teachers and support staff to work with the children to recognise this. I think you'll agree that they certainly had plenty of fun!



## Year 5



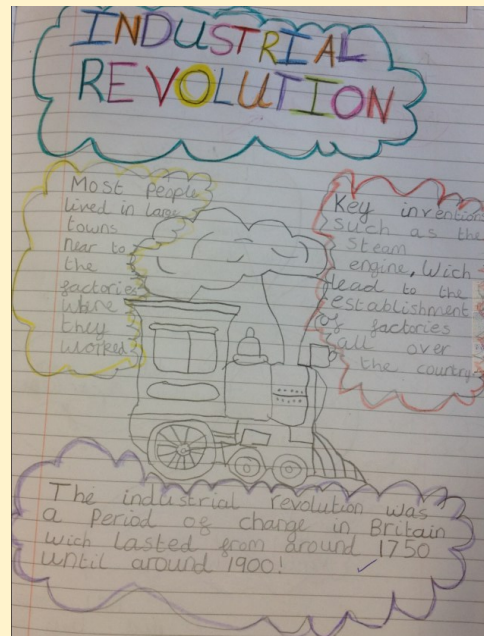
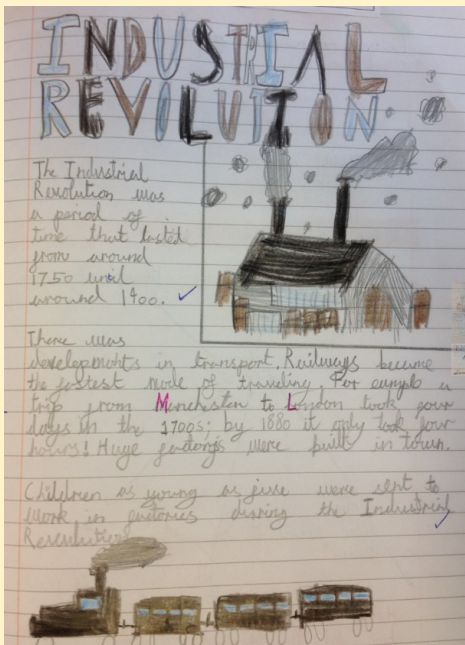
There is maths involved across all subjects within the pictures above. Whilst refining their skills related to decimals and decimal fractions, the children have mastered their sense of balance and knowledge of area in PE. With Wimbledon just around the corner, we look forward to seeing their sporting successes during their development of their tennis skills!

## Year 4

Year 4 pupils have been studying different religions across the year. Recently, they have been exploring the Christian Festival of Pentecost. They developed freeze frames to help them share their learning to the rest of their class. The children certainly demonstrated their speaking and listening skills throughout their drama activity.



## Year 3



Year 3 pupils have been working hard in their History lessons and have used their skills to find out about the Industrial Revolution. They have explored the key changes that happened at the time and the new inventions that were created as a result of this historical period. It has been a treat to read their work!

## Year 2



I came across Year 2 in our school front garden this week. The children were enthralled with their exploration of the minibeasts. Using pooters, the children found out about the creatures within this habitat.

In addition to this, the children have also been creating the most marvelous weaving designs in their art lessons. I had the opportunity to go into class to hear the children talk about their creations and the methods they used. Absolutely fantastic!

## Year 1

The children have been completing some very interesting games in their well-being sessions across this week. The picture below captures the children engaging with this and using their clear speaking and listening skills to demonstrate their understanding related to wellbeing. They certainly had great fun!



## Reception



Reception have been continuing to learn about plants and have completed some wonderful artwork and labelled diagrams. The children have been exploring the artwork completed by Italian Painter Giuseppe Arcimboldo. As a result of their exploration, the children created their own faces using vegetables. The children also had a go at painting them!

## Nursery



Our Nursery pupils have also been exploring their local area, looking closely for the creatures within it. This work was linked to the Hungry Caterpillar which they were reading across the week. You'll see that the children explored which fruits were best for printing as they designed their very own pictures of the very hungry creature...wonderful!

# What Parents & Carers Need to Know about

# SPOTIFY

Spotify is a digital music, podcast and video service which gives users access to millions of songs and other content from creators all over the world. Since launching in 2008, Spotify has revolutionised the way music is listened to: it now offers the ability to manage and share more than 100 million tracks and five million podcast series, plus personalised recommendations, new release updates and the option to create collaborative playlists. As of February 2023, it is the world's most popular audio streaming subscription service with 489 million users globally.

## WHAT ARE THE RISKS?

### EXPLICIT LYRICS

As per Spotify's terms and conditions, people need to be at least 13 to use it. That said, the platform doesn't censor lyrics unless instructed to do so in the settings – so it's worth noting that young teenagers could still be exposed to age-inappropriate songs which contain explicit references to sexual behaviour, violence, discriminatory language and swearing.

### GROOMING TACTICS

Although Spotify doesn't come with dedicated chat functionality, concerns were raised in January 2023 after reports of an 11-year-old girl being coerced into sharing explicit pictures of herself on the platform. The case highlighted predators' tactics of sharing empty playlists with other users: their messages were being exchanged undetected through edited song titles and descriptions, bypassing security measures.

### OVERSHARING

Spotify provides a perfect way to play music, with the ability to connect to another device, such as a Bluetooth speaker or an in-car stereo. While this is a useful feature, it's also easy to forget your surroundings and inadvertently play content which isn't appropriate for all listeners (especially those under the age of 18), potentially causing alarm or distress.



### AGE-INAPPROPRIATE PODCASTS

Spotify's podcast community has grown exponentially and it's become a popular base for millions of users to listen to shows, stories, interviews and more – with content covering an array of topics. This includes some material which isn't suitable for minors, including audio which is obviously adult-themed, but can be just as easily accessed as everything else.

### ACCESS TO SPOTIFY LIVE

If your child has a Spotify account, they'll also be able to access the platform's audio-only chat service: Spotify Live. While it's a separate stand-alone app, Spotify Live allows people to listen to live discussions on the main Spotify platform and, more notably, lets users enter virtual rooms to chat with other users, opening up direct conversations with strangers and individuals who might not necessarily be there for the right reasons.

## Advice for Parents & Carers

### SWAP TO SPOTIFY KIDS

If you're concerned about what your child might hear while streaming music, Spotify Kids is a separate, ad-free service specifically designed for children aged 12 and under. It allows younger users to enjoy human-curated, child-friendly content (such as music and audiobooks) and is available to users with a Spotify Premium Family subscription – meaning that parents can view and manage the content their child listens to.

### CENSOR EXPLICIT CONTENT

Regardless of what type of account your child uses to access Spotify, there is an option to turn off explicit content in the settings – greying out all songs marked with an 'E' tag. If your child has their own individual account, it's easier for them to turn it back on – whereas with a family plan, you're in control and your child can't alter the setting without knowing the password.



### TALK ABOUT THE RISKS

As with any platform, it's good practice to talk to your child about what they should be aware of when using Spotify. For instance, it's important they're aware never to share any personal information with strangers, and what they should do if they're exposed to inappropriate content. Encourage them to think critically about what they see and hear so that they feel comfortable raising any concerns with you.

### KEEP AN EYE OUT

If you're concerned that your child is spending too much time on Spotify or you've noticed they're being particularly secretive about how they're using it, encourage them to talk about what they're listening to. It's always prudent to show an interest in their online habits from the outset – so you're confident they're using apps and services in the right way, for the right reasons, and they're not being drawn into anything they shouldn't be.

### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



Source: <https://newsroom.spotify.com/company-info/> | [https://www.spotify.com/privacy/files/Parental\\_Guide.pdf](https://www.spotify.com/privacy/files/Parental_Guide.pdf) | <https://www.spotify.com/us/live/> | <https://www.manchestereveningnews.co.uk/news/greater-manchester-news/police-confirm-investigation-launched-after-25916035>



**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 0UT





# St. Peter's Plant and Cake Sale

Fundraising for the Community Garden at St Peter's Church



**June 3<sup>RD</sup> 2023**

**10am – 2pm**



**Plant Stalls / Cake Stalls / Raffle / Books  
Refreshments, Tea and Coffee**

**And more**



Parish of St Mary, Hampden Park,  
And St Peter, the Hydneys

Benefice Office, 69 Decoy Drive, Eastbourne, BN22 9PP  
01323 502738

[www.beneficeofhampdenpark.co.uk](http://www.beneficeofhampdenpark.co.uk)

[fradam@parishpartnership.co.uk](mailto:fradam@parishpartnership.co.uk)





## 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



# PE DAYS TERM 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Year 1</b> <b>Ladybirds &amp; Bumblebees</b>	<b>Year 3</b> <b>Hedgehogs</b>	<b>Year 6</b> <b>Oak &amp; Willow</b>	<b>Year 4</b> <b>Foxes</b>	<b>Year 2</b> <b>Ducks &amp; Swans</b>
<b>Year 3</b> <b>Rabbits</b>	<b>Year 5</b> <b>Sycamore</b>		<b>Year 5</b> <b>Horse Chestnut</b>	<b>Reception</b>

**Swimming:**  
**Year 4**  
**Badgers**

For term 5, children will have 1 PE slot

Children should come dressed in their PE kits on their allocated PE day.

# Family NEWSLETTER

Hello all Families,

I am writing to let you know about our **Eastbourne Spring Water Festival**. This will be taking place between 12th and 21st May.

I have selected a list of events which are particularly suitable for younger people. Please look at these. Once you find something that you would like to take part in, either just turn up or, if you need to register, please visit

[plasticfreeeastbourne.co.uk/springwaterfestival](http://plasticfreeeastbourne.co.uk/springwaterfestival) to add your name. Here, you will also find the full range of Festival events.

## Things you might look at in particular:




Also, please take your refillable drinking water bottle and visit some of our newly installed drinking water refill stations along the seafront ~ becoming known as "Spring Water Way."

If you want to ask any questions, please contact me at [plasticfreeeastbourne@gmail.com](mailto:plasticfreeeastbourne@gmail.com)

I wish you a successful and rewarding summer term.

Best wishes,

*Oliver Sterno*

 Community Leader ~ Plastic Free Eastbourne  
Coordinator ~ Refill Eastbourne

**PLASTIC FREE  
EASTBOURNE**  
STARTING AGAINST SEWAGE

**SPRING  
WATER  
Festival**   
Friday 12th - Sunday 21st May 2023

Name of Event	Date of Event
Promenade	Throughout the Festival
Spring Water Way ~ visit our Refill Stations	Throughout the Festival
Beach Sports for all the family	12th May - Friday
Eco-Stalls Fair	13th May - Saturday
Seaweed Search	13th May - Saturday
Water Sports: Sailing or Windsurfing*	13th May - Saturday
Source to Sea Clean	13th May - Saturday
Big Beach Clean	14th May - Sunday
Water Sports: Sailing or Windsurfing*	14th May - Sunday
"The Eastbourne Spring Water Festival Race" ~ watch the sailing race	14th May - Sunday
Wellbeing Wheel and Walk	15th May - Monday
Studio at the Lake . Walk, Draw, Talk, Write	16th May - Tuesday
Blue Heart @ Towner ~ "Green Roof"	18th May - Thursday
Creative Writing	18th May - Thursday
Water Sports: Sailing or Windsurfing*	20th May - Saturday
Towner: Film Show ~ "From the Sea to the Land Beyond"	20th May - Saturday
Studio on the Beach	20th May - Saturday
Seaweed Search	20th May - Saturday
Closing Ceremony	21st May - Sunday
Water Sports: Sailing or Windsurfing*	21st May - Sunday

\*small charge



DYNAMOS  
CRICKET

# This is our game.



## Calling all 8-11 year-olds!

Dynamos Cricket is the next step for All Stars graduates or the perfect intro to the sport for those new to the game.

Get involved this summer for 8 weeks of skills, games of Countdown Cricket and fun with friends.

Sign up today, at: [dynamoscricquet.co.uk](https://dynamoscricquet.co.uk)



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](http://stwhospice.org/seahorse-stroll)**



St Wilfrid's Hospice



Registered with  
**FUNDRAISING  
REGULATOR**

## Diary Dates:

### Term 5

Tuesday 16th May - Y2 Battle Abbey  
Tuesday 16th May - Reception Parental Engagement  
Thursday 18th - Y1 Pevensey Castle  
Thursday 18th May - Y6 Parental Engagement  
Monday 22nd May - Y2 Parental Engagement  
Tuesday 23rd - Safety in Action Y6  
Tuesday 23rd May - Y1 Parental Engagement  
Wednesday 24th May - Y3 /Y4 Parental Engagement  
Thursday 25th - Safety in Action Y6  
Thursday 25th May - Y5 Parental Engagement  
Thursday 25th May - Last Day of Term  
Friday 26th May - INSET DAY

### Term 6

Monday 5th June - First Day of Term  
Wednesday 7th June - Eastbourne Seafront Y3  
Tuesday 13th June - Smugglers Adventure Y6  
Wednesday 14th - 16th June - Year 5 Residential trip.  
Tuesday 20th June - Sports Day Y1, Y2 & Y3  
Wednesday 21st June - Y4, Y5 & Y6  
Friday 30th June - INSET DAY  
Monday 3rd July - INSET DAY  
Friday 21st July - Last Day of Term

## Term 5 Parental Engagement Events

TIME	Tuesday 16th May	Thursday 18th May	Monday 22nd May	Tuesday 23rd May	Wednesday 24th May	Thursday 25th May
2.30-3.00pm	Reception	Year 6	Year 2	Year 1	Year 3 Year 4	Year 5