



# The Parkland Federation

Aim High, Work Hard, Dream Big

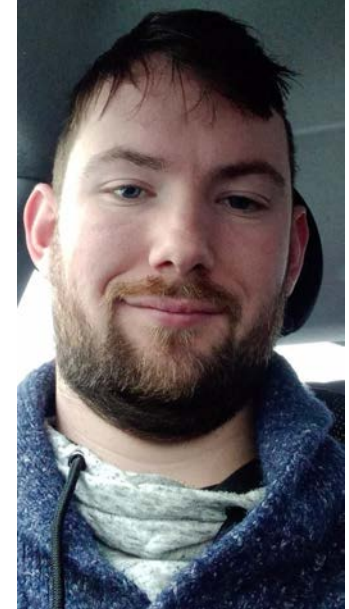
If you see someone without a smile, give them one of yours

15th December 2022

Dear Parents and Carers,

A very warm welcome to our final newsletter of 2022. It has certainly been a busy term for both schools. I would like to say a huge thank you to all parents who came to share our Nativities in EYFS, Year 1 and Year 2 and the fabulous Panto put on by Year 5 at Kings Church. They were all an absolute delight and we hope you enjoyed watching them. A big thank you must go to the staff for their hard work in putting these together, and of course to the children who all shone during the performances. We wish you all a very Happy Christmas and a Happy New Year.

We are pleased to let you know that we have appointed two new Parent Governors, Mr Jolly Pett, parent of a child in EYFS and Mrs Kate Jackson, a parent of a child in Year 1. Both are passionate about supporting the school and improving the outcomes of the children at Parkland. We are looking forward to working together in 2023!



**MERRY  
CHRISTMAS**





## EYFS

Reception have had a very busy but exciting two weeks! We performed 'A Wiggly Nativity' to parents - which was outstanding! The children should be incredibly proud because we certainly are. We've had a visit from Mr and Mrs Clause and their wonderful elves, had fun making Christmas crafts and we have also been out on a local walk where we discussed key features of our local area. We were also on the lookout for any people who help us in our local community as we have been learning about lots of different job roles this term. To celebrate a wonderful term, the children came dressed in as their aspirations for later life. The children looked amazing and definitely aimed high! Congratulations to our Stars of the Week, Amelie (Kerr) & all of Kerr and Hunter and Tobias (Inkpen) and also to our Dojo winners Henry & Grace, S (Kerr) and Ned and Alice (Inkpen).

## Year 1

Year 1 have had an exciting few weeks rehearsing their nativity, making their own baubles and they even had a surprise visit from Santa and the elves! In Science, the children have been measuring temperatures with thermometers and noticed the temperature drop significantly this last week. They created some incredible houses in their DT lesson and drew their own maps using symbols in geography. The children have been following the story of Traction Man in their English lessons and have produced some lovely descriptive writing. We are very proud of how hard the children have worked this term and hope they have a wonderful Christmas!

Congratulations to our Stars of the Week: Willow & Idris (Donaldson), Daniel & Louie K (Blake) and also to our Dojo winners Ini & Scarlett (Donaldson), Forrest & Henry (Blake)



## Year 2

Happy Christmas to all of our Year 2 families! We have been getting into the festive spirit in Year 2 with a surprise visit from Santa's singing elves. The children loved singing along to some popular Christmas songs. This helped us to fine-tune our singing voices in preparation for our nativity. On Thursday, we performed 'The Midwife Crisis' to a full audience in the hall and the children brought a tear to the eyes of many in the audience. They were truly amazing!

In class, we have been finishing off our DT project and have been sewing our puppets together. Apart from one or two pricked fingers, this has been a huge success. We can't wait to share our creations with you.

Congratulations to our Stars of the Week, Kyan & Maisie (Beaty) and Rogan & Amelia (Santat) and also to our Dojo winners Alastair & Logan (Beaty) and Yasmin R & Aurora (Santat).



## Year 3

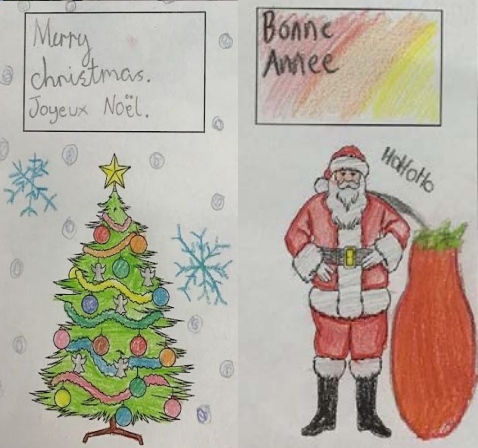
The children had the opportunity to represent our school at St Mary's church decorating a tree for their Christmas Tree Festival. The children also enjoyed some winter fun building snowmen! For our Design Technology project we have been looking at levers and linkages to make moving pictures. We have been exploring how these mechanisms work and then designing our own moving rainforest pictures. To finish off our rainforest topic the children have been learning the skills of persuasion. The children have a wealth of knowledge about the rainforests and feel passionately about protecting our rainforests. They have written their own persuasive letters to discourage deforestation!

Congratulations to our Stars of the Week Hannah & Ivan (Woodson) Harlie & Daniel (Harrison) and also to our Dojo winners Maddox & Pallavi (Woodson) Caitlin & Luca (Harrison)





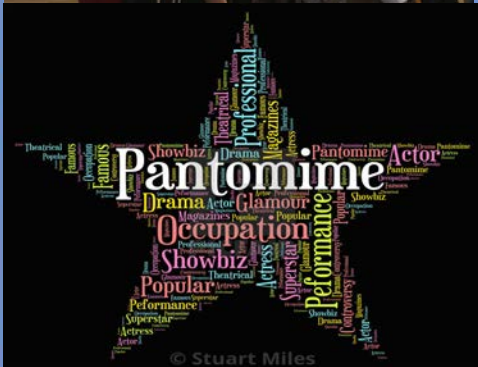
## Year 4



Year 4 have been putting their hockey skills to the test, learning a range of new and exciting ways of playing the game. Year 4 have been finding out the various ways of dribbling with the ball, how to successfully complete a push pass as well as how to pass to get into scoring positions. Year 4 have also been finding out about the sounds that can be heard in a school day, identifying the volume and pitch of each sound heard. The children have also been learning about Christmas in France and all of the Christmas traditions French people have. The Year 4 team would like to wish everyone 'Joyeux Noel' and 'Bonne Année'. Thank you for all of your support and have a wonderful Christmas!

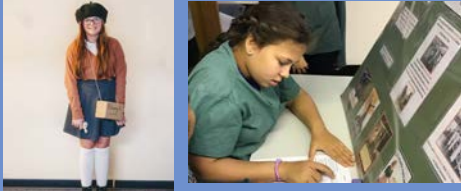
Congratulations to our Stars of the Week: Jayden, Savannah & Louis (Blackman) Mason, Bailee & Archie (Walliams) and also to our Dojo winners: Bella, Zara & Keira (Blackman) Benjamin, Aleksandr & Faith (Walliams)

## Year 5



We are so incredibly proud of our Year 5 children! What a fabulous term they have had! The children performed our Christmas show - 'Panto Pandemonium' and they amazed us with not only their acting skills, but also with their singing skills and confidence! It was a pleasure to watch and we are so proud of the dedication they have shown during our rehearsals! As it is officially Christmas, we did lots of festive activities and felt very lucky to be able to watch an actual panto - thank you to the FOPS team who set this up! Year 5 also finished their Moon Buggies which look absolutely amazing! They used tools such as saws, glue and wood to create them and we are so pleased with the outcome! Well done for a fabulous term, Year 5! We are so proud to be your teachers! We hope you have a wonderful Christmas and a fabulous New Year! Congratulations to our Stars of the Week Alexander and Matthew (5 Wilson) and Alyssa and Bobby N (5 Zephaniah) and also to our Dojo winners Bella Pay and Lauren (5 Wilson) and Amelia and Aurelia (5 Zephaniah).

## Year 6



As we near the end of the term and move towards the Christmas holidays, we just want to say well done to all the children for their hard work. Portals to the Past proved to be a huge success and the children particularly enjoyed the stretcher races - luckily no balls were hurt in the process! Check out the recent blog post [here](#) In PE, the children worked hard to create a short dance routine - some of them were able to give Diversity a run for their money! The children are now familiar with Ordnance Survey maps and the many symbols used on maps to represent features and facilities as we have been focussing on them during our Geography lessons. From everyone in Year 6 we wish you all a very Merry Christmas and a Happy New Year.

Congratulations to our Stars of the Week Jack (Rosen) Bridie (Mian) and also to our Dojo winners Nathyn (Mian) and Lucy (Rosen)

## This week's Attendance:

Excellent attendance at school allows a child to have the best possible start in life. All pupils should aim for at least **97%** attendance in order to ensure they do not miss out on their education.

Inkpen Class (YR) 92%	Kerr Class (YR) 93%	Blake Class (Y1) 94%
Donaldson Class (Y1) 94%	Santat Class (Y2) 95%	Beaty Class (Y2) 94%
Harrison Class (Y3) 95%	Woodson Class (Y3) 93%	Walliams Class (Y4) 94%
Blackman Class (Y4) 94%	Zephaniah Class (Y5) 94%	Wilson Class (Y5) 94%
Mian Class (Y6) 93%	Rosen Class (Y6) 94%	The Highest Attendance Award goes to Santat and Harrison class. Well done!





## Eco Committee

Our **Eco tips** this fortnight are some really important Christmas dos and don'ts when it comes to **recycling**...

Do – recycle if the cards and envelopes are made of paper.

Don't – recycle if they are covered in glitter or foil. Instead, dispose of in the general waste bin.

Do – remove all tags, bows, ribbons and sellotape from your wrapping paper and try the 'scrunch test'. If it stays in a ball once scrunched it can go in recycling.

Don't – put it in recycling if it doesn't stay scrunched, pop it in the general bin.



## School Council

Our Junior **Citizens of the Fortnight** this week is the whole of Year 3 for their amazing decorations and the time that they spent decorating the Christmas Tree at the local Church. What a fabulous contribution to our local community! Well done!

Our Infant **Citizen of the Fortnight** this week is Hunter in Inkpen class for being a ray of sunshine and always being kind to others. You are amazing, Hunter!



## Term 2 Science Award

A massive congratulations to Roman in Kerr class in the Infant School and Victoria from Harrison class in the Junior School.

Miss Guthrie is very impressed by Roman's understanding and care for the chickens in EYFS. Mrs Blakiston said that Victoria has a great knowledge of the bones and the human body. She also told Mrs Carver how she wants to become a doctor! Fabulous!



## Sports Awards

Congratulations to our fabulous sports people of the term, Olivia at the infant school and Cody at the junior school!

Olivia has been impressing everyone in the infant school with her fantastic sporting abilities and shows nothing but resilience during the Daily Mile track runs. Meanwhile, Cody's sportsmanship and tenacity has really shone through during PE sessions at the junior school.

Congratulations to both of these exceptional athletes!





## SNOW DAY 2022

We had our first Snow Day for a while on Monday 12th December. Eastbourne woke up to a thick blanket of snow making travel for many of our school community impossible. Two members of the Parkland Team had a lovely morning on the field as they curiously explored their very first snowfall. A big thank you to the wonderful Animal Care Team at Parkland who care for the animals whatever the weather. Thank you also to Jade in the kitchen for capturing the moment.

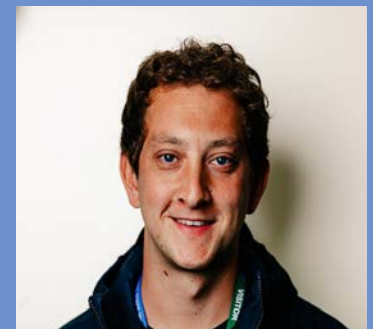


## Have You Met Our newest Albion Coaches?

We are incredibly lucky to work with Albion in the Community who deliver our PE sessions each week as well as running our After School Football Training. Here is a little bit about our new coaches:

**William Brickell:** Favourite team: Chelsea Favourite player: Michael Essien Favourite food: Corn Beef Hash Why do you do this job? It is a true joy being a part of child development in PE and one of my biggest passions is to ensure every child is involved regardless of their abilities or needs.

**Adrian Berry:** Favourite food: Bangers and mash Favourite team: Tottenham Hotspur Favourite player: Claude Makelele Why do you do this job? I am passionate about sport and maximising engagement in participation for young people.



Coach Will



Coach Adrian



## Congratulations Tyler

Tyler has been racing in the British Mini Moto Championship and has been awarded a trophy for coming 1st place in the Mini Motos 2022! What a star!



IMPRESSIVE!

THANK YOU FOPs - You are Superstars!

We want to say a HUGE thank you to the wonderful FOPs Team, led by Jane and Mel, who work tirelessly to raise funds for the children at Parkland. This is always through such fun and memorable occasions and means so much to the staff. The children loved the recent Elf Day! We hope you all enjoy a wonderful break with your families.

Thank You



# CHRISTMAS 2022





# CHRISTMAS 2022





# Year 5 Panto 2022





# Mental Health and Wellbeing Support



Swale  
ACADEMIES  
TRUST

CLICK  
HERE



on Safeguarding For Parents Curriculum Health & Wellbeing Remote Education

## Top Tips for Looking After your Mental Health at Christmas

**Talk about your feelings** - It's hard to admit that at such an exciting time of year you don't actually feel that great. But talking about your feelings can improve your mood and make it easier to deal with the tough times. It's part of taking charge or '**self managing**' your mental wellbeing and doing what you can to stay healthy. It's important to create space for these conversations and also worth identifying who you can speak to.

**Take a break** - The holiday season is a perfect time to take some time out of your day-to-day life and gain some perspective to reflect on the year. Whether spending time away from home or a stay-cation, re-energise by giving yourself a change of scene or pace. It's good for you! Practicing **mindfulness** can be a great way to unwind

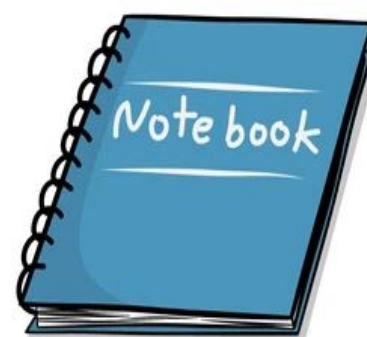
**Keep active** - It's no surprise that cold weather and short days are not the greatest motivation to get you out of bed and on a 5k run! But research shows that doing **exercise** releases chemicals in your body that can make you feel good. Regular exercise can boost your self-esteem and help you to concentrate, **sleep** and feel better. Exercise also keeps the brain and your other vital organs healthy. So use that Christmas spirit for physical health as well as mental health - you might even enjoy the crisp air! Further information can be found [here](#)



# Important Dates and INFORMATION

## Diary Dates

INSET DAY - School closed to pupils	3rd January
Hugg Links (Free School Meals) - please redeem	Please make sure you redeem your link for a gift card before <b>3rd January 2023</b> , when it will expire.
First Day of Term 3	4th January
Going up to Junior School?	Apply online by <b>15th January 2023</b>
Starting School for the first time (Born between 1 September 2018-31 August 2019)	Apply online by <b>15th January 2023</b>



thank you!



# What Parents & Carers Need to Know about

# HIPAL

AGE RESTRICTION

12+

(with reduced functionality for under-12s)

## WHAT ARE THE RISKS?

HIPal is a trending social media app which turns phones into walkie-talkies, allowing people to have voice conversations with friends or strangers. There are two account options: one for users aged under 12 and one for those aged 12 or above. The former has fewer features and limits interaction with strangers, enabling use of the walkie-talkie feature or photo sharing with friends and family only. The 12+ accounts offer more options, including adding strangers as friends, sharing photos and videos publicly, sending private messages and holding voice chats with strangers as well as friends.

## CONNECTING WITH STRANGERS

HIPal's under-12 accounts don't allow direct connections with strangers (although children seeking more friends can share their 'Friend Code' on other platforms), but for older users, chatting with strangers seems to be the app's main appeal. The 'Public Square' shows nine online users (hitting 'refresh' replaces these with another nine), and clicking on someone's profile starts a conversation.

## SEXTING AND SUGGESTIVE PICS

Almost immediately after our expert downloaded the app, strangers began to message privately – asking for provocative images or sharing explicit photos of themselves. Likewise, in the 'Explore' feed, many of the pictures and videos are innocent – but some are far more salacious. There is always the risk of other users secretly saving a revealing photo and re-sharing it elsewhere.

## NEED FOR VALIDATION

Some users – particularly girls – post photos on apps of this type hoping for positive reactions and comments to boost their self-esteem. Suggestive images tend to attract more flattering feedback, encouraging the user to post more frequently and with more explicit content. Conversely, receiving unkind comments about their picture can impact a young user's confidence and sense of self-worth.

## NO AGE GATES OR MODERATION

Although users are given an initial choice of the under- or over-12 profile, there is no verification method to confirm someone's age; it is quite clear that the 'older' option offers a more complete experience on the app, but there seems to be no content moderation in place. Likewise, there is a reporting button for users to make a complaint but these reports do not appear to be followed up.

## INTRUSIVE FEATURES

HIPal's walkie-talkie gimmick is no different from a normal phone call and seems rarely used; although it allows conversations to still be heard while a phone is locked, which could have awkward results. HIPal also offers 'Boom' messages: unmissable large-text notifications which are highly distracting and briefly take over the phone – users can't access other apps until the message fades.

## LARGE GROUP CHATS

The app offers group chats with up to 100 people – both friends and unknown users. This not only means excessive 'Boom' messages taking over your child's device, but near-constant notification alerts and – most worryingly – the potential for walkie-talkie chatting and sharing photos with strangers outside parental supervision and apparently with no moderation from the platform itself.

## Advice for Parents & Carers

### EMPHASISE CAUTION

Remind your child of the dangers of connecting with strangers online. Some may be using the app innocently; others may have more sinister intentions. Encourage your child to consider what information they disclose in private messages and emphasise that they should inform a trusted adult if someone on the internet ever attempts to persuade them to meet in person.

### TALK ABOUT SEXTING

It can be an awkward conversation (which young people are often reluctant to have), but it's vital to talk openly and non-judgementally about sexting. Discuss the legal implications of sharing explicit images, as well as the emotional impact. Make it clear your child should never feel pressured into sexting – and that they should tell a trusted adult if they receive any unwanted explicit images.

### BUILD RESILIENCE

With HIPal's lack of moderation, it's imperative that children are prepared for comments they might receive after uploading an image. You can build their resilience and equip them to manage these situations by having them show you any comments they've received. Together, discuss how the nice ones made them feel – and what they could do if someone posted a comment that upset them.

### AVOID OVER-SHARING

Young people should think carefully about what they share in their profile, bio and posts. Talk to your child about not disclosing personal details such as phone numbers, other social media accounts or images which could reveal where they live or go to school. It's essential for children to recognise that strangers can assemble a detailed profile of someone based on things they can find online.

### CONSIDER MENTAL WELLBEING

Many users on HIPal publicly share photos that are intended to be alluring in the hope of gaining more likes, friends and positive feedback – boosting their self-esteem and making them feel more self-assured. When young people regularly engage with social media platforms, it's important that parents and carers keep in mind the potential impact such platforms can have on mental wellbeing.

## 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.



<https://hipal.app/about/privacy.html>

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#WakeUpWednesday



# What Parents & Carers Need to Know about SETTING UP APPS, GAMES AND SOFTWARE

Millions of new phones, tablets, laptops and games consoles will be nestling under Christmas trees this year. However, even if parents and carers have gone to the trouble of setting up these new devices and enabling the safety features, there are still potential hazards in the apps, games and software that children will want to install and use. Knowing what to look for and discussing those risks with your child may help avoid any nasty surprises this Christmas. Here are our top tips for ensuring that unwrapping this year's presents doesn't unleash any unexpected dangers.

## TAKE NOTE OF AGE RATINGS

Back when most games were bought in shops, checking the age rating was easy: it was on the front of the box. Now that most games are downloaded, it's tougher – but not impossible. All reputable download stores show a game's age rating at the point of purchase, and you can check the suitability of a specific title your child wants to play at [videostandards.org.uk/RatingBoard/games](http://videostandards.org.uk/RatingBoard/games).

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## 'FREE' ISN'T ALWAYS FREE

The games market has changed radically in recent years. Many titles are free to download, but then tempt players to pay for cosmetic items (as in Fortnite) or to unlock additional content. There can be huge peer pressure for children to pay for these items. Agree a budget for in-game purchases before the game is downloaded, and make sure children can't authorise in-game purchases by themselves.

## DISABLE IN-APP PURCHASING

It's not wise to leave children with devices that can make in-app purchases without your permission. Ideally, set up computers, consoles and phones so child accounts need an adult's authorisation to buy anything. On shared devices (like iPads, which don't allow user accounts), check the settings to ensure that in-app purchasing requires the account holder's password, fingerprint or face ID.

## APPS ARE AGE RATED, TOO

Like games, apps in the major stores have age ratings, too – so you can see in advance whether an app's appropriate for your child. Additionally, phones' parental control settings allow you to set age limits, preventing young ones from downloading unsuitable apps themselves. These ratings aren't infallible, however: we've seen TV apps featuring adult shows with an age rating of 3, for example.

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## CONSIDER STORAGE

Most apps and games will tell you in the online store how much space they need on a device. Check this carefully – especially with games, which can run into hundreds of megabytes and beyond. If you don't have enough free storage on a device to run the game or app, you won't get a refund from the store. You can normally check a device's available storage space through the settings menu.

## WATCH OUT FOR IMITATORS

Even in the official stores, untrustworthy rogue apps can slip through the net. Common tricks are apps or games that have a slightly different name to the genuine article (Fortnight rather than Fortnite, for instance) or use logos which deliberately look very similar to the official app. To avoid downloading these imitations, read the app's description and check who the publisher is listed as.

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## LEGAL APPS THAT BREAK THE LAW

There are many apps that are perfectly legal but enable illegal activity – streaming apps which let people watch football matches, say, without paying for Sky or BT Sport. Prosecution for using such apps is rare, but they can lead to risky behaviour like viewing rogue streams on sites teeming with malicious links. Watch for children installing unusual apps with 'TV', 'stream' or 'sport' in the name.

## IN-APP REGISTRATION

It's common for apps and games to ask users to register: entering personal details like email address, date of birth and other information you might not want your child to divulge. Ask them to get your permission before giving any personal info to an app – and consider using your details rather than the child's, so they're not targeted by marketing spam or put at risk of having their data stolen.

## STAY UPDATED

Most games and apps are subject to regular updates, which not only offer new content and features but also provide critical security improvements. Children tend to ignore such updates – usually because they don't understand why they're important, or they simply want to get straight on with gaming. Check your child's devices periodically to make sure these updates are being installed.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and has writes regularly about internet safety issues.



**NOS**  
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#WakeUpWednesday



WILLINGDON CHURCH PLAYERS  
PRESENTS

**JACK 'S MUM**  
**AND THE**  
**BEANSTALK**

*St Mary's Church Hall,  
Decoy Drive, Hampden Park,  
Eastbourne*

*January 25th, 26th, 27th- 7.30pm  
January 28th 2.30pm & 7.30pm*

**TICKETS:**



**ADULT £9**

**CHILD (11 & UNDER) £5**

INCLUDES ONE TEA/COFFEE PER TICKET

**07580970274**

**DIRECTED BY ANNABEL SIMES  
PRODUCED BY BABS OWEN  
ASSISTANT PRODUCER- FR  
DANNY PEGG**



# Informal Mental Health Support

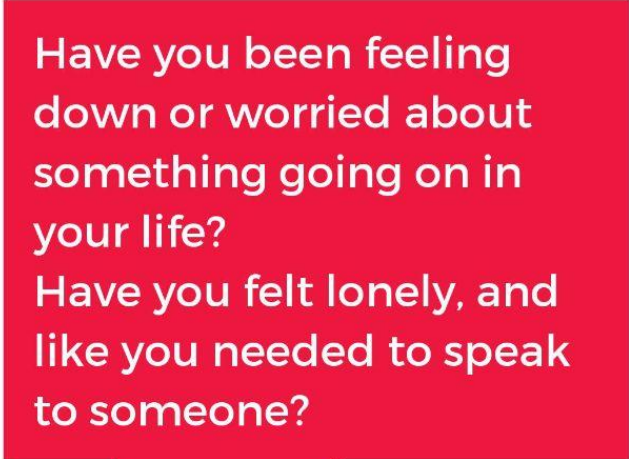
We have received funding to provide FREE informal mental health support to ethnic minority individuals in East Sussex through our trained bilingual advocates.

## what we can help with:

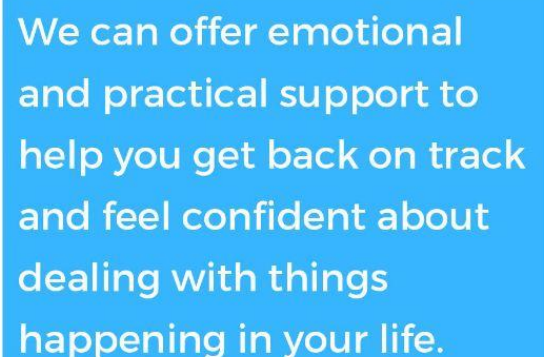
- Cultural & linguistically appropriate support
- Proactive support
  - Identifying needs
  - Support to ensure that individuals do not develop or suffer lapses of mental health.
- Practical and emotional support
- Reduce loneliness and isolation
- Reactive support
- Follow up support - one off support or signposting

## CONTACT

EMAIL: [ADMIN@VANDU.CO.UK](mailto:ADMIN@VANDU.CO.UK)

A red speech bubble with a white outline, containing white text. The text asks if the reader has been feeling down or worried about something going on in their life, and if they have felt lonely and like they needed to speak to someone.

Have you been feeling down or worried about something going on in your life?  
Have you felt lonely, and like you needed to speak to someone?

A blue speech bubble with a white outline, containing white text. The text states that they can offer emotional and practical support to help the reader get back on track and feel confident about dealing with things happening in their life.

We can offer emotional and practical support to help you get back on track and feel confident about dealing with things happening in your life.





# Mindfulness

6 weeks virtual  
well-being course  
Adult Only

Monday  
evenings  
From 9/01/23  
until 13/02/23  
7pm-9pm

Learn different Mindfulness practices to help manage anxiety and enhance your general wellbeing.

- Welcoming and friendly environment
- Led by an experienced mindfulness trainer
- Online course no need to get a sitter

To find out more or to book a place either:  
Email - [families@sussexcommunity.org.uk](mailto:families@sussexcommunity.org.uk)  
Text or ring 07796 869 402  
or 01273 517 250



Education & Skills  
Funding Agency





**FREE**



# FAMILY FOOD



Willingdon Trees Community Centre  
Eastbourne

Mondays  
for 4 weeks

9th - 30th  
January  
3.30pm to  
6.30pm

SCDA Family food is a free 4 week course which aims to provide families with children (aged 11 & under) a space to learn new recipes, prepare & share a hot, healthy meal together. Family games and activities included!

Places are free but you must book a space. For more information please contact us in any of the following ways:  
Email: [families@sussexcommunity.org.uk](mailto:families@sussexcommunity.org.uk)  
Text or ring 07796 869 402 or 01273 517 250

Places limited book today!

