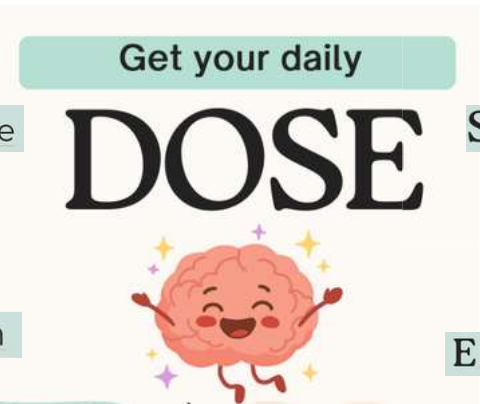




## Welcome Note

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

## DOSE day - Friday 27<sup>th</sup> March



Get your daily  
**DOSE**

Dopamine      Serotonin

Oxytocin      Endorphins

On Friday 27<sup>th</sup> March we will be holding a DOSE day.

DOSE stands for Dopamine, Oxytocin, Serotonin and Endorphin. These feel good chemicals in our brain can help boost our wellbeing. We will be exploring with the children how they can seek these every day. This will culminate in a colour run on Friday.

Please send your children to school in non-uniform of clothes you are happy for them to wear in the colour run. They will be covered in a non-toxic powder paint. This may wash out but it may not - so please choose their outfits selectively! We would suggest white would show off the colours best but please do not buy clothes specifically for this event - you can turn tshirts inside out, or use an old polo top from their uniform.

If you have any concerns about clothing for this day, please do reach out to Mrs Gale, Mrs Harman or Miss Satchell.

## Save the Date

Monday 23rd March	Rock Steady Spring Concert
Monday 23rd March	Year 2 Parent Workshop
Wednesday 25th March	Great Athletes
Thursday 26th March	Hastings Music Festival – Year 5
Friday 27th March	DOSE Colour Run
Thursday 16th April	EYFS Vision Screening & National Child Measurement Programme

## Parents evening



Tuesday 24<sup>th</sup> March - All Years  
 Wednesday 25<sup>th</sup> March - Reception (EYFS) and Y2 Nightingale  
 Thursday 26<sup>th</sup> March - Years 1 to 6 (excluding Nightingale)

Booking available this evening  
 via Arbor

## Year 2 - Drusilla's Trip



Year 2 enjoyed their trip to Drusilla's Park. The sun was shining as we walked around looking at all the wonderful animals. Both classes were very brave when they had the opportunity to stroke a python and a gerbil. All children represented us very well as a school.

# WEEKLY BULLETIN

At King Offa, we always promote children's learning about the world around them. In Reception, the children have been learning about Muslim festivals—Ramadan and Eid.

As a Muslim, I, MrsAlam, had the privilege of visiting the Reception children and sharing my beliefs and culture with them. Throughout the afternoon, we discussed what I celebrate, how I celebrate, and why I celebrate.

We exchanged special greetings and Eid cards, enjoyed dressing up, and experienced Hana tattoos (with Miss Townsend as our hand model!). The children were really engaged throughout the activities and showed great enthusiasm, which made me feel very proud.

I am honoured to have shared my real-life experiences with Ocean and Pebble Class. At King Offa we celebrate all beliefs, cultures and relish the opportunity to grow our knowledge.



## CLUBS & ACTIVITIES



### Monday -

SAMA Karate - All years - 3.10pm till 4pm  
Karate and Kickboxing - SAMA MARTIAL ARTS  
[click here to sign up](#)

### Tuesday -

Musical Theatre - Years 3,4,5 and 6 - 3.10pm till 4pm  
(No sign up required)

### Wednesday -

Country Dancing - Years, 3,4, 5 and 6 - 3.10pm till 4pm  
(No sign up required)

Creation Station - All Years - 3.10pm till 4.20pm  
[click here to sign up](#)

### Thursday -

Skiltek - Multi Sports Club - Years 3,4,5 & 6  
[Click here to sign up](#)

### Friday -

Skiltek - KS1 Football - Reception, years 1 and 2 - 3.10pm  
[Click here to sign up](#)



Cheer leading - All Years - 3.10pm till 4pm  
[click here to sign up](#)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FOOD FESTIVAL</b> We're a Muslim Muslim DRESSER CORNISH, BURGERS, STEAKS, SIZZLES, BURGERS, SANDWICHES, BURRITOS, BURRITOS, BURRITOS, BURRITOS	<b>LUNCHTIME</b>				
<b>MAIN EVENT</b>	Cheese and Tomato Pizza Slice with Wedges	Lasagne	Roast Chicken, Skin on Roasties, and Gravy	Chicken & Sweetcorn Pie with Mash	Golden Fish Fingers & Chips
<b>NUT-FREE MAGIC</b> Veggie Mix	Green Veg & Butter Bean Pie with Wedges	Vegetable Ratatouille with Rice	Carrot & Stuffing Puff Pastry Plait, Skin on Roasties with Gravy	Root Vegetable and Bean Stew with Mash	Vegetable Fingers with Chips
<b>RAINBOW ALLEY</b> Vegetarian or Dairy	Peas	Sweetcorn	Roasted Roots	Peas	Baked Beans
<b>BIG TOPPING</b> Food Jackets	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>DESSERT TROLLEY</b>	Sweet Potato Chocolate Brownie	Jelly	Eve's Apple Pudding & Custard	Muesli Bars	Vanilla Cookies
What Impact has your meal had on planet Earth today?	<b>VEGETABLE BARS</b>				
	<b>PASTA TOPPER PASTA</b>				





# What's On....

The East Sussex School Of Performing Arts

# Peter Pan

A Musical Adventure

DE LA WARR PAVILION  
1PM & 6PM | SUNDAY 29TH MARCH 2026

OFSTED REGISTERED  
CHILDCARE  
Rec - Y6

# 1066 KIDS CLUB

Easter Break

W1: Mon- Thurs, W2: Tues- Fri  
8.30am-5.30pm

Ark Alexandra Sports Hall,  
Park Avenue, TN34 2PG

£30 per day

Crafts, games, sport, forest school and more!

To book: [eequ.org/experience/9473](http://eequ.org/experience/9473)  
Any qus, email: [1066kidsclubhastings@gmail.com](mailto:1066kidsclubhastings@gmail.com)

## SPACE TO CREATE HOLIDAY CLUB

### 2026 EASTER DATES

**FREE!**

**Hastings**

- 8-11 years  
**Monday**  
30 March
- 4-7 years  
**Tuesday**  
31 March

10am to 2pm  
Robsack Wood Primary Academy  
Whatlington Way  
TN38 9TE

Due to the nature of the funding we will be prioritising children eligible for benefits-related free school meals

**BOOK NOW!**

book online at: [CULTURESHIFT.ORG.UK/space-to-create](http://CULTURESHIFT.ORG.UK/space-to-create)

**A CULTURE SHIFT PROGRAMME**

01424 821400

Bexhill Primary Care Network  
working towards a healthier community

**NHS**

## CHILDREN AND YOUNG PEOPLE'S SERVICE

Supporting 5-18 year olds with their Emotional Wellbeing and Mental Health

The service offers low-intensity CBT-based interventions and practical social support, working closely with children, young people, and families, to promote positive mental health, build resilience, and support healthy emotional development.

We can help with:

- Low mood/ Depression
- Anxiety/ Worry
- Sleep problems
- Stress
- Phobias
- Low self-esteem
- Social Support
- Health promotion

**SPEAK TO YOUR GP SURGERY OR SELF REFER:**

SCAN ME!

Contact Us:  
[www.bexhillpcn.nhs.uk](http://www.bexhillpcn.nhs.uk)



# What's On....

20th March 2026

## The Parenting Team

### Drop Ins

Join us for an informal chat if you have any questions about anxiety, behaviour, neurodivergence, SEND, living with teenagers or any other parenting related questions!

#### Rother

<b>Sidley Family Hub</b> 10-11:30am	1 <sup>st</sup> May 5 <sup>th</sup> June
<b>NEW! Hub on Rye Hill</b> Third Friday of the month 9.30-11am	17 <sup>th</sup> April 15 <sup>th</sup> May 19 <sup>th</sup> June
<b>NEW! Ticehurst Village Hall</b> 10-11:30pm	16 <sup>th</sup> June



## EASTER HOLIDAYS KIDS CLUBS

For 5-11  
years Old

Open daily  
8.30am - 4pm

### Address

Ark Alexandra William  
Parker Campus,  
Parkstone Road,  
Hastings, TN34 2NT

**£30 a day**

### WE ACCEPT

- ✓ Childcare Vouchers
- ✓ Tax-Free Childcare

Klarna  
Payments

[www.boomactive.co.uk](http://www.boomactive.co.uk)

30<sup>th</sup> March - 10<sup>th</sup> April

Join us this Easter Holiday for action-packed days full of sports, games, challenges and wacky races, plus Easter egg hunts and surprises!!

Every day brings new activities to keep children active, engaged and smiling – all while learning teamwork, confidence and life skills.

[www.boomactive.co.uk](http://www.boomactive.co.uk)



## The Parenting Team

### Drop Ins

Join us for an informal chat if you have any questions about anxiety, behaviour, neurodivergence, SEND, living with teenagers or any other parenting related questions!

#### Hastings and St Leonards

<b>Hastings Town Family Hub</b> 10-12pm	18 <sup>th</sup> May
<b>East Hastings Family Hub</b> 10-12pm	13 <sup>th</sup> April 15 <sup>th</sup> June



## The Parenting Team

### Drop Ins

Join us for an informal chat if you have any questions about anxiety, behaviour, neurodivergence, SEND, living with teenagers or any other parenting questions!

#### Eastbourne and Hailsham

<b>Shinewater Family Hub</b> 9-12pm	10 <sup>th</sup> April 1 <sup>st</sup> May 5 <sup>th</sup> June
<b>Hailsham Family Hub</b> Second Monday of the month, 9-12pm	13 <sup>th</sup> April 11 <sup>th</sup> May 8 <sup>th</sup> June
<b>Devonshire Family Hub</b> Second Monday of the month, 1-4pm	13 <sup>th</sup> April 11 <sup>th</sup> May 8 <sup>th</sup> June
<b>Archery Youth Hub</b> 9-12pm	17 <sup>th</sup> April 29 <sup>th</sup> May 12 <sup>th</sup> June





# Easter Half Term HOLIDAY CAMPS

Our popular Gym Camps are a perfect mixture of structured gymnastics, Free Play, Arts & Crafts and Games. For school aged children. These sessions are ran by our qualified coaches, who hold current safeguarding, DBS and first aid qualifications.

All you need to bring is a packed lunch (NO NUTS PLEASE) and a drink.

Running 8:30am-3:30pm (drop off from 8:15am)

### Dates:

Monday 30th March

Tuesday 31st March

Wednesday 1st April

Tuesday 7th April

Wednesday 8th April

### PRICES

**£35.00 MEMBERS**

**£40.00 NON-MEMBERS**



1066 Gymnastics, Unit 3a Brett Drive, Bexhill on Sea, TN40 2JP  
office@1066gym.co.uk\*01424213779\*www.1066gym.co.uk

ALL SESSIONS CAN BE BOOKED ONLINE VIA THE CLUB WEBSITE



# Easter Half Term

## PLAY GYM

Our Play Gym sessions offer the perfect opportunity for children with parental assistance to explore the gym at their own pace.

Coaches are on site to ensure safety, but children remain the responsibility of their parents throughout the session

### Session dates & times

#### Thursday 2nd April

9:00am-10:30am- Ages 6 & Under

11:00am-12:30pm- Ages 10 & Under

1:00pm-2:30pm - SEN (up to 14 years)

#### Thursday 9th April

9:00am-10:30am - Ages 6 & Under

1:30pm-3:00pm- SEN (up to 14 years)

#### Friday 10th April

9:30am-11:00am - Ages 10 & Under

11:30am-1:00pm- Ages 10 & Under

1:30pm-3:00pm - Ages 10 & Under



**£9.00 per child**

Book in advance on the Club Website to secure your space, as we cannot exceed session capacity