



ST MARY STAR OF THE SEA

CATHOLIC PRIMARY SCHOOL

Friday 10th July 2026 - NEWSLETTER

THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

The harvest is rich but the labourers are few.

Dear Parents and Carers,

As we begin to approach the end of another successful school year, there is much to celebrate and be thankful for across our school community.

Today, your child's end-of-year report will be coming home. Please do check bags carefully and take some time to read through and celebrate the progress, achievements and personal growth your child has made throughout the year.

I would also like to extend a heartfelt thank you to all the parents and carers who joined us for Sports Day this week. Your encouragement and support helped make the event such a wonderful occasion. We were incredibly proud of all the children, who demonstrated excellent sportsmanship, resilience and determination throughout the day. It was particularly pleasing to see them cheering on and encouraging one another, truly living out our school values. Thank you also to our staff team, whose hard work, organisation and support ensured the day ran smoothly and was enjoyed by all.

As we move into the final week of term, please remember that school will close at 1.30pm on Friday 17th July. There will be no after-school clubs running next week, with the exception of our Breakfast Club and After-School Wraparound Care, which will continue as normal (except for After-school Wraparound on the Friday).

Thank you for your continued support throughout the year. We look forward to enjoying our final week together and celebrating all that our children have achieved.

Mrs O'Rourke

TenTen
Resources



Ready To Rest



Gospel Worship

Sometimes our busyness, our work or our worries can weigh us down, a bit like a heavy load in a backpack and Jesus wants to make it easier for us. Jesus invites us to come to Him and rest — to give all our concerns, worries and tiredness to Him. Jesus makes it easy for us — He carries our burdens and gives us the strength to live holy, restful lives! Jesus shows us that following in His gentle and simple way is the way to true rest.

Whose burdens could you make lighter this week by offering a helping hand or a listening ear?



Week beginning 29th June 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	97.39%	99.57%
Year 1	98.2%	100%
Year 2	100%	99.32%
Year 3	94.44%	99.63%
Year 4	99.67%	100%
Year 5	98.33%	99.67%
Year 6	94.84%	99.63%
Whole School Average	97.58%	

Well done to **Year 2** for outstanding attendance this week.

Excellent effort from **Year 1 & 4** for outstanding punctuality.

Week beginning 6th July 2026

Attendance target for 2025-2026 is 96%

Year Group	Attendance	Punctuality
Reception	94.35%	99.57%
Year 1	97.12%	99.64%
Year 2	99.32%	100%
Year 3	99.63%	99.63%
Year 4	98.33%	100%
Year 5	95.33%	99.67%
Year 6	96.45%	99.68%
Whole School Average	97.28%	

Well done to **Year 3** for the highest attendance this week.

Excellent effort from **Year 2 & 4** for outstanding punctuality.

Safeguarding

Designated Safeguarding Lead: Mrs O'Rourke

Deputy Designated Safeguarding : Mr Beaney & Miss Basson

St Mary Star of the Sea Catholic Primary School
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Tel: 01424 427801

www.st-mary-star.e-sussex.sch.uk

Learning from across the school

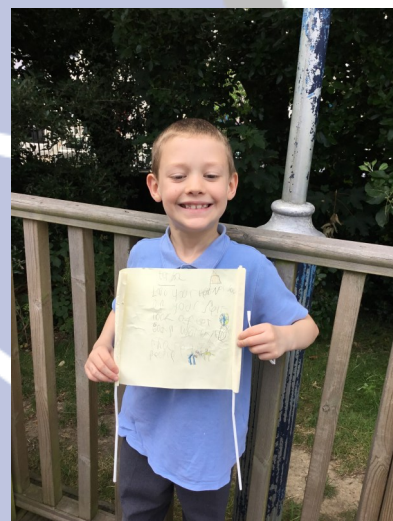
This week in **Reception** Class we have been finding out about different faiths. We have found out about Judaism and how Moses helped to free God's people. We also found out about Islam and some of our children shared their experiences of being a Muslim. We designed prayer mats and looked at the similarities between these faiths and Christians. In Maths we continue to practice writing our numbers and reading number sentences to solve problems. Our story book, The Blue Penguin taught us about Antarctica and we looked at the differences between Antarctica and Africa. We made art work to represent antarctica.



This week in **Year 1**, we have been learning about adding the suffixes -ed and -er to words in English. We have also been focusing on developing our reading comprehension skills by reading a variety of texts and practising how to answer questions carefully using information from the text. In R.E., we have been learning about Judaism and the importance of the Torah, which is the sacred holy book for Jewish people. We explored why the Torah is treated with great respect and how it guides Jewish people in their beliefs and way of life. We also learned about the significance of the Kippah, a special head covering worn by many Jewish men as a sign of respect to God, and enjoyed designing our own colourful Kippahs. In Maths, we have been learning about time and calendars. The children have been practising naming and ordering the days of the week and months of the year, as well as understanding their sequence. We have also been learning to tell the time to the hour on analogue clocks and have enjoyed using practical activities to help develop our confidence with reading and recognising different times. We thoroughly enjoyed Sports Day and had a wonderful day with the children. It was lovely to see so much encouragement, determination and teamwork throughout the events. The children showed excellent sportsmanship and should be very proud of their efforts. Last week, we had a fantastic morning at the beach. We shared the story The Snail and the Whale, took part in litter picking to help care for our environment, played games and built pebble towers. Most importantly, the children had lots of fun while demonstrating excellent behaviour and staying safe within our designated safety zone. It was a memorable experience enjoyed by all.



This week in **Year 2** we have continued learning about finding gold and loved creating our own treasure hunting plans. We thought carefully about the equipment we would need and discussed what we would do if we discovered gold, including finding treasure beneath the sea. We used exciting adjectives to describe sparkling gold coins, shiny treasure and dazzling jewels. In Maths, we continued learning about position and direction, exploring how shapes move and turn. In History, we learnt about what our local beach was like during Victorian times before visiting the beach to compare it with today. We noticed how people still enjoy visiting the seaside, but many of the attractions and facilities have changed over time. We also loved taking part in Sports Day and were proud to put all our hard work and practice into action. Everyone showed great determination, teamwork and sportsmanship. In RE, we began learning about Judaism and the importance of the Torah. We made our own Torah scrolls and explored pictures of a synagogue, learning about special features and why the Torah is treated with such respect in the Jewish faith.



Year 3 have had another busy and exciting couple of weeks learning! In Maths, we have completed our statistics unit, collecting and analysing data about our favourite colours and fruits before beginning a recap of time, including days, weeks, months and years. In English, we have written a thrilling adventure narrative and planned and drafted a balanced argument linked to characters from our class novel; this week we will be busy editing and improving our work. In DT, we have enjoyed cooking and creating interactive information boxes about Extreme Earth. We have also taken part in photography and animation workshops, producing our own mini movies. Forest School sessions have given us opportunities to learn outdoors and develop new skills. In RE, we have explored the importance of understanding other people's world views and learned about Judaism and Islam, even designing and building our own mosques to represent the Five Pillars of Islam. Meanwhile, PE has focused on preparing for Sports Day, helping us to develop our teamwork, determination and sporting skills. We are very proud of everything we have achieved this term.



Year 4 had a fantastic time on their trip to Bedgebury last week! Following a map of the arboretum, we travelled from point to point, recording the names of trees as we went. We aged a tree stump by counting the rings and discussed how the patterns reveal periods of slow and rapid growth. We identified plants and butterflies, and discussed human impact at various points. We were amazed at how tall some of the non-native trees are and even discovered an evergreen tree that had been to the moon and back aboard Apollo 14 in 1971. Our picnic lunch by the stream was followed by lots of adventurous play involving some very soggy feet! Time for play at the end of the day was heaps of fun, with everyone taking turns to roll down the grassy slopes. We didn't want to leave. In project work, we have been busy becoming journalists and writing exciting newspaper reports about Ernest Shackleton's Endurance Expedition. We learned how to write in a formal style, include key facts and use quotations to bring our reports to life. Some of our budding reporters included quotes such as, "The crew showed incredible courage in the face of danger," and "Shackleton never gave up hope despite the harsh Antarctic conditions." Our exploration theme also led us to discover other famous explorers who ventured into the Arctic and Antarctic between 1897 and 1922. We were fascinated by their bravery, determination and thirst for discovery. Learning about these extraordinary journeys made us wonder: Do we have any future explorers in Year 4? If so, where might they travel, and what incredible discoveries could they make? In Maths, we sharpened our time-telling skills by converting 24-hour times and matching them between analogue and digital clocks. We have also been plotting co-ordinates, drawing shapes on axis. In RE, we have been encountering Islam including learning about the 5 Pillars of belief, prayer, fasting, charity and pilgrimage. We asked questions of our Muslim classmates and listened carefully, developing our knowledge about their world view. PE lessons were filled with energetic team fitness games that challenged our focus, concentration and teamwork, all with a healthy sprinkle of fun! We also played team games of Rounders and prepared for sports day. Together, these activities have showcased the curiosity, resilience and enthusiasm that make Year 4 such a wonderful place to learn. Well done, Year 4!



The last two weeks in **Year 5** have been a wonderful celebration of learning, teamwork and the brilliant attitude this class continues to show. With most of our curriculum now complete, we've been tying up the final strands in science through hands-on investigations into separating mixtures and burning materials. The children approached each experiment with curiosity, care and real scientific thinking. In PE, our World Cup-themed football sessions have been an absolute highlight. Every single pupil has been a credit to themselves, showing exceptional sportspersonship, fair play and supportiveness. Their teamwork has been joyful to watch, and they should feel incredibly proud of the way they have represented Year 5. As we reach the end of the year, I want to say how truly special this class has been. It has been a joy to teach them, to laugh with them, and to see them grow every day. They are a remarkable group of young people, and I know I will miss them very much come September. Thank you, Year 5, for your hard work, your kindness and your brilliant



Year 6 had an amazing time during their Transition Days at St Richard's Catholic College, The St Leonards Academy and Ark Alexandra. It was a fantastic opportunity for the children to spend time in their new schools, meet new teachers and classmates, and begin to feel excited and prepared for the next stage of their learning journey. We also enjoyed a brilliant Sports Day, where the children demonstrated excellent sportsmanship, determination and athletic skills. Year 6 were fantastic role models throughout the day and provided great support during the KS1 Sports Day, helping to demonstrate races and assisting with equipment. We also enjoyed a memorable end-of-year trip to Knockhatch Adventure Park! From the thrilling Vertical Dinosaur Drop Ride and the bumpy Quadapillar Barrel Train to the mysterious Sherlock Holmes attraction, there was excitement around every corner. The dinosaur simulator made us feel as though we were racing to escape a pack of dinosaurs, but the highlight for many was the exhilarating Wave Runner, with its twists, turns and splash-filled drops. The children also loved meeting a variety of animals, including emus, llamas, wallabies, guinea pigs, owls and even a snake. It was a wonderful day filled with fun, adventure and memorable experiences, providing the perfect way to celebrate an excellent year together. The week ended with the Year 6 Disco, which was a fantastic opportunity for everyone to celebrate their time at St Mary's and create lasting memories with friends before moving on to secondary school.



Dates for your Diary!

Friday 10th July - Year 6 Leavers Disco 4:30pm - 6pm

W/C 13th July - No Afterschool Clubs (except Breakfast and Afterschool wrap around clubs)

Wednesday 15th July - Reception assembly to parents @ 9:10am

Thursday 16th July - Year 6 Leavers assembly to parents @ 9:30am

Friday 17th July - Whole School Mass - Year 6 Leavers @ 10am St Thomas's

Friday 17th July - LAST DAY OF TERM - **SCHOOL CLOSSES AT 1:30PM**

Wednesday 2nd September - First day of Term 1 2026/27 for years 1-6

Wednesday 9th September - First Day of School for new Reception class

Please note that there has been a change to the previously published INSET days for 2026/27.

Friday 23 October will no longer be an INSET day and will now be a normal school day.

Our INSET day will instead take place on Monday 22 February.

SPORTS DAY 2026!!

It was a very hot day, but the welcome breeze helped to keep everyone going—and the children were absolutely on fire!

The morning session saw our KS2 pupils full of energy, racing with determination and showing fantastic competitive spirit. Parents added to the excitement with the ever-popular “Mummies and Daddies” race, which brought plenty of fun and laughter. The events tested a range of skills, from stamina in the beanbag shuttle, balance and coordination in the egg-and-spoon race, to outright speed in the 50m sprint. The morning concluded with a thrilling relay race, and overall, St Patrick’s emerged as the winners of the KS2 competition.

In the afternoon, it was the turn of our KS1 pupils, who were magnificent throughout. For Reception, it was their first time racing on a track, and they absolutely smashed it! The egg-and-spoon race was a true test of concentration, while the relay race proved incredibly competitive and exciting to watch. Overall, St Patrick’s claimed victory in the KS1 competition.

It was a brilliant day all round. Thank you to our parents for being such fantastic spectators and to all the staff for their hard work and unwavering support throughout the day. Most importantly, thank you to all the children for demonstrating outstanding sportsmanship, resilience, and teamwork, as well as the wonderful encouragement and support they showed one another. You made us all incredibly proud.

	1st Place 	2nd Place 	3rd Place 	4th Place 
KS1 Results	St Patrick	St George	St Andrew	St David
KS2 Results	St Patrick	St David	St Andrew	St George
Whole School Results	St Patrick	St David	St Andrew	St George



Mr Beaney's Book Corner

My recommendation this week is:

Mortal Engines

By Philp Reeve



The first book in the award-winning Mortal Engines quartet. In a dangerous future, huge motorized cities hunt, attack and fight each other for survival. As London pursues a small town, young apprentice Tom is flung out into the wastelands, where a terrifying cyborg begins to hunt him down. I absolutely love this series of books set in a dystopian near future...

Certificates of Achievement

Well done to the following children for receiving achievement certificates for either fantastic work effort or demonstrating our Gospel Values.

Worker of the Week		
CLASS	Week 5	Week 6
Reception	Phoebe	Isaac
Year 1	Albie	Sienna G
Year 2	Adam	Aysha
Year 3	Anoni	Summer
Year 4	Lakshya	Layla
Year 5	Frank	Emilia & Adhidev
Year 6	N/A	Evangeline
Letting your Light Shine		
CLASS	Week 5	Week 6
Reception	Edward	Ivy
Year 1	Arsema	Darina
Year 2	Arthur	Michelle
Year 3	Otto	Ebube
Year 4	Afnan	Aiden E
Year 5	Daniel	Benedict
Year 6	N/A	Henry K & Blake

Week 5 House Winner

ST PATRICK'S



Week 6 House Winner

ST GEORGE'S



10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and an ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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HUGGG VOUCHERS HAVE ENDED



last vouchers were issued
for Free School Meal
families May Half Term



There will be no further
vouchers issued for Free School
Meal families



Support is still available for
Individual circumstances HERE:

[https://www.eastsussex.gov.uk/com
munity/cost-of-living-support](https://www.eastsussex.gov.uk/community/cost-of-living-support)

Exciting Update: Free School Meals Expansion for school age children...

We are delighted to share an important and positive development that will support many of our families. From September 2026, Free School Meals (FSM) will be expanded so that **more children in households receiving Universal Credit will be eligible**. This is a really welcome change and reflects a continued commitment to ensuring all children have access to healthy, nutritious meals during the school day.

What is changing? Going forward, there will be **two categories of benefits-based Free School Meals**:

- **Targeted FSM** This remains in place for families who meet the existing income threshold – households receiving Universal Credit with annual earnings of **£7,400 or less**.

Expanded FSM (new category) This new provision will support **families receiving Universal Credit who do not meet the £7,400 threshold**, meaning many more children will now be eligible.

What about current entitlements? Since April 2018, “transitional protections” have ensured that children who became eligible for free school meals have continued to receive them, even if their circumstances changed.

- These protections will **remain in place until the end of the 2025–2026 academic year**.
- From **September 2026**, families will need to meet the updated eligibility criteria each year to continue receiving free school meals.

Why this matters This expansion is fantastic news for families, helping to:

- Reduce the cost of living pressures
- Ensure children have access to healthy meals every day
- Support children’s wellbeing, concentration, and learning

What should parents do next? If your household receives Universal Credit, we **strongly encourage you to apply**, even if you haven’t been eligible before. Applications are quick and confidential, and eligibility may now be wider than you expect. Please use the link below to apply.

<https://eyeeonline.eastsussex.gov.uk/Synergy>

As we reach the end of another wonderful school year, we also say a heartfelt farewell to two much-loved members of the SMSS family, Mrs Sutton and Mrs Friedlander. Between them, they have dedicated many years of service to our school community, touching the lives of countless children, families and colleagues along the way. Their commitment, kindness, professionalism and unwavering support have helped shape the special community that St Mary Star of the Sea is today. While we are excited for them both as they embark on the next chapter of their lives, they will be greatly missed by staff, pupils and parents alike, and we know that their contribution to our school will be remembered for many years to come.



Mrs Sutton

My journey with St Mary Star of the Sea began in 2018 when I started working as a daily supply teacher through 3D. From the very beginning, I loved coming to SMSS, often working two or even three days a week. Those years gave me the opportunity to teach across the whole school, including Reception—a phase that certainly wasn't my natural comfort zone!

In 2020, when the Covid-19 pandemic forced schools into bubbles, Mrs O'Rourke contacted me about joining the staff more permanently (famously joking that she had paid a footballer's transfer fee to secure me!). On my first day, I found myself teaching across Key Stage 2, covering Years 3, 4 and 6, while also taking on the role of Science Lead. During this time, I organised and ran our annual whole-school British Science Week

celebrations and led the Gardening Club enrichment programme.

On 1st September 2020, I became a class teacher alongside Mr Beaney in Year 6. Just a few months later, on 4th January 2021, the second national lockdown was announced and I took responsibility for remote teaching in Year 6. When schools reopened on 8th March 2021, I shared the Year 6 class with Mr Beaney, working Tuesday to Friday. Alongside teaching, I seemed to spend a fair amount of time tidying up after him—collecting cups, mugs, pens and pencils that mysteriously gathered around the classroom! One of the highlights of that year was taking Year 6 to Knockhatch on 15th July 2021.

From September 2021, I began what would become a five-year stint in Year 4, working alongside Mrs Nazary for 4 of those years. During that time, I helped to create and shape the Year 4 creative curriculum into what it is today. I also contributed significantly to the Catholic life of the school, including developing the format for our annual Stations of the Cross, which continues to be a firm fixture in our school's annual calendar of events.

This past year has been particularly varied, teaching across Years 4, 2 and 1, and giving me the opportunity to work alongside many of our brilliant teaching assistants—some of whom have since moved on or retired. Their support, friendship and dedication have been invaluable.

Over the years I have made four quilts for our art shows. Three of these involved hand-stitching 30 patchwork squares together during the second week of December—three years in a row.

For the fourth, Mrs De Oliveira came to the rescue with her sewing machine, while Mrs Selman had the pleasure of taking on the challenge last year.

Looking back, I think that amounts to ten years at SMSS, from supply teacher to today. During that time I've written 180 school reports, smiled through 24 parent consultation evenings, prepared and written 6 Science Action Plans, delivered 4 British Science Week celebrations, suffered 1 Ofsted inspection and did my bit during 1 Catholic Schools Inspection....phew!

Most importantly, though, none of it would have been possible without being part of the brilliant team that is SMSS. The friendships, support, laughter and shared commitment to our children are what have made these years so special, and I will always be grateful to have been part of it.

Time for a new adventure...walking 500 miles in September across Northern Spain, along the Camino de Santiago de Compostella seems a good place to start!



Mrs Friedlander

Mrs Friedlander's journey with St Mary Star of the Sea began in 2005 when she joined the school community as a Governor. A year later, in 2006, she took on a new role as a Teaching Assistant and quickly became a much-loved and valued member of staff.

Never one to stand still, Mrs Friedlander continued to develop her skills and qualifications, achieving her Higher Level Teaching Assistant (HLTA) status in 2009. Throughout her time at SMSS, she has worked across every year group from Reception to Year 6, supporting countless children, staff and families along the way.

Mrs Friedlander has always had a special gift for building relationships with children. Her kindness, patience, sense of humour and unwavering support have made her a favourite with generations of pupils, many of whom still remember her fondly

long after leaving our school.

Over the past twenty years, Mrs Friedlander has played an important role in the life of our school. Whether working in classrooms, supporting learning interventions, accompanying school trips or simply being a reassuring presence for children who needed a helping hand, she has made a lasting difference to so many young lives.

While we are sad to see Mrs Friedlander retire, we are delighted that she will remain part of the SMSS family. We know we will still see her regularly on the school run as she collects her two granddaughters, and we are pleased that she will also be returning from time to time as a volunteer helper.

As Mrs Friedlander begins this exciting new chapter, we wish her every happiness. After years of dedicating herself to helping others, it is now time for her own adventures. Whatever those adventures may bring, they will be well deserved.

Thank you, Mrs Friedlander, for your twenty years of service, friendship, commitment and care. You have left a wonderful legacy at SMSS and will always be part of our school community.

We wish you a long, happy and adventurous retirement!

We would like to encourage parents to use the online **Family Advice Line** linked to Family Hubs and the wider Family First approach.

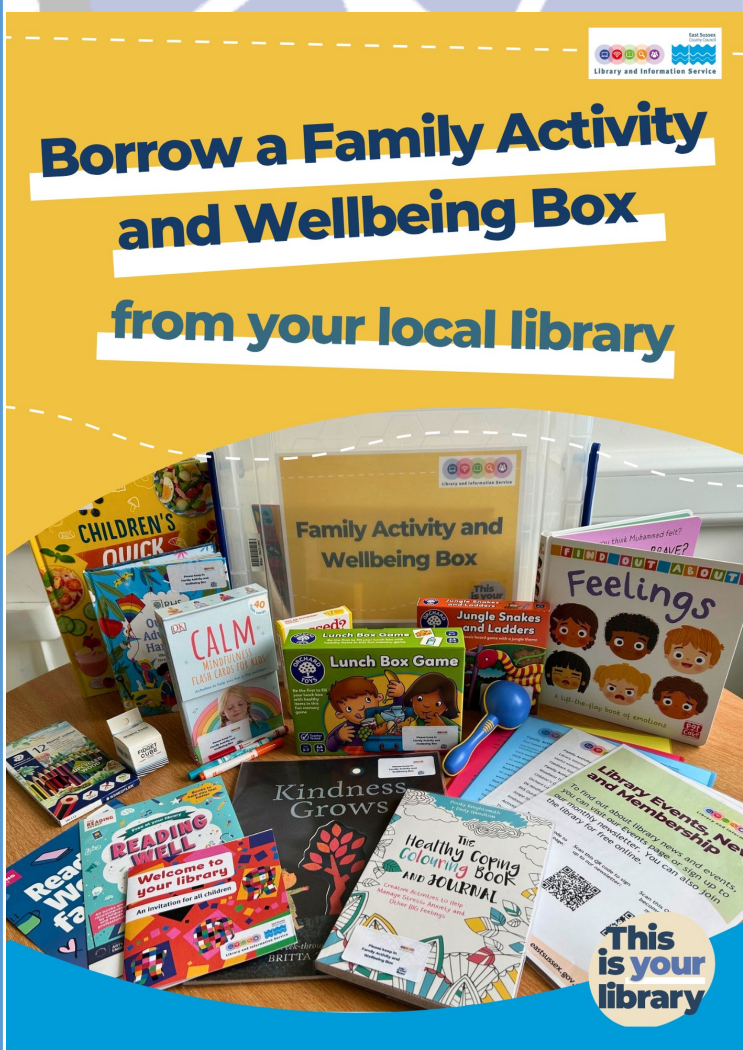
The contact details are -

- ☐ **01323 46 46 55**
- ☐ Monday–Thursday: 8.30am–5.00pm
- ☐ Friday: 8.30am–4.30pm

They can provide advice and signposting on -

- Parenting and children's behaviour
- Emotional wellbeing
- SEND (Special Educational Needs and Disabilities)
- Financial, housing and employment difficulties
- Activities and support for children and young people
- Accessing wider family support services and Family Hubs

Under East Sussex's Family First programme, families can access help earlier and be connected to more coordinated support if needed.



East Sussex Libraries
eastsussex.gov.uk/libraries



Family Activity and Wellbeing Boxes are a resource that can be borrowed by library members for free

Family Activity and Wellbeing Boxes contain a range of books, games and activities to boost the wellbeing of your family. Boxes are for families with children aged 0-11 to enjoy and share.

They can be borrowed from your library for 3 weeks.

Please be aware that some activities may not be suitable for younger children and use should be supervised by an adult.

For more information talk to a member of staff, scan the QR code or call us on:
0345 60 80 196

