



North Mundham Primary School

The Heron Newsletter



Welcome to our fortnightly newsletter

Autumn 2

26th September 2025

In this newsletter, find out about:

- **Mrs Gordon's message and school news**
- **OPAL updates**
- **Reminders and Notices**
- **Internet Safety**
- **Upcoming events**

A Message from Mrs Gordon



Dear Parents and Carers,

We have been very lucky with the weather this week for our Outside Learning Week. There have been lots of activities throughout the week. Years 3 and 4 went on an early autumn walk on Monday to Hunston and back. They also had some lovely joint art sessions, colour mixing and painting some autumn pictures with their knowledge of hot and cold colours. Year 4 went to The Weald and Downland Museum where they found out about Anglo Saxons

and how they lived. Year 5 walked to the local lakes and completed some tallies on insects, animals and birds that they saw. Years 6 and 1 went on a walk together and gathered items for some Goldsworthy inspired art. It's been a busy week but great to be able to explore our local area a bit more.

Thank-you to those parents who came to our meeting our new Behaviour Curriculum on Thursday. It was great to hear your views and feedback which will form part of our evaluation and development moving forwards.

Thank-you also to those parents who attended the first Everybody Read session this morning. It was lovely to see you there and enjoying books with your children. Our next one will be on 23rd October. This is for Years 1 and 2 at the moment. we hope to extend it to YR very soon.

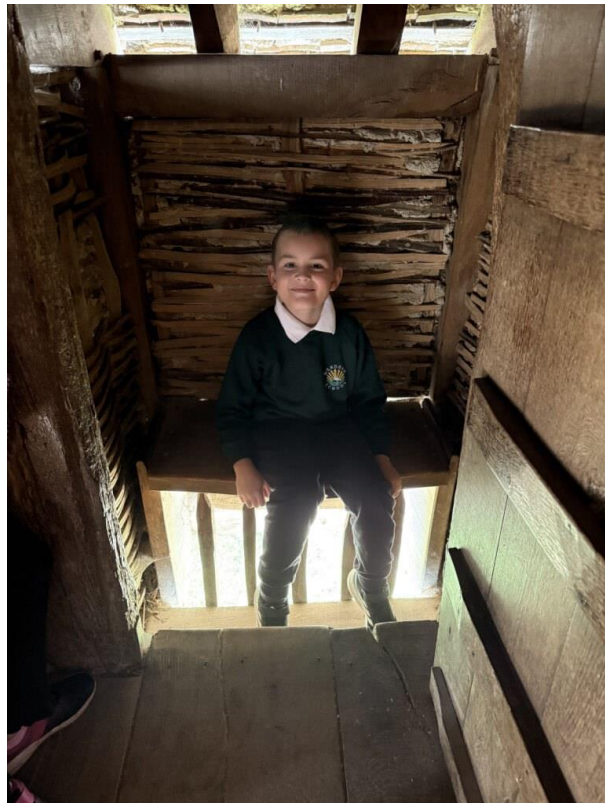
On Wednesday we had our first ever Grub Club in association with UK Harvest. We had a delivery of 200kg of food which filled 4 tables. There was an amazing variety of fruit, vegetables, baked goods and other things. This is all food that can't be sold in the shops but is perfectly fine to eat and would otherwise go to waste. UK Harvest are a charity and we are very grateful to be able to benefit from their work. The next delivery is coming on the 8th October. Come along from 3pm with your bags!

Wishing you all a lovely weekend.

Best wishes,

Zoe Gordon, Headteacher

Weald and Downland trip for Year 4











Our new school council







Chutney making with our school pears!







Grub Club





OPAL- Outside Play and Learning

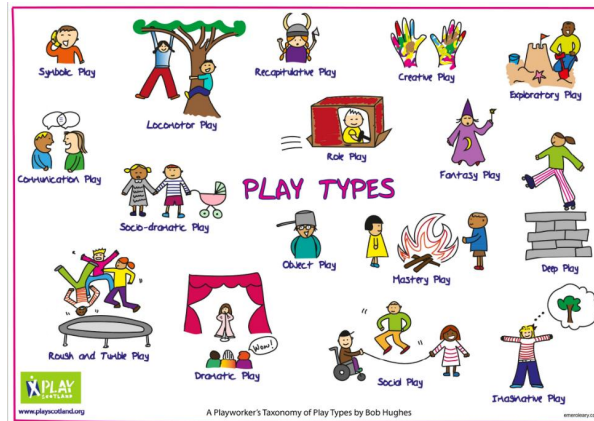


As part of our Outside Learning Week, we have continued to explore and expand our OPAL play. Thank-you to those parents who have taken part in OPAL bingo- we are very grateful for the 'new' items.









1 - We are always looking to develop the different play types and create new opportunities.

Internet Safety



On 10th October West Sussex are holding an Online Seminar for schools and colleges. I will be attending and hope to gain some insight as to any new ways to approach the issues of online safety.

We aim to work with the children (and yourselves) to find ways to keep them safe at all times and this of course includes their time online.

If you have any ideas of how to do this or anything that you would like from us to help support you, please do contact the school.



This is a guide for professionals about digital safety.

Children now are growing up in a digital world. Much of their lives play out online and it is important to acknowledge this. This guide will help you to support children to navigate the online world and includes:

- Balancing the risks with the positive aspects of social media.
- Having conversations with children about their use of social media.
- How to put restrictions on devices so that they can be used as safely as possible.
- Safe use of key platforms.
- Guidelines for protecting children's wellbeing when they are using digital media.

Risk and resilience:

Children's use of digital media continues to increase year-on-year, and whilst children are aware that there are risks connected to being online, [the majority of 8-17 year olds who use social media say that using these platforms helps them to foster friendships](#).

For any children or young people who are upset, connection to their peers is an important protective factor. It is important to recognise that the use of digital platforms is one way that they will connect. Therefore, complete removal of phones, tablets, and iPads is not recommended.

Protective factors for anyone who is upset:

- Belongingness (family, friends, community and school)
- Connection to others
- Strong family relationships
- Clear, age-appropriate information
- Ability to express feelings safely
- Normal routines
- Space to talk openly

Digital media provides opportunities to access these protective factors for some children. Therefore, open conversations about their use of social media and digital platforms are essential.

The British Council has created an [infographic](#) which highlights the golden rules of supporting children's use of social media.



- Show me:** Ask children to show you how their social media platforms work and how they use them.
- Low profile:** Show children how to keep their profiles private.
- Just ask:** Ask children about who they are talking to online.
- Photo check:** Talk to children about only sharing photos that they would be happy to show to everyone they know.
- Don't worry:** Create a culture where children are able to tell you when they are worried about what they see online.

Control settings at device level

Due to the addictive nature of screens, it is helpful to put screentime limits onto devices.

Device	Guide to setting screentime limits
Apple iPhones	Use Screen Time on your iPhone or iPad [1][2] [3]Apple Support (UK)[4] [5]
Android phones	Manage your child's screen time [6]_ [7]Google[8] [9]For Families Help[10] [11]

2 - [1] <https://support.apple.com/en-gb/108806> [2] <https://support.apple.com/en-gb/108806> [3] <https://support.apple.com/en-gb/108806> [4] <https://support.apple.com/en-gb/108806> [5] <https://support.apple.com/en-gb/108806> [6] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time> [7] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time> [8] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time> [9] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time> [10] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time> [11] <https://support.google.com/families/answer/7103340?hl=en#zippy=%2Cset-up-daily-time-limits-for-the-first-time>

[Internet Matters](#) provide advice on how to ensure control settings are enabled on devices.

Device	Video guide to control settings	PDF guide to control settings
Android phones ^[1] [2]		

3 - [1] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-smartphone/> [2] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-smartphone/>

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Apple iPhones and ^[1] [2]; iPads ^[3] [4]		
Android tablets ^[5] [6]		
All other devices: Guides for Apple and Android devices parental controls Internet ^[7] [8]Matters ^[9] [10]		

4 - [1] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/> [2] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/> [3] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/> [4] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/> [5] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-tablet/> [6] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/android-tablet/> [7] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/> [8] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/> [9] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/> [10] <https://www.internetmatters.org/parental-controls/smartphones-and-other-devices/>

Control settings for apps and platforms

All these platforms have age restrictions, however in reality these restrictions are easily ignored, and nuance should be used in making decisions about safe use. [Internet Matters](#) have created videos and guides to explain how to put safety restrictions in place.

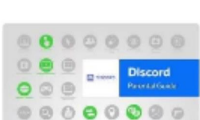
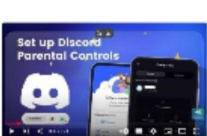
Platform or app	Age	PDF guide to setting controls	Video guide to setting controls	Additional guides
WhatsApp ^[1] [2] (Messaging service)	13+	 Whatsapp Privacy Guide Controls & settings guide		
Snapchat ^[3] [4] (Photo sharing service)	13+	 Snapchat Privacy Settings Guide Controls & settings guide		

5 - [1] <https://www.internetmatters.org/parental-controls/social-media/whatsapp/> [2]

<https://www.internetmatters.org/parental-controls/social-media/whatsapp/> [3]

<https://www.internetmatters.org/parental-controls/social-media/snapchat/> [4] <https://www.internetmatters.org/parental-controls/social-media/snapchat/>

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Discord ^[1] (Messaging platform, popular with gamers) [2]	13+	 Discord App Safety Settings Guide Controls & settings guide		
Other apps: Parental controls and privacy settings guides Internet Matters ^[3] [4]				

6 - [1] <https://www.internetmatters.org/parental-controls/gaming-consoles/discord-app/> [2]

<https://www.internetmatters.org/parental-controls/gaming-consoles/discord-app/> [3]

<https://www.internetmatters.org/parental-controls/> [4] <https://www.internetmatters.org/parental-controls/>

Managing digital use and wellbeing

Digital devices and social media are designed to be addictive. This addictive nature affects everyone, but more so children whose brains are still developing. It is important that children are taught to balance screen time. The following suggestions can be used as a guide, more advice can be found at Internet Matters: [Screen time tips for 11-14 yrs - KS3 | Resources - Internet Matters](#)

Signs of dependence on digital devices

- Preferring screen time over face-to-face interaction with friends and family
- Difficulties focussing on activities that are not screen-based
- Feeling anxious about not having their device available
- Mood swings
- Sleep disturbance

What helps?

- Ensure that regular complete breaks are taken from screens throughout the day
- Get outside during daylight hours
- Talk to children about the addictive nature of screens
- Provide opportunities to connect face-to-face with peers
- Encourage family-wide non-screen times during the day
- Encourage adults to model healthy screen use
- Ensure child is eating healthily and drinking enough water
- Encourage a good bedtime routine and set time to come off phones and devices
- Follow the [Five Ways to Wellbeing](#) to ensure a balance of activities
- Ensure children know how to report harmful content and that they can identify a safe adult to talk to
- Ensure the adults around the child know how to identify and report harmful content

Reporting harmful content

If a child or young person is experiencing online bullying this should be reported to the police. Internet Matters have created a clear guide to dealing with and reporting harmful content: [Dealing with inappropriate content | Internet Matters](#)

Key services to be aware of

Type of content	Report to
Adult acting inappropriately towards a child (particularly in a sexual nature)	CEOP ^[1] ^[2]
Indecent images of children	Internet Watch Foundation ^[3] ^[4]
Social media inappropriate content	Individual sites /apps using “report” buttons Details of all reporting procedures can be found on the Report Harmful ^[5] ^[6] Content ^[7] site ^[8]
Hate speech	True Vision ^[9] ^[10]
Extremist material	Counter Terrorism Internet Referral ^[11] ^[12] Unit ^[13] ^[14]
Content containing: threats, impersonation, self-harm or suicide, online abuse, violent content, pornographic content, unwanted sexual advances	Report Harmful Content ^[15] ^[16]

7 - [1] <https://www.ceop.police.uk/> [2] <https://www.ceop.police.uk/> [3] <https://www.iwf.org.uk/en/uk-report/> [4] <https://www.iwf.org.uk/en/uk-report/> [5] <https://reportharmfulcontent.com/report/?from=button> [6] <https://reportharmfulcontent.com/report/?from=button> [7] <https://reportharmfulcontent.com/report/?from=button> [8] <https://reportharmfulcontent.com/report/?from=button> [9] https://www.report-it.org.uk/your_police_force [10] https://www.report-it.org.uk/your_police_force [11] <https://www.gov.uk/report-terrorism> [12] <https://www.gov.uk/report-terrorism> [13] <https://www.gov.uk/report-terrorism> [14] <https://www.gov.uk/report-terrorism> [15] <https://reportharmfulcontent.com/report/?from=button> [16] <https://reportharmfulcontent.com/report/?from=button>

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Notices and Reminders



PTA Pizza and Ponies event

It's Crunch time!

👉 <https://tinyurl.com/MundhamPTAEvents> We've planned the food, hired the compere, set up the big screen, and even got the ponies ready to race... all we need now is you! Please grab your tickets before 8pm this Sunday so we know how many people to expect. We are looking forward to creating a brilliant night of fun for our school community. Let's fill the hall with laughter, cheers, and the buzz of Race Night. Bring friends, bring family – let's do this together! ❤️

Uk Harvest Grub Club

Next event is on 8th October.

Hunston Events

Please see below for details of events that are coming up in the local Hunston Community.

MCAS

Please ensure that all of your details are up to date on the MCAS app and let us know of any changes as they arise (address, email, telephone). Please also ensure that you have completed the consent section.

Phonics meetings and homework

Next week there will be two meetings for parents about phonics led by Miss Guppy and Mrs Ford. These are on Monday 29th September at 2.45 and Fri 3rd October at 8.55. If your child is in Yr, 1 or 2, come and find out about how we teach phonics and some ways that you can help your child at home. In addition to this, phonics homework is taking a different format. For Year 1 children, you should receive a QR code or link via Tapestry which will take you to some videos that will help practice sounds that your child has been working on.

Harvest collection- Rotary Christmas Shoebox collection

We have our Harvest assembly on Monday, where we will be celebrating this wonderful time of year. This year instead of collecting food we are supporting the Chichester Rotary appeal. Please see below to put a shoe box of things together that will go to a well deserving family abroad.

Chichester Rotary organise an annual collection of items in a shoe box for disadvantaged children in Moldova, Ukraine and other surrounding countries. As our harvest collection this year, we will be supporting this campaign. Please see the attached leaflet for more information.

Open afternoon

If your child is starting school in September 2026 or you know someone who has a child starting then, please come along to our open afternoon on Wednesday 1st October- call the office to book a space. Alternative date is the morning of 6th November.

Thank-you for your understanding and help in these matters

Rotary Chichester Priory. email Chipriory@gmail.com. phone 07850 398950



Rotary Chichester Priory Shoebox Project Christmas 2025

Our Shoebox project collects and sends shoeboxes filled with gifts by local Chichester school children to disadvantaged children in Moldova, Montenegro, Romania, and Ukraine (via Poland), ensuring they receive them in time for Christmas. These special packages are prepared using preprinted boxes provided by Rotary, and there are guidelines attached in the form of a leaflet and a video that explain how to assemble and fill the boxes.



The scheme categorises the contents of the boxes based on the gender and age of the child recipient. For those interested in contributing, it's important that we collect shoeboxes from you before the half term break on October 24th so we can get them to the distribution centres for delivery to children before Christmas. Every Shoebox goes to a child who may not otherwise be able to celebrate Christmas.

Many of you have participated in the past and will know how much joy and satisfaction your pupils get out of participating. We have certainly welcomed and appreciated your participation. You will also know how important this programme is in reaching children in need.

Rotary
Chichester Priory



Shoebox Project 2025 Key Dates.

Kick off email to schools	10 September
School nominations in	By end September
Assign Rotarian School interface	When nominations received
Individual info to schools.	As soon as nomination in
Distribute boxes to schools	from 22 September
School Assembly Talks as required	from 22 September
Support Schools as necessary	
Start collect from Schools.	17 October (except where schools have earlier half term)
Last Shoeboxes collected	24 October
Sort, inspect and Pack into cartons	Week of 27 October
Shoeboxes ship from Chichester	1 November 2025.

We will be happy to work with you to ensure we have all filled
Shoeboxes back by 24 October.

Join us for a magical day designed especially for children ages 5-11!
Dive into a world of peace, friendship, and mindfulness, all while
experiencing the calming presence of our adorable ponies. ✨ What
to Expect:



📅 **October Half Term Mindfulness Pony Day for Kids!**

Date: Wednesday 29th October 2025

Time: 9am- 2pm

**Location: Ponies 'n' Kids, Eaton Thorne Stables, Woodmancote, Nr
Henfield, W.Sussex, BN5 9AG**

💖 **Mindfulness Time with Ponies**

🐾 **Pony Care**

🎪 **Riding and Mounted Games**

🌳 **Connect with Nature**

🧸 **Make New Friends**

Scan the QR code or click this link to book: [Mindfulness Pony Day 29th October 2025](#)



Cost: £140 per child

BY PURCHASING A TICKET VIA EVENTBRITE, YOU ARE PAYING £40 DEPOSIT. YOU WILL BE INVOICED VIA EMAIL FOR THE OUTSTANDING AMOUNT ON 15TH OCTOBER. **Spaces limited to 15 children**

We are an inclusive team and warmly welcome children with Special Educational Needs and Disabilities (SEND). We celebrate diversity and are committed to providing a supportive environment where every child can thrive.

For detailed camp locations and dates please head to:
www.codecamp.co.uk/camps

Little Coders • Coding • Curious Minds • Animation
Design • Minecraft Engineers • YouTube Creators



October Half Term Tech Camps now on sale!



Get in touch at hello@codecamp.co.uk

DON'T MISS THE £20 DISCOUNT CODE - SEE WEBSITE FOR DETAILS

Rotary Chichester Priory. email Chipriory@gmail.com. phone 07850 398950





A festive poster for a Christmas Quiz Night. At the top, a Santa hat is on the left, and a 'Fish & Chips' logo with 'Food Included' is on the right. The main title 'Christmas QUIZ NIGHT' is in a red oval with lights. Below it, a red banner says 'SATURDAY 13TH DECEMBER'. The event details include: 'Doors Open: 6.30pm', 'Quiz Starts Promptly at 7pm', and 'Hunston Village Hall'. A green box states 'TICKETS £12 PER PERSON Including fish & chips / burger'. Other details include 'Teams of 6 MAX', 'Must PRE-BOOK.', and 'Booking slips available at Hunston Village Stores & Hunston Club'. A yellow banner at the bottom says 'DEADLINE FOR ENTRY: SUNDAY 30TH NOVEMBER'. A red circle with '18+' is on the left, and a 'BRING YOUR OWN DRINKS & NIBBLES!' note is at the bottom. Christmas trees and snowflakes decorate the sides.

Christmas QUIZ NIGHT

SATURDAY 13TH DECEMBER

Doors Open: **6.30pm**
Quiz Starts Promptly at 7pm
Hunston Village Hall

TICKETS £12 PER PERSON
Including fish & chips / burger

Teams of 6 MAX
Must PRE-BOOK.

Booking slips available at
Hunston Village Stores & Hunston Club

18+

**DEADLINE FOR ENTRY:
SUNDAY 30TH NOVEMBER**

BRING YOUR OWN DRINKS & NIBBLES!



A poster for the Hunston Christmas Market. At the top, a calendar icon shows '23 NOVEMBER' surrounded by Christmas ornaments. The main title 'HUNSTON Christmas MARKET' is in large white and gold letters. Below it, a brown banner reads 'NORTH MUNDHAM PRIMARY SCHOOL CHOIR'. The bottom section, on a blue background, shows 'HUNSTON VILLAGE HALL & COMMUNITY CLUB' performing at '2pm'. It features musical notes and an illustration of a school choir of children in winter clothes. Logos for Hunston Village Stores and Hunston Club are also present.

23 NOVEMBER

HUNSTON Christmas MARKET

NORTH MUNDHAM PRIMARY SCHOOL CHOIR

HUNSTON VILLAGE HALL & COMMUNITY CLUB
Performing at **2pm**



Dates for the diary



Dates

29th September – Harvest assembly

1st October- Open Afternoon for parents of children starting school in Sept 2026

3rd October- Pizza and Ponies PTA event

8th October- Grub Club

Friday 10th October INSET Day

14th October- Little City Visit*

17th October Wear Red Day- (Show Racism the Red Card)

22nd October Grub Club

24th October- Year 6 assembly – 9am

24th October- break up for half term

5th November – Bonfire eve- Year 1*

6th November- Open afternoon for parents of children starting school in Sept 2026

10-14 November- Anti-Bullying Week

10th November- Odd socks day

11th November- Remembrance Day

12th November Grub Club

14th November- Y5 assembly- 9am

18th November- Individual school photos

21st November – Children in Need

26th November – Grub Club

28th November- Y5 Bikeability

5th December Year 4 assembly- 9am

8th December – Year 1 and 2 Christmas production dress rehearsal

9th December- Year 1 and 2 Christmas performance 2pm

10th December- Year R Christmas performance dress rehearsal- 9am

10th December Year 1 and 2 Christmas performance 2pm

10th December- Grub Club

11th December YR Christmas performance 9am

18th December – Christmas church service 9.30am

19th December – Singing around the Christmas tree 2.30pm

19th December – Break up.

Monday 5th January INSET day

Tuesday 6th January back to school for pupils

13th – 23rd February half term

23rd February INSET day

22nd May INSET day

West Sussex Term Dates 25-26

Autumn 1 Wed 3rd September (INSET)- 24th October

Autumn 2 3rd November- 19th December

Spring 1 5th January- 13th February

Spring 2- 23rd Feb (INSET)- 27th March

Summer 1- 13th April- 22nd May (INSET)

Summer 2-1st June- 22nd July

*More details to follow

More dates will be added- this is not a definitive list.

Contact Us



If you have any questions or queries, please don't hesitate to contact us:

head@northmundham.w-sussex.sch.uk

office@northmundham.w-sussex.sch.uk

01243 785502

[website](#)

<https://www.facebook.com/NorthMundhamSchool>

Give us your views: <https://parentview.ofsted.gov.uk/>