



Newsletter

Friday 11th September 2026



Upcoming Dates

September

Fri 25th - Friday Fun Day & School uniform sale

October

Tues 6th - Individual school photos

Thurs 22nd - Last day of term 1

November

Mon 2nd - First day of term 2

Fri 27th - Meads Magic

Tues 24th - Whole school pantomime

December

Sat 5th - Christmas Fayre

Thurs 17th - End of Term / Christmas Service

Fri 18th - INSET Day

www.sjm.academy - Tel: 01323 730255 - office@sjm.academy

Whole School Reminders:



We are an allergy aware school.

NO NUTS are allowed in school.

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



Whole School Notices

● Welcome back everyone, to a new school year at St. John's Meads.

An especially warm welcome to all our new families who have joined us this September. We hope everyone has settled into the new routines.

● Welcome also to our first newsletter of the year, where we share upcoming dates, important notices and celebrate our pupils achievements. Please do send any pictures of your child's achievements outside of school so we may share them here and in our weekly celebration worship.

● LIGHT awards will start next week. If your child receives a Light award in recognition of displaying one or more of our school values, you will be invited along to celebrate with us in our Friday Celebration worship.



We are excited to introduce Funday Fridays.

On the last Friday of every month, we will have sweet treats for sale after school.

Please bring £1 cash to purchase.

Thank you for your ongoing support



✓ Attendance

Best attendance this week: **Rockpool**

Shell Class	Pebble Class	Rockpool Class	Wave Class	Ocean Class	Whole School
98.4%	98.4%	99%	98.9%	97.3%	98.2%

Love

Independence

Generosity

Honesty

Teamwork

Headteacher Awards

Well done

to this week's Headteacher award winners:

Reuben, Henry, Salma, Niamh,
Richard and Stanley



Read, Relax, Repeat

We are continuing with our Read, Relax, Repeat reading initiative this year.

Each child should be reading to an adult at home **at least 5 times a week**.

This doesn't have to be the school reading book; it can be a book from home, a bedtime story or a magazine.

Any child who has read 5 times (and had their reading record signed by a grown up) will be entered into our reading raffle. **Children with a reading raffle ticket will have 10 minutes extra play on Friday.**



Dear parents,

I would like to thank each and every one of you for your generosity.

The retirement gifts I recieved were all very special to me. Also, the gifts I was presented with in church were such a lovely surprise. The hydrangea has bloomed a vibrant blue all summer and the Liz Earle gift set has such a lovely fragrance. I have not spent the gift voucher yet but I am looking forward to doing so.

I am going to miss all of your lovely children so much, but hopefully I will see some of them when I come in to school to volunteer.

Thank you again,
Love Mrs. Riddle.

St. John's Meads School

A caring one-form entry Church of England Primary where every child is known and valued



Top 5% of schools in the country for educational outcomes



Up to 32 enrichment opportunities every term across the school

OPEN EVENTS

We warmly invite you to see us in action and have a tour of the school



Open events running through September, October and January.

Scan the QR or click [here](#) to find out more and book your space.



Tel: 01323 730255 or Email: office@sjm.academy
26 Rowsley Road, Eastbourne, East Sussex BN20 7XS


**ME & MY MIND,
MENTAL HEALTH
SUPPORT TEAM**



Supporting your child to manage the return to school after the holidays.

In this session, we will share information about children's mental health and wellbeing and ideas for supporting them.

We aim to make these sessions as informal and comfortable for you as possible. There is no pressure for you to share anything about yourself or your family.





Booking Information

Please use this [booking form](#) to book your space by clicking this link or scanning the QR code



INFORMATION

 Thursday 24th September 2026
 9-10:30
 St John's Mead
 Jon.Barron@eastsussex.gov.uk




Helping your Child with Fears and Worries: A 5 week Course for Parents and Carers




★★★★★

Parents and Carers

It was a nice atmosphere with no pressure to share, and it was helpful hearing advice from the practitioner and other parents' experiences.

Parents and Carers

Amazing session - seriously so good and facilitated in a way that made us feel safe and comfortable to share. I learnt a lot and hope there are more on offer.

- Practical tools and techniques to support your child
- Understanding anxiety, fears, and worries in children
- Strategies to build resilience and confidence
- Small, supportive group sessions
- Opportunities to connect with other parents and carers

Varied Dates

9:30am to 11:30am

Local Family Hub



Book now using the QR code or visiting: www.buytickets.at/mentalhealthandwellbeingineducation

SCAN ME!




September Timetable

All regular 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

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

Masking Awareness



FREE

FREE

Free online talk for parents

24 September 7pm - 8pm

Book online facefamilyadvice.co.uk

Parent - Live Talks page



DISCOVER DANCE AND MOVEMENT

BUILD CONFIDENCE, FLEXIBILITY AND FITNESS WITH DANCE

Zylo STREET DANCE

FRIDAYS AFTER SCHOOL FOR YEARS **2 TO 6**



Build Confidence ✓
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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!
making discounts available

Rated Excellent

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 Claire

"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

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www.zyloperformance.co.uk

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Zylo Performance Ltd are fully insured. All staff complete extensive prep including Enhanced DBS check, first aid & safeguarding.



Dear Parent/carer,

I'm delighted to let you know that I currently have space in my timetable to take on new guitar pupils. Lessons happen weekly and take place within school hours (on a rotating timetable to avoid too much disruption).

Our lessons follow a nationally recognised syllabus but are tailored to each pupils individual tastes.

If you want to learn to play Foo Fighters, you'll learn Foo Fighters!

If you want to learn to play Ed Sheeran, you'll learn Ed Sheeran!

If you want to learn to play Justin Bieber, you'll learn Metallica!!

Pupils have the choice to learn just for fun or to take graded exams which eventually start counting towards UCAS points. We work in small groups or on an individual basis and as well as lessons we have a whole range of extra curricular activities such as Rock and Pop band projects, guitar orchestras and many more!

For more information on lesson cost and to apply please visit

www.createmusic.org.uk

Or feel free to drop me an email on the address below. Please feel free to check out my guitar demo on the YouTube link below as well

jordan.Cresswell@createmusic.org.uk

<https://www.youtube.com/watch?v=E5KkpHWjDo>

Jordan Cresswell, Guitar Tutor

Jordan.Cresswell@createmusic.org.uk

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@ EASTBOURNE

CLAIM YOUR FREE SESSION



Group sessions built around our proven coaching method, designed to help every player improve - whatever their level.

SCHEDULE & PRICE

4-7 YEAR OLDS **8-12 YEAR OLDS**

Wednesday 5.30-6.30pm

Wednesday 6.30-7.30pm

Sunday 9.00-10.00am

Sunday 10.00-11.00am

£80 for 8 sessions

£80 for 8 sessions



ALL YEAR TRAINING



TOP FACILITIES!



ALL ABILITIES WELCOME



FOR EVERY JOURNEY

GET IN TOUCH

✉ eastbourne@wemakefootballers.com

☎ 07736 457518

WHERE WE TRAIN

Wednesday evenings & Sunday mornings

The Turing School, Larkspur Dr,
Eastbourne BN23 8EJ

TRUSTED BY OVER 100,000 PARENTS



AUTUMN 2026
Games • Skills • Friends • Fun!

JUNIOR FUN!

Hampden Park Sports Centre



Get active and enjoy our coached, fun-filled term-time sessions packed with drills, skills, games, matches, and tournaments!

Whether you're new to the sport or looking to improve your technique, our friendly coaches will help you build confidence, develop skills, and have a great time on the court or pitch!

FOOTBALL FUN!

Mondays 4pm-5pm

7-12 years

Fridays - 4pm-5pm

7-12 years

TABLE TENNIS FUN!

Mondays 5pm-6pm

7-14 years

TENNIS FUN!

Fridays 5:15pm-6:15pm

6-12 years

LITTLE TEKKERS!

Tuesdays 5pm-5:45pm

4-6 years

£3.90 per session. Discount on upfront term book applies. Please bring some water, and wear sports clothing or casual clothing with trainers.

Double Discount

Any two activities just
£6 per person!



01323 509859



www.waveactive.org



sporteastbourne@waveactive.org