

End of Term Newsletter 19th December 2025

Upcoming Whole School Dates

Dec	Wed 17th :	Christmas Jumper Day & Christmas Lunch
	Friday 19th :	Christmas Church Service
	Friday 19th :	Last day of Term 2
Jan	Mon 5th:	INSET Day
	Tues 6th :	First Day of Term 3

<https://sjm.academy>

Telephone: 01323 730255

Email: office@sjm.academy

Whole School Reminder:
We are an allergy aware school.

NO NUTS

are to be brought in to school. Thank you.



School Notices



Dear families:

- **INSET Reminder** - Monday 5th January is an **INSET day** so we shall see you back at school on Tuesday 6th January.
- We are pleased to announce the birth of Mrs. Satchell's baby boy, Emerson.
- We welcome Ms. Godfrey March to the team; she has joined us as Earlybirds lead while Miss. Riddle is on Maternity Leave.
- We thank you all once again; for supporting the children's learning, giving time to help us in school, and for all the generous gifts, cards and kind words for Christmas. It is so appreciated by us all. We wish you a wonderful Christmas with your loved ones, and hope you enjoy the break, making many happy memories with your children.
See you in January!

Thank you for your ongoing support



Attendance

This week: Best attendance: Year 2

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School
90.6%	91.5%	94.7%	92.5%	85.2%	93.5%	93%	91.4%



Headteacher's Message

Dear Families,

As we come to the end of this busy and exciting term, we reflect on our school value of independence. The children have shown growing confidence in their learning and decision-making, and it has been wonderful to see them developing resilience and responsibility in all areas of school life. A particular highlight is the way the pupils interact with each other during playtimes which, thanks to our Friends are more exciting, engaging and enriching.

Taking a moment to reflect, I am sure you will join me in thanking our staff team for their dedication, hard work and ongoing commitment to St John's Meads, supporting every child to achieve their God-given potential. This term we had an Inclusion Quality Mark assessment, and I am delighted to announce the school was awarded this status. By achieving the IQM Award, St John's Meads commitment to embedding inclusive practice is recognised and celebrated.

This term has been filled with many memorable school events from our Remembrance service, Anti-Bullying Week, delicious Christmas Lunch, the Christmas Panto, Christmas Fayre and the delightful KS1 and Reception Nativity. Alongside these special occasions, there has been a huge amount of learning across the school, with children engaging enthusiastically in lessons and making great progress.

We are very proud of all that has been achieved this term and thank you for your continued support. It has been wonderful seeing so many of you joining us for Celebration Worship for those receiving our Light Awards.

Wishing you and your families a very joyful Christmas and a restful holiday, and we look forward to welcoming everyone back in the new year.

Kind regards,

Mrs. Pomeroy



- WANTED - Christmas Jumpers

This festive season, we're launching a Christmas Jumper Campaign to help reduce waste and raise money for our lovely school.

Please bring in any clean, unwanted Christmas jumpers (for children and adults) to the school office. These will be sold next year in the run up to Christmas.



Why take part?

- Save money and avoid buying new.
- Reduce waste by giving jumpers a second life.
- Support a great cause!

Thank you for your support.

Festivities This Term

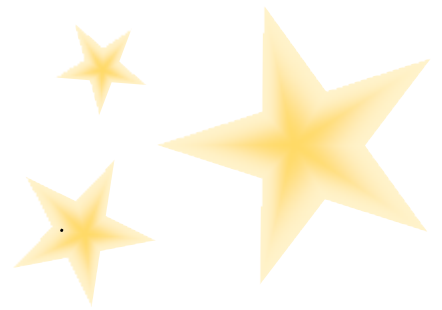


We all enjoyed the wonderful nativity put on by Reception, Year 1 & 2.

Everyone had fun on Christmas jumper day, and the Choir had two lovely trips to sing Carols for residents at Elstree Court and Fairfield Lodge.

House point winners from term 1 - Jade - enjoyed hot chocolate and a film in the hall.

Festivities This Term



Reception Highlights



Reception class have been working really hard in our phonics sessions this term. The children are really enjoying beginning to read books and we are so proud of all of their writing.



We all wrote letters to Father Christmas using our best writing.

We then had a wonderful, festive afternoon - we walked down to post our letters in the post box.



Then enjoyed a cosy hot chocolate and a story in front of the 'fire' when we returned to school.



Year 1/2 Highlights

In Year 1 and 2 we have been learning about the Christmas story and why it is so important. It has been the perfect preparation for our Nativity performance.



We have also been investigating materials and their properties in Science, carrying out our own experiments, including exploring flexibility and waterproofing.



In Maths we have been looking at addition and subtraction.

A particular highlight was playing subtraction bowling.



In History, our Toy Day was a great opportunity to share special objects from home and compare them to older toys, including a 70 year old teddy bear and a very old wooden pull along dog. Our toys helped us to create some brilliant writing and practical Maths.

It really has been a fantastic festive period!



Year 3 Highlights

To kick off our unit on time travelling stories, we made firework art pictures inspired by 1066.



In RE, we have been learning about Jewish festivals. We learnt about Shabbat and enjoyed tasting homemade challah bread and grape juice. Then we learnt about Rosh Hashanah and tried apples and honey - Yum!



When learning how to wash a woolly mammoth, we made our own woolly mammoth models.



In Art, we learnt about stone age pottery and made our own pots with stone age designs.



Finally, we made some stained glass style nativity scenes to celebrate Christmas.

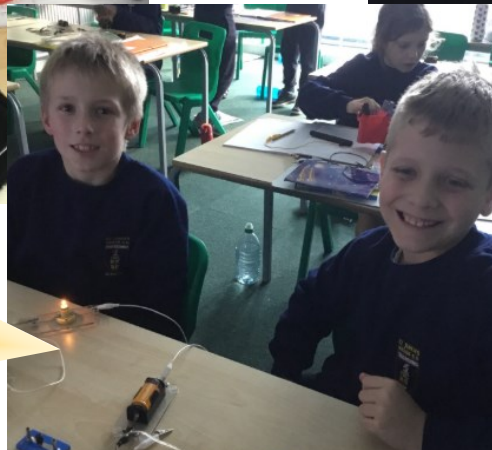
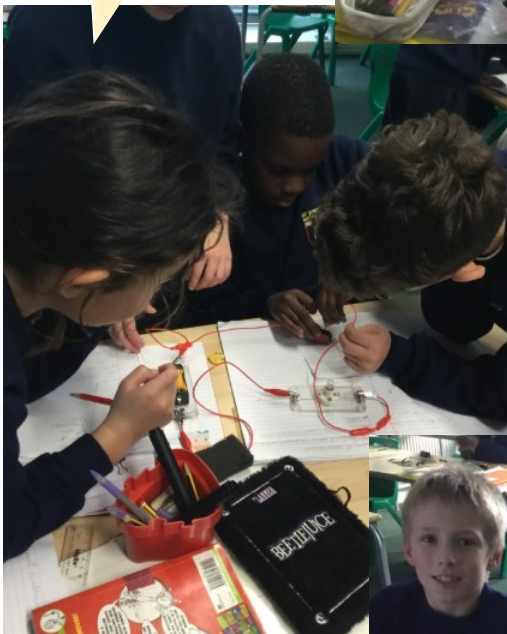
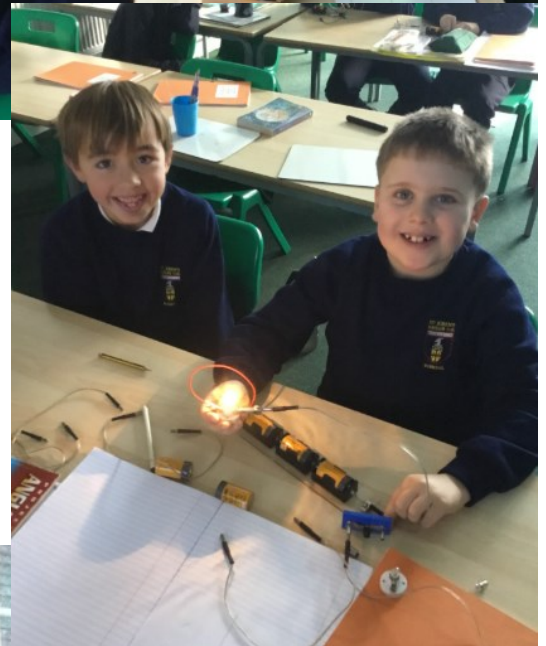
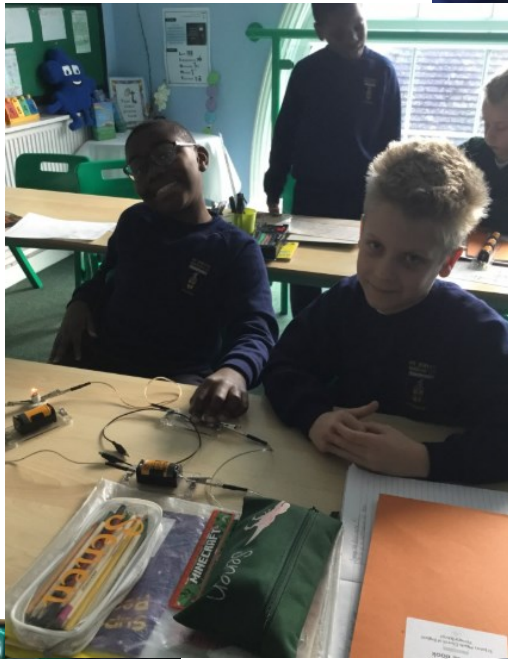


Year 4 Highlight

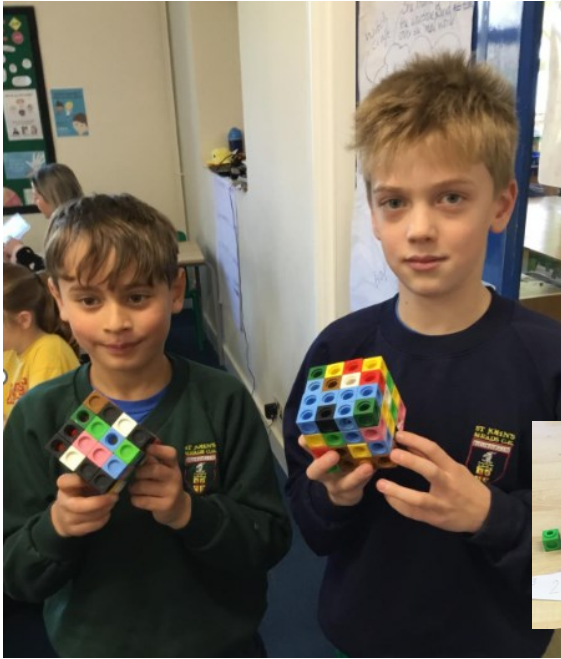
Year 4 have been exploring electricity in science by testing and practising how to make working circuits.

They experimented with adding multiple components, including lights, batteries and switches, and investigated how different setups affect whether a circuit works.

The children showed great curiosity and problem-solving skills as they tested, adjusted and improved their designs.



Year 5 Highlights



Year 5 learnt about cubes numbers, using multi link to support their understanding.

We also investigated square numbers in Maths using counters as visuals.



We studied artist Louise Bourgeois who is famous for her spider drawings and sculptures.

We made 3D spiders in Art using paper mache and pipe cleaners.



In History we have been learning about why the Ancient Islamic Civilisation was important in the progression of our knowledge in Science, Maths and Medicine today.

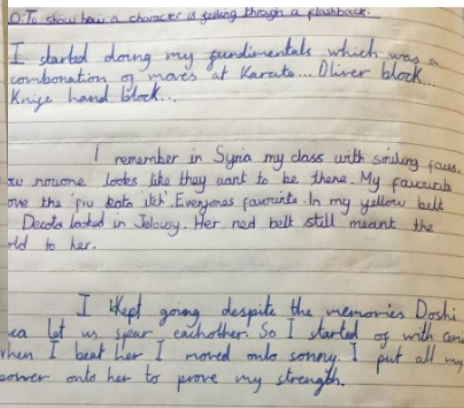
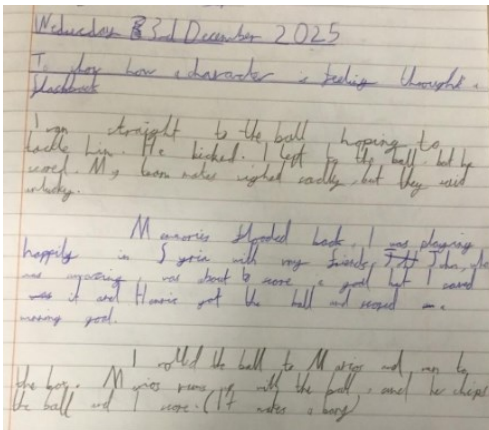


Year 6 Highlights

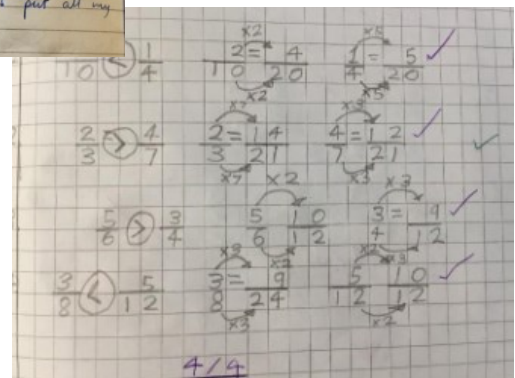
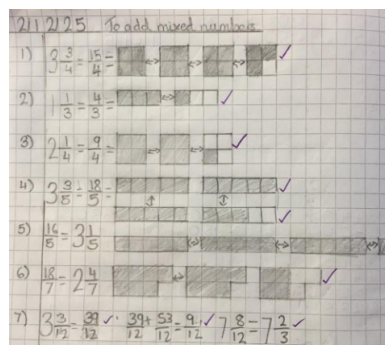
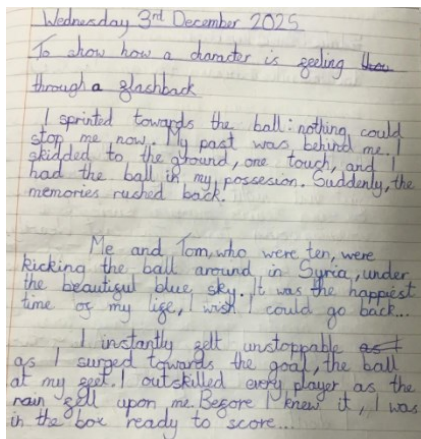
Year 6 made Mirror Mazes in Science as part of their 'Light' topic. They learned that an angle of the 'reflection ray' is the same as the angle of the 'incidence ray' coming from the torch. They had to place their mirrors carefully to hit a target. They started with just one mirror, but progressed to more as they learned that the reflected ray would bounce onto a target even though there were obstacles in the way.



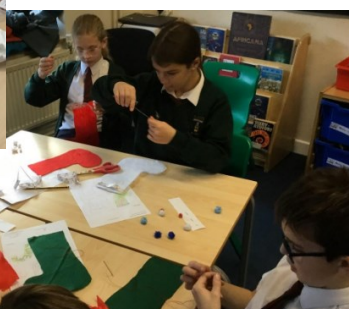
This picture shows Aoibheanna and Tashiana successfully using two mirrors to shine light onto the black paper.



Year 6 have worked incredibly hard this term in all their subjects. Here are some lovely examples of Maths and English work.



In DT, they have been designing and sewing Christmas stockings. This took a huge amount of perseverance and determination. The finished stockings look lovely! Well done Year 6!



In Music, Year 6 learned how to play the tune to 'Runaround Sue' on Glockenspiels and Ocarinas. They then wrote their own Christmas lyrics to the tune and sang them to their Reception buddies.

Online Safety & Safeguarding

What children need to know about

ONLINE BULLYING



What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCHING THEM FOR NO REASON



BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National Online Safety

#WakeUpWednesday



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS "LIKING" A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.



Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCH PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.



www.nationalonlinesafety.com

Twitter- @natonlinesafety

Facebook- /nationalonlinesafety

Phone- 0800 368 8061

Mrs L Pomeroy - (DSL) Designated Safeguarding Lead

Mr B Berhane - Deputy Designated Safeguarding Lead and Mrs K Hitch - Deputy Designated Safeguarding Lead

Please email any concerns: dsl@sjm.academy

FREE ONLINE groups for parents/ carers of East Sussex.
From January - March 2026

Parenting Children with Anxiety 4+

learn strategies to support your child's emotional resilience

Tues 13th Jan- 3rd Mar
10:00-12:00pm - 7 Sessions
No session in half term

Parenting children with ADHD 4+

learn how to go from frustration to connection; strategies to support you and your child to cope

Wed 14th Jan - 11th Mar
10:00-12:00pm - 8 Sessions
No session in half term

Early Bird Plus 4+ (National Autistic Society)

learn how to make sense of your autistic child's communication, behaviour and sensory needs

Thurs 22nd Jan- 19th Mar
10:00-12:00pm - 8 Sessions
No session in half term

Calmer Co Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime. Interactive, easy-to-use online program with videos, activities and downloadable resources. Supported by an East Sussex Parenting Practitioner



For more information about our free courses, groups webinars and events. Scan the QR code

To book or ask a question, email
EH.0-19parentingteam@eastsussex.gov.uk



FREE ONLINE webinars for parents/ carers of East Sussex.
From January - March 2026

Managing Anxiety and Avoidance in Children (2-12 yrs)

Want to understand the signs of anxiety and what to look out for?

- Tues 24th Feb 12:30 - 2:30pm

Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 14th Jan 12:30 - 2:30pm
- Tues 17th Mar 10:00 - 12:00pm

Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 15th Jan 10:00 - 12:00pm
- Wed 25th Mar 12:30 - 2:30pm

Learning about Neurodivergent Children (2-19yrs)

Want to know what neurodivergence actually means and how it impacts behaviour?

- Thurs 22nd Jan 10:00 - 12:00pm
- Tues 24th Mar 10:00 - 12:00pm

Responding to Teen Emotions (10-19 yrs)

Want to understand what drives teen emotions, choices and challenges?

- Tues 3rd Feb 12:30 - 2:30pm

Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Tues 24th Mar 6:30 - 8:30pm

Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



For more information about our free courses, groups webinars and events. Scan the QR code

To book or ask a question, email
EH.0-19parentingteam@eastsussex.gov.uk



All Abroad! Bus Winter Holiday Clubs 2025

22-23 December
Mercread Youth Centre, Seaford

CHRISTMAS MARKETS ABROAD COME ALIVE, THROUGH BAKING, MAKING & VR!

Info/bookings for children 7-12 years old:
www.eequ.org/allabroadbus

@allabroadbus



January 2026 Timetable

All sessions delivered live online via zoom, 90 minutes long
£24 each or FREE with School Membership
Book online at facefamilyadvice.co.uk
Recordings available for 48 hours (excluding Free Talk)

Autism - Improving Communication	5 Jan 10am
Improving Family Communication	5 Jan 7pm
Supporting A Child with ADHD	6 Jan 10am
Understanding Addictive Behaviour	6 Jan 7pm
Anxiety Based School Avoidance	12 Jan 10am
Understanding Anger	12 Jan 7pm
Supporting Healthy Screen Use	13 Jan 10am
Facing Defiance	13 Jan 7pm
Cannabis and Ketamine Awareness	19 Jan 10am
Anxiety Explained	19 Jan 7pm
Introduction to OCD	20 Jan 10am
What Is ACT	20 Jan 7pm
FREE Responding to Angry Behaviour	22 Jan 7-8pm
Raising Self-Esteem	26 Jan 10am
Decreasing Depression	26 Jan 7pm
Supporting Healthy Sleep	27 Jan 10am
Understanding the Teenage Brain	27 Jan 7pm