



## Welcome Note

At King Offa, we value the partnership we have with our parents community and know that consistent and regular communication is a part of this. We hope that our weekly bulletin will share key information and updates related to our school each week, to help keep our families up-to-date

## Year 3 Roman Workshop

This week in year 3, we had the opportunity to meet a Roman called Cassius. He introduced us to his Roman soldier's kit. We learnt about the Roman battle formations and tactics, as well as doing an archeological dig to look for artefacts. There was also the opportunity to write like a Roman scribe and play some of their board games. The day was incredibly fun and enhanced our current History topic, helping us to learn even more about the Roman invasion of Britain.



## SAVE THE DATE!!

**Monday 2nd February to 6th**  
Year 6 Mock SATs

**Monday 2nd February to 6th**  
TTRS Inter School Competition

**Friday 6th February**  
Anglo Saxon Day Year 4

**Monday 9th February**  
Time to Dance Year 3 Performance

**Monday 9th to 13th February**  
Children's Mental Health Awareness week

**Tuesday 10<sup>th</sup> February**  
Safer Internet Day

## Year 4 Anglo-Saxon Day

Friday 6<sup>th</sup> February



Payments made via Arbor

**100% Club** Congratulations to classes with the highest attendance for the week beginning 26th January 2026.

**Malala**



**Curie**



**Pankhurst**



LUNCHTIME					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FOOD FESTIVAL</b> WEEK 2 Autumn Menu 2025/26 20/10/25, 27/10/25, 20/11/25, 27/11/25, 20/12/25, 27/12/25, 20/01/26, 27/01/26, 20/02/26, 27/02/26, 20/03/26, 27/03/26, 20/04/26, 27/04/26	Vegetable Lasagne	Creamy Chicken & Sweetcorn Pasta	Roast Chicken, Skin on Roasties and Gravy	Mild Chilli Con Carne with Rice	Golden Fish Fingers and Chips
<b>MAIN EVENT</b>	Macaroni Cheese	Veggie Whole Grain Pasta Bolognese	Cheddar & Broccoli Crustless Quiche	Vegetable Bean Chilli with Rice	BBQ Veggie Wrap with Chips
<b>NUT-FREE MAGIC</b> WISAPU STAR	Sweetcorn	Broccoli	Carrots and Peas	Mixed Greens	Baked Beans
<b>RAINBOW ALLEY</b> WISAPU STAR	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
<b>BIG TOPPING</b> FISHY JACKETS	Chocolate Popcorn Bars	Orange and Peach Jelly	Apple Tea Cake and Custard	Iced Vanilla Sponge Cake	Carrot Cake
<b>DESSERT TROLLEY</b>	<p><b>AVAILABLE DAILY</b> DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGURTS AND LEFT PASTA</p> <p><b>PASTA TWIRLER</b> TOPPED PASTA HOT TUNA TOPPED WITH HOMEMADE TOMATO SAUCE &amp; CHEESE</p>				

**CLUBS & ACTIVITIES**

**Monday**

Sama Karate - 3.10 -4pm  
To sign up contact:  
info@samamartialarts.co.uk

**Tuesday**

KS 2 Hall - Years 3,4 ,5 & 6  
Musical Theatre- 3.10pm - 4.00pm

**Wednesday**

Creation Station - 3.10-4.20pm  
[Creation station booking link](#)

Country Dancing -3.10 - 4pm  
KS 2 Hall - Years 3,4 ,5 & 6

**Thursday**

Skiltek - Multi Sport - 3.10pm - 4pm  
Years 3,4,5 & 6  
booking:link:https://skiltek.classforkids.io/term/231

**Friday**

Skiltek - Football - 3.10pm -4pm  
Years - Reception,1 & 2  
booking:link:https://skiltek.classforkids.io/term/231  
Zumba - 3.10pm - 4pm  
https://funk-fusion-fitness.classforkids.io/info/657

**FOOD FESTIVAL**  
By Aspens

**LUCKY PLATE**  
Is it YOUR lucky day?

No peeping under your plate until you're done!

**Friday 6<sup>th</sup> February!**

Find a ticket to WIN a prize!



King Offa PTFA Presents

# LET IT GLOW!

## *School Disco*

FRIDAY 13<sup>TH</sup> FEBRUARY

15:15 - QUIET/SEN DISCO

16:15 - RECEPTION/KS1

17:15 - KS2

Have fun with your friends with a glowing night of music and memories!

USE THE QR CODE TO VISIT  
THE PTFA-EVENTS PAGE TO  
PURCHASE TICKETS



Please note - for safeguarding you will need to create an account first to view and book events





# The Parenting Team

FREE ONLINE groups for parents/ carers of East Sussex.  
From January - March 2026

## Parenting Children with Anxiety 4+

learn strategies to support your child's emotional resilience

**Tues 13th Jan- 3rd Mar**  
10:00-12:00pm - 7 Sessions  
No session in half term

## Parenting children with ADHD 4+

learn how to go from frustration to connection; strategies to support you and your child to cope

**Wed 14th Jan - 11th Mar**  
10:00-12:00pm - 8 Sessions  
No session in half term

## Early Bird Plus 4 + (National Autistic Society)

learn how to make sense of your autistic child's communication, behaviour and sensory needs

**Thurs 22nd Jan- 19th Mar**  
10:00-12:00pm - 8 Sessions  
No session in half term

## Calmer Co Parenting

For parents who are separated or divorced.

Learn at your own pace, anywhere, anytime. Interactive, easy-to-use online program with videos, activities and downloadable resources.  
Supported by an East Sussex Parenting Practitioner



For more information about our free courses, groups webinars and events.  
Scan the QR code

**To book or ask a question, email**

**[EH0-19parentingteam@eastsussex.gov.uk](mailto:EH0-19parentingteam@eastsussex.gov.uk)**



# The Parenting Team

FREE ONLINE webinars for parents/ carers of East Sussex.

From January - March 2026

## Managing Anxiety and Avoidance in Children (2-12 yrs)

Want to understand the signs of anxiety and what to look out for?

- Tues 24<sup>th</sup> Feb 12:30 - 2:30pm

## Becoming a Positive Parent (2-10 yrs)

Want to stay calm when your child isn't?

- Wed 14<sup>th</sup> Jan 12:30 - 2:30pm
- Tues 17<sup>th</sup> Mar 10:00 - 12:00pm

## Triggers Tantrums & Teaching Moments (2-12yrs)

Want to make small changes that have a big difference?

- Thurs 15<sup>th</sup> Jan 10:00 - 12:00pm
- Wed 25<sup>th</sup> Mar 12:30 - 2:30pm

## Learning about Neurodivergent Children (2-19yrs)

Want to know what neurodivergence actually means and how it impacts behaviour?

- Thurs 22<sup>nd</sup> Jan 10:00 - 12:00pm
- Tues 24<sup>th</sup> Mar 10:00 - 12:00pm

## Responding to Teen Emotions (10-19 yrs)

Want to understand what drives teen emotions, choices and challenges?

- Tues 3<sup>rd</sup> Feb 12:30 - 2:30pm

## Understanding Teen Behaviour (10-19 yrs)

Want to keep your cool in the chaos?

- Tues 24<sup>th</sup> Mar 6:30 - 8:30pm

## Pre-recorded webinars that you can watch any time

- Online Safety in a Digital World
- Everyday Ways to Play
- Supporting Big Emotions Before School Starts



For more information about our free courses, groups webinars and events.  
Scan the QR code

To book or ask a question, email  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)