



# HAILSHAM PRIMARY ACADEMY

*'Be the very best you can be'*

Friday 27th November 2020

## NEWSLETTER



Bulrush Lane  
Hellingly  
Hailsham  
East Sussex  
BN27 4FB

Dear Parents and Carers,

I hope you are all well as we near the end of another challenging lockdown. Please remember that the current situation affects everyone differently. If you are struggling in any way please talk to the school because we may be able to help and at the very least, we will always listen.

### Christmas Performances

This week has really felt like Christmas is just around the corner. Year 1 have been rehearsing their Christmas songs, Reception have been collecting their costumes for their nativity and Pre-school have decided to move back the date of their performance filming as they needed a little longer to practice!

The shows will be filmed on the dates below and once the IT team have had time to sprinkle some Christmas magic on them, we will be sure to let all parents know how they can watch the children's shows.

Pre-school - 11th December

Reception - 16th December



Year 1 - 15th December

### 12 Rocks of Wellbeing

Last INSET day the class teachers spent time working on the key themes and strands of HCCPA's curriculum.

One of those strands was Action Your Potential's 12 Rocks of Wellbeing. Below is a reminder of those Rocks, which will help immensely with your personal wellbeing if you can fit them into every day:

1. Sleep
2. Exercise
3. Eat Healthily
4. Mindfulness
5. Mind Wandering
6. Emotions
7. Walking Outside
8. Music
9. Connect with people
10. Gratitude and Kindness
11. Engaging in your life's purpose
12. Learn, Play, Create, Read



Hailsham Primary Academy now shows on Google Satellite Imagery

Please review us by visiting Google Maps via:  
[g.page/hailshamprimaryacademy](https://g.page/hailshamprimaryacademy)

Have a great weekend! Mr Redman



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## Upcoming Dates

***4th December - Individual School Photos***

***10th December - School Christmas Dinner***

***11th December - Pre-school Christmas Concert Filming***

***15th December - Year 1 Christmas Concert Filming***

***16th December - Reception Nativity Filming***

***18th December - Last Day of Term 2***

***5th January - First Day of Term 3***