

# 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  
13<sup>th</sup>  
March  
2026

## HEADTEACHER UPDATE

Dear Parents and Carers

I hope you are well. This short half-term is whizzing by – I cannot believe it is only two weeks until the Easter holidays.

### **World Book Day**

Thank you for helping us celebrate World Book Day! The children looked great in their outfits and costumes and everyone had a fun day! You can see photos later in this newsletter.

### **Digital Devices**

We know that many children use digital devices at home, like mobile phones, tablets and gaming consoles. Recent news has shown that some children can become too attached or even addicted to these devices, which can affect their mental health. At the end of this newsletter, there is information to help you support your children with managing their screen time.

### **48 hour rule**

If your children has had diarrhoea or an upset stomach, they **must** stay at home for 48 hours after the last time they were ill. Stomach bugs spread very easily, and this helps stop other children from catching them.

### **Forest School donations**

Thank you so much to everyone who has already donated £10 for each child to support our wonderful Forest School sessions. If you have any questions about why we are asking for this help, please read the information sent out today. If you still have questions, please email the school office. It is important that you contact the school directly rather than using year group WhatsApp groups.

Take care and best wishes

*C. Westcott*

Miss. Claire Westcott  
Headteacher

**strength**

**respect**



**responsibility**

**kindness**

**honesty**

## TERM DATES 2025/2026

### Term 4

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

### Term 5

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

### Term 6

Monday 1st 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**

## KEY DATES

**19.03** Reception Phonics for Parents

**27.03** End of term 4

### Easter Break

**02.05** Children's Parade

**11.05 – 14.05** Year 6 SATs week

**21.05** Outdoor classroom day

**22.05** End of term 5

### School Jotter

If you know of any parents who have not yet downloaded the School Jotter app, please do encourage them to do this so that everyone can keep up to date with school events, news and notifications!

Thank you!



### 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 Kent Community Health NHS Foundation Trust

# MERIDIAN NOTICEBOARD

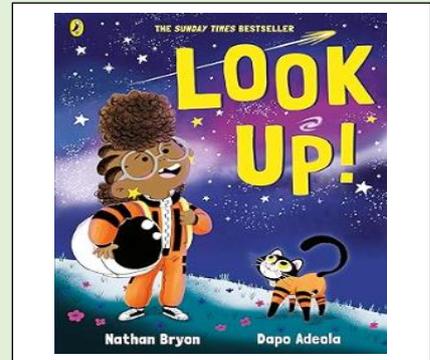
## Children's Parade

We are taking part in the Brighton Festival Children's Parade again this year. Miss. Timms, Mr. Bridgford and Miss. Dor have already started to build our "big make" structure – which is a rocket!

The Children's Parade takes place on **Saturday 2<sup>nd</sup> May**, starting in the North Laines and finishing on Madeira Drive.

We are all really looking forward to marching with the children and if you would like to come and support us, you will find more information about the parade [here](#).

We look forward to seeing some of you on the day!



## 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.

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)

## Collecting children from school

If you need collect your child during the school day, for example to attend a doctor's appointment, please let the school office know.

Messages given to a Teaching Assistant or teacher may not reach the office in time.

Please either visit the school office, email the office team [office@meridian.e-sussex.sch.uk](mailto:office@meridian.e-sussex.sch.uk) or call 01273 584212 to tell us

Thank you for your help with this.

## SAVE THE DATE!

**Thursday 19<sup>th</sup> March 9am**  
**Reception** parents/carers can come along and find out more about how we teach **phonics** at Meridian and how you can help **support** this important learning at **home**.

**You will get the chance to work with your child during a phonics session too!**

# LEARNING AT MERIDIAN

## World Book Day!

World Book Day was a **blast!** We loved seeing all the children dressed up as their favourite characters. The children spent the day enjoying lots of special reading events, from a Stick Man trail in Forest School, a national reading quiz and listening to a story from different teachers. There was a real buzz around the school, and we hope it helps children feel excited about reading at home too. The winners for best dressed and best home-made outfit received their prizes this week!



# World Book Day continued . . .



**What a wonderful day!  
Thank you to everyone for the amazing costumes!**

# Forest School!

Mr. Legate has been working hard to get grants to build a new allotment for Forest School. The children in Ocean Rooms, Nursery, Year 1 and Year 2 have already started planting! They planted peas, broad beans, garlic, onions, spring onions, radishes and potatoes. How exciting! We hope the children will be able to taste some of the vegetables once they have grown.



Year 2 were lucky to have Forest School on World Book Day as Mr. Legate planned and set up activities linked to some of his favourite books, including *Stick Man*!



## Year One Visit Ashdown Forest!

This week, the children in Year One visited Ashdown Forest to help with their learning about woodlands. They had a wonderful time and the Ashdown Forest leaders were really impressed with how resilient and well-behaved the children were. Mrs. Mackay and Miss. Stringer were so proud of the children demonstrating our school values. Well done to everyone!



Thank you to the parents/carers who volunteered to help. Thank you also to everyone for your contributions towards this amazing experience.



# 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

**93.3% (our target is 96%) – hopefully this attendance will go up over the year once all the winter coughs and colds have gone.**

## Best Attendance this term

**Week 1: 4SPS% and 2T: 98% 😊**

**Week 2: 3OS: 99% 😊**

**Week 3: 3R: 100% 😊**

**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!



**Well done**  
A good attendance gives you the best chance for success

**I'm concerned**  
A poor attendance gives you less chance of success

**Seriously worried**  
Very poor attendance has a serious impact and reduces life chances

There are **365**† in a calendar year

**175** are not spent at school\*

\*So there's plenty of time for shopping, holidays and appointments!

**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

The classes with the best attendance so far this term are **4SPS** 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**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

## WHAT ARE THE RISKS?

### SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

### CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

### REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

### ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

### MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

### PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

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