



Quality, excellence and passion

Parents/Carers,

I hope that you are all keeping well! We have had a busy couple of weeks in school and I cannot quite believe that we are already heading into the last week of term! Having visited classes around the school, I have been thrilled to see the effort that all pupils are demonstrating with regards to achieving their targets and making progress.

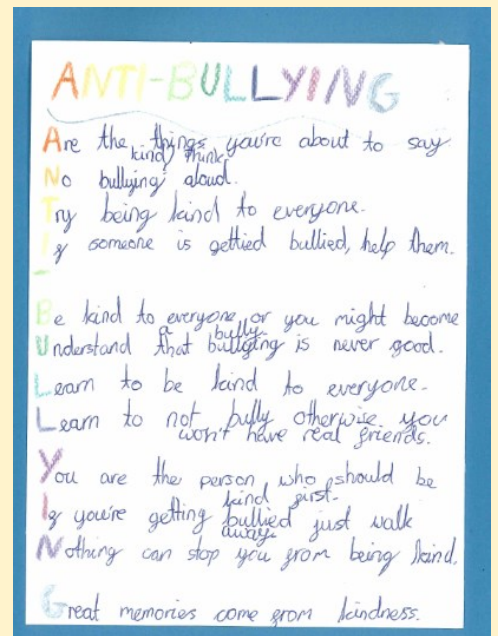
Last week, the Ancient Greeks came to visit in Year 6! The children and staff looked absolutely fantastic as they dressed in costumes to help create an environment fit for an ancient Greek society. The children worked alongside dance tutor, Miss Bond, across the day and learned some very specific dance moves linked to this period of history. I would like to extend my thanks to Miss Bond and to all the Year 6 team, including our parents who provided the costumes. It was a fabulous day indeed!



In addition to this, I was able to join the Year 2 children who were able to visit a real life fire engine! Their study about the Great Fire of London certainly came alive. Cheers of delight echoed around the entrance of the school as the visit finished with an opportunity to operate the hose on the fire engine! In addition, pupils also received an informative talk about the equipment fire fighters wear and how to ensure we all remain fire safe in our homes. The children were a credit to us. They asked informative questions including some about the subjects fire fighters needed to be good at in order to get a job. The answers were very interesting. The crew confirmed that they needed excellent communication skills, map reading, writing and maths angles skills so as to propel water in the right direction to put out flames. It certainly brought to life the reason why schooling is so important for our futures. I would like to personally thank the fire crew and our staff for the visit.



Last week, we had an anti-bullying theme across the school. Keen to gain the children's ideas about how we ensure that we continue to promote an anti-bullying culture in our lovely school, we launched a poster competition. The entries were very strong and all our runners up pupils were provided with a prize. Our two winners also received a book voucher to use at their leisure. I was so impressed with the standard of entries and would like to thank all the children for their effort. Importantly, our children have very strong views about anti-bullying and how to ensure the school environment is supportive for everyone. Their views are highly commendable and demonstrate the strong sense of community within our wonderful environment.



# Reading

We know that spending time reading with children helps them enormously. During our first parental engagement events this year, we shared how much we value your help with this. Each week, the children's reading diaries come home. Please do read with them as often as you can. You might like to ask your child questions following the passage they have read to you. Below are a few questions you could pose.

## EYFS/KS1

Tell me what is happening in the pictures?

What has happened so far?

What do you think about the character?

What might happen next?

What does that word mean?

Tell me what you like about the book.

## KS2

Tell me about the story/book so far.

Tell me about the setting.

Can you predict what will happen next?

What have we found out about the character?

How is the character feeling? How do you know?

Can you find a word that best describes why the character behaved in that way?

## 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.



## Attendance

I sent out a letter earlier this week explaining our updated policy and that our school attendance target is 96%+. If children are in school they are receiving their education which they are entitled to. If they are not, this becomes of concern.



Next week, we bring our 5 in 5 attendance award



### Class Attendance so far this term:

#### Lates

It is extremely important that children are in school each day and on time. The school day starts at 8.50 and the children need to be in their classrooms by this time. I do thank you for your support in ensuring this is the case, so that the children start the day well and get all the information they need to succeed in their first lesson of the day.

- Butterflies 97.2%
- Grasshoppers 95.63%
- Ladybirds 95.62%
- Swans: 96.22%
- Ducks: 93.75%
- Hedgehogs 93.68%
- Rabbits: 95.89%
- Badgers: 93.25%
- Foxes: 93.11%
- Sycamore: 90.01%
- Horse Chestnut: 92.64%
- Oak: 92.88%
- Willow: 91.6%



On Monday 16th October we are holding our CLASS parent meeting about strategies which can be used to support a child who may be feeling anxious. If you have still not signed up for this event, but would like to attend, there is still time to do so. Please ensure that you view the flyer which is on the bottom of the newsletter and use the QR code to confirm your place.

The children have all been working exceptionally hard this term. We have one more week ahead of us and I look forward to seeing their final surge of progress before the half term holiday.

Do have a wonderful weekend.

*H Crees*

Headteacher



Parent Forum

Monday 16th October

9am

In the school hall, refreshments provided

**CLASS+**

Will be showing a presentation about strategies to support children's anxiety.

Please book via the QR code:





## **Heron Park Primary Academy Open days for parents of pupils starting school in September 2023-24**

**We would like to welcome you to take a look around our  
wonderful school.**

**Please see the dates below:**

**Thursday 2nd November: 6:00 - 7:30pm**

**Monday 6th November: 9:00-10:00am or 10:30-11:30am**

**Thursday 9th November: 9:00-10:00am or 10:30-11:30am**

**Please scan the QR code below to book a place.**



**If you are unable to make any of the dates or times  
above, or you have any questions or queries please call  
the office:**

**01323 502525 or email: [heronparkoffice@auroraacademies.org](mailto:heronparkoffice@auroraacademies.org)**

**We can't wait to meet you!**

**TIMES TABLES  
ROCK STARS**

PRESENTS



# ENGLAND ROCKS

**14TH - 16TH NOVEMBER 2023**

**7:30AM TO 7:30PM (GMT)**

**PLAY IN ANY  
GAME TYPE!**

**1HR TIME LIMIT  
PER PERSON!**

**WINNING CLASS WILL HAVE THE HIGHEST  
NUMBER OF CORRECT ANSWERS PER PUPIL!**

**[TTROCKSTARS.COM/ONLINE-EVENTS](https://ttrockstars.com/online-events)**

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### FIND OUT WHAT YOUR CHILD KNOWS **1**

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### RIGHT TIME, RIGHT PLACE **2**

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### KEEP IT AGE APPROPRIATE **3**

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### EMPHASISE HOPE **4**

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### MONITOR REACTIONS **5**

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### CONSIDER YOUR OWN EMOTIONS **6**

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### SET LIMITS **7**

Managing screen-time and content can be difficult, even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### TAKE THINGS SLOWLY **8**

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### ENCOURAGE QUESTIONS **9**

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### FIND A BALANCE **10**

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### BUILD RESILIENCE **11**

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### IDENTIFY HELP **12**

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-50147020> | <https://www.thetech.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-talk-your-children-about-conflict-and-war>



SussexMusicSchool



# Instrumental Lessons at Heron Park Primary Academy with SMS

## How it works

- Apply online using link below or QR Code above
- Pay by monthly Direct Debit
- Lessons in School time
- Experienced, friendly, fully safeguarded and DBS checked teachers
- 20 or 30 minute lessons
- Annual reports on your child's progress

Booking now for after Half Term

Drums- NEW - applications now open

Keyboard, Violin and Recorder - limited spaces available

Guitar - applications now open

Applications close 14th October 2024



**Sam - Drums**

PGCE (Primary), Music  
BA (Hons), Grade 8  
Drum Kit.



**Tessa - Piano,  
Violin, Recorder**

HE dip from Royal  
Birmingham  
Conservative of Music,  
BCU



**Robert - Guitar**

FLCM, ATCL, DipABRSM,  
Dip MI

[www.sussexmusicschool.com/heron-park-primary-academy](http://www.sussexmusicschool.com/heron-park-primary-academy)



**Term 2**



## AFTER SCHOOL CLUBS

<b>MONDAY</b> ALL YEARS	<b>BASKETBALL</b>
<b>TUESDAY</b> ALL YEARS	<b>DODGEBALL</b>
<b>WEDNESDAY</b> ALL YEARS	<b>GYMNASTICS</b>
<b>THURSDAY</b> ALL YEARS	<b>FOOTBALL</b>
<b>FRIDAY</b> ALL YEARS	<b>CLIMB AND JUMP</b>

**SCAN HERE  
TO BOOK  
OR  
FOLLOW LINK**



07716 847702

07796892627

bookings@sportitude.org.uk

sportitude.org.uk

**active  
sussex**  
Delivery Partner

[sportitude.class4kids.co.uk](https://sportitude.class4kids.co.uk)

# SAMA

## KIDS KARATE

*Discipline Fitness Self-defence Good Fun*  
**CLASSES FOR CHILDREN AGED 5 & ABOVE**

**Heron Park Primary Academy**

Every Monday at 5.00pm - 5.45pm in the school hall

*email us to book your child's place at:*  
**info@samamartialarts.co.uk**



**CLASSES ARE £5**  
**PAY-AS**  
**YOU-GO**

**NO DIRECT DEBITS**  
**ONLY PAY WHEN**  
**YOUR CHILD TRAINS**

**[www.SamaMartialArts.co.uk](http://www.SamaMartialArts.co.uk)**



Follow us at SAMA Martial Arts Tel: 01273 01 02 02

# Wraparound care

4:00 - 5:00pm

£5 per session

If you would like to use this facility, bookings should be made on the Arbor App.

This is a follow on club from the Sportitude Clubs and cannot be booked as a standalone club.

Sportitude clubs can be booked vis Class4kids.

Children will enjoy a snack and fun games & activities.



# Weekly menu

# WEEK 1



## 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

Sandwiches.

Sandwiches,

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

# Weekly menu

# WEEK 2



## 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.

Sandwiches,

Sandwiches.

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

HARRISON 



## 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	Sandwiches,		Sandwiches,	
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

HARRISON

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

All meals and trips must be paid for by Arbor pay. We no longer use ParentPay.

# CHRISTMAS

- Wednesday 6th December - Christmas Jumper and Christmas dinner day
- Thursday 7th December - Lower KS2 Christmas Concert 2:15pm
- Monday 11th December - KS1 Nativity (pm)
- Tuesday 12th December - EYFS Nativity
- Wednesday 13th December - KS1 Nativity (am)
- Thursday 14th December - Upper KS2 Christmas Concert 2:15pm

Further details will follow on these events next term.

## Christmas Choir

Running weekly, on Tuesday 31st October until Tuesday 5th Dec.

Open to Years 4,5 & 6 only.

Details will be sent to these year groups directly.

Places are limited to 15, the form will shut down when places are full.



<b>Term</b>	<b>Date</b>	<b>Event</b>
<b>TERM 1</b>	<p>Wednesday 13th September</p> <p>Thursday 14th September</p> <p>W/C 25th September</p> <p>Monday 25th September</p> <p>Wednesday 4th October</p> <p>Friday 20th October</p>	<ul style="list-style-type: none"> <li>• School Photos</li> <li>• Reception children in fulltime.</li> <li>• Anti-Bullying Week</li> <li>• Parental Engagement - from 2:30pm each afternoon. Further details to follow.</li> <li>• Harvest Assembly - Children will be asked to bring in donations for the Food Bank.</li> <li>• Year 6 Ancient Greek Day</li> <li>• Last day of term</li> </ul>
<b>TERM 2</b>	<p>Monday 30th October</p> <p>Friday 10th November</p> <p>Thursday 16th November</p> <p>Friday 17th November</p> <p>Tuesday 21st November</p> <p>W/C Monday 11th December</p> <p>Friday 15th December</p>	<ul style="list-style-type: none"> <li>• First day of term</li> <li>• INSET DAY</li> <li>• Parent Consultations 3:30-5:00pm</li> <li>• Children in Need</li> <li>• Parent Consultations 3:30-7:00pm</li> <li>• Christmas events will happen this week.</li> <li>• Last day of term</li> </ul>
<b>TERM 3</b>	<p>Tuesday 2nd January</p> <p>Wednesday 3rd January</p> <p>W/C Monday 5th February</p> <p>Tuesday 6th February</p> <p>Friday 9th February</p>	<ul style="list-style-type: none"> <li>• INSET DAY</li> <li>• First day of term</li> <li>• Parental Engagement – From 2:30pm each afternoon. Further details to follow</li> <li>• Children's Mental Health week.</li> <li>• Safer Internet Day</li> <li>• Last day of term</li> </ul>
<b>TERM 4</b>	<p>Monday 19th February</p> <p>Thursday 7th March</p> <p>Thursday 7th March</p> <p>Friday 8th March</p> <p>Tuesday 12th March</p> <p>W/C Monday 18th March</p> <p>Thursday 28th March</p>	<ul style="list-style-type: none"> <li>• First Day of Term</li> <li>• World Book Day</li> <li>• Parent Consultations 3:30-5:00pm</li> <li>• INSET DAY</li> <li>• Parent Consultations 3:30-7:00pm</li> <li>• Parental Engagement - from 2:30pm each afternoon. Further details to follow</li> <li>• Careers Week (including Careers fair)</li> <li>• Last day of term</li> </ul>
<b>TERM 5</b>	<p>Monday 15th April</p> <p>Monday 6th May</p> <p>W/C Monday 20th May</p> <p>Friday 24th May</p>	<ul style="list-style-type: none"> <li>• First day of term</li> <li>• BANK HOLIDAY</li> <li>• Parental Engagement - from 2:30pm each afternoon. Further details to follow</li> <li>• Last day of term</li> </ul>
<b>TERM 6</b>	<p>Monday 3rd June</p> <p>Tuesday 4th June</p> <p>Monday 17th June</p> <p>Tuesday 18th June</p> <p>Wednesday 19th June</p> <p>Friday 28th June</p> <p>Friday 19th July</p>	<ul style="list-style-type: none"> <li>• INSET DAY</li> <li>• First day of term</li> <li>• EYFS Sports Day 1:30-2:30pm</li> <li>• Y1, Y2 &amp; Y3 Sports Day 1:30-2:45pm</li> <li>• Y4, Y5 &amp; Y6 Sports Day 1:30-2:45pm</li> <li>• INSET DAY</li> <li>• Last day of term</li> </ul>

Dates will also be published on school newsletters and the website.

Calendar dates are subject to change, we will endeavour to give parents/carers as much notice as possible.