



# Learning for life!

## Meridian Newsletter

**Term 5**  
**Tuesday 19<sup>th</sup> April – Friday 27<sup>th</sup> May**  
**Term 6**  
**Monday 6<sup>th</sup> June – Thursday 21<sup>st</sup> July**

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



Meridian Community Primary School and Nursery



@MeridianCPS

**Friday 17<sup>th</sup> June 2022**

Dear Parents and Carers

What a great couple of weeks we have had since returning after the half-term break! The children have settled back into school really quickly and are enjoying the lovely weather at break times and during their Forest School lessons.

### Musical Performances

The stage is up and rehearsals are in full flow for our Musical performances to parents in a couple of weeks. Mr. Mole has been super busy getting all the performances together so that we can celebrate the wonderful learning that has been taking place in our music lessons throughout the year. Please wait by the school main entrance once you have dropped your children off and we will let you into the hall as soon as it is available. If you are bringing babies or toddlers to the performance, please note you will not be able to bring in buggies/prams into the hall. Looking forward to seeing you there!

### Summer Sizzler

It's our Summer Sizzler next week! The PTFA have been incredibly busy organising all the different stalls and activities. So do come along on **Friday 24<sup>th</sup> June from 3pm to 5.30pm on the school field!** More information on the poster at the back of this newsletter.

### Change

In my assembly this week I spoke with the children about managing change. They identified with me lots of new things and changes that were going to be happening over the next few weeks, including Year 6 going to secondary school and the rest of the school meeting their new teachers. I reminded that it is ok to feel nervous and worried about new things – these are normal human emotions. We spoke about how our bodies can react to feeling nervous and strategies to help us manage these feelings – talking to an adult, mindfulness breathing, having a drink of water and other strategies too. I reminded them that all the adults in school are here to help them and reminded them who they can speak to if they are worried.

Take care and best wishes

C. Westcott

Claire Westcott  
Headteacher

strength

respect



kindness

honesty

responsibility

## TERM DATES 2021/2022

### Term 6

Monday 6<sup>th</sup> June – Thursday 21<sup>st</sup> July

**\*\*PLEASE NOTE THE CHANGE OF DATE  
FOR THE END OF TERM 6\*\***

**THIS IS DUE TO SCHOOLS HAVING AN  
EXTRA BANK HOLIDAY FOR THE  
QUEEN'S PLATINUM JUBILEE**

**PLEASE NOTE ALL INSET DAYS HAVE  
NOW BEEN ALLOCATED**

### Term 1

Thursday 1<sup>st</sup> September – Friday 21<sup>st</sup>  
October

**School closed on Thursday 1<sup>st</sup> and  
Friday 2<sup>nd</sup> September for Staff Training**

## IMPORTANT DATES

**24.06** PTFA Summer Sizzler 3pm – 5.30pm  
**27.06** Year 6 to PGL  
**27.06** 9am Reception Musical Performance to parents  
**28.06** 9am Year 1 Musical Performance to parents  
**29.06** 9am Year 2 Musical Performance to parents  
**04.07** 9am Year 3 Musical Performance to parents  
**05.07** 9am Year 4 Musical Performance to parents  
**06.07** 9am Year 5 Musical Performance to parents  
**19.07** 9am Year 6 Musical Performance to parents  
**21.07** End of term 6

**01.09** School Closed for INSET day  
**02.09** School Closed for INSET day  
**05.09** Children back to school

## Pick Up Arrangements

Please can I remind parents that you need to wait in the designated areas to collect your children at the end of the day:

Reception: Outside the Reception outdoor area

Year 1: Behind the picket fence on the smaller playground – please do not wait outside the Year 1 doors or on the steps

Year 2: Behind the picket fence on the smaller playground – please do not wait at the bottom of the ramp leading up to Year 2.

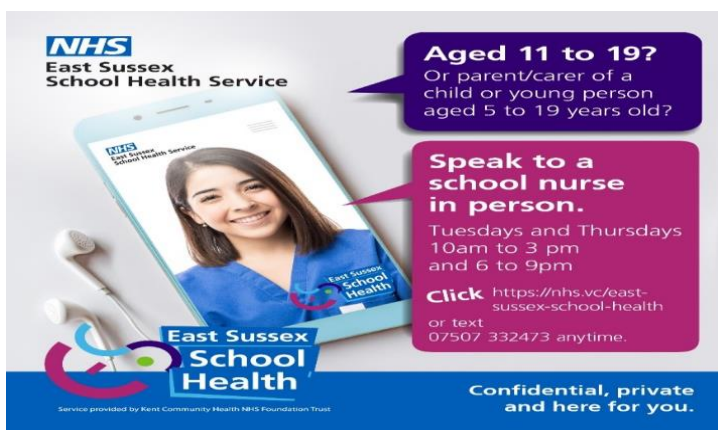
Year 3: Behind the picket fence on the larger playground – please do not wait outside the Year 3 doors or on the steps

Year 4: Behind the picket fence on the larger playground – please do not wait outside the Year 4 doors

Year 5: At the top of the steps near the Nursery and main entrance

Year 6: Behind the picket fence on the smaller playground.

**Thank you for helping us keep your children safe.**



**NHS East Sussex School Health Service**

**Aged 11 to 19?**  
Or parent/carer of a child or young person aged 5 to 19 years old?

**Speak to a school nurse in person.**  
Tuesdays and Thursdays  
10am to 3 pm  
and 6 to 9pm

**Click** <https://nhs.uk/east-sussex-school-health>  
or text 07507 332473 anytime.

**East Sussex School Health**

Service provided by Kent Community Health NHS Foundation Trust

**Confidential, private and here for you.**

## Forest School Clothes

**Please can children wear Forest School Clothes that are suitable for school.**

Children need to wear long trousers/long shorts, long sleeved or short sleeved tops (weather dependent), waterproof coats if it is raining and wellies or suitable footwear.

**Children should not be wearing very short shorts, vest tops, crop tops or sandals/school shoes.**

Thank you for your support with this.





## Loose Parts

### We really need more loose parts for our OPAL playtimes!

If you are having a clear out please do see if there is anything we could have for the children to enjoy. **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:

Cardboard boxes

Fabrics - all shapes and sizes

Metal pots, pans, trays etc. Especially catering sizes

Old clothes, jackets, overalls, hats, bags

Old household appliances, hoovers, fax machines, microwaves etc

Phones

Wheels

Sofa and chair cushions

Suitcases - all sizes

Tubes of all kinds

Carpet samples

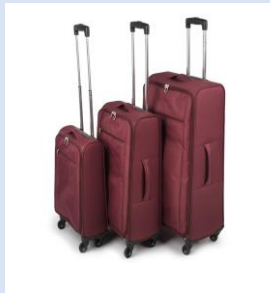
Carpet squares

Guttering

Hoses

Brief cases

Buggies, push chairs



**Thank you for your support with our wonderful playtimes!**

We have new donation boxes around school for you to drop off things for our OPAL playtimes. If you are having a clear out, please do think about donating things for the children. Thank you!



## Sports Day

We had a wonderful Sports Day last week! The children were amazing and took part in all their events with such enthusiasm and positivity.

Thank you to Mr. Strange for organising such a fantastic experience for all the children and for the staff team for supporting and even joining in on some of the races!

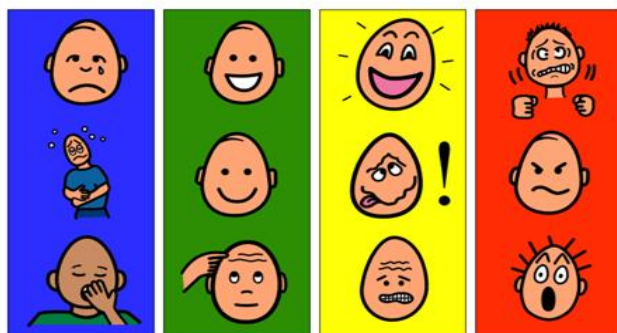
Here are the final results:

	Blue	Red	Green	Yellow
Reception & Year 1 & 2	156	154	146	150
Key Stage 2	85	102	109	115
Overall	241	256	255	265
	4 <sup>th</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	1 <sup>st</sup>

In assembly this morning we presented Yellow team with the shield for coming 1st in our Sports Day. All the children should be commended for their effort, enthusiasm and excellent behaviour throughout the day.

We will be looking to run future intra school sports competitions in the Autumn term so keep your eyes peeled for more sporting excellence at Meridian.

## The Zones of Regulation



### BLUE ZONE

Sad  
Sick  
Tired  
Bored  
Moving Slowly

### GREEN ZONE

Happy  
Calm  
Feeling Okay  
Focused  
Ready to Learn

### YELLOW ZONE

Frustrated  
Worried  
Silly/Wiggly  
Excited  
Loss of Some Control

### RED ZONE

Mad/Angry  
Terrified  
Yelling/Hitting  
Elated  
Out of Control

In School we talk a lot about the zones of regulation and how we can get ourselves back into the "Green Zone" if we need to feel calm and focused again.

Sometimes it is good to have some strategies to practise at home as well as at school to help children when their emotions are getting the better of them. It's always ok to feel sad, angry, worried etc, as these are normal human emotions. It is important to name these emotions and then have strategies to help. You might like to try some of these ideas to help you at home too!



## Use tools to get in the green zone








## Attendance

Excellent attendance at school is so important so that children do not miss the vital teaching and learning that takes place every day in class and do not fall behind.

*Each week we celebrate the class with the best attendance*

WHAT IS GOOD ATTENDANCE?					
190 days	180 days	178 days	163 days	161 days	143 days
100%	95%	94%	86%	85%	75%
Good		Worrying		Serious Concern	
					
Only 1-2 day missed per term		Between 3-8 days missed per term		More than 9 days missed per term	

***Don't forget – if your child is off school you need to send in a signed note on the day they return so that we can consider changing the registration code to an authorised absence. Please note a reason of "ill" or "unwell" is not acceptable.***

For more information about our attendance policy and procedures, please visit our website <http://www.meridianschool.co.uk/about-us/policies>

## Best Attendance this term:

**The class with the best attendance so far this term is: 2P – well done!**

Attendance so far in term 6		
RC – 85.6%	3S – 93.0%	6RS – 91.2%
RT – 85.4%	4W – 90.4%	6H – 87.9%
1HS – 92.4%	4Y – 93.5%	
1E – 92.5%	5B – 96.3%	
2M – 92.7%	5P – 84.3%	
2P – 97.9%	5M – 90.6%	
3B – 91.1%		

Whole school attendance since we returned to school on the 3<sup>rd</sup> September is currently 93.3% - which is below our target of 96%

**Please ensure your child attends every day over the remaining weeks as there is still lots of learning going on and transition support to help children get ready for September**

**Thank you to everyone for your support with attendance**

**ATTENDANCE MATTERS**  
every school day counts.



★Friends of Meridian School & Nursery★

# ★Summer Sizzler★

Fri 24<sup>th</sup> June 3-5:30pm  
School Field



BBQ, Game stalls, Raffles, Tombolas, Ice Cream,  
Bubble Tea, Cakes & much more

Kindly Sponsored by - **cubitt&west**

Anyone wanting a stall or to be part of the PTA team please email us –  
[MeridianPTFA@gmail.com](mailto:MeridianPTFA@gmail.com) or visit our facebook page  
<https://www.facebook.com/meridianschoolPTFA>

**Parentkind**  
Member Association