Outlook

**Newsletter 08.05.26**

**From** Ditchling - Office <office@ditchlingsch.co.uk>
**Date** Fri 08/05/2026 4:12 PM






**'Living life in all its fullness' John 10:10**

Dear Parents and Carers,

It was a real pleasure to welcome so many of you to my recent coffee morning—thank you to everyone who was able to attend and for the honest and thoughtful feedback you shared. It was wonderful to hear how much the children are enjoying Forest School, PE, and the wide range of outdoor learning opportunities we provide. These experiences are such an important part of our curriculum, helping to build confidence, resilience and a love of learning beyond the classroom.  You love it so much you want more!

I was also delighted to hear such positive comments about our reading buddies programme. It is clear that this initiative is having a meaningful

impact, especially in helping our younger children feel welcomed, supported and truly part of our school community. Seeing those cross-year relationships flourish is something we are very proud of.

One important point raised during the morning was that some parents were not aware of our "Trusted Adult"  system. Every child in school chooses two members of staff as their trusted adults—people they know they can go to if they ever need someone to talk to, share a worry, or seek support. We place great importance on ensuring every child feels safe, heard and cared for. This system is a key part of that commitment.

I would also like to take this opportunity to remind everyone about arrangements for drop-off and pick-up. The space directly in front of the school is a staff car park and should not be used for driving in and out unless you are a registered disabled driver who needs access to park. The cones are in place to prevent entry, and it is important they are respected. Additionally, some of our nearby neighbours have visits from carers, and it is essential that the coned-off areas remain clear for their use at all times. Thank you for your continued understanding—parking around schools can be challenging and we encourage families to use nearby car parks and enjoy a short walk to school wherever possible.

We have had a very busy and exciting time recently. Our Year 3 and 4 residential visits were a great success, and we were incredibly proud of how brave the children were when taking part in the different activities. They showed fantastic teamwork, resilience and encouragement towards one another. Thank you for the fantastic feedback from parents as well.

We were also thrilled to welcome our new therapy dog, Poppy, into school. She will be joining us for an hour every Tuesday. From her first visit it was clear just how much joy she brings. The children absolutely loved meeting her (and giving her a few treats!) and we are looking forward to the positive impact she will have on wellbeing across the school.

Year 2 enjoyed a fantastic trip to the Natural History Museum, demonstrating excellent behaviour throughout the day. They remained calm and sensible even when an alarm sounded inside the building—something that could have been unsettling, but they handled it brilliantly. It’s safe to say they had a memorable and enriching experience.

Looking ahead, next week is SATs week and we want to wish all of our Year 6 pupils the very best of luck. They have worked incredibly hard and should feel extremely proud of everything they have achieved. We always remind them that SATs are just one way of measuring learning—they only tell us a small part of the story and each child is so much more

than a test result. They are kind, creative, resilient and unique individuals, and we couldn't be prouder of the amazing young people they are becoming.

Thank you, as always, for your continued support.

Kind regards,

Nikki Elliott

Headteacher




## Whole School Attendance: 95.2%

### ATTENDANCE SPOTLIGHT

Congratulations to: **1 Wagtails**

For achieving the best attendance this year.



## Important Dates

- Church service at St Margaret's Church - Fri 22nd May 2pm
- Year 5 & 6 residential trip - 1st - 5th June
- Summer Concert - Thurs 21st June 4.30pm
- Sports Day - 30th June
- Summer Fair - 3rd July
- Whole School Trip - Mon 13th July

- Last day of school - 21st July

Please find the term dates here:
https://ditchlingprimary.co.uk/school-life/diary-dates/

# Safeguarding




**Child home safety focus: Burns and scalds**

Almost half of serious burns affect children under two, and around 70 percent happen to children under five. Young children are at higher risk because their skin is thinner and they are naturally curious, often reaching for hot items before they can understand danger.

Hot drinks are a common cause of scalds and can still burn a child up to 15 minutes after they are made.

**Top tips for families**

• Keep hot drinks in safe zones where little hands cannot reach
• Place hair straighteners somewhere safe to cool, ideally in a heat proof pouch
• When running a bath, put cold water in first, then add hot
• Use the back rings on the cooker and turn pan handles away

Small changes during everyday routines can help reduce the risk of burns and scalds at home. We have included a social media post to share with families around the dangers of burns and scalds from hot drinks.

# SEND




# News Crew

## Sheffield Park

Year 3 enjoyed a lovely trip to Sheffield Park National Trust last week for their Forest School experience, blessed with beautiful sunny weather throughout the day. The children had a wonderful time exploring the

stunning grounds, taking in the colourful landscapes and spotting signs of spring all around them.

They approached the day with great enthusiasm and curiosity, making the most of the outdoor environment and enjoying time together in such a peaceful and picturesque setting. It was a fantastic opportunity for them to learn beyond the classroom while creating special memories with their friends.

A huge thank you to our parent helpers who supported the trip!







## Natural History Museum

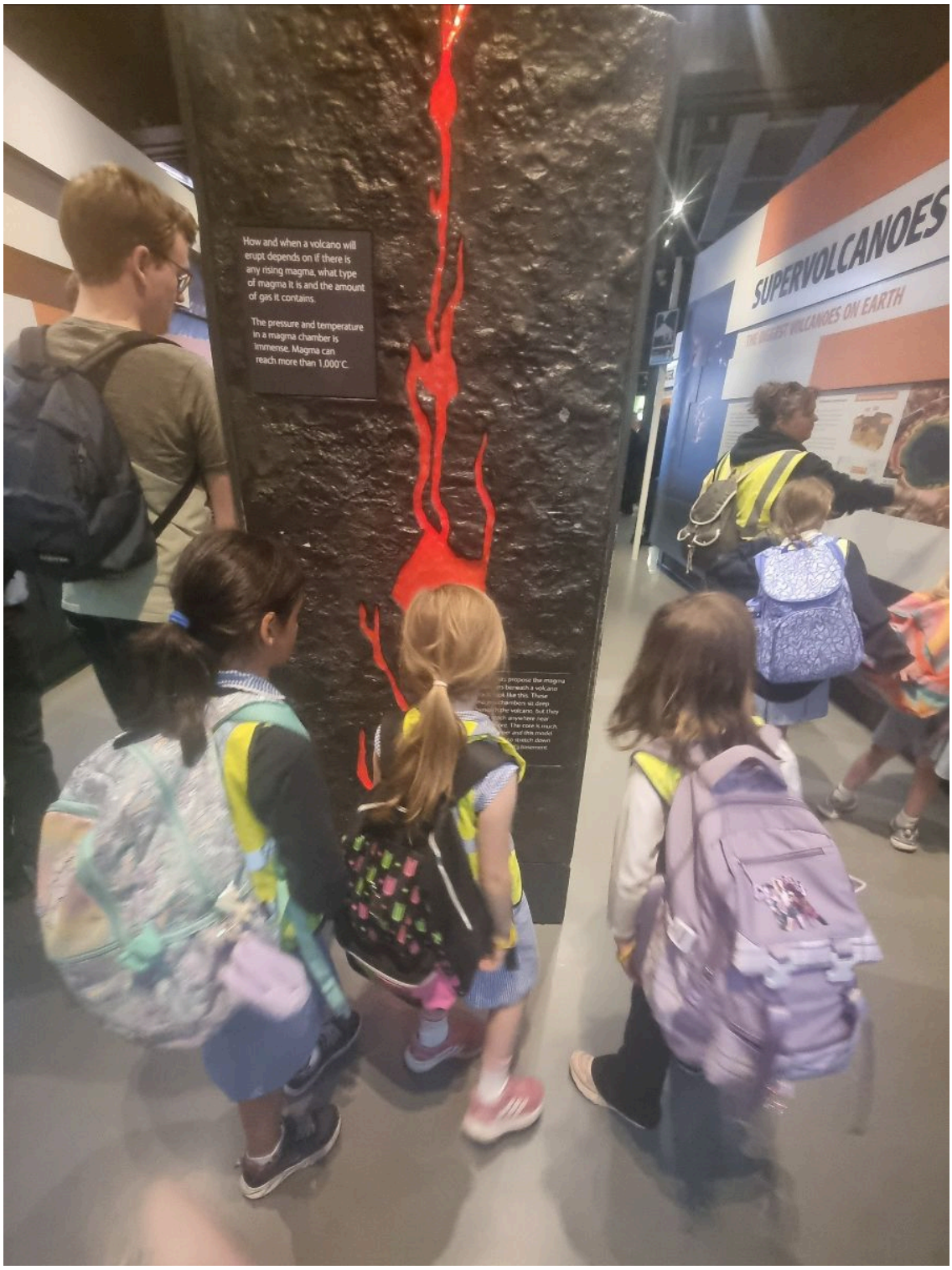
Year 2 had a fantastic day at the Natural History Museum this week, enjoying an exciting opportunity to explore and learn in such an inspiring setting. The children were full of curiosity as they discovered the

fascinating exhibits and took part in a range of engaging experiences throughout the day.

Although the visit was briefly interrupted by a fire alarm and an evacuation, the children behaved impeccably. They followed instructions calmly and sensibly, showing great maturity and responsibility, and we were incredibly proud of how they handled the situation.

Despite this unexpected moment, the children went on to have an excellent day, making the most of every opportunity and thoroughly enjoying their trip.

A big thank you to our parent helpers for your support. Your help made the day run smoothly and ensured the children had such a positive and memorable experience.


How and when a volcano will erupt depends on if there is any rising magma, what type of magma it is and the amount of gas it contains.
The pressure and temperature in a magma chamber is immense. Magma can reach more than 1,000°C.
SUPERVOLCANOES


Is it a dinosaur?
NO
CROCODILE



# Year 3 & 4 Residential Trip

Year 3 and 4 had an absolutely unforgettable adventure on their PGL residential at Windmill Hill, with Year 3 joining for the first day of the trip, and Year 4 having their first overnight stay and enjoying two days away. From the moment they arrived, the excitement never stopped as the children threw themselves into a huge range of thrilling activities, showing incredible enthusiasm, teamwork and bravery throughout their time there.

One of the highlights of the visit was the fantastic orienteering challenge, where pupils worked together to solve clues, navigate their surroundings and put their map-reading skills to the test. The children also became amazing eco warriors, learning all about nature, the environment and how to care for the world around them. They explored the outdoors with curiosity and excitement, discovering fascinating facts and developing a real appreciation for wildlife and conservation.

For many children, the biggest challenge, and greatest achievement, was the chance to go abseiling! They showed tremendous courage as they climbed high and descended with huge smiles and cheers from their friends. The excitement continued with the incredible basketball trampoline activity, where children bounced, laughed and scored spectacular shots, before testing their strength and determination on the wall climbing course.

Throughout the residential, Year 3 and Year 4 demonstrated fantastic resilience, friendship and encouragement towards one another. The trip was filled with laughter, adventure and memories that will last a lifetime. We are so proud of every single child for embracing every opportunity and making their time at PGL Windmill Hill such a tremendous success!

Thank you so much PGL for making our trip so spectacular. We truly had the BEST time!


PGL




How high
CLIMB
together?







## Baby News

We are delighted to share the lovely news that Miss Game has welcomed her beautiful baby girl, Maya.

Baby Maya arrived 10 days early on 30th April, weighing 6lb 10oz. We are pleased to say that both mum and baby are doing really well and settling in at home.

We’re sure you’ll join us in sending Miss Game and her family our very best wishes and congratulations at this very special time.



## Sporting Champions of Ditchling

Coral and Emma's U11 football team won the U12 Sussex County Cup final at the FA county ground at Lancing 🥳🏆




Axel ran a very quick 5km trail run recently and came 5th and 6th with

his brother Athel, out of 100s running the race!




# Notice Board

**ACTION**
FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL** OF US.

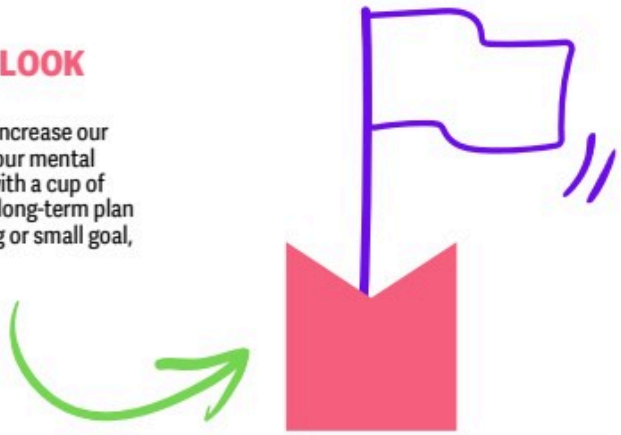
MENTAL HEALTH FOUNDATION
**MENTAL HEALTH AWARENESS WEEK**
**11-17 MAY 2026**

# Our top ten actions to support good mental health

**These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.**

## 1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.





## 2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.

### 3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



### 4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



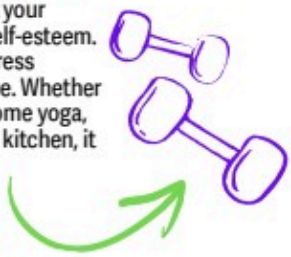

### 5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



### 6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



### 7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



### 8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



### 9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



### 10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



**Everyone deserves good mental health.**
**For more tips and information visit mentalhealth.org.uk**

Registered Charity No. England and Wales 801130, Scotland SC 039714 / Company Registration No. 2350846
VAT Number GB524451857. Registered office: Studio 2, 197 Long Lane, London SE1 4PD. Registered with the Fundraising Regulator.

Registered with FUNDRAISING REGULATOR

## Ditchling Summer Show - Children's Classes

Children are warmly invited to take part in the Ditchling Horticultural Society Summer Show, 2–4pm on Sunday 14 June at Ditchling Village Hall. Pupils can prepare an entry for the following children's classes.

For children aged 6 and under (at the time of the March Spring Show):

- A cress head

- A picture of a butterfly made by sponge printing

For children aged 7–11 (at the time of the March Spring Show):

- A model of ‘Best Pig in a Sty’, in memory of a long-running historic DHS class which judged the best real pig in a sty in the village
- A limerick about Ditchling

Exhibits must be brought to the Hall from 8.00am to 9.30am on the day of the show.

All entries will be displayed at the show, giving children a chance to showcase their creativity and imagination. The children’s entries are always one of the best parts of the show, we love seeing what they come up with!

DITCHLING
HORTICULTURAL
SOCIETY EST 1822

# SUMMER
# SHOW 2026



## SUNDAY
## 14TH JUNE

**DITCHLING VILLAGE HALL**

## 2-4PM

**MORE INFO AT DITCHLING HORTSOC.CO.UK**


KUDIZE CLUB
EARLY BIRD
Discount
£5 OFF
Long or short day
at Holiday Club and
Adventure Holiday Club
T&C's apply




Instagram Website

| Website: | Contact: | Email: |
| --- | --- | --- |
| www.ditchlingprimary.co.uk | 01273 844130 | office@ditchlingsch.co.uk |