



# The Mead School

## NEWSLETTER

Term: Spring Issue: 5 Date: 14 February 2020

### KEY DATES:



**Monday 24 February**  
-Return to school

**Wednesday 26 February**

Y5/6 boys' rugby match v Beechwood at Beechwood, 2.30pm, return approx. 4.30pm

Y5/6 girls' netball match v Hilden Grange at Hilden Grange, 2.30pm, return approx. 4.45pm

**Thursday 27 February**

FoM meeting, 8.30am, dining room, all welcome

Y3/4 boys' rugby match v Beechwood at Hawkenbury, 2.30pm, return approx. 4.15pm

Y3/4 girls' netball matches v Brick-lehurst & Fosse Bank at The Mead, v Ashdown at Ashdown & v Beechwood at Beechwood, 2.30pm, return approx. 4.30pm (Beechwood) & 4.45pm (Ashdown)

**Friday 28 February**

Team of girls to U11 ISA Netball Area Qualifier at Lingfield Prep, return approx. 4.00pm

**Saturday 29 February**

FoM Quiz Night (for those who have pre-booked) at The Mead, 7.30pm, BYO drinks & snacks

### MISSING UNIFORM/ITEMS:

- Matilda S's (RIC) cardigan
- Benjamin W's (6W) coat



Having fun at the FoM Disco!

### NOTICES & NEWS:

#### INSPIRING SCIENTIFIC TALK FOR OUR MEADITES

We had a very inspiring start to our week, with a fascinating assembly from one of our parents, Professor Georgina Ellison-Hughes. Professor Ellison-Hughes recently gave a Ted Talk about her work in heart stem cell research and it is this that she based her talk on to the children.

The Professor told the children how she came to know she wanted to be a scientist, how it was discovered that stem cells are found in the adult heart and how the stem cells make new heart muscle cells so the heart recovers after damage.

Professor Ellison-Hughes then explained how old age makes the stem cells become aged, meaning they cannot work as well anymore - they can't make new heart muscle cells and the heart cannot recover following damage. She finished by telling the children about the research that her team are doing on trying to prevent or delay the ageing of stem cells and keeping them healthy. They have found that flavonoids, present in fruit and vegetables, and exercise, can improve the health of your heart's stem cells, keeping our heart healthy and working better and enabling us to live, longer, healthier lives.

The children were absolutely fascinated and no doubt Professor Ellison-Hughes' talk will have inspired some budding young scientists in the audience with possibilities for their own future careers, as well as being an important reminder to them to live healthy, active lives. A huge thanks to Professor Ellison-Hughes for taking the time to come and talk to our Reception-Year 6 children.



#### KEEPING SAFE ONLINE

It was Internet Safety Day this week and every day at The Mead we teach the children to stay safe online, be that on a laptop, tablet or phone. I find myself researching new apps daily as the children's attention changes so quickly, fed by the ever changing world of apps and gaming. With the holiday upon us and with that potentially more screen-time, I have attached a document and web link with the covering parent-mail for this newsletter for you to review. The first is a guide to the most common apps and the second a list of well-being apps that local charity Fegans has shared in their blog. I wanted to share the well-being app as I wanted to highlight with you, as I do everyday with the children, that the internet, apps and games can enhance our lives if we use them responsibly.

Mrs Gemma Wilson



#### HOSPICES OF HOPE BAGPUSS APPEAL

The Hospices of Hope charity is launching its Bagpuss Appeal to raise money for children's palliative care in the Bagpuss Wing at the Hospice Casa Sperantei. On Tuesday 18<sup>th</sup> February, the charity are hosting a Bagpuss Appeal Launch Event at Christ Church on Tunbridge Wells High Street at 7.00pm. The Event is free to attend.

Further details can be found at:

[www.hospicesofhope.co.uk/Event/bagpuss-launch-tunbridge-wells](http://www.hospicesofhope.co.uk/Event/bagpuss-launch-tunbridge-wells)





**MENU: W/C 24 FEBRUARY**

**Monday:**

Macaroni Cheese/ Tomato & Basil Pasta, Veg/Fresh Fruit

**Tuesday:**

Chicken Korma & Rice/Pancake Day

**Wednesday:**

Meatballs, Herby Potatoes & Peas/ Traybake

**Thursday:**

Roast Chicken, Roast Potatoes & Seasonal Veg/ Flapjack

**Friday:**

Sausages, Chips & Beans/ Doughnuts

**CORONAVIRUS UPDATE**

UK Chief Medical Officers are advising anyone who has travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing coughing or fever or shortness of breath, to stay indoors and call NHS 111, even if symptoms are mild. If you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately: stay indoors and avoid contact with other people as you would with the flu and call NHS 111 to inform them of your recent travel to the area.

Further advice can be found at the link in the covering parentmail.



Year 1's trip to Herstmonceux Science Centre this week was out of this world!



**SPORTS NEWS:**

**GIRLS:**

The U10s and U11s played Rose Hill on Wednesday. They all had a really successful day of matches, putting into practice their driving and man to man marking which was the focus of the week. Freya P's team had a narrow loss but good passing and excellent driving kept the game close. Ellie-Beth B's team played brilliantly winning 14-9 due to good passing and strong defensive work. Molly S's team also played a great game winning confidently 7-3, with excellent driving and feeding in the circle. Ruby J's team played their hearts out, swapping their normal positions but winning securely 18-6. Great job girls!

**BOYS:**

All the Year 5 and 6 boys played in contact rugby matches against Cumnor House on Wednesday. Cumnor are the strongest team on our fixtures list so we were prepared for tough opposition. It was fantastic to see the progress some of our boys have made on the tackles which were lower and much more committed across all four teams. Each team listened to the half-time focus points and made good attempts at putting them into practice in their game in the second half with obvious improvement. Despite not having any wins the boys learnt from their early mistakes, made progress, never gave up and did their best until the final whistle. Well done. Thank you to the parents and grandparents who support the boys from the sideline; we look forward to the next half of the rugby season with you all.

Thursday's boys' and girls' fixtures were cancelled due to bad weather.

**SPECIAL MEMORIES MADE AT GRANDPARENTS' MORNING**

Our Kindergarten and Pre-Reception grandparents were warmly welcomed to school on Wednesday morning.

The children and their teachers excitedly welcomed our VIP guests for a memorable morning showing their grandmas and grandpas what life is like here at The Mead. After viewing the children's brilliant paintings of their grandparents our guests were treated to a wonderful performance of songs and poems from the children, led by our Director of Music, Mr Thomas Liddle.

The children then presented their grandparents with a special gift - yummy homemade chocolates - and enjoyed a cuddle and a cup of tea and piece of cake together.

Afterwards the grandparents visited the Kindy & Pre-Reception classroom and were taken on tours of the school by our Year 6 pupils to get a flavour of what every day life will be like for their grandchildren as they move up through the school.

A very special morning indeed - for both grandparents and grandchildren alike!

