

Shinewater Primary School

"Together We Shine!"

Olympic Athlete Visits Shinewater

"Shinewater would love to say a massive thank you to National Champion runner Frederick Afrifa for coming into school last Wednesday! Fred led years 1-6 through a fantastic morning of fitness and fun; running a big fitness circuit in the main hall. Afterwards, Fred did assemblies for KS1 and KS2 talking about his running and his attempt at Ninja Warrior! The pupils were left inspired by Fred's dedication to his sport and how he never gave up in his pursuit of winning! His lasting message is one that not only stuck with the children but with staff as well... KEEP MOVING FORWARD!



Design and Shine Days

Shinewater pupils have been carrying out Design and Shine activities this week. This incorporates DT, oracy, problem solving and teamwork. All of our school values have been threaded throughout these lessons. A huge amount of learning has taken place, not least if at first you don't succeed... The results have been amazing and we most certainly have some engineers of the future at our school. GO TEAM SHINE!

Homework

The homework completed by the children this term has been simply phenomenal. Thank you for supporting your child. Reading at home is also on the increase. This is very much appreciated.

Respectful
Raccoon



Positive
Panda



Kind
Kangaroo



Aspiring
Alligator



Teamwork
Tiger



Resilient
Rhino



Attendance Matters

Government target 97%.

Shinewater Term 1

Class	Percentage Attendance
Squirrels	95%
Hedgehogs	92%
1SS	97%
1HM	92%
2CH	95%
2JM	95%
3LC	95%
3KD	95%
4SD	95%
4MB	95%
5BM	96%
5HE	92%
6KJ	94%
6LS	96%

Below 90%
Serious Concern.
Persistent absence.

90 - 95.9%
Concern. Low
Attendance.

At least 96%
Expected
attendance.



**Teamwork
Tiger**



**Star
class
1SS**

Little Sunshines News

Such a jam-packed first term for the nursery! We have been finding out about ourselves and our place as part of the wider community. From exploring our homes, families and pets to meeting Sussex Police, it has been so exciting. Thank you so much to our lovely parents who have been helping us to enrich the children's experiences; Richard and Frankie for bringing in the lorry, Jodie for explaining her job as a carer and Kirsty for allowing us to meet her tortoise and bearded dragons!



EYFS-A Great Start to Big School!



We are so proud at how well reception children have done this term. They have settled very well and are accessing the resources independently to further their learning.



We have loved subitising in and out of class, ask your children what that means. I am sure they will be able to show you.



We are learning to share with each other and listen to what others have to say. We have been looking at how our bodies work and how to keep them healthy.



We have been learning about our 5 senses and are getting better at dressing and undressing ourselves independently. It would be great if parents could help with this at home too.



Year 1

Year 1 have settled so brilliantly into their new classes and all the staff in Year 1 are very proud of them all. We have had a term packed with fantastic phonics, excellent english, magnificent maths and lots of COOL Time (Choosing Our Own Learning Time)! We have found out lots about different types of transport, thought about Autumn and the changing weather and had lots of fun making rubbings and printing in Art. What a busy and exciting first term for Year 1! Well Done everyone!



Year 2



Last week Year 2 visited Shinewater Park to observe the animals that live there and their habitats. We saw lots of animals including birds, squirrels, swans, ducks, geese and fish. We explored where they live, this included in trees, in long grass and in and around the lake. We will use our knowledge of animals and their habitats to create junk-modelling structures in Design & Shine this week!

Thank you so much to the parents that volunteered to help out on the school trip, your help is much appreciated!

Year 3 on a Mammoth Hunt



Wow, what a busy, exciting fun term we have had together! We have really enjoyed our topic 'Stone Age to Iron Age'. We are very lucky to have lots of clever historians in Year 3! This Learning adventure has linked amazingly well with our outdoor learning and Art, so we have been fully immersed in the Stone Age! We have been so impressed with the children's' writing and both classes were presented an award in celebration assembly last week. Every Tuesday, the children have the wonderful opportunity to learn to play the ukulele. This is with our specialist music teacher Mrs. Vinson. We hope to perform two songs to parents at the end of next term. Thank you so much to the parents for supporting reading, spellings, homework and helping us in school.

Year 4

Year 4 have had an excellent start to the year! The children were particularly enthusiastic about their learning adventure topic; volcanoes. We have had some outstanding homework handed in including volcanoes made out of paper mache, Lego and even cake! In art, the children learned a range of sewing stitches and designed and made volcanoes (with help from our wonderful parents and carers!) In science, we have been learning about electricity. The children have learnt to construct simple circuits. We even put our skills to the test in Design and Shine where we are in the process of creating an electrical board game.



Year 5



Last week of term 1 can only mean one thing... Design and Shine! The children have been looking at CAMs mechanisms in order to make a moving toy fit for a 4-5 year old. To begin with, they explored the mechanism itself and learnt how they work, what movements they can make and how to create them. Then, they did some market research by visiting the children in Reception and sharing their initial ideas with them. The Reception children voted on their favourite and the children started to think about the process in which they would need to follow in order to make their toy and what role each member of their group would have during the construction. They had a whole day to create their toys and worked incredibly well in their groups. We focused on being Teamwork Tigers, Positive Pandas and Resilient Rhinos, because it was not an easy make! The finished products were incredible!



Year 6

Year 6 have had a fantastic first term learning about life in Victorian Britain - including some of the less appealing aspects like life in the workhouses and why Victorian people were so keen to avoid the hospitals! The children have written descriptions of Victorian London and biographies of Queen Victoria and have studied the work of Victorian printer William Morris in Art before producing prints of their own based on his designs. We're now well in the swing of Year 6 life and are really looking forward to everything that Term 2 (and our new learning adventure topic, 'We'll Meet Again' - all about WW2) will bring.



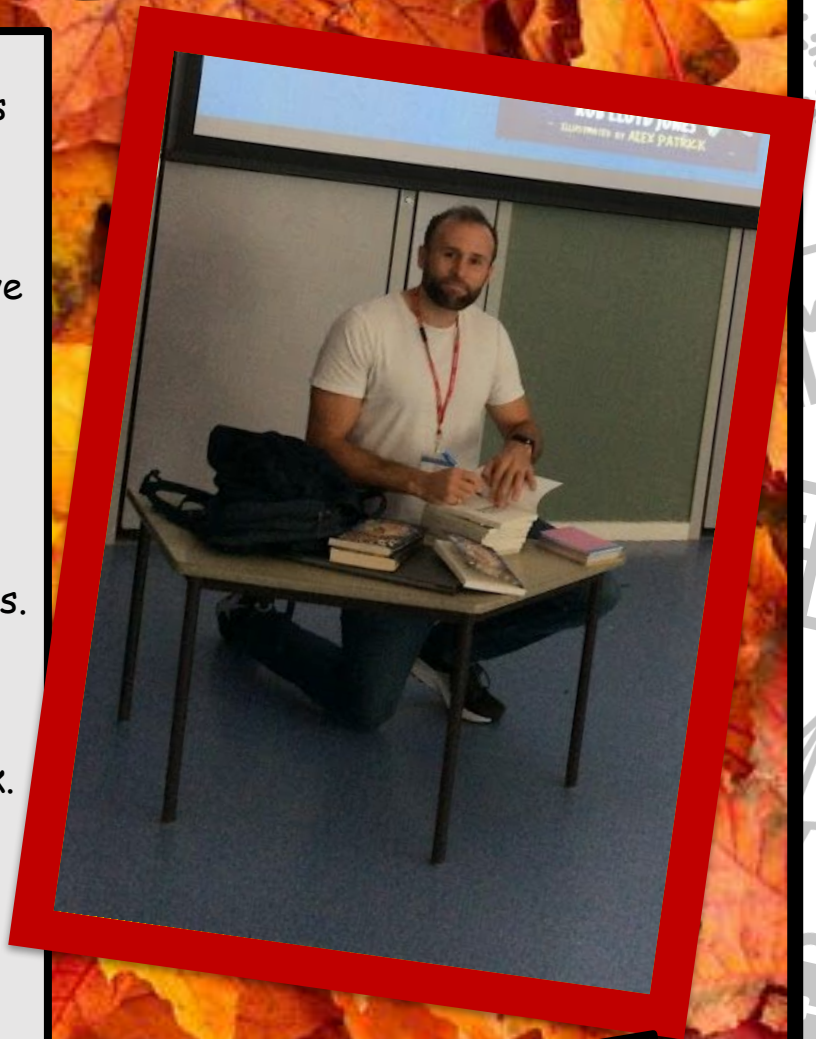
Author Visit-Rob Lloyd Jones

Last week we were delighted to welcome the author Rob Lloyd Jones back to Shinewater.

This time it was the turn of Years 3 and 4 to be entertained by Rob. His sessions are always highly interactive and great fun. He told us all about the process of writing his latest book, 'Me, My Brother and the Monster Meltdown' and read the first chapter to us. Everyone in the hall enjoyed the presentation and asked Rob some thoughtful questions.

Rob brought some copies of his new book and signed them for us. Year 4 have already begun to read the book.

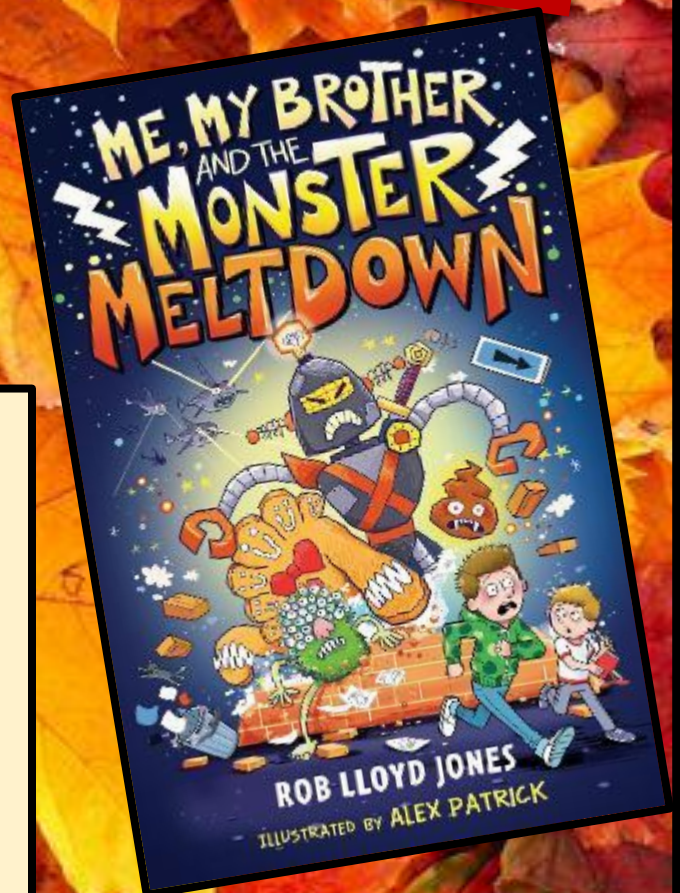
Afterwards, Rob told the teachers that he always loves coming to Shinewater as the children are such enthusiastic readers; we were thrilled to hear that!



Congratulations to our Bedrock 'Word Champions' for September: **Ash** in 6LS, who scored the most points in the school and **Katie** in 6KJ, who made the most progress!

May you continue to progress

boldly and
ambitiously through the
Bedrock challenges this year!



Online Safety

Talking to younger children

According to the latest research from Ofcom, nearly half of all 3-4 year olds have their own tablet (Children and parents: media use and attitudes report 2022) so it is never too early to start chatting to our children about how to stay safe online. This article is specifically aimed at those with children under the age of 5 and discusses the benefits of being online as well as how to create a safer online environment. You can read the article here:



<https://www.thinkuknow.co.uk/parents/articles/keeping-your-under-five-safe-online/>

You must be 18+ to use or 13+ with parental permission. Omegle is a social networking/chat website that **connects two strangers** together for either a text or a video chat. Chats are anonymous unless a user provides this information. Omegle states that "Omegle video chat is moderated. However, moderation is not perfect. You may still encounter people who misbehave."

We recommend that Omegle is not used by children due to the potential imagery shared and language used which can be explicit.

Gaming Communities

Gaming communities are platforms which allow gaming fans to meet, chat, watch top gamers in action via live streaming, access forum discussions and keep in touch with others who have similar gaming interests. Reddit and Discord are two popular sites associated with social gaming communities. Both these sites have an age rating of 13+.

What should I be aware of?

- No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities.
- Users are given an option to save the chat's log and share the link. It is also possible for other users to take screenshots of text and video chats.

Parent zone has put together a guide to help families understand the benefits and risks of gaming communities for children and offer suggestions of how parents can help support safety on such sites.
<https://parentzone.org.uk/article/gaming-communities>

Make Lunch Half Term Meals

Eastbourne Foodbank

We are still collecting donations for the Eastbourne foodbank if you have any suitable non perishable food or hygiene items please send them in to your class teacher.



27th October 2022

**Pull up a seat, you are
welcome!**

*We all know that feeding hungry children is expensive.
And it seems that they want to eat so much more in the holidays!*

Come and join us for a hot, nutritious meal for the whole family, a craft activity for the children and a chance to sit with a cuppa for the adults.

When:

Thursday 27th October

Register from 1145,
food served at 1230

Where:

St Barnabas Church
Kingfisher Drive
Just by Langney Shopping Centre

For more information: 07835 597688 or makelunch@rolcc.uk.

Julie and the team look forward to seeing you soon

MakeLunch @ St B's is a local initiative with Transforming Lives for Good (tlg.org.uk). The project is overseen and supported by River of Life Community Church Eastbourne.

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.



Our assemblies have been focused on supporting our mental health. Mental health issues affect us all at some point in our lives. Here are some top tips for supporting your child.

We hope the following pages are useful

Cost of Living Support for Families

October 2022

People across the county are facing rising goods and energy prices, inflation and other cost of living increases. In the context of these pressures, we have collated information about local and national financial support available to help ease the cost-of-living challenges. This additional resource is useful for anyone who works with families.

This document contains the latest information that is being issued by the Government and local organisations and will continue to bring you new and updated information during 2022/23 as more details become available over the winter months. Any queries or information you would like to add please send to: family.focus@eastsussex.gov.uk.

Government Support

The government has created a web area for families to find out what support they could be eligible for e.g. Universal Credit, Child Benefit, Working Tax Credit and Disability Benefit: [Help for Households - Get government cost of living support](#)

Universal Credit

Families who are at risk of not paying any or all of their rent, currently in rent arrears, or at risk of losing their tenancy, can take advantage of Alternative Payment Arrangement (APA). The APA



process is quick and easy, and the aim is to protect the tenancy of vulnerable claimants who are either in rent arrears and/or have complex needs that may indicate a difficulty in budgeting. Please see more information here: [Alternative Payment Arrangements - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/alternative-payment-arrangements)

Household Support Fund

The Household Support Fund is extra help for those most in need. Do any families you work with need extra help this winter? If they are finding it difficult to keep warm, get enough food or pay essential bills they can get extra help. If parents are over 18 and receiving benefits they can apply now for support from the borough or district councils where they live: [Household Support Fund - East Sussex | ESCIS](#)

Help with Childcare Costs

There is help available for parents of children 0-16 depending on their circumstances. All families in England with a 3 and 4-year-old children can claim 15 hours of funded childcare a week. But may be able to claim more funded childcare hours, child tax credits and other forms of financial support:

[Help with childcare costs | East Sussex County Council](#)

Families can get up to £500 every 3 months (up to £2,000 a year) for each of their children to help with the costs of childcare. This goes up to £1,000 every 3 months if a child is disabled (up to £4,000 a year). Please share this link with families you are working with [How to use Tax-Free Childcare | Childcare choices](#)

Keeping Warm

Keeping warm at home will be harder this year due to the increasing costs of energy. Some people are particularly vulnerable to the impacts of cold weather, including young children, pregnant women, people with pre-existing chronic medical conditions and people living on a low income.



The government has announced measures to help people, including additional payments for those in receipt of benefits and an Energy Price Guarantee for everyone. In East Sussex there is a range of support for households struggling to afford to keep warm and to help them improve the energy efficiency of their home. Citizens advice East Sussex can provide fuel vouchers for those facing financial crisis and the Warm Home Check service provides free energy advice and support, including how best to keep their home warm and reduce energy costs. Supporting families to use this service also can help reduce carbon emissions and tackle climate change which is a key priority for the council.

You can help by referring families, or encouraging self-referral, using the simple online form available at www.warmeastsussex.org.uk. The service can also be contacted on 0800 464 7307 or by texting WARM to 80011

Food Banks

Families in East Sussex have several food banks available to them if they are faced with hardship. The Centres are run by the salvation Army, local charities and the Trussell Trust. In order to get help from a food bank families need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs, Social Workers, Early Help Keywork and advice agencies e.g., Citizens Advice). Your local food bank can advise which agencies can help.:

Hastings & Rother

- The Hastings Centre - 418 Old London Road Tel: 1424 431488
- Cambridge Hall, Cambridge Road, Hastings (opposite ESK) Tel: 01424 753322 ext. 217



Eastbourne, Hailsham & Seaford

- Salvation Army Church Eastbourne - 33 Royal Sussex Crescent, Eastbourne Tel: 01323 641833
- St Richard's Church Centre Priory Road Eastbourne 01323 409925
- Eastbourne Foodbank Unit 3 55 Brampton Road, Eastbourne Tel: 01323 409925
- Shinewater Shaftesbury Centre, Milfoil Drive, Shinewater, Eastbourne 01323 760654
- Hailsham Foodbank Sheriff Place, Rear of link shop, 1 George Street Tel 01323 844428

High Weald

- F4F Hawkhurst Foodbank Hawkhurst Baptist Church, Western Road Hawkhurst TN18 4BT

Lewes & Havens

- Lewes Food Bank - Fitzjohn's, Christchurch, Prince Edward Road, Lewes Fitzjohnsfoodbank@gmail.com
- Landport Food Bank Lewes, Landport BN7 2SP debbietwitchen@gmail.com
- Lewes Food Bank Malling Phoenix Centre, Malling Street Lewes robhood167@gmail.com
- Ringmer Baptist Church Foodbank, The Library, Ringmer Village Hall, Lewes ringmerfoodbank@btinternet.com
- Newhaven Food Bank 31A High Street Newhaven Tel: 01273 516032
- Seahaven Store House, Seaford Community Church Tel: 07921 844930

Wealden

- Crowborough Foodbank United Church Croft road, Crowborough Tel 01862 661990
- Uckfield Foodbank- The Kings Centre, Grange Road, Uckfield Tel 01825 764940

Community Fridges

Community Fridges are sites where local people can share food, this includes surplus from supermarkets, local food businesses, producers, households and gardens. Fridges are run by community groups in shared spaces:

Hastings & Rother

- The Marketplace, Freedom Church, Claremont Road, Sidley TN39 5BX freedomchurchbexhill.com

Eastbourne, Hailsham & Seaford

- Seaside Fridge and Community Shop 125-127 Seaside, Eastbourne BN22 7NN seasidecommunityhub.com
- Langney Larder, Langley community Centre, Etchingham Road, Eastbourne BN23 &DS
- Hailsham Community Fridge 4 Market Square, Hailsham BN27 1AG www.hailsham.foodbank.org.uk

Lewes & Havens

- Denton Island Community Fridge Denton Island Community Centre, Denton Island, Newhaven Bn9 9BA <https://sussexcommunity.org.uk/our-services/community-food/>

Wealden

- Uckfield Community Fridge, The Source, Hub garden, Civic Approach, Uckfield TN22 1AL
- Forest Row Community Fridge, The Community Centre, Hartfield Road, Forest Row, RH18 5DZ

Supermarkets

Iceland is offering interest-free personal loans worth up to £75 for customer who are struggling to pay their food bills - though a newly launched Iceland Food Club. [Food club card - Fair for You](#)

The programme offers short-term loans of between £25 and £75 which are uploaded to a dedicated Food Club card. Can be used in person or online and the loan is repaid at a rate of £10 per week. There is a limit of £100 outstanding credit at any one time.

Morrisons - Kids Eat Free. When a family purchases one adult meal with a value of £4.99 or over one child can eat for free - a kids meal includes piece of fruit, juice or a bottle of water.

School Uniform

If you know a family who needs help with school uniform or other school kit for their child please use the links below in your area:

Hastings

The HARC (Hastings Advice and Representation Centre) charity shop sells second-hand uniform for local schools. Supplies of uniform are seasonal and subject to availability.

186 Queens Road, Hastings, TN34 1RG Telephone: 01424 722 164 Website: [HARC](#)

Newhaven

The Newhaven Uniform Bank collects and distributes clean, good quality uniform for Newhaven primary schools. See the Newhaven Uniform Bank website for more on how to request or donate uniforms: Website: [Newhaven Uniform Bank](#)

Seahaven

Have uniform for the following schools: Denton Community Primary, Harbour Cliff Breakwater, Seahaven Academy, Seaford Head, Peacehaven and Lewes Priory.

Sussex Community Development Association, Denton Island Community Centre, Denton Island Newhaven BN9 9BA nff@sussexcommunity.org.uk

Holiday Food and Fun

The Department of Education are funding activities for the winter school holidays. Clubs are running at many different venues across East Sussex. All sessions include a healthy meal and are free to those on benefit-related free school meals. A proportion of the HAF-funded places are also available for young people in a range of wider groups including those with an EHCP or receiving support from ISEND, Children in Need (CiN), Children on a Child Protection Plan (CP), Looked After Children (LAC), Ukrainian guests and other refugee groups, those open to CAMHS or receiving support from the Schools Mental Health Team.

To find out more or make a booking please visit the [Holiday Food and Fun website](#). If you have any queries you can also contact the team on HAF@eastsussex.gov.uk.



Loan Sharks

Loan sharks are criminals who lend money at extortionate rates of interest, threatening significant harm to borrowers if they do not pay. These ruthless lenders use coercive control and psychological threats to keep victims trapped in an endless cycle of debt for years, often with devastating consequences.

If you have concerns about someone you work with, confidential advice and support is available from the Illegal Money Lending Team. Call the Stop Loan Sharks 24 Hour Helpline on 0300 555 2222 or visit the website for more information at www.stoploansharks.co.uk Live Chat is available on the website between 9am to 5pm, Monday to Friday.

STOP LOAN SHARKS
Intervention . Support . Education

Other Sources of Help

Water:

[Help with my bills | CCW \(ccwater.org.uk\)](http://ccwater.org.uk)

Emergency Help Money and Housing:

[Money and housing | East Sussex County Council](#)

Debts:

[Help with debt - Citizens Advice](#)

[Debt advice | Free debt advice | National Debtline | National Debtline](#)

[Home \(moneyadviceplus.org.uk\)](http://moneyadviceplus.org.uk)

Martin Lewis:

Martin Lewis OBE is an English journalist who created the website MoneySavingExpert.com to give up to date advice on the latest money news, tips, tricks and money saving techniques for families:

[Money Saving Expert: Energy Help, Credit Cards, Flight Delays, Shopping and more](#)

East Sussex County Council have an incredible network of community groups, charities and other local organisations, which offer a wide range of support. We will continue to collate sources of help for families to send out to you - if you have any content either local or national please send it to family.focus@eastsussex.gov.uk

