

Learning for life!

Meridian Newsletter

Term 5

Monday 13th April to Friday
22nd May

Term 6

Monday 1st June to
Wednesday 22nd July

www.meridianschool.co.uk



Meridian Community Primary
School and Nursery



@MeridianCPS

Friday

1st

May

2026

HEADTEACHER UPDATE

Dear Parents and Carers

I hope you are all well and enjoying the much needed sunshine at the moment! The children settled back into the summer term really quickly after Easter and have been loving getting outside on the field without having to put their wellies on!

New baby news!

Congratulations to Mrs. Yates-Malone on the birth of a lovely baby girl on 14th April – her name is Wren, and she and Mrs. Yates-Malone are both doing well.

Congratulations also to Miss. Stringer who is expecting a baby in October and Mrs. Martin who is expecting a baby in August. Lots of baby news at Meridian recently!!

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 – we really appreciate your support for this wonderful provision. If you have not yet donated, please think about helping the school – thank you!

PTFA

We had a really lovely PTFA meeting last week where we elected our officers and started to make plans for future events. We also discussed what we are using the funds that we have raised to support all the children across the school. If you would like to join our PTFA, please do contact one of the team!

Children's Parade

It's the Children's Parade this Saturday – we are number 2 in the parade. So if you are planning to come along and support us, look out for the number 2!

Take care and best wishes

C. Westcott

Miss. Claire Westcott
Headteacher

strength

respect



kindness

honesty

responsibility

TERM DATES 2025/2026

Term 5

Monday 13th April – Friday 22nd May

Term 6

Monday 1st June – Wednesday 22nd July
INSET DAY – Wednesday 22nd July

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

2026/2027

Term 1

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

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

KEY DATES

TERM 5

02.05 Children's Parade
11.05 – 14.05 Year 6 SATs week
15.05 – PTFA disco
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
10.07 **PTFA Summer Sizzler 3.15pm – 6pm**
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. 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

Service provided by Rarer Community Health NHS Foundation Trust

MERIDIAN NOTICEBOARD

Parking safely around school

Many of you will have noticed our new signs on Roderick Avenue North to remind everyone about parking safely during drop off and pick up times.

The local neighbours have really welcomed these signs to help keep everyone safe and respect the people who live around our school. Thank you to those drivers who are supporting us by parking in safe places around the school.



School lunches at Meridian

The current school meal contract at Meridian is finishing at the end of July 2026.

Mrs. Norman, our School Business Manager, has been working very hard with a group of other schools to choose a new company to provide our lunches from September.

We will let you know who the new company will be very soon.

Exciting times at Meridian!



Meridian Nursery

We still have some spaces available for our wonderful Nursery in September. A few places for 2 year olds (these are going fast!) and some places for 3 and 4 year olds.

If you would like to find out more, please do contact our Office team who will be able to help you with any questions you might have.



PTFA Disco!

Our next PTFA disco is on Friday 15th May.

We have changed the timings slightly to support the children during the disco.

Reception, Year 1 and Year 2 – 4.15pm to 5.15pm

Years 3, 4, 5 and 6 – 5.30pm – 6.30pm

More information at the end of this newsletter!

School Gates

Please can I remind everyone that the school gates **open at 8.35am** and **close at 8.55am**.

Please can children walking to school independently not arrive before 8.30am.

The gates **open again at 3.05pm** and **close at 3.25pm**.

Please make sure you arrive and leave the school premises during these times.

Thank you for helping us keep everyone safe.

Water Only!

Please remember that children should only have water in their water bottles in school.

If your child is struggling to drink water, you could try flavoured water or putting slices of fruit, such as orange, to give it a different taste.

Thank you for your support with this!

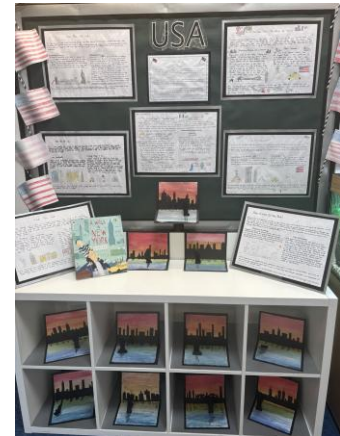
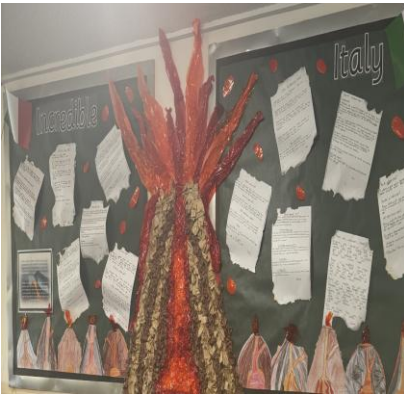


LEARNING AT MERIDIAN

Our Global Study!

The children have enjoyed learning about a place or a country as part of our Global study for the first two weeks of this term. They have been learning about the following: Nursery – Peacehaven; Reception – Kenya; Year 1 – North and South Poles; Year 2 – Australia; Year 3 – Italy; Year 4 – USA; Year 5 – Russia; Year 6 – India. The Ocean Rooms learnt about keeping Peacehaven clean and tidy by picking up litter.

LOOK AT OUR WONDERFUL DISPLAYS!



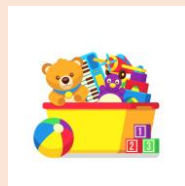
LEARNING AT MERIDIAN

Summer term learning at Meridian!

The teachers have planned lots of amazing learning for the summer terms to inspire and engage the children. Everyone will be starting with a Global study for two weeks. Then the rest of the term, they will be learning about different topics linked to our them of "Arts and Culture". For more information about this, please click on the links below!



[Nursery](#)
[Reception](#)
[Year 1](#)
[Year 2](#)
[Year 3](#)
[Year 4](#)
[Year 5](#)
[Year 6](#)



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, hovers,

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.



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
93.7% (our target is 96%) –

Best Attendance this term

Week 1: 4B – 98.3%

Week 2: 3R – 99.3%

Week 3: 2T – 99.3%

The class with the best attendance this

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

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?
 A two week holiday in term time means that the highest attendance a child can achieve is 94.7%



Well done | **I'm concerned** | **Seriously worried**

A good attendance gives you the best chance for success | A poor attendance gives you less chance of success | Very poor attendance has a serious impact and reduces life chances

There are **365** days in a calendar year. **175** days 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

Join us for our
SUMMER DISCO!

The perfect way to celebrate the end of SATs! 🌞

FRIDAY 15TH MAY 2026

- ★ **KS1** (Reception, Yr1 and YR2)
4:15 – 5:15pm
- ★ **KS2** (Yr3, YR4, YR5, YR6)
5.30 – 6:30pm

£3.50 a ticket, price includes bag of sweets and glow pendants.

To buy tickets:
Head to our Facebook or Instagram pages, or look out for the link in your WhatsApp year group chat!

Meridian PTFA ❤️

A VERY SUCCESSFUL PTFA AGM meeting!

POSITIONS APPOINTED:



-  Chair – Shelli Simkin
-  Treasurer – Louise Clarkson
-  Secretary – Jenny Brown

We look forward to sharing with you, a list of everything our fundraising money has been spent on this year!



DATES FOR FUTURE EVENTS:

- | | | | |
|--|---|---|--|
| 
15th May – Summer disco | 
22nd May – End of term doughnut sale | 
10th July – Summer sizzler fair | 
17th July – End of year doughnut / refreshment sale (after sports day!) |
|--|---|---|--|

 If you would like to contribute to any of our fundraising events in the future, please get in touch with a member of the PTFA team! 

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.



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