

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
22nd
May
2026

HEADTEACHER UPDATE

Dear Parents and Carers

I hope you are all well. This term has raced by and I cannot quite believe that we are heading into our final term before the summer holidays. We have got lots planned for the children, including trips, visitors, musical performances and sports events. In addition to this, the children will be meeting their new teachers towards the end of term. As you will be aware, there are a lot of maternity leaves happening at the moment at Meridian, so Mrs. Mapp and I have been busy interviewing and recruiting new teachers to join us from September. You will find out more about our new members of staff in term 6.

Maternity Leave

Mrs. Beeching will starting her maternity leave after half-term – her last day of teaching will be today. We wish her all the best and look forward to hearing her baby news very soon!

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!

Year 6 children

I was so proud of all the Year 6 children last week during SATs week. Their focus and perseverance was wonderful to see. They all worked so hard in the lead up to and during these tests – well done to all of them! Only one more term before they leave primary school . . .

Congratulations!

Congratulations to Mr. Strange who is getting married in the half-term holiday. We all hope you have a wonderful day!

Take care and best wishes

C. Westcott

Miss. Claire Westcott
Headteacher

strength

respect



responsibility

kindness

honesty

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 Year 1 – Year 6 children
back to school

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

KEY DATES

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](#).

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.



we care

Please contact 0300 123 4062 or visit
www.eastsussexchildren.nhs.uk

Service provided by Kent Community Health NHS Foundation Trust

MERIDIAN NOTICEBOARD

Parent Questionnaire

We want to give the children at Meridian the best education we can. Your views matter to us and can help us make our school even better.

Please complete our Parent Questionnaire on our school website [Parent View | Meridian Community Primary School & Nursery](#)

Once you have completed it, click submit and we will be able to see your comments in school only. The questionnaire will close on Friday 5th June.

Thank you for your help!

P.E.

Just a quick reminder – **cycling shorts and leggings** are **not** part of our P.E. kit.

Please can you ensure your children have the right kit for all their P.E. lessons.

P.E. lessons will continue to be outside after half-term, so please make sure your child has a hat and sun protection on to keep them safe in the sun!

Thank you for your support with this

PTFA

We had such a great disco last week – including some great musical statues competitions! Thank you to all the volunteers (staff and parents) who gave up their time to support this fundraising event.

Don't forget there is a doughnut sale after school today – a great way to end the term with a sweet treat!

Summer Sizzler – don't forget it's the Summer Sizzler after school on Friday 10th July. If you are able to volunteer and support our PTFA, please do let them know. You are also welcome to come along to our next PTFA meeting – 3.15pm on Friday 19th June in the Music room.

If you have any fundraising ideas, please do let us know!

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.



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

Children's Parade!

We had a wonderful day on Saturday 2nd May at the Brighton Children's Parade! Our structure, outfits and props were amazing. Thank you to Miss. Timms for leading on this and Mr. Bridgford and Miss. Dor for supporting her – such a brilliant team who gave up their time after school and on a Saturday to ensure Meridian children can participate in this fantastic event. A big thank you to other staff and parents who either helped on the day or came along to support us – we really appreciate this.



LEARNING AT MERIDIAN

Outdoor Classroom Day!

The children enjoyed our Outdoor Classroom Day yesterday. They learnt about pollination and then spent time developing areas of the school or resources to attract butterflies, bees and other important pollinators. Thank you to Mr. Legate for planning and organising this day and to all the Meridian team for ensuring the children learnt so much about our school environment!



LEARNING AT MERIDIAN

Special Visitor!

The children in Year 1 enjoyed a special visitor recently. Pam, from Brighton Synagogue, visited and everyone learnt how to make Challah bread. They also learnt about Judaism and what synagogues look like. Thank you to Pam for visiting us at Meridian – the children loved meeting you!



Nursery

As part of our bears topic, Nursery children have been celebrating their class bear Barney's birthday! They have made cakes from playdough, used scissors to cut out decorations, practised name writing in birthday cards and had lots of conversations about birthdays in the home corner.



Reception

Reception children have also been learning about bears.

They have enjoyed learning about Paddington Bear, including writing lost posters, making marmalade sandwiches and finding out all about Peru – they even made panpipes!



LEARNING AT MERIDIAN

Another Special Visitor!

Last week the children in Year 1 and Year 2 welcomed another visitor to the school – my mum, Brenda Westcott! The children enjoyed looking at and hearing all about toys that have been in our family for many years, including toys that are over 80 years old . . . My mum was so impressed with how polite, friendly and interested the children were in their learning – she loved meeting them all!



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.



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%

Week 4: 3OS – 100%

Week 5: 3OS – 99.2%

Week 6: 3R – 98%

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 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

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.

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

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



#WakeUpWednesday

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