

# Weekly Bulletin

3rd July 2026

## Upcoming Dates

|      |             |                                        |
|------|-------------|----------------------------------------|
| July | Fri 3rd :   | Uniform Sale & Donut Sale after school |
|      | Fri 10th :  | Sports Day                             |
|      | Tues 21st : | Leavers Service & Last Day Term 6      |
| Sept | Thurs 3rd : | First Day of Term 1                    |

<https://sjm.academy>

Telephone: 01323 730255

Email: [office@sjm.academy](mailto: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

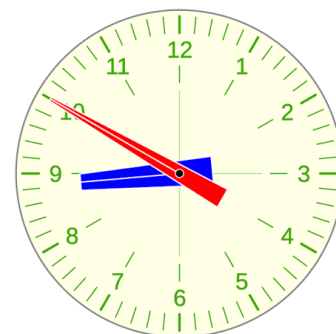
Please provide fruit for snack time rather than crisps or chocolate, as we are a Healthy School.

Dear families,

### Change of School Day timings

To support our mixed-age class structure and ensure consistency across all key stages, we will be **adjusting the school day from September** so that all pupils attend from 8.40am to 3.20pm.

We believe this change will help create a smoother and more consistent experience for families and children across the school. If you have any comments, questions or concerns about this proposed change, please email the school office by Friday 10th July so that we can take these into consideration. Thank you for your continued support.



### House Caps and T-Shirts

We still have some orders to collect in the office so please pop by and collect them ASAP. Any not collected by end of Monday will be sent home with children. Thank you.

*Thank you for your ongoing support.*

## Attendance This week: Best attendance: Year 1

| Reception | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 | Whole School |
|-----------|--------|--------|--------|--------|--------|--------|--------------|
| 89.5%     | 92.6%  | 98.1%  | 95.4%  | 93.7%  | 95.6%  | 97.3%  | 94.9%        |

## LIGHT Awards

### Well done

to this fortnight's  
LIGHT award winners:

Joshua, Alexander,  
Emil, Arlo, Layla,  
Joel, Hakeem, Cara,  
Maybelle, Sophia,  
Oisin, Lily, Huxley,  
Aria, Aoibheanna



### Well done

## Headteacher Awards

to this week's Headteacher award winners: Meraj, Khalid, Eleri, Hakeem,  
Betty, River, Myles, Angus, Skylar, Isla, Maybelle, Ella, Jorja, Salma,  
Aoibheanna, Grace, Abi and Tilly.. Well done everyone!





## Read, Relax, Repeat Winner

Well done to this week' and last week's winners ... Athos and Nathaniel



### This weeks raffle entries by class:

R: 3 Y1: 1 Y2: 2 Y3: 7 Y4: 4 Y5: 16 Y6: 2

**Don't forget:** Read 5 times to be entered next week!

All entrants receive 10 minutes extra playtime on Friday!

## Outside Achievements

### Well done

**Demi-Jade and Lily** who took part in a Shining Stars Dance Academy show.



**Lily** won 3 gold & one silver medal in her swimming competition at Eastbourne College.



**Sam and William** took part in the Royal Life Saving Society Sussex Schools Competition 2026, and beat off competition from East and West Sussex to become the 2026 Champions.. Amazing!!

**Well done everyone!**

3 JULY 2026

# FRIENDS NEWS

## SCHOOL TEA TOWEL: ORDER BY SUNDAY NIGHT



Order online by **SUNDAY 5th, 11:55pm**

Get your orders in this weekend for a very special cotton tea towel featuring **self-portraits hand drawn by each child at St John's Meads**. Parents & cares have been buying them as Christmas presents, so why not get organised and grab a few!

£6.50 each or buy 3 for just £15!



**CLICK HERE to order at: [pta-events.co.uk/stjohnsmeadsfmsa](https://pta-events.co.uk/stjohnsmeadsfmsa)**  
Online orders will close on Sunday 5 July at 11:55pm



## House T-shirts/Caps: Please collect from office

House t-shirt & cap orders have arrived! Please pop to the school office before Sports Day (next Friday) and collect them - simply give your surname on collection. Thank you.

## COLOUR RUN TOTAL RAISED - £1806!

A HUGE thank you to you & your children for raising such an incredible amount - we are thrilled and this will make a real difference to the school. Thank you!

## Dates for your diary...

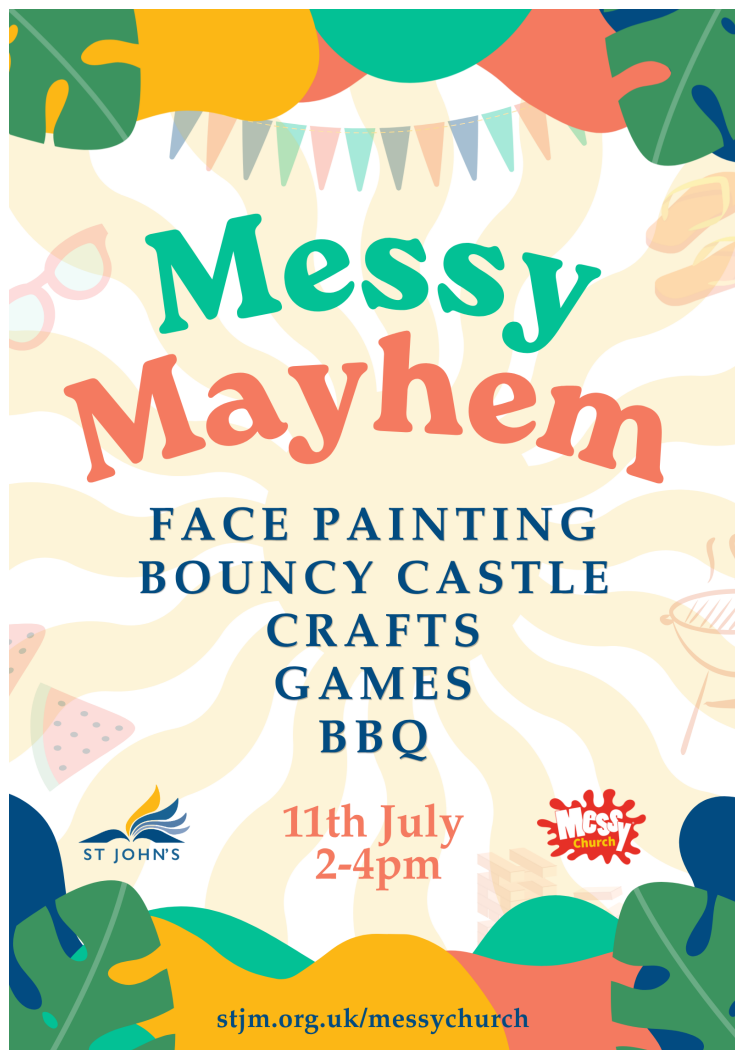
- |                                                                                   |                                                          |
|-----------------------------------------------------------------------------------|----------------------------------------------------------|
| ▶ <b>Sunday 5 July, 11.55pm</b><br>TEA TOWEL ORDER DEADLINE                       | ▶ <b>Friday 10 July</b><br>REFRESHMENTS@ SPORTS DAY      |
| ▶ <b>Mon 6<sup>th</sup> - Thurs 9<sup>th</sup> July</b><br>PICK UP HOUSE T-SHIRTS | ▶ <b>Ongoing until 31st July</b><br>VOTE FOR US IN TESCO |

## About The Friends

[sjm.academy/friends](https://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](mailto:chair@stjohnsmeadsfmsa.org.uk)





# Messy Mayhem

FACE PAINTING  
BOUNCY CASTLE  
CRAFTS  
GAMES  
BBQ

11th July  
2-4pm

ST JOHN'S

[stjm.org.uk/messychurch](http://stjm.org.uk/messychurch)



**EASTBOURNE NETBALL CLUB**

**PICNIC IN PINK**  
SUMMER SOCIAL

PLAYERS • FAMILIES • FRIENDS • COACHES

**JOIN US FOR AN AFTERNOON OF NETBALL, FUN & FRIENDS!**

**SATURDAY 11TH JULY**  
**11AM TO 3PM**  
**GILDREDGE HOUSE SCHOOL**

**OPEN TO EVERYONE!**  
Current players, former players, families, friends and anyone interested in netball. All ages. All welcome.

**SOMETHING FOR EVERYONE!**

|                                                                                                                                                |                                                                                                                                       |                                                                                                                     |                                                                                                    |                                                                                                                         |                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <p><b>FACE PAINT &amp; GLITTER</b></p> <p>Get your face painted, choose some glitter and enjoy sweets, snacks and goodies from our stands.</p> | <p><b>FUN GAMES &amp; ACTIVITIES</b></p> <p>Join in with lots of fun games, challenges and activities for all ages and abilities.</p> | <p><b>PICNIC &amp; CATCH UP</b></p> <p>Bring a picnic, set up your spot and enjoy time with friends and family.</p> | <p><b>NETBALL ON COURT</b></p> <p>Plenty of great netball – fun, competitive and for everyone.</p> | <p><b>GOOD VIBES &amp; MUSIC</b></p> <p>Great music, positive energy and a fantastic club atmosphere all afternoon.</p> | <p><b>GIANT SKIPPING ROPE?!</b></p> <p>It might make an appearance... be ready to get involved!</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|

**BE PART OF OUR CLUB COMMUNITY**  
**PLAY. CONNECT. ENJOY.**

**£5 CASH ONLY CONTRIBUTION TO PLAY**  
Players taking part in on-court activities are asked to contribute £5. All proceeds go towards fundraising for gazebos, flags and equipment for the club.

**BRING YOUR PICNIC. WEAR PINK. BRING THE ENERGY.**  
**SEE YOU THERE!**



# EASTBOURNE SUMMER TOUCH RUGBY

@ EASTBOURNE RUGBY CLUB

**EVERY WEDNESDAY**  
1800 – 2000 (WEATHER DEPENDENT)

**EVERYONE WELCOME!**

BOYS | GIRLS | PARENTS

**YEARS 6, 7, 8 WELCOME!**

**BRING WATER** | **BRING TRAINERS**



# BIG SUMMER BASH

Sat 11th July 10am - 4pm

**Soak the Coach!**

**Junior & Adult Rounders match**

**The Great Eastbourne Bake Off**

**Rugby Skills Competitions**

**Face Painting**

**Tombolas**

**Raffles**

**Cake Sale**

**Bourney Bear**

**Photo Booth**

**BBQ**

**Bar**

**and SO MUCH MORE!!!!**

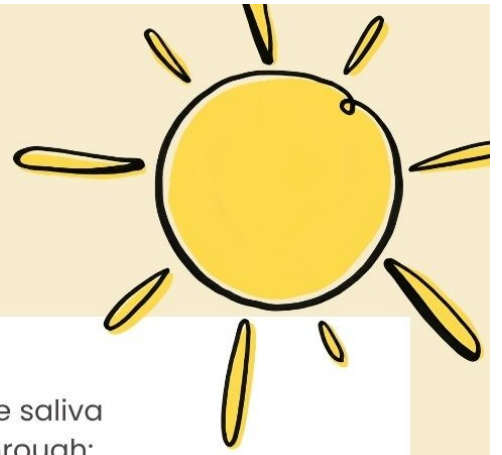
Contact Tink on 07593854457 for more info

ERFC, Park Avenue, Eastbourne, BN22 9QN



# Be safe this summer

Travelling abroad? Stay safe around animals to protect your family from rabies.



## What is rabies?

Rabies is a virus that affects mammals, including dogs and people. It is deadly but preventable.



## How rabies spreads

Rabies is spread in the saliva of infected animals through:



bites



scratches



licks

## How to stay safe



Don't touch or approach unknown dogs or cats



Check the rabies risk at your destination and consider pre-travel vaccination



Never disturb dogs when they are eating, sleeping or with their puppies to reduce the risk of bites



Avoid dog bites, scratches and licks

## If a dog bites you:

1



### Wash

Wash the wound with soap and running water for 15 minutes

2



### Apply

Apply antiseptic, if available

3



### Go

Go to the hospital

## Did you know?



**Around 59,000**

people die from rabies every year worldwide. Children are most at risk.



**99%**

of human rabies cases are linked to contact with infected dogs

While rabies is rare in the UK, it remains a serious risk in many popular holiday destinations. Mission Rabies works around the world to end rabies through dog vaccination and education.



For more details scan QR code or go to [wvs.org.uk/rabies-travel-advice/](https://wvs.org.uk/rabies-travel-advice/)





## What's on

### Summer Week 1 - 2026

#### MONDAY 27<sup>th</sup> July

##### LEARN 2 RIDE SESSIONS

09.00 – 09.45  
10.00 – 10.45  
11.00 – 11.45  
12.30 – 13.15  
13.30 – 14.15  
14.00 – 15.15

Cost £22.00 pp

##### 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

#### SCAN ME TO BOOK!



#### TUESDAY 28<sup>th</sup> July

##### BIKEABILITY LEVEL 3

09.00 – 12.00

Cost £32.00 pp

##### BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £23.00 pp (for both days)

##### LEARN 2 RIDE SESSIONS

13.00 – 13.45

14.00 – 14.45

15.00 – 15.45

Cost £22.00 pp

#### THURSDAY 30<sup>th</sup> July

##### OFF ROAD GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

Email: [holidaycourses@eastsussex.gov.uk](mailto:holidaycourses@eastsussex.gov.uk)

Phone: 07766 422352 / 07584 262556



## What's on

### Summer Week 2 - 2026

#### MONDAY 3<sup>rd</sup> August

##### LEARN 2 RIDE SESSIONS

09.00 – 09.45  
10.00 – 10.45  
11.00 – 11.45  
12.30 – 13.15  
13.30 – 14.15  
14.00 – 15.15

Cost £22.00 pp

##### 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

#### SCAN ME TO BOOK!



#### TUESDAY 4<sup>th</sup> August

##### BIKEABILITY LEVEL 3

09.00 – 12.00

Cost £32.00 pp

##### BIKEABILITY LEVEL 2 DAY 2

10.00 – 15.00

Cost £23.00 pp (for both days)

##### LEARN 2 RIDE SESSIONS

13.00 – 13.45

14.00 – 14.45

15.00 – 15.45

Cost £22.00 pp

#### THURSDAY 6<sup>th</sup> August

##### OFF ROAD GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

Email: [holidaycourses@eastsussex.gov.uk](mailto:holidaycourses@eastsussex.gov.uk)

Phone: 07766 422352 / 07584 262556



## What's on

### Summer Week 3 - 2026

#### TUESDAY 11<sup>th</sup> August

##### LEARN 2 RIDE SESSIONS

09.00 – 09.45  
10.00 – 10.45  
11.00 – 11.45  
12.00 – 12.45

Cost £22.00 pp

#### SCAN ME TO BOOK!



#### WEDNESDAY 12<sup>th</sup> August

##### 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

#### THURSDAY 13<sup>th</sup> August

##### OFF ROAD GROUP RIDE

10.00 – 14.00

Cost £35.00 pp (Child)

Cost £35.00 pp (Adult)

Email: [holidaycourses@eastsussex.gov.uk](mailto:holidaycourses@eastsussex.gov.uk)

Phone: 07766 422352 / 07584 262556



## Eastbourne Cycle Centre

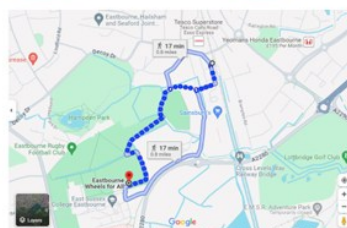
### Where to find us

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.