

# Learning for life!

## Meridian Newsletter

### Term 4

Monday 23<sup>rd</sup> February to  
Friday 27<sup>th</sup> March

### Term 5

Monday 13<sup>th</sup> April to Friday  
22<sup>nd</sup> May

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



Meridian Community Primary  
School and Nursery



@MeridianCPS

Friday  
27<sup>th</sup>  
March  
2026

## HEADTEACHER UPDATE

Dear Parents and Carers

I hope you are all well and looking forward to the Easter break.

### Welcome!

We have a new member of staff who will be joining the Meridian team after the Easter break. Ms. Manjinder Kaur will be covering Mrs. Yates-Malone's maternity leave for two days a week and teaching 4SPS on Mondays and Tuesdays when Mrs. Smiles goes on maternity leave at the beginning of May.

### Congratulations!

Mrs. Newth, our Assistant Headteacher for Inclusion, has got a new job at a school closer to home. She will be starting as Inclusion Leader at Wallands Primary School in Lewes in September. Congratulations to Mrs. Newth – Wallands Primary are lucky to have you joining them! Mrs. Newth's job has been advertised and I will update you when I have more to share with you.

### Forest School donations

Thank you to everyone who has **donated £10 per child** to help look after our Forest School area and to buy the things the children use there. Our Forest School offer is **unique and special**. We have a well-designed space and a Meridian curriculum that runs all year. Most other schools can only offer Forest School for a few weeks, but **our children get to enjoy it almost every week**. If you have not yet donated, please think about helping the school. Mr. Legate has made videos to show you why Meridian Forest School is such a special place. You can find the QR codes for the videos later in this letter. Thank you for supporting our Forest School!

I look forward to seeing everyone back in school for the summer term on Monday 13<sup>th</sup> April.

Take care and best wishes

*C. Westcott*

Miss. Claire Westcott  
Headteacher

**strength**

**respect**



**kindness**

**honesty**

**responsibility**

## TERM DATES 2025/2026

### Term 5

Monday 13<sup>th</sup> April – Friday 22<sup>nd</sup> May

### Term 6

Monday 1<sup>st</sup> June – Wednesday 22<sup>nd</sup> July  
INSET DAY – Wednesday 22<sup>nd</sup> July

**Please note all INSET days have been set for  
2025/2026**

## 2026/2027

### Term 1

Wednesday 2<sup>nd</sup> September – Friday 23<sup>rd</sup> October  
INSET day – Wednesday 2<sup>nd</sup> September  
Thursday 3<sup>rd</sup> September children back to school

**Please note not all INSET days have been set for  
2026/2027**

## KEY DATES

### TERM 5

- 17.04** Children's Parade workshop 3.15pm – 6.15pm
- 18.04** Children's Parade workshop 9.15am – 1.15pm
- 02.05** Children's Parade
- 11.05 – 14.05** Year 6 SATs week
- 21.05** Outdoor classroom day
- 22.05** End of term 5

### TERM 6

- 08.06** Y1 Phonics screening week starts
- 08.06** Y4 Multiplication Tables check starts
- 11.06** New Reception Parents meeting 9.30am
- 22.06** Y6 Residential week starts
- 26.06** OPAL afternoon for Y3, Y4 and Y5
- 01.07** New Reception children Meet the teacher/stay and play sessions
- 03.07** Nursery Sports Day (time TBC)
- 07.07** Reception music performance to parents 9.15am
- 08.07** Y1 music performance to parents 9.15am
- 09.07** Y2 music performance to parents 9.15am
- 10.07** OPAL afternoon for Reception and Nursery
- 13.07** Y3 music performance to parents 9.15am
- 14.07** Y4 music performance to parents 9.15am
- 15.07** Y5 music performance to parents 9.15am
- 16.07** Y6 music performance to parents 9.15am
- 17.07** Nursery Graduation
- 17.07** R/KS1/KS2 Sports Day (time TBC)
- 20.07** Sports Day reserve
- 21.07** End of term 6 – children go home at 1.15pm

## KEEPING CHILDREN SAFE Safeguarding at Meridian

If you have a safeguarding concern about a child that attends Meridian, please do contact one of the Designated Safeguarding Leads:

### Designated Safeguarding Lead

Mrs. Lucy Newth

### Deputy Designated Safeguarding Leads

Ms. Claire Westcott, Mrs. Helen Mapp,  
Mr. Jon Barcock, Miss. Ciara Smiles, Miss. Nadia Pentland, Miss. Laura Miles

**During the school holidays, please contact:  
Single Point of Advice (SPOA) on 01323 464222**

If you have an immediate or emergency concern about a child's safety, please call 999.

The NSPCC has advice about this on their website [here](#).

  
East Sussex  
School Health Service

**The School Health Service takes over from the Health Visiting Service when a child is of school age.**

Our nurse-led friendly team can help with:

- sleeping problems
- emotional health and wellbeing
- wetting the bed and day wetting
- healthy eating and healthy weight
- worries and troubles – including changing schools
- self care and hygiene
- referrals to other services for more complex health needs.





Please contact 0300 123 4062 or visit [www.eastsussexchildren.nhs.uk](http://www.eastsussexchildren.nhs.uk)

Service provided by Rarer Community Health NHS Foundation Trust

# MERIDIAN NOTICEBOARD

## Lateness

We have noticed that more children are arriving after the gates close at 8:55am.

To make sure all late arrivals are safely recorded, we are introducing a Late Book at the school office. If your child arrives after the gates close, you will need to sign them in and write the reason they are late.

If your child arrives at school after 8.55am every day for a week, they will miss 1 hour and 20 minutes of learning . . . If this happens every day for a 6 week term, they will miss 8 hours of learning

## Nursery Spaces

We have got spaces in our lovely Nursery for September.

If you would like to find out more about the Nursery education and childcare we can offer, please do contact the school office.

If you would like to visit, we have got dates for you to come along that the Office team can share with you.

## What to do if your child is off sick

If your child is too unwell to come to school, you must call us **every day** they are absent. This is part of our safeguarding and attendance procedures.

You can leave a message on the absence line or speak to someone in the School Office.

Please note: we **do not accept emails** about absences unless this has been agreed with the school.

## Governors

We have got some vacancies for Governors on our Governing Body, **including a parent governor**.

If you know someone who would be interested in joining our friendly and supportive Governor team, please do contact the Clerk to Governors via our office email

[office@meridian.e-sussex.sch.uk](mailto:office@meridian.e-sussex.sch.uk)

## PTFA meeting

Our next PTFA meeting is on Friday 24<sup>th</sup> April after school in the Annexe/Music room.

New members are always welcome to come along to find out how you can support with fundraising for the children at Meridian.

We are a friendly group who are keen to work together to raise much needed funds to support the children. Our next big event is the Summer Sizzler in July!

## Forest School and PE

We are in the process of updating the Forest School and PE timetable on the website. This information will be ready for the beginning of term 5.

We are aware that the Forest School link on the app does not currently take you to the website page. We are looking at this at the moment.

In the meantime, please do go to our website page - parents tab and then click on Forest School

# LEARNING AT MERIDIAN

## OCEAN ROOMS VISIT PEACEHAVEN LIBRARY!

The children in our Ocean Rooms enjoyed walking to the library and hearing a story from the librarian. Thank you to all the staff and parents for supporting the children with this learning opportunity!



## Nursery

Our Nursery children have been learning about plants and animals. They loved watching the chicks hatch from eggs in the incubator. The children were very excited to touch and hold the chicks!



Thank you, Nadia for organising this very special experience for the children!

**Happy Easter to everyone!**

## P.E.at Meridian!

This term, the children have been learning dance. They have copied dance routines or created their own, either on their own or in small groups. They used shapes, jumps, spins and dance props while dancing to lots of different music. They look like they have enjoyed themselves!



Also, congratulations to Bella in Year 5 who came 63<sup>rd</sup> out of 180 Year 5 girls in the Sussex Cross Country event – what an amazing achievement!

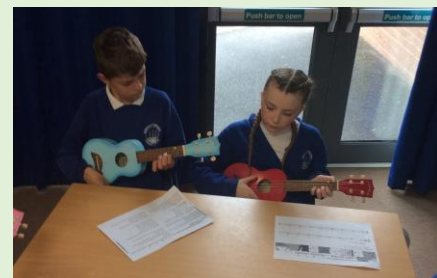
## Music at Meridian!

Year 6 have been working hard learning to play the keyboard, using our brand-new keyboards and headphones. Year 2 have been learning the recorder and gave a fantastic performance this week.

Year 4 enjoyed a musical carousel in their lesson this week, where they tried the song *Lean on Me* on lots of different instruments. Year 4 also composed recycling songs, which they wrote lyrics for and recorded. Fingers crossed the QR codes below work so you can hear their performance!



4SPS



4B



## Forest School!

This week in Forest School, the children have been making toast over the fire — and they have really enjoyed it. Years 1 and 2 also celebrated the end of their Woodlands topic by making tomato soup.

The seeds the children planted in the allotment are starting to grow. As part of their learning, Year 1 and Year 2 have also made biodegradable pots.



Biodegradable pots



## Tour of Forest School

Mr. Legate and I know that some parents and carers may not have had the chance to see our wonderful Forest School area. Our school is special because we have our own Forest School space, which we have built and improved over many years. We are asking for donations to help us look after this amazing area and to pay for things we use often, like items for cooking, building, planting, and much more.

Please scan the QR codes below to take a tour of Meridian's Forest School!



# PLAY AT MERIDIAN

## Loose Parts

Keep those donations coming in for our OPAL playtimes! **All donations will be safety checked by the staff to ensure suitability for the children to use.** Here are suggestions of what we will be asking for:

Cuddly Toys

Fabrics - all shapes and sizes

Metal pots, pans, trays etc.

Old clothes, jackets, overalls, hats, bags

Old household appliances, hoovers, microwaves etc

Phones

Small Children's Bike Wheels

Suitcases - all sizes

Tubes of all kinds

Guttering

Brief cases

Buggies, push chairs

Dressing up clothes

Small world toys



So if you are having a clear out, please think of us! The donation areas are by the entrances to the school gates – please put your items in there ready for our safety inspection.

## Our wonderful OPAL playtimes!



The children have been enjoying their play times on the field – without their wellies!



# ATTENDANCE AT MERIDIAN

Good attendance at school is so important so that children do not miss out on their learning. Did you know that when teachers plan their lessons, each lesson builds on the previous one? So if a child misses 1 or 2 lessons a week, they will find the work much harder as they will be developing gaps in their knowledge.

If you are worried about your child's attendance or would like some support with this, please do make an appointment with Mrs. Newth to discuss this

## Whole School Attendance

**93.6% (our target is 96%) – hopefully this attendance will go up in the summer terms.**

## Best Attendance this term

**Week 1: 4SPS% and 2T: 98% 😊**

**Week 2: 3OS: 99% 😊**

**Week 3: 3R: 100% 😊**

**Week 4: 3OS: 98.9% 😊**

**Week 5: 2T: 99.3% 😊**

**Good Attendance means...**  
Being in school at least 97% of the time or 184 to 190 days

**Remember**  
Your education is important - don't miss out!



**Did you know?**  
When pupils attend school they:

- ✓ Can achieve their full potential
- ✓ Have better career prospects
- ✓ Learn how to look after themselves and be healthy
- ✓ Grow in confidence
- ✓ Keep up with work and homework
- ✓ Make new friends

There are **365** days in a calendar year. **175** are not spent at school! \*So there's plenty of time for shopping, holidays and appointments!

**The class with the best attendance this term is 3OS with 98% - congratulations!**

**Please do not forget: If your child is off ill, you must call the absence line or speak to a member of the office team – please do not email the school.**

**The absence line is available 24/7. It is important that you contact the school every day that your child is off sick**

# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

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