

Weekly Bulletin 20th March 2026

Upcoming Dates

March	Sun 22nd :	SJM ParkRun
	Mon 23rd :	Holy Week Event
	Wed 25th :	First Aid Yr 5& 6
	Thurs 26th :	Easter Bonnet Parade
	Fri 27th :	Easter Church Service at 2.15pm
	Fri 27th :	End of Term 4
April	Mon 13th :	First Day of Term 5

<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

Healthy Snacks

Please provide fruit for snack time rather than crisps or chocolate, as we are a Healthy School.

Dear families,

- **Year 3, 4 & 5 had a wonderful trip** to see the St. Andrews production of The Keymaster. The children came back to school full of excitement and thoroughly enjoyed it.
- **Park Run This Sunday 22nd March** - Junior parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. Held every Sunday morning at 9am on the seafront with a fun warm up starting at 8:55am. Everyone is welcome to come along!
More info at: [home | parkrun UK](https://www.parkrun.co.uk)
Our aim as a school is to pick one Sunday per term to all make a big effort to go along to and join in - the first one is this Sunday. The sun will hopefully be shining and we look forward to seeing you there.
- **Easter Bonnet Parade** - Thursday 26th March.
Make and wear a fun Easter Bonnet for an Easter parade during Worship.



Thank you for your ongoing support.

Attendance This week: Best attendance: Reception

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School
96.9%	96.7%	95.6%	92.9%	93.4%	86.4%	94.2%	93.2%



LIGHT Awards

Well done

to this week's LIGHT
award winners:

Alana R

Eli Y1

Abigail Y2

Beau, Hunter,

Joshua Parisa,

Ralph Y3

Senen Y4

Ella Y5

Tilly Y6



Headteacher Awards



Well done to

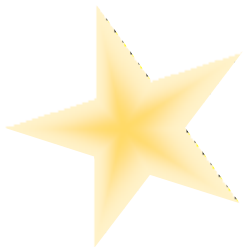
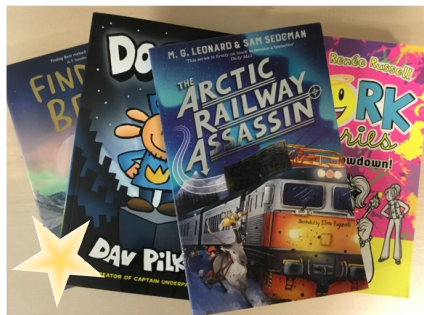
our Headteacher's Award
winners for excellent
work this week!

Dollie, Ruby, Samuel,
Athos, Cody, Hailey
and Viktoria



Read, Relax, Repeat Winner

Well done Joel - our next Reading Raffle winner! Another winner will be drawn next Friday.



Outside Achievements



Well Done Elliot!

He won player of the week at Rugby, for getting stuck in, showing commitment to the game and taking on new challenges. Brilliant!

HOW TO DELAY SMARTPHONES WITHOUT DAILY BATTLES



Decide your line early



It's easier to hold a boundary you decided before the pressure started.

Tell them the plan in advance

Children cope better when they've known the family rule for years.

Don't make smartphones a reward



Turning it into a prize only makes it more powerful.

Don't debate it every week

A calm, repeated answer works better than endless negotiation.



Blame the family rule, not the child

Our family rule: No smartphones yet.

Offer independence in other ways

Trust them to have real world experiences alone.



Find at least one other family

It's much easier when they're not the only one.



Keep the boundary calm & boring

Consistency works better than big arguments.

Remember the pressure passes

Once the boundary is clear, the urgency often fades.



@smartphonefreechildhood

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

20 MARCH 2025

FRIENDS NEWS

Coming up next week



Easter Bonnet Parade - Thursday 26 March

The school would love all children to make/decorate an Easter bonnet to wear at the Easter Bonnet Parade. **An Easter egg prize will be given for the best bonnet in each class!** The parade will take place during the school day; photos of the fun will be shared via email afterwards.

> Please bring bonnets into school, morning of Thurs 26 Mar



Easter Nests Sale: Friday from 1.45pm @ Church

Join us on Friday for the school Easter service at St John's Meads Church and **arrive early to purchase a £1 Chocolate Easter Nest before the service.** Dairy free will also be available & take away bags so you can treat your child afterwards.

> Chocolate Easter Nests Sale: 1.45-2.15pm. £1 each.
Any leftovers will be sold after the service

Give us a follow on our socials

Do you follow us on Instagram and Facebook? If you haven't come across us yet, please click on the links below and give us a follow so that you don't miss our updates on what's going on at St John's Meads.



[instagram.com/friendssjm](https://www.instagram.com/friendssjm)



[facebook.com/friendsofstjohnsmeadsprimary](https://www.facebook.com/friendsofstjohnsmeadsprimary)

Dates for your diary...

▶ **Thursday 26 March**
EASTER BONNET PARADE

▶ **Friday 27 March, from 1.45pm**
EASTER NESTS SALE @ Church

About The Friends [sjm.academy/friends](https://www.sjm.academy/friends)

We are a group of parents and carers, hosting fun events that raise money for the school. **If you'd like to get involved, or have ideas to share, we'd love to hear from you.**

GET INVOLVED

Email: chair@stjohnsmeadsfmsa.org.uk

ST JOHN'S MEADS CE PRIMARY SCHOOL

Easter bonnet parade



In school: Thursday 26 March



**Get creative and help
your child to make an
Easter bonnet to wear at
our in-school parade**

Simply bring/wear your bonnet into school
on Thursday 26 March

Prizes available



Here to help
Please contact the
office if you need
help making a bonnet

Zylo run a weekly **street dance club** on **Fridays** at our school for children in years **2 to 6**. The club takes a high-fun, high-energy approach to street dance, with a focus on building confidence, rhythm, and self-expression whilst working towards an end-of-term performance.

Zylo's energetic instructors use exciting street dance routines and creative movement games to build confidence, coordination and rhythm with plenty of fun along the way! The classes are designed to be inclusive and engaging for all children, whether they are new to dance or already love to move to the beat.

Sessions cost £8.50 each (charged half-termly). Discounts apply for siblings and disability cardholders. Sessions run straight after school for one hour each week.

Please see the attached flyer for more information. To **book** a place, visit www.zyloperformance.co.uk/apply or if you have a query email admin@zyloperformance.co.uk or call **01273 041104**.

DISCOVER DANCE AND MOVEMENT
BUILD CONFIDENCE, FLEXIBILITY AND FITNESS WITH DANCE

Zylo STREET DANCE

FRIDAYS AFTER SCHOOL FOR YEARS 2 TO 6



Build Confidence ✓
Keep Fit ✓
Have Fun ✓

At Zylo street dance clubs children learn and grow through high-energy dance activities and games inspired by street dance culture. They work together to create routines while being guided by experienced instructors, building confidence, rhythm, and a strong sense of teamwork – all right at school! So why not see what your child can gain from **moving grooving** and **performing** as part of **TEAM ZYLO!**




Only
£8.50
Per session!
(sibling discounts available)

Rated Excellent
★ Trustpilot

Read more reviews on our Trustpilot

"Excellent – My daughter has been attending zylo at school for the last couple of years, she really enjoys her time there and her confidence had grown immensely in and out of class! It really is like a family"

★★★★★ by Orla

"My daughter has just joined but absolutely loves it. She loves all the different activities and her confidence has grown even in such a short time."

★★★★★ by customer

To book your place visit www.zyloperformance.co.uk and click

01273 041104
www.zyloperformance.co.uk

/zyloperformance Zylo_Performance

DISCOVER DRAMA THIS SCHOOL YEAR
BUILD CONFIDENCE, EMPATHY, RESILIENCE AND TEAM SKILLS

Zylo DRAMA CLUB

TUESDAYS AFTER SCHOOL FOR YEARS 2 TO 6



Build Confidence ✓
Create & Collaborate ✓
Learn through Fun ✓

At Zylo drama clubs children learn and grow through exciting drama-school inspired activities and games. They work as a team to put on performances whilst being guided by experienced practitioners, developing a robust understanding of drama, presentation and the value of teamwork, all right at school! So why not see what your child can gain from **playing progressing** and **performing** as part of **TEAM ZYLO!**




Only
£8.50
per session!
(sibling discounts available)

Rated Excellent
★ Trustpilot

Read more reviews on our Trustpilot

"Excellent – My daughter has been attending zylo at school for the last couple of years, she really enjoys her time there and her confidence had grown immensely in and out of class! It really is like a family"

★★★★★ by Orla

"My daughter has just joined but absolutely loves it. She loves all the different activities and her confidence has grown even in such a short time."

★★★★★ by customer

To book your place visit www.zyloperformance.co.uk and click

01273 041104
www.zyloperformance.co.uk

/zyloperformance Zylo_Performance

Zylo run a weekly **drama club** on **Tuesdays** at our school for children in years **2 to 6**. The club takes a high-fun low-pressure approach to drama with a focus on building confidence, team-skills and empathy.

Zylo's experienced, charismatic practitioners use fun drama-school style games and short sketch-style scripts to build presenting and performing skills, with plenty of giggles along the way! The club is designed to offer value and fun for all children, not just those who are already interested in the performing arts.

Sessions cost £8.50 each (charged half-termly). Discounts apply for siblings and disability cardholders. Sessions run straight after school for **one hour** each week.

Please see the attached flyer for more information. To **book** a place, visit www.zyloperformance.co.uk/apply or if you have a query email admin@zyloperformance.co.uk or call **01273 041104**.



What's on Easter Week 1 - 2026



MONDAY 30th March

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £13.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £23.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost 20.00 pp

TUESDAY 31st March

LEARN 2 RIDE SESSIONS

09.00 – 09.45

10.00 – 10.45

11.00 – 11.45

Cost £22.00 pp

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £23.00 pp (for both days)

BIKEABILITY LEVEL 3

13.00 – 16.00

Cost £32.00 pp

SCAN ME TO BOOK!



SCAN ME TO BOOK!

WEDNESDAY 1st April

LEARN 2 RIDE SESSIONS

09.00 – 09.45

10.00 – 10.45

11.00 – 11.45

12.00 – 12.45

Cost £22.00 pp

FAMILY FUN WHIZZ

14.00 – 16.00

Cost £7.00 pp

Email: holidaycourses@eastsussex.gov.uk

Phone: 07766 422352 / 07584 262556



What's on Easter Week 2 - 2026



TUESDAY 7th April

BIKEABILITY LEVEL 1

10.00 – 12.00

Cost £13.00 pp

BIKEABILITY LEVEL 2 DAY 1

10.00 – 15.00

Cost £23.00 pp (for both days)

BIKEABILITY LEVEL 1 PLUS

13.00 – 15.00

Cost £20.00 pp

WEDNESDAY 8th April

BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £23.00 pp (for both days)

BIKEABILITY LEVEL 3

09.00 – 12.00

Cost £32.00 pp

LEARN 2 RIDE SESSIONS

13.00 – 13.45

14.00 – 14.45

15.00 – 15.45

Cost £22.00 pp

SCAN ME TO BOOK!



SCAN ME TO BOOK!

THURSDAY 9th April

LEARN 2 RIDE SESSIONS

09.00 – 09.45

10.00 – 10.45

11.00 – 11.45

12.00 – 12.45

Cost £22.00 pp

FAMILY FUN WHIZZ

14.00 – 16.00

Cost £7.00 pp

FRIDAY 10th April

MTB LED GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

Email: holidaycourses@eastsussex.gov.uk

Phone: 07766 422352 / 07584 262556



Eastbourne Cycle Centre

Where to find us

Eastbourne Sports Park
Cross Levels Way+
Eastbourne
East Sussex
BN21 2UF

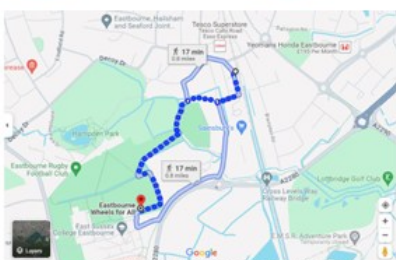
What3words!!!

patrol.minds.fuzzy

Located next door to East
Sussex Downs College.



To get to the Cycle Centre you can either come through the main gates (if open) onto the track, our centre is located to the right-hand side of the track. Or you can come into the main Sports Park reception who will be able to guide you to where we are.



The nearest train station
is Hampden Park,
around a 20-minute walk
from station to
Eastbourne Sports Park.



Eastbourne Cycle Centre

MTB Ride Holiday Courses



Mountain Bike Group Ride - Usually takes place on a Thursday - 10.00-14.00

For ages 9+ (Adults are welcome to book too)

Group Session - Maximum of 10 (Minimum numbers required to run = 6)

Bikes and helmets available to use (Please let us know if you need to borrow one)

Cost £35.00 per person

Ride 1: 4 Hour (mostly) off road ride for novices and those new to off road riding.

Starts and finishes at Eastbourne Cycle Centre. Eastbourne Cycling Centre to Abbots Wood, and back. Including some fun basic MTB skills. (Route can be subject to change due to conditions).

Ride 2: 4 Hour (mostly) off road ride for novices and those new to off road riding.

Starts and finishes at Eastbourne Cycle Centre. Eastbourne Cycling Centre to The Long Man, and back. Including some fun basic MTB skills. (Route can be subject to change due to conditions).

Ride 3: 4 Hour MTB group ride for riders with some experience and those new to MTB riding.

Starts and finishes in Friston Forest. Including a fun MTB skills section. **Meet and collect at Butchershole Car Park, Friston Forest.** (Route can be subject to change due to conditions).

The next ride will take place on Friday April 10th 10.00-14.00 and will be Ride 3, in Friston Forest.

Meet and collect at Butchershole Car Park, Friston Forest.

MUSICALITY

Help them find their SPARK

Inspiring, high-quality musical theatre workshops for young performers in Years 1-8

Easter: 30 March-2 April
Summer: 27-31 July

Find further information and to book scan the QR code



St Andrew's Prep
EASTBOURNE

SPARK



C.A.C.L. EASTER FOOTBALL CAMP

Mon 30th March - Thurs 2nd April
9.30am - 12.30pm

All abilities welcome
Age 4 years - School year 9

Superb astro pitch & sports hall;
Excellent coaches; Small groups

Hillbrow Health & Wellbeing Centre
Denton Road, Eastbourne

01323 730467 / www.caclsports.co.uk



£65 full camp
£18 per morning



C.A.C.L. EASTER GYMNASTICS CAMP

Mon 30th March - Thurs 2nd April
9.30am - 12.30pm

Hillbrow Health & Wellbeing Centre
Denton Road, Eastbourne
Age 4 years - School year 7

Fully equipped gymnasium
Excellent coaches
Small groups



£65 full camp
£18 per session



www.caclsports.co.uk / 01323 730467