



NEWSLETTER

Term 4: Week 5 2021

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www.meads.e-sussex.sch.uk

Achievements

Well done to everyone for working so hard in the Readwriter competition this week. **Congratulations to Year 6** who were the year group winners and to the individual winners in each class.

Individual winners:

Reception—Maya Charsley

Year 1—Zerting Wang

Year 2—Octavia Haines

Year 3—Alice Bending

Year 4—Sienna Charsley

Year 5—Alice Hill

Year 6—Yoting Wang



Well done to Esme in Year 4 who has been awarded the Blue Peter 2020 Sport Badge for submitting a video to the CBBC programme showing her trampolining and gymnastics skills.

Rainbow Awards:

Reception: Ella Farley

Year 1: Matilda Funnell-Strange

Year 2: Olive Thorpe

Year 3: Emerson Birley

Year 4: Charlie Ashford

Year 5: Kenzy Amrouche

Year 6: Sapphire Byrne

Science Day Monday 29th March

The whole school will be taking part in colourful experiments during the day.

Children may wear a **colourful** jumper instead of their school jumper.



Upcoming dates

<https://www.meads.e-sussex.sch.uk/coming-events>

Monday 29 March Science Day

Thursday 1st April Last Day of Term

Friday 2nd April Good Friday

Sunday 3rd April Easter Sunday

Monday 4th April Easter Monday

Monday 19th April School Open

Monday 19th April—Clubs start this week

Year 4

We have some new additions in Year 4! Students have been lobbying Mr Williams for a class pet and, after a vote, the class have decided on frogs.

A large blob of spawn is being nurtured and the frogs will be released back into their native pond when it is time to hop it. The children have been excited to share some froggy facts including: the jelly around frog spawn tastes bad - in order to deter predators. I wonder who tested that!



Inclusion at St John's Meads

As an inclusive school, it is important for us to celebrate each person's unique strengths and differences. Our assembly on Wednesday marked Neurodiversity Celebration Week and World Autism Awareness Week. Children were reminded of the different challenges people may face and our Rainbow Vision's emphasis on being a caring community, valuing ourselves and each other. Classes reflected on the ways we can continue to make our school a fully inclusive community.

"We can give new people a tour" (Aidian, Year 1)

"We can be quiet when we are doing our work so that everyone feels safe." (Lacey, Year 3)

"Sometimes you just need spaces when you're feeling sad or angry – so we can give people space." (Vinnie, Year 5)

"We should listen to each other and respect people's privacy." (Connie, Year 6)

Five rules for autism-friendly schools

A few small adjustments can make a big difference for everyone.

Rule 1
Give people time to think and answer questions.

Rule 2
Support people who find change difficult.

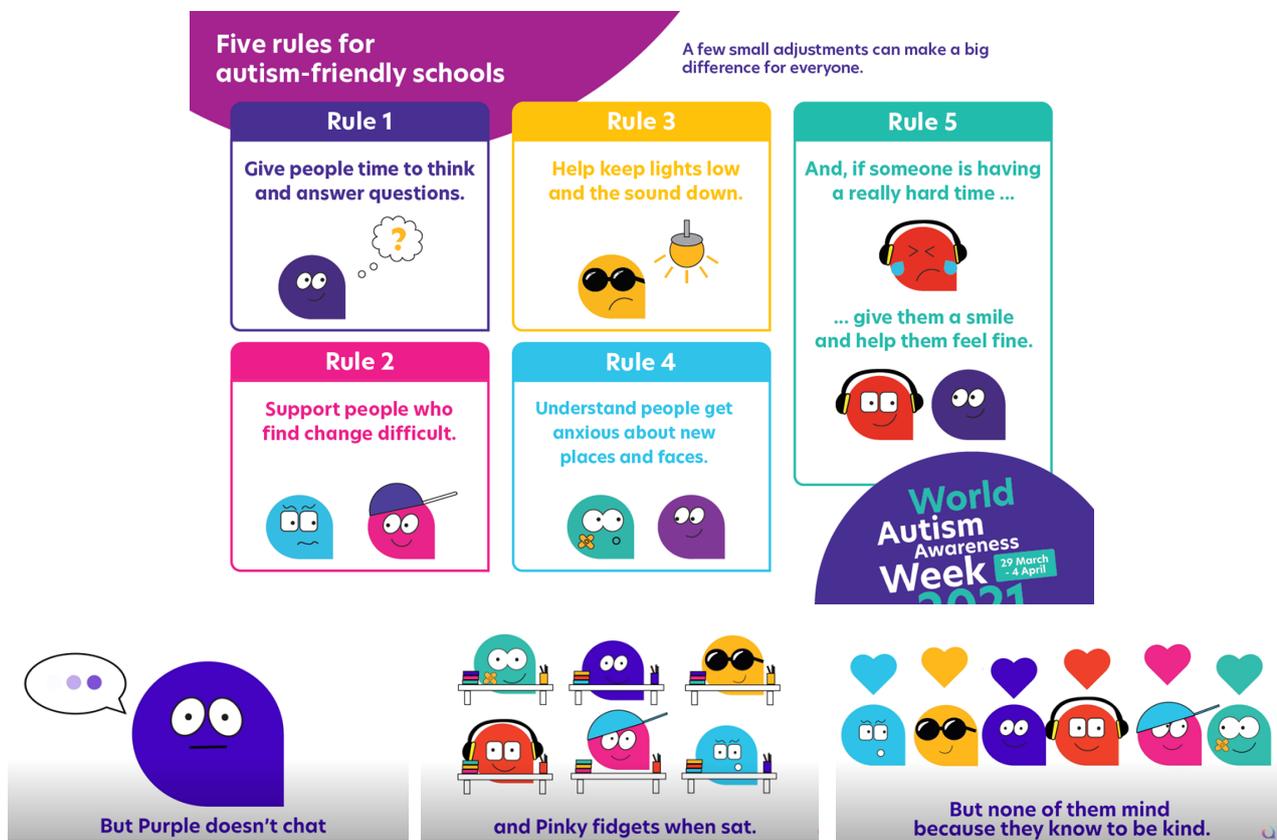
Rule 3
Help keep lights low and the sound down.

Rule 4
Understand people get anxious about new places and faces.

Rule 5
And, if someone is having a really hard time ...
... give them a smile and help them feel fine.

World Autism Awareness Week 2021
29 March - 4 April

But Purple doesn't chat
and Pinky fidgets when sat.
But none of them mind because they know to be kind.



Wellbeing



Wednesday 31st March 1-2.30pm - Managing anxiety and raising resilient children (2-12) Webinar

If you would like to join this session, contact Open for Parents to book a place: 01424 725800, info@openforparents.org.uk. More information can be found on their website:

<https://www.openforparents.org.uk/program/managing-anxiety-and-raising-resilient-children-2-12-webinar/>