

Dear Parents,

Happy New Year to you all and a very chilly welcome back to the start of Term 3.

Please see the following notices and attachments for week commencing 12/01/26.

DATES FOR YOUR DIARY

Please see attached a 'dates for your diary' for term 3 & 4. As always things can be added or changed, so please continue to read the weekly updates.

13/01/2026 – Year 2 and 3 First Swim of the term.

15/01/2026 – Admission deadline for primary school places.

15/01/2026 – Census Day. There is a menu swap for Census day and this is attached below. It will not be updated on parent pay so if you have already chosen the main meal option or when you come to book, choose main meal and your child will receive fish and chips. Friday's meal will then be what would have been on Thursday.

GENERAL INFORMATION AND ATTACHMENTS

We have received some guidance and resources from the Department for Education (DfE) regarding seasonal illness and how to keep pupils and staff well. They have asked that we share the information with our parents. It contains some useful information including a guide for parents – Is my child too ill for school?

- **[Education Hub Blog: Reducing the spread of illness this winter: Seven steps to healthier schools and higher school attendance – a helpful blog for parents and staff.](#)**
- **[NHS Guidance for Parents: Is my child too ill for school? – a useful resource to help parents decide when children should stay at home.](#)**
- **[Preventing and Controlling Infections Guidance: Includes advice on vaccination, ventilation, and good respiratory hygiene.](#)**
- **[A-Z of managing Infectious Diseases: Practical guidance on managing specific illnesses.](#)**

The DfE state that by following and sharing these resources, settings can support healthier school environments and help maintain high attendance as far as possible throughout the winter months.

Free Wellbeing Workshops for Parents and Carers

The Mental Health Support Team is offering a range of free workshops to support children's emotional wellbeing. These include in-person sessions at local Family Hubs and small-group online sessions, as well as a collection of watch-anytime wellbeing webinars.

All details and to book here: <https://buytickets.at/mentalhealthandwellbeingineducation>

In-Person Sessions

Taming the Worries – various dates and locations across East Sussex.

Next Stop Secondary (Transitions) – 1st June, Shinewater Family Hub.

Want to know what to expect? [You can watch this short introductory video.](#)

Online Lunch & Chat Sessions

- Secondary Children's Wellbeing – 25 Feb, 1–2:30pm
- Primary Children's Wellbeing – 21 Jan, 1–2:30pm
- Next Stop Secondary (Transitions) – 17 June 2026, 1–2:30pm

Free Recorded Webinars (Watch Anytime)

Topics include [exam stress](#), [anxiety and worry](#), [tricky mornings](#), [children's wellbeing](#), and [moving to secondary school](#).

Also attached are some essential online safety tips.

Kind regards