

# 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>

February  
2026

## HEADTEACHER UPDATE

Dear Parents and Carers

Welcome back! I hope you all had a good half-term break.

It was great to see so many of you at Parents' Evening last term. It is really important to come in and talk to the teachers so you can see how your child is doing in school and learn how to support them at home.

### **Meridian is great!!**

I have been showing lots of visitors around the school, including local leaders and teachers. Everyone has been amazed by how friendly the children are, how well they behave in class, and how much they enjoy playtime. People especially love our Forest School area and the chances the children get to learn outside. I feel very lucky to work in a school with such great children, supportive families and wonderful staff. Thank you for helping make Meridian such a fantastic place to be!

### **Vomiting and Diarrhoea**

If your child has a stomach bug that causes vomiting or diarrhoea, please keep them off school for 48 hours after their last episode. Thank you for helping us prevent the illness from spreading.

### **Worried about your child?**

If you are worried about something to do with your child at school, please talk to their teacher first. You can email the year-group email or the school office to ask for a meeting. Teachers are busy teaching during the day, so they will reply when they can, usually within 3–5 school days.

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

**23.02** Children back to school

**05.03** World Book Day

**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](#).

**NHS**  
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

## Safer Internet Day

The children learnt about keeping safe online on Safer Internet Day on 10<sup>th</sup> February.

Mr. Bridgford (our Computing Lead) spoke to all the children in school about the importance of keeping safe when accessing the internet and what to do if they are worried.

There is more information about how you can support your child at home with keeping safe online at the end of this letter.

## Emergency Contacts

Please can all parents make sure they have given at least two emergency contacts - names and numbers for us to keep on our system.

If your child is unwell or needs emergency treatment, it is vital that we have other contacts we can call if we cannot get hold of you or you are too far away to come immediately.

Thank you for your support with this matter.

## Hair in school

**We are noticing a few children that are coming into school with dyed hair or shaved images/patterns or in loose long styles.**

**Please can I remind you that our school uniform policy includes the following:**

**All long hair needs to be tied back. All hair should be of natural colour. Extreme haircuts, such as mohicans and shaved patterns/images, and dyed hair, are not considered appropriate for school.**

## Parking around the school

If you are driving to drop off or collect your children from school, please can you remember to park respectfully.

Concerns have been raised by local residents about parking on verges, corners, double yellow lines and school zig zags.

Thank you for supporting the school with this matter.

## Forest School donations

I am sure you will be aware that all schools are struggling financially at the moment – and Meridian is no exception.

After the Easter holidays, we will be asking you for some financial support for Forest School of £10 per child for the summer terms. Then again £10 per child for the autumn terms and spring terms going forward.

We will use this money to buy resources, such as wood for whittling, food for cooking, materials for making other nature-based activities. We will also use this to support the maintenance and upkeep of the Forest School Area.

We are so lucky to have these wonderful lessons all year round but we need some help to make sure we can continue with these. Another letter will be sent out separately with more details and information about this.

Thank you for your support and understanding.

## 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.**

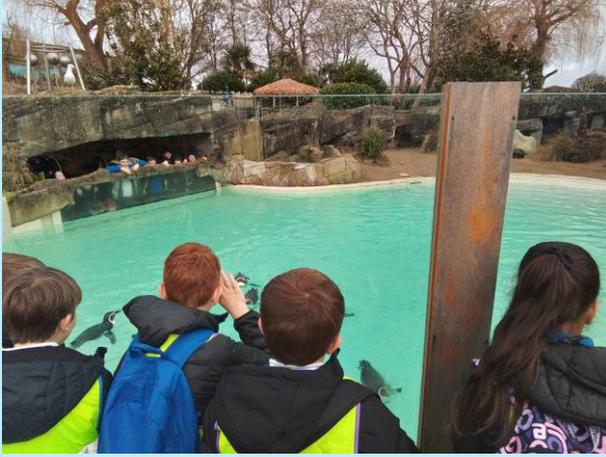
**You will get the chance to work with your child during a phonics session too!**

**More information to follow soon - watch out for more communication next week!**

# LEARNING AT MERIDIAN

## Year 5 and Year 6 at Drusillas!

The children in Year 5 and Year 6 enjoyed their visit to Drusillas to learn about climate change and how this is impacting on planet earth. The really loved visiting the penguins!



## Maths at Meridian!

Year 5 have been working hard in maths, learning about fractions. They really enjoyed challenging themselves with different fraction activities to see what they could remember!



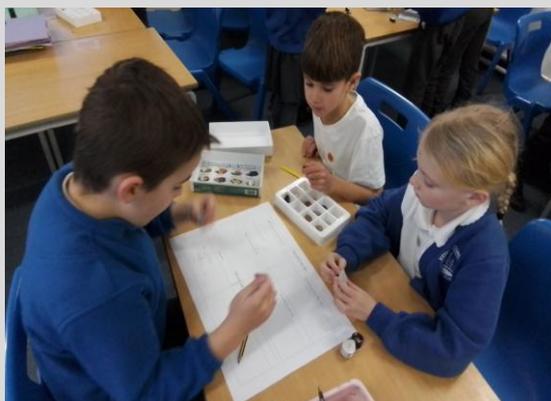
## Reception enjoy Forest School!

Just before half-term, the Reception children made chocolate cornflake cakes in Forest School. It was very yummy and very messy!!



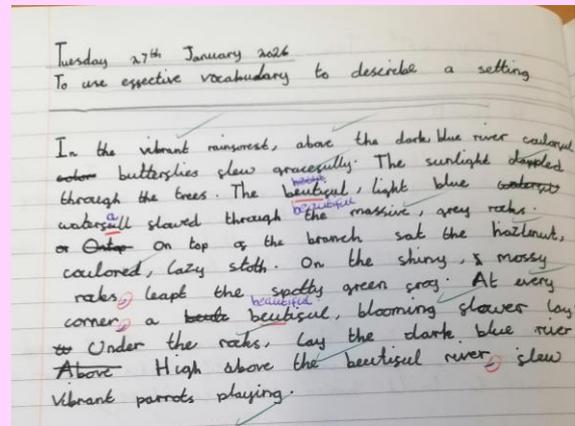
## Science in Year 3!

In Science, the Year 3 children have been learning all about rocks, fossils and soil. They have been very busy geologists! They learnt about different types of rock and how they are formed. They conducted many experiments to test the durability of rocks and how permeable they are. The children especially loved learning about how fossils are made and creating their own!



## Rainforest Experts!

The children in Year 4 are becoming Rainforest experts when learning about the Amazon Rainforest. Look at their lovely art work in the gallery outside their classrooms and a wonderful setting description.



## PE

It was gymnastics all the last term in our PE lessons. The children loved practising their balancing skills and creating gymnastic routines. We have got some great gymnasts at Meridian who show real talent!



## Music

Mrs Humphreys has been choosing musicians of the week from every class to celebrate their achievements and effort in her music lessons.

The children have really enjoyed receiving this recognition each week!

Every week their names are display on the music board in the hall.

Well done to all those children who have been a musician of the week!!





# 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% 😊**

**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%



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 and 2T 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).

# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website



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