



Newsletter

Friday 18th September 2026



Upcoming Dates

September

Fri 25th - Friday Fun Day & School uniform sale

Wed 30th - National Poetry Day

October

Fri 2nd - School Disco

Tues 6th - Individual school photos

Fri 9th - Harvest Service

Thurs 22nd - Last day of term 1

Fri 23rd - INSET Day

November

Mon 2nd - First day of term 2

Fri 27th - Meads Magic

Tues 24th - Whole school pantomime

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**.



Attendance

Best attendance this week: **Rockpool**

Shell Class	Pebble Class	Rockpool Class	Wave Class	Ocean Class	Whole School
94.6%	98.6%	95.9%	96.1%	93.1%	95.7%

Love



Independence



Generosity



Honesty



Teamwork



LIGHT Awards



Well done

to this week's LIGHT award winners:

Eli, Viktoria, Jolee, Kathrin and Reuben

Headteacher Awards



Well done

to this week's Headteacher award winners:

Salma, Jolee, Ella, Ruby, Maybelle,
Isaac, Hunter and Emil

Read, Relax, Repeat Winner

Well done Alana!

This week's readers:

Shell - 6 Pebble - 15 Rockpool - 4 Wave - 11 Ocean - 14



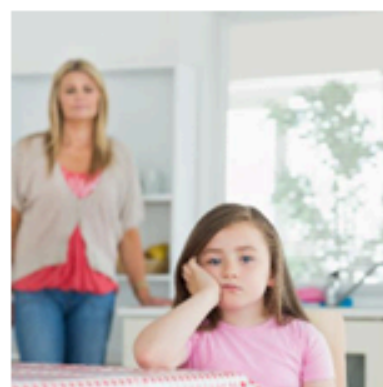
Fussy eating workshop for parents and carers

Are mealtimes a struggle?

Join our friendly workshop for parents and carers to learn practical ways to make mealtimes less stressful and more enjoyable.

What is the workshop?

This is a free, one-off session held at your child's school by the [East Sussex School Health Team](#). It provides simple, trusted NHS advice to help you understand why your child might be selective with food and what you can do to support them.



What you will learn:

- Reasons children become fussy eaters.
- Practical strategies to try at home.
- Ways to reduce mealtime stress.
- How to build your child's confidence around food.
- Tips to support healthy eating habits.

This session is for:

- Parents and carers of children who are fussy or selective with food.
- Parents and carers of children who avoid certain foods or textures.
- Anyone looking for support to improve family mealtimes.



The session will be held in school at 0900 on Wednesday 4th November 2026.

Book your place by contacting the school office.

October–
December
2026

Webinars

Becoming a Positive Parent
(2-10 yrs)

13th October 10-12pm

Triggers Tantrums & Teaching
Moments (2-12yrs)

6th October 6:30-8:30pm

Being a Neurodivergent Parent

7th October 12:30-2:30pm
17th November 6:30-8:30pm

Learning about Neurodivergent
Children (2-19yrs)

21st October 12:30-2:30pm
2nd December 6:30-8:30pm

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

5th November 10-12pm

Groups

No sessions
in half term

Supporting Parents of
Teenagers 10+ (STOP)

Wednesday 18th Nov- 13th Jan
10-12pm

Positive Parenting
Programme 2-12 (Triple P)

Tuesday 24th Nov- 26th Jan
12:30-2:30pm

Teen Life 10+

(National Autistic Society)

Tuesday 3rd November - 5th January
10-12pm

To receive the
booking form, please
email us

parentsupport@eastsussex.gov.uk