



Brede Bulletin

13th June 2025

Responsibility Inquisitiveness Confidence Inspiration Respect

Dear Parents and Carers. We've been enjoying some beautiful sunny weather this week, which has brought a real sense of joy across the school. Owls Class had a fantastic trip to Rye Harbour, where they explored the local wildlife and habitats – a wonderful opportunity to bring their learning to life in the great outdoors. We're also pleased to share that we had a visit from the Local Authority, who were very impressed with the continued progress being made across the school. Their feedback was extremely positive, and they confirmed that we are well on our way to achieving an *Outstanding* judgement at our next Ofsted inspection – a testament to the dedication of our staff, pupils, and wider school community. Have a wonderful weekend, everyone. Julie Knock

Our School Charter

Each week we work as a team to demonstrate our responsibility and commitment to ensuring everyone at Brede Primary School has ...



The Right
to be heard

The Right
to learn

The Right
to be
included

The Right
to be me

The Right
to play

The Right
to be safe

Look who was invited to #IcePopFriyay! for going over and above this week:



Hedgehogs



Betty P
Oscar Wall

Rabbits



Isaac
Charlie
Odin
Freya

Foxes



Jacob C
Reg
Albert

Owls







Queenie
Harley
Daisy
Reggie C



Reading Certificates: achieving 25 reads or more

25 Reads: Aurora
50 Reads: Isabel M
100 Reads: Tommy P
150 Reads: Phoenix & Henry H

| | |
|--|---|
|  | <p><u>Owls Visit to Rye Harbour</u></p> <p>On our school trip to Rye Harbour, the children had an exciting day filled with outdoor learning and adventure. They began by birdwatching along the nature reserve, spotting species like oystercatchers, avocets, and terns through their binoculars. Afterwards, they took part in a fun scavenger hunt, searching for shells, driftwood, and other coastal treasures. The trip also included an engaging session about the sea and rivers, where the children learned how tides work and how rivers flow into the ocean. It was a fantastic experience that brought classroom lessons to life in the fresh air.</p> |
|   | <p><u>Chick-Chick Chicks!</u></p> <p>Thank you so much, Mrs. Hogan, for visiting our school today and bringing your chicks for the children to hold. It was such a wonderful hands-on experience that truly helped the students learn about the life cycle of a chicken in a fun and engaging way. They also enjoyed discovering the different breeds and asking questions, making the lesson both memorable and educational. We really appreciate you taking the time to share your knowledge and your lovely chicks with us!</p> |
|  | <p><u>Bat-tastic Creativity!</u></p> <p>A few children showed wonderful creativity on the adventure trail garden today by building a bat house in one of the trees. They carefully used sticks to create a staircase leading up to the branches and thoughtfully gathered leaves to place at the bottom of the tree, explaining that it would provide a soft landing in case any bats fell out. It was fantastic to see their imaginations at work and how they combined play with problem-solving and care for nature.</p> |



PINS Project



Support For Parents

Neurodiversity & sleep

Online session for parents and carers of children and young people with special educational needs and disabilities (SEND)

With Nickie Sutton, a specialist sleep practitioner and former nurse, from Peak Sleep. Hosted by ESPCF.

Wednesday 18th June
7.00pm to 9.00pm
Online via Zoom



Join Nickie for a workshop on how being neurodivergent can affect your child's sleep, and what you can do to help (no taking away of screens!).



BOOK HERE

Or scan the QR code



info@espcf.org.uk

www.espcf.org.uk



Parent Survey



A helping hand with your mental health
me & my mind
East Sussex Mental Health Support Team



Introducing Lucy Chedzoy, Parent & Carer Practitioner from me & my mind Lucy from the 'me and my mind' team, is hoping to run a session for parents and carers but would first like to know what would be most useful for you and your young person just now. Sessions could include things like helping your young person manage anxiety and worry or getting advice on sleep. Please click: [Primary Parents and Carers survey](#) to complete a quick 1 minute survey to find out what kind of things could be on offer and to say which ones you'd be interested in attending. For further information or to find out more please speak to Mrs. Bulgin.

**Support for
Parents**

Parenting Team

**NEW! Teen Life face to face
from the National Autistic Society**



Teen Life is a programme for parents/carers of autistic young people aged 10 to 16 years from the National Autistic Society. This programme empowers parents to understand more about autism in pre-teens & teens.

The aim of the Teen Life programme is to bring parents/carers together to share information, experiences & ideas in a supportive environment. Teen Life focuses on the importance of autistic perspectives, with a variety of videos & quotes used throughout the sessions from autistic young people.

**Wednesday 23rd April to Wednesday 18th June
6:30 – 8:30pm weekly
(week off for half term)**

**Hastings Town Family Hub Waterworks Road, Hastings
East Sussex, TN34 1RT**

**To book your place, email the Parenting Team
EH.O-19parentingteam@eastsussex.gov.uk
Or call: 01424 725800**



Amaze Support for Parents

Amaze Neurodevelopmental (ND) Family Support

Amaze ND Family Support is a service for families in East Sussex and Brighton & Hove who have children and young people under 25, pre- and post-assessment, for neurodevelopmental (ND) differences that include:

- autism,
- ADHD,
- tics/Tourette syndrome,
- learning disabilities/developmental delay,
- FASD (foetal alcohol spectrum disorder),
- social communication differences,
- sensory processing.

ND Family Support offers training and navigation, support groups and befriending for parents, and support and activities for young people via Amazing Futures. Click [here](#) for further information.

What is ND Family Support?

Amaze ND Family Support is a service for families in East Sussex and Brighton & Hove who have children and young people under 25, pre- and post-assessment, for neurodevelopmental (ND) differences that include:

- autism
- ADHD
- tics/Tourette syndrome
- learning disabilities/developmental delay
- FASD (foetal alcohol spectrum disorder)
- social communication differences
- sensory processing

ND Family Support offers training and navigation, support groups and befriending for parents, and support and activities for young people via Amazing Futures.

What is ND?

The ND in our name stands for **neurodevelopmental**, as we support families at any point on the neurodevelopmental pathway; before, during and after assessment and diagnosis for a neurodevelopmental condition.

ND is also short for:

- **neurodivergent** - a way of describing people whose brains work differently in one or more ways from what is considered standard or typical (neurotypical)
- **neurodiversity** - the idea that everyone thinks and processes the world differently and all perspectives deserve to be seen, valued and treated equally

How do we support you?

Family Training & Navigation

We give you information and advice about neurodevelopmental differences, how the local pathways work and how to support your neurodivergent child. We give advice via telephone navigation calls, workshops and courses.

Visit: amazesussex.org.uk/nd-family-support/

Parent groups and befriending

We run regular, informal support groups across East Sussex and Brighton & Hove, in partnership with the local parent carer forums, where you can meet other parent carers with children and young people on the neurodevelopmental pathway.

Visit: amazesussex.org.uk/parent-groups-and-befriending/

Social and activity groups for 14-25s

Young people aged 14 to 25 with special educational needs and disabilities can join our Amazing Futures peer support and activity groups in Brighton & Hove, Bexhill and Eastbourne. Visit: amazesussex.org.uk/young-peoples-groups



Who can use the service?

ND Family Support is for any East Sussex or Brighton & Hove parent carer with a child or young person under 25, at any stage on the neurodevelopmental pathway, from looking into getting a referral for assessment to post diagnosis/assessment.

Your child does **not** need to have a diagnosis to get support.

Other Amaze services

SEND Information, Advice and Support Service (SENDIASS)
Online information, regular free workshops and an advice line for one to one SEND advice.


DLA and PIP Advice Service
Resources and sometimes practical support with making a claim for DLA or PIP.



Visit <https://amazesussex.org.uk/services> to find out more about all our services.

Advice and Support for Families

Did you know our school website offers many useful links to advice and support for parents and carers? Everything from emotional well-being, bereavement, cost of living advice and support to managing a child's challenging behaviour at home. More information is available [here](#). It also contains a host of other information, including school [policies](#) and information about [Special Educational Needs](#).



| | |
|--|--|
| <p>Family Hub Support for Parents</p> | <p>Family Hub East Sussex. Find out more here.</p>  |
| <p>CLASS+ Support for Parents</p> | <p>CLASS+</p> <p>CLASS+ supports families and carers of autistic children and young people across East Sussex. We provide advice and training to develop their understanding of autism. Our focus is on the strengths and challenges faced by autistic children and young people. We develop the confidence of parents and carers in how to best support their children.</p> <p>The team is part of CLASS extended services.</p> <p>What CLASS+ offer:</p> <ul style="list-style-type: none"> • Monday advice line 10am - 1pm • Signposting • Phone consultations • Virtual calls • Coffee and Chat sessions for parents/carers • Workshops for parents/carers • Short pieces of personalised guidance around a specific home-based issue <p>Social media</p> <p>Facebook page: https://www.facebook.com/SENDEastSussex/</p> <p>X / Twitter: https://x.com/send_eastsussex</p> <p>Instagram: https://www.instagram.com/send_eastsussex/</p> |

| | |
|---|--|
| <p>Parent Carer Forum Support for Parents</p> | <p><u>Parent Carer Forum</u></p>  <p>Join your local parent carer forum</p> <p>Are you a parent or carer of a child or young person age 0-25 with a special educational need or disability?</p> <p>What is a parent carer forum?</p> <p>East Sussex Parent Carer Forum is a parent-led organisation working to ensure that every parent carer in East Sussex feels that their voice, views, and experiences matter and contribute towards developing and improving services that impact the lives of our children and young people with special educational needs and disabilities (SEND).</p> <p>Who can join?</p> <p>Parents or carers with a child or young person age 0 to 25 with an additional need or disability are welcome to join. You must either live in East Sussex or your child/young person must be using East Sussex services. Your child or young person does not need a clinical diagnosis in order for you to join.</p> <p>How?</p> <p>We work by reaching out to hear your views, representing your experience and expertise and making recommendations for service improvement to decision-makers from the local authority and the Clinical Commissioning Group in all areas of education, health, and social care.</p> <p>You can join the forum and share your views by completing the membership form on our website. You can comment on our Facebook page, reply to tweets, take part in polls and surveys, or become an ESPCF representative.</p> <p>Why?</p> <p>We are stronger together. By coming together, sharing our experiences, feeding back to those who shape services, and monitoring and recording our work, we have the strength to drive real change.</p> <p>So what happens?</p> <p>You can opt to receive our updates and newsletters, join our Facebook group, be invited to events (virtual for now). If you wish, it's an opportunity to share your experiences and shape services. Making contact with other parent carers with similar experiences can be really beneficial and is a lovely supportive part of being a member - but it is entirely optional.</p> <p>Where?</p> <p> www.espcf.org.uk info@espcf.org.uk 0300 770 1367 www.facebook.com/EastSussexParentCarerForum </p> <p>"I was actually taken aback on how much my opinions were taken on board. It was really refreshing, as a parent/carers, to feel listened to and valued."</p> <p>Erika Freeman, ESPCF representative</p> <p>If you have any accessibility needs, please let us know</p> |
|  | <p><u>Keeping Children Safe online.</u></p> <p>We teach online safety to all year groups at school with the aim of protecting children when using digital technologies. Below are some helpful websites that parents can use to get further information about how they can support their children at home.</p> <p>Thinkuknow</p> <p>Keeping Children Safe Online - CBeebies</p> <p>Internetmatters – get smart about smartphones</p> <p>Childnet</p> <p>Online Safety Guidance for Parents</p> <p>Young People and Screentime – A Good Start</p> <p>SWGFL: The TikTok Checklist</p> <p>SWGFL: The Snapchat Checklist</p> <p>SWGFL: The Roblox Checklist</p> <p>SWGFL: The Netflix Checklist</p> <p>SWGFL: The Instagram Checklist</p> <p>SWGFL: The Yubo Checklist</p> <p>Password Management and Security</p> <p>SWGFL: Online Safety Podcast</p> |

| <div>NHS dentistry in Sussex</div> <div></div> | <div>Urgent Dental Care Pathway</div> <div>If your child is experiencing dental pain or requires urgent treatment, please contact the Sussex Dental Helpline, they can provide advice and help you find an urgent care appointment. Call 0300 123 1663 (Monday – Friday, 8:00 – 16:00)</div> <div>Email: kcht.dentalhelpdesk@nhs.net</div> | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|-------|------|------------|-----------|---|--------------------|-----------|--------------|-------------|-----------|-----------|-------------------|-----------|---------------------|------------|-----------|--------|------------------|-----------|------------------|--------------------------------------|--|--------------|
| <div></div> <div>No parking please</div> | <div>The Right To Be Safe - Parking Outside School at Drop Off and Pick Up</div> <div>The road outside of Brede Primary can get very busy during drop-off and pick-up times, and it is essential that parents and visitors park safely. Please do not park on the double yellow lines, yellow zig-zag lines or across our neighbour's driveways during drop off and collection times.</div> | | | | | | | | | | | | | | | | | | | | | | | | |
| <div>Play group</div> | <div></div> | | | | | | | | | | | | | | | | | | | | | | | | |
| <div></div> | <div>Diary Dates</div> <table><tr><th>What:</th><th>Date:</th><th>Who:</th></tr><tr><td>Sports Day</td><td>17/6/2025</td><td>Whole school 9.30am Hedgehogs and Rabbits 1.30pm Foxes and Owls</td></tr><tr><td>Back up Sports Day</td><td>24/7/2025</td><td>Whole school</td></tr><tr><td>Rye Harbour</td><td>19/6/2025</td><td>Hedgehogs</td></tr><tr><td>Leavers Tea Party</td><td>11/7/2025</td><td>Year 6 2pm – 3pm</td></tr><tr><td>Knockhatch</td><td>17/7/2025</td><td>Year 6</td></tr><tr><td>Leavers Assembly</td><td>18/7/2025</td><td>Year 6 9.15am</td></tr><tr><td>INSET DAYS 2024/2025 2025/2026</td><td>21st July 2025 22nd July 2025 03rd September 2025 23rd February 2026 20, 21 & 22 July 2026</td><td>Whole School</td></tr></table> | What: | Date: | Who: | Sports Day | 17/6/2025 | Whole school 9.30am Hedgehogs and Rabbits 1.30pm Foxes and Owls | Back up Sports Day | 24/7/2025 | Whole school | Rye Harbour | 19/6/2025 | Hedgehogs | Leavers Tea Party | 11/7/2025 | Year 6 2pm – 3pm | Knockhatch | 17/7/2025 | Year 6 | Leavers Assembly | 18/7/2025 | Year 6 9.15am | INSET DAYS 2024/2025 2025/2026 | 21 st July 2025 22 nd July 2025 03 rd September 2025 23 rd February 2026 20, 21 & 22 July 2026 | Whole School |
| What: | Date: | Who: | | | | | | | | | | | | | | | | | | | | | | | |
| Sports Day | 17/6/2025 | Whole school 9.30am Hedgehogs and Rabbits 1.30pm Foxes and Owls | | | | | | | | | | | | | | | | | | | | | | | |
| Back up Sports Day | 24/7/2025 | Whole school | | | | | | | | | | | | | | | | | | | | | | | |
| Rye Harbour | 19/6/2025 | Hedgehogs | | | | | | | | | | | | | | | | | | | | | | | |
| Leavers Tea Party | 11/7/2025 | Year 6 2pm – 3pm | | | | | | | | | | | | | | | | | | | | | | | |
| Knockhatch | 17/7/2025 | Year 6 | | | | | | | | | | | | | | | | | | | | | | | |
| Leavers Assembly | 18/7/2025 | Year 6 9.15am | | | | | | | | | | | | | | | | | | | | | | | |
| INSET DAYS 2024/2025 2025/2026 | 21 st July 2025 22 nd July 2025 03 rd September 2025 23 rd February 2026 20, 21 & 22 July 2026 | Whole School | | | | | | | | | | | | | | | | | | | | | | | |
| <div></div> | <div>Safeguarding</div> <div>If you have any concerns regarding safeguarding, please speak to any of the staff below:</div> <div><ul style="list-style-type: none">Mrs Burrows – Designated Safeguarding LeadMrs Bulgin, Mrs Knock/Miss Nugent - Deputy DSLs</div> | | | | | | | | | | | | | | | | | | | | | | | | |