

Merry Christmas

2020

Seaford Schools' Newsletter

Keeping Our Community Connected

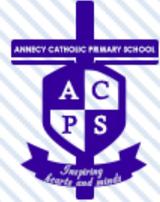


Working Together for Children and Families in Seaford

Welcome to our fourth annual Christmas Newsletter which involves all the schools in the Seaford community. After a very turbulent and uncertain year, we wanted to reflect on wellbeing and celebrate the students' resilience in returning to school under very difficult circumstances. We hope you have a restful and joyous Christmas and look forward to welcoming the students back in the New Year, which offers a brighter outlook.

Paul Gallagher (Anney), Chris Davey (Seaford Primary), Andrea Keith (Cradle Hill), Robin Tollyfield (Chyngton) and Bob Ellis (Seaford Head).

Anney Catholic School



What an interesting year this has been!

It was lovely to see the whole school return in September and we have been very conscious of giving the children a schooling experience that they would remember; to provide a little consistency. To support a broad and balanced curriculum that includes two hours of PE, Art, Music, Drama etc, we have made excellent use of our Forest School area. Children from Reception through to Year 6 have had an opportunity to learn outside the classroom – we feel that this works wonders for their physical and mental wellbeing.



We are a Thrive Approach school and this has been invaluable in supporting pupils who have returned to school feeling vulnerable or anxious. We have been able to carry out sessions within 'bubbles' and classes have incorporated 'Walk and Talk' sessions to support children alongside this – children get to walk around the fantastic school grounds and talk through whatever is on their minds. Our Behaviour Policy focuses on collaborative problem solving, having children identify their 'Inner Chimp' and building an awareness of how their emotions can have a physical impact on them.

Taking learning outside the classroom

Our new, £300,000 bespoke, Early Years provision has really helped our youngest children settle into school. They are able to flow seamlessly between indoor and outdoor learning and have made such good progress since September.

The children are currently rehearsing their Christmas production and we look forward to recording this and sharing it within the school community over the next couple of weeks.

Anney would like to take this opportunity to wish you all a very Merry Christmas and a Happy and Healthy New Year!



Cradle Hill Community Primary School



Writing a section for a Christmas newsletter this year is very different to previous years and I am sure none of us, even those with the wildest imaginations, could possibly have dreamt what 2020 would bring! When I look back on the last year, I know the thing I remember most is the kindness people have shown each other and how our local community pulled together to support others. In a year when unprecedented and bubbles became the most used words in our letters home I know we will all be hoping for a more normal 2021, if we can remember what normal looks like!

Despite all the challenges, Cradle Hill Community Primary has continued to be a happy, exciting and busy place to be and, although many of my favourite events of the year are unable to take place, there are still many exciting events going on. If nothing else this year, we have certainly all learnt new skills; from remote Open Days, online parents evenings, Zoom quizzes, Teams meetings and music outside, we have found ways to involve parents in their children's learning and make learning fun!

In a year when the mental health and wellbeing of our children has never been more important it is wonderful to see all schools across our community being supported by Andrew Wright with his 12 Rocks of Wellbeing. As someone who lives in Seaford, knowing all our children across all ages are being encouraged to look after their own wellbeing is reassuring. We all know children need to be happy if they are to thrive and achieve their potential.



Our children have been continuing with their efforts to make the world a better place and we have an inspiring new generation of conservationists across the school who were celebrating receiving a Silver Award in the CRPE Sussex Countryside Awards 2020. It is clear the future is in safe hands! We have also been collecting for our local food bank this term and it has been amazing to see how generous all our families have been.

Finally, and most importantly, we would like to wish all of the Seaford community a very Merry Christmas! We hope you all stay safe and well and enjoy creating happy memories with your families and, for those of you who are going through difficult times, we hope you know our thoughts are with you and that 2021 brings all our community happier times.



Chyngton Primary School



Christmas has come to Chyngton virtually this year as the children open a digital advent calendar each day to see a video, picture, song or some other surprise that different class bubbles and groups of adults have recorded for them. Even the school mascot 'Caspar' got involved with his fabulous dancing along to festive records!

Although the traditional Christmas nativity is not happening this year, the children have all been working hard on their musical projects and Christmas songs which they will soon be able to share with their parents during the last week of term.



Our children have enjoyed getting back to regular learning habits, even though many things within the typical school day have to be a little bit different. However, the experience of living through 2020 has helped to find new resonance for much of the children's learning. For example, understanding how it might have felt to live through the blitz, understanding how small actions can have big consequences and understanding how and why people who travel abroad can all take on new depths of learning when viewed through the current context.

Our children have been learning about their own emotional responses to problems and how our very own brains can help or hinder us in our everyday lives, as they join in the Seaford-wide project to become neuro-ninjas!



Merry Christmas everybody from all at Chyngton School!

Seaford Primary School



It has certainly been a term like no other for our whole community as everyone has come together to adapt and manage the challenges of the current situation. As we approach the end of the autumn term and prepare for

Christmas we would like to thank our amazing children, staff, parents, governors and the wider school and local community for all their incredible support, understanding and hard work during these past months.

It has been wonderful to welcome our fantastic children back into school and to see them enjoying their learning across the curriculum. Life in school may have been a little different recently but the children have been incredible in adapting to the different routines and ways of life. One thing that hasn't changed is the enthusiasm, enjoyment and hard work the children have shown and it has been brilliant to see them enjoying a variety of exciting Learning Adventures. These have included Magical Me, Destination Outer Space, Food Glorious Food, Smugglers Ahoy, The Romans, Off With Their Heads -Tudors and the Home Front. All of these Learning Adventures have involved lots of exciting activities and experiences including, our EYFS children enjoying a celebration of 'Elmer the Elephant Day' and our Year 1 children mixing science and technology for a series of rocket launches!

This term we have continued to support various charities through Harvest Festival and Children In Need. The children also wanted to support our local Foodbank this Christmas and we are incredibly grateful for the amazing amount of donations we received.

We hope you all continue to stay safe and well during these times and may we take this opportunity to wish you all a Merry Christmas and Happy New Year from everyone at Seaford Primary School.

Earlier in the term our Key Stage 2 children enjoyed a visit from Skip 2 B Fit which held a skipping workshop for the children promoting exercise and the children's physical well-being. Even the staff joined in showing some very impressive skipping skills and speed!

Many of our Christmas activities have been adapted this year but children across the school have enjoyed contributing towards a special, virtual Christmas Show which included music, art and dance. Nothing has stopped our orchestra this term which, although currently unable to play as a whole, has switched to virtual performing. This also enabled some of our staff and parents to join in and show off their musical skills and our music teacher, Mrs Steer, to develop a dual occupation in film editing!

We hope you all continue to stay safe and well during these times and may we take this opportunity to wish you all a Merry Christmas and Happy New Year from everyone at Seaford Primary School.



Seaford Head: Achieving Excellence Together



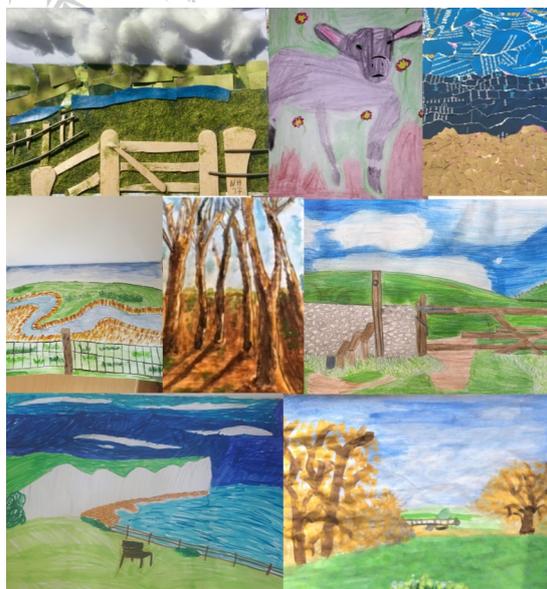
Although I would like to explore a festive theme in our annual Seaford Newsletter, I have to acknowledge that most of the last twelve months have been dominated by the Covid – 19 pandemic.

With Christmas just around the corner and a vaccine recently announced there is some light at the end of the tunnel and we can look forward to a more social new year.

Although it has been an extremely challenging time, it has proved, once again, that it is often adversity that brings out the very best in us, as all members of our community have come together to support each other through this period. The small acts of kindness have helped us to get through and stopped us from feeling overwhelmed. Although I have not needed to remind anyone associated to be kind to each other, I have had to stress the importance of being kind to ourselves. For the over conscientious student who cannot complete work to the standard they would like; the perfectionist staff member who wants to be there for their students 24/7 and the parents/carers at home who, for a time, were teaching, working and keeping the household together, it has, at times, seemed like an impossible situation. This is what makes it so timely that Andrew Wright's Action Your Potential programme is being extended across the town and it is fantastic that all five Seaford schools will have access to this support. The idea of building relaxation and social interaction into our daily routines isn't just a nice idea; neuro-science proves it is vital to our individual well – being. For our students, going through the teenage years is challenging enough, before we consider all the pressures associated with school and a global pandemic. We should all remember our "12 rocks of well-being" and AYP is offering personalised support for students and their families across Seaford for the remainder of this year.

I know that 2020 will go down in history as an 'annus horribilis'. We should all feel pride in how we have pulled together: I have certainly never been more delighted to be part of this community and, over the 'Twelves Days of Christmas', I will be reflecting on the twelve things for which I am most proud and grateful.

1. **Our key workers**, who kept vital services and our community going throughout lockdown
2. **Our key worker children**, who attended school throughout, with smiles on their faces and accepted the unfamiliar expectations regarding social distancing, with good humour.
3. **Our site staff and cleaners**, who have worked so hard to keep the school site as clean and as safe as possible
4. **Our Admin team and support staff**, who really are the backbone of the school, welcoming everyone with a smile and ensuring that we are all well looked after
5. **Parents and carers**, for their unwavering support and for keeping the governing body, the PTA and Parent Council going; the home - school partnership has never been more important
6. **Our outgoing Year 11s and 13s**, who coped with having their exams cancelled and have managed the next stage of their education in a really positive manner
7. **Our new Year 11 and 13 students**, who have worked so hard to put themselves in the best possible position for their examinations next summer; they will do brilliantly
8. **Our students in the other year groups**, for being so respectful of the new zones, the new guidelines and maintaining a relentless focus on their learning
9. **Our Teachers**, for continuing to inspire their students with a love of their subject and learning; in the classroom or through the remote provision, they are always looking to develop their practice
10. **Our pastoral and behaviour teams**, for the outstanding care they provided for our most vulnerable students throughout lockdown and through their summer school interventions
11. **Our transition team**, which, made sure that students starting in Key Stage 3, 4 or 5 made the best possible start in September
12. **Our wonderful local primary schools and all our external partners**, who have supported the school and its students throughout – proving that in these toughest of times, it really does "take a village to raise a child".



OUR TIME IN LOCKDOWN

Build a #NeuroNinja in 2021.

We're excited to be bringing you a project across all of the schools in Seaford Town. In the Build a #NeuroNinja programme we will be supporting children, young people and families to learn all about their amazing brain.

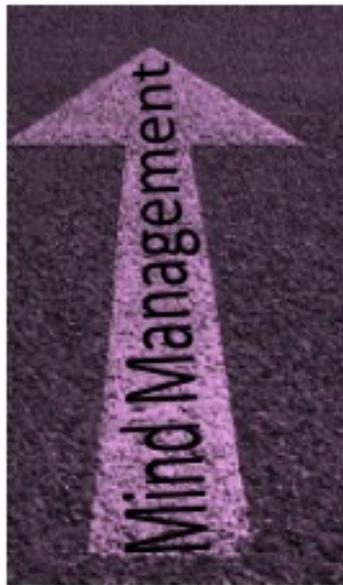
As members of the Seaford community, you now have access to lots of supportive content all about the brain. There is our website – www.actionyourpotential.org where you can find information about the brain written just for you. There is also a dedicated Seaford Town page. Join our site by following the [instructions here](#). Once you are a member go to the webinars page and find the Seaford Town button – our password is nnst20 to access lots of videos for parents, carers and children all about the brain.

Over the year we'll be bringing all schools and families assemblies, webinars and when social distancing rules allow, workshops, all about the amazing brain and how to get the most out of it every day.



In this Christmas season we wish everyone a wonderful and safe time with family and friends. There are three strands of the #NeuroNinja programme and ten skills. The three strands are:

3 Strands. 10 Skills.



One of the most crucial #NeuroNinja skills is to make sure we all give our brains what they need every day, in terms of daily habits that support them to build the best minds possible. Here are those twelve daily habits – the 12 Rocks of Well-Being.



12 Rocks Of Well-Being – Weekly Check

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life's purpose
- Rock 12 – Learn, Play, Create, Read

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total							