

News Update

Dates for the Diary

Spooky Autumn Disco	Thursday 21st October
INSET DAY	Friday 22nd October
Half Term	Monday 25th October to Fri- day 29th October

Achievement Awards

This week's winners are:

- Reception: Ella and Pheobie
- Year 1: Rory and Amelie
- Year 2: Myles, Isla and Ivy
- Year 3: Harrison, Alexa and Zachary
- Year 4: Oscar and Joseph
- Year 5: Lola and Emily
- Year 6: Gabriel, Lacie, Alexa and Ben

Congratulations to all of this week's winners!



There is still time to apply for one of our pupil roles within the academy. There are lots of roles available including Bagel Bar Monitor, Librarian, Reading Buddies and Playground Buddies. All application forms are on our website—apply today!!



Academy Update

We recently launched our pupil roles and applications for these close on Monday 27th September at 9am. Please ensure these are emailed in to the office by then. Don't forget that we always have bagels available every morning in the playground from 8.30am with a selection of delicious toppings.

WE NEED YOU!

We are about to launch our fundraising events calendar for the year and we would love to see if there are any parents and carers who are able to support us in raising vital funds for the academy and local causes. We have planned a range of events and would welcome any support in running these events, we would also be very happy to hear of any new ideas that we could look at.

Sadly, over the summer break we had a number of break ins and significant damage caused to the academy inside and outside. We continue to replace our much needed equipment but this comes at a high cost. Our focus is rebuilding and replacing all of our outdoor learning resources.

We also had a number of doors and windows smashed throughout the early years village too.



Road Safety

We are focusing on road safety in classes at the moment to link into the Think! Road Safety government campaign. The children have done some excellent work and have come up with lots of brilliant ideas on how to keep themselves and others safe when out and about.



The children have been making the most of the beautiful autumn weather having great fun in outdoor learning taking part in scavenger hunts, puzzles and challenges.



Join us for:

- Storytelling and Singing
- Story-based Activities
- Family Time



Where: EFT Community Learning Centre, 464 Bexhill Road, St Leonards-on-Sea TN38 8AU
Who: Parents/carers/grandparents 19+ with under 5s
Cost: FREE
When: Friday 1st October - 5th November 2021 (excl. half-term 29th October), 10:00 am – 11:30 am

To book your place, contact us on 01424 722241 or illacey@educationfuturestrust.org

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Registered Charity Number: 1146171 Company Number: 7852922
Patron: Baroness Stedman Scott CBE

SWISH Online

Social, Well-being, Information, Support & Health

Online Games, Activities and Support for 9-15 year olds

Topics include:

- Healthy Lifestyles & Nutrition
- Positive Thinking
- Exercise & Fitness
- Games include: Drawasaurus (Fictionary)
- Geoguessr
- Among Us

Sign up now to:
Take part in making new friends and having fun online!
(Participants **MUST** have internet access and either a smartphone, tablet or laptop)

Where: From the comfort of your home, sessions will be held over Zoom!
Who: 9 - 15 year olds
Cost: FREE
When: Starting: 15th September, 7pm - 8pm (Every Wednesday for 6 weeks)

To sign up please contact us on
01424 722241 or office@educationfuturestrust.org
Or you can text/call the course leader directly:
Rian on 07375884031

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SPORTS-4-U

After School Club Supported by Children In Need



Education Futures Trust funded by Children In Need will be delivering sports sessions across Hastings to improve fitness, health & well-being and to provide opportunities to meet new people, in a Covid-secure environment.

Activities on offer...

- Football
- Tennis
- Uni-hockey
- Cricket
- Rounders
- Dodgeball

FREE

10-week programme for 7 - 14 year olds:
Mondays, from 20th September (excl. half term) @ The Firs, Elphinstone Rd 4-5.30pm
Thursdays, from 23rd September (excl. half term) @ The Firs, Elphinstone Rd 4-5.30pm

Bookings Only
Contact: 01424 722241 / office@educationfuturestrust.org

To contact the course leader directly, call Rian on 07375 884031
www.educationfuturestrust.org
@EFT_Hastings Education Futures Trust

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Bushcraft for Beginners



Increase confidence
Improve communication
Learn to use tools and light fires
Find out more about the world around us
Find, cook and eat wild food
Make things from found materials

Where: The Firs Forest School area, off Ochiltree Road, Hastings TN34 2AJ
Who: Local adults 19+
Cost: Free for all participants in receipt of benefits; otherwise suggested donation of £15 for the course to cover materials
When: Fridays 1st October – 5th November 2021, 10am - 12 noon

BOOKING ESSENTIAL - LIMITED PLACES
Contact the EFT office on 01424 722241 or sharb@educationfuturestrust.org

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Spare School Uniform



We have some spare second-hand school uniform in the academy which is available to all parents. Items such as polo shirts, jumpers, trousers, skirts and PE kit are all available.

If you would like any items please contact the office via e-mail on: office@robsackwoodprimaryacademy.org.uk with the name of your child, what items you require and the size. These are free to anyone that wants them.

Mindfulness and relaxation techniques to try with your child/children when they're feeling anxious

Deep breathing activities

Bubble breathing – imagine you are blowing bubbles, slowly.



Square breathing

Star breathing

Figure of eight breathing

Deep belly breathing – proven to increase oxygen to the brain

Senses activities

'3 things you can hear game' Sitting quietly, listen for 3 different sounds. This helps to give children that quiet time.

Name something you can see, hear, smell, touch and taste or try to name 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and 1 thing you can taste.

Watching the clouds

Play dough or sand

Fill a bottle with water and sprinkle in some glitter. Shake the bottle and watch the glitter settle.

NHS East Sussex School Health and Children's Integrated Therapy Services

A brand new NHS website dedicated to children and young people's health in East Sussex.

Find out about:

Specialist therapies

How the NHS can support you

Supporting children to lead a healthy life

Other organisations in East Sussex that can help your family.

Top tips for parents

Healthy Schools programme

And more.

www.eastsussexchildren.nhs.uk

Service provided by Kent Community Health NHS Foundation Trust