

Weekly Bulletin 6th March 2026

Upcoming Dates

March	Thurs 5th :	World Book Day
	Fri 6th :	PC Dan visiting whole school
	Mon 9th :	Living Eggs Arrive
	Mon 23rd :	Holy Week Event
	Wed 25th :	First Aid Yr 5& 6
	Wed 25th :	Battle Abbey Yr 4
	Thurs 26th :	Easter Bonnet Parade
	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,

- **Reception cake sale** - Thank you so much for your cake and biscuit donations.

You helped us raise a fantastic **£170!** This will go towards the cost of having the chicks this year. The eggs arrive on Monday - watch this space for news on their progress!

- **World Book Day - Thank you for your donations.** We loved seeing all the amazing costumes, and the day was full of fun activities.
- **Read, Relax, Repeat starts next week.** Please sign your children's reading record every time they read. Children who read 5 times per week will be entered in to the reading raffle, and records will be checked every Thursday. Please ensure your child has their reading record in school every day.
- **Don't forget to pop on to Arbor and complete the Consent request, to allow your child to hold and stroke our new guinea pigs.**



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
96.3%	96.9%	96.5%	95.7%	96.9%	98.4%	99.4%	97.3%



LIGHT Awards

Well done

to this week's LIGHT
award winners:

Eseosa R

Eve Y1

Layla Y2

Oliver Y4

Minal Y5

Rupert Y6



Headteacher Awards

Well done

to our Headteacher's Award
winners for excellent work
this week:

Freddie, River,
Betty, Jorja and
Stanley



Outside Achievements

Well done

to Aidian, William, Kenzo and Ruby, who all did brilliantly in the Cross Country County Final. Aidian came 1st, William came 3rd, Kenzo came 8th and Ruby came 14th. Against over 30 boys, and 30 girls, this is a super achievement!

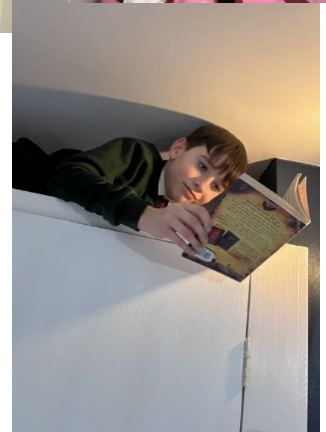
Thank you for representing SJM so well - showing resilience and cheering each other on... we are proud of you all!



World Book Day

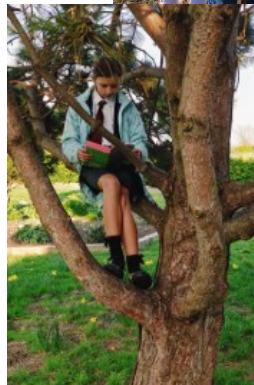
Well done

to all our best costume winners and unusual readers!





World Book Day



Online Safety & Safeguarding

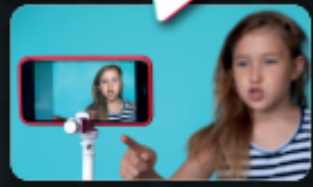
At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.



What parents need to know about **TIKTOK**



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the 'for you' feed when logging into the platform.



INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as 'TikTok famous'. TikTok (and its predecessor musical.ly) has spawned its own celebrities - social media stars Loren Gray and Jacob Sartorius have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.



ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app, TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.



IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.



Safety Tips For Parents

TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them a while (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND BLOCK INAPPROPRIATE CONTENT

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



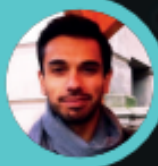
MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



SOURCES:

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.01.2020

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

6 MARCH 2025

FRIENDS NEWS

Coming up this March...

**UNIFORM
DROP
WEEK**



NEXT WEEK: drop off used logo uniform

We would be so grateful for donations of good quality logo uniform for our next sale. No rips, tears, nor stains please.

> Drop donations into the 'Drop box' located just inside main entrance doors, any day next week: 9 - 13 March.



Easter Bonnet Parade - get creative!

The Easter fun begins! The school would love you to help your child to make/decorate an Easter bonnet to wear at the Easter Bonnet Parade (taking place during the school day).

> Please bring bonnets into school morning of Thurs 26 Mar

Calling all bakers



Do you or a family member love to bake? We are looking for bakers to join a baking team to make cakes and treats for our events. There's no commitment - just help when you can. **To join the baking whatsapp group, email secretary@stjohnsmeadsfmsa.org.uk**

**QUIZ
THANK
YOU**

A huge thank you to everyone who came along to the Quiz Night last week and helped us raise £130. It was great seeing everyone have so much fun; it's exactly why we love to host this event! We are planning another quiz in the Autumn...watch this space.

Dates for your diary...

▶ **Mon 9 - Fri 13 March**
UNIFORM DROP WEEK

Pop used uniform donations into collection box inside main entrance.

▶ **Friday 20 March, 3.15pm**
UNIFORM SALE

Pre-loved logo uniform on sale for a cash/card donation.

About The Friends 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. Please email: chair@stjohnsmeadsfmsa.org.uk**



Calling all...

Bakers

Do you make a fabulous flapjack?

A heavenly rocky road?

Maybe delicious drizzle cakes are your thing?

Whatever your signature bake, if you or a family member enjoy baking, then read on...

We're looking to create a team of bakers that we can call upon 3 or 4 times a year to bake for our fundraising events.

A cake, tray of cookies, a tin of flapjacks. We're not talking large scale quantities (unless you want to of course!)

How will it work?

We will add you, or a family member, to a bakers team whatsapp group, and when we need cakes, we will put out a call. If you can't help on that occasion, no worries. There's no pressure.

Join our Bakers Team today:

Text your rep, who'll pass your number to us,
or email your name and number to:

secretary@stjohnsmeadsfmsa.org.uk



Thank you



KING'S ACADEMY of PERFORMING ARTS

Dear Parent/Guardian,

King's Academy of Performing Arts offers fun, high-quality singing, dancing, and acting classes for children aged 4-16 years, held weekly at King's Church, Eastbourne.

This Summer term, we're opening bookings for a two-week trial, giving your child the chance to join in, make friends, and discover the joy of performing, with no pressure to commit.

At King's Academy, we believe every child deserves to be heard. Our classes help children grow in confidence, creativity, and self-belief, whether they're naturally outgoing or quietly finding their voice. Through encouragement, play, and professional training, children develop skills that support them both on and off the stage.

Our Classes

Tiny Stages (Ages 4 until 6 yrs)

A lively 75-minute session introducing singing, dance, and drama in a fun, supportive environment. Perfect for building confidence, imagination, and a love for creativity.

Centre Stages (Ages 6 to 16 yrs)

A 2.5-hour session developing skills in singing, dance, and acting with greater focus. Children grow in technique, teamwork, and confidence, with opportunities to perform throughout the year.

BOOK YOUR TWO-WEEK TRIAL NOW BY SCANNING THE RELEVANT QR CODE!

DAY	GROUP & PRICE PER TERM	DATE & TIME	SCAN TO BOOK
FRIDAY	Centre Stages 6-16 Years £175.00 per term Two-week trial £30	4:15pm - 6:45pm Friday, 24th April - 17th July 2026 Friday, 29th May (Half Term break)	
SATURDAY	Tiny Stages 4-6 Years £87.50 per term Two-week trial £15	9:00am - 10:15am Saturday, 25th April - 18th July 2026 Saturday, 30th May (Half Term break)	
SATURDAY	Centre Stages 6-16 Years £175.00 per term Two-week trial £30	10:30am - 1:00pm Saturday, 25th April - 18th July 2026 Saturday, 30th May (Half Term break)	

Families registering more than one child will receive a 50% discount for each additional enrolment.

For more details, contact us on: Telephone: 07733 276917, email: kapa@kings.church, or visit www.kings.church/kapa to register online.

Discover, grow, and shine at King's Academy of Performing Arts.

We can't wait to welcome you!

Kate

Director King's Academy of Performing Arts

WHAT'S COMING UP AT THE KING'S ACADEMY!

PLAY IN A DAY

CHITTY CHITTY BANG BANG

Join us for a Play in a Day this Easter! In one fun-filled day, children learn lines, sing songs, and perform a mini show for parents. A brilliant boost for confidence, creativity, and friendships.

DAY: Wednesday, 1st April 2026

TIME: 9.30pm-4.00pm

PRESENTATION: 3.30pm-4:00pm

AGE: 6-16 Years

PRICE: £30.00

SIBLING: £15.00



Scan me!

SUMMER WORKSHOP

SHREK THE MUSICAL

At King's Academy, we love the excitement of creating a show in just one week! Led by industry professionals, our Summer Workshops are packed with singing, dancing, acting, and plenty of fun. A fantastic opportunity to build confidence, make friends, and shine on stage, don't miss out, come and join us!

DAY: Monday - Friday

DATE: 10th August - 14th August

AGE: 6 - 16 Years

START TIME: 9:30am

END TIME: 3:30pm

PRESENTATION: Friday, 14th August @ 2.30pm

PRICE: £150.00 **SIBLING:** £75.00

DEPOSIT: £50.00 **SIBLING:** £25.00



Scan me!

PLEASE NOTE: Places are given on a first come first serve basis - So get booking to avoid disappointment!



The Parenting Team

Drop Ins

Join us for an informal chat if you have any questions about anxiety, behaviour, neurodivergence, SEND, living with teenagers or any other parenting questions!

Eastbourne and Hailsham

Shinewater Family Hub
9-12pm

10th April
1st May
5th June

Hailsham Family Hub
Second Monday of the month, 9-12pm

13th April
11th May
8th June

Devonshire Family Hub
Second Monday of the month, 1-4pm

13th April
11th May
8th June

Archery Youth Hub
9-12pm

17th April
29th May
12th June

All Abroad! Bus Easter Holiday clubs 7th-10th April 2026 Mercread Youth Centre, Seaford

Join us to explore Easter and spring abroad, through art, cooking, games, language & VR!

9.30am-2pm daily
£30 or £99/4 days

FREE HAF places

Enquiries and more info:
allabroadbus@gmail.com
<https://sequ.org/allabroadbus>
[@allabroadbus](https://www.facebook.com/allabroadbus)