

Next Week's Lunch Menu

Mon	Polenta cake & Sussex broccoli & cauliflower cheese	Fruit salad
Wed	Class 2's "You Choose" meal Sausages and mash + broccoli & carrots	Strawberry jelly
Fri	Sussex tortilla and salad	Baked apples + Nut crunch

**Don't forget to spread the word –
OPEN MORNING Wednesday 3rd December – tell all your
friends and distribute as many flyers and posters as you can**

**We need helpers on the day from 10am until 11.30, please let
Leo (Delia) know if you can be there.**

Dahlan (Joshie & Elias)

DATES FOR YOUR DIARY

Next Week

Tues 1.15	Premier Sport (changed from Mon pm)
Wed 9.15 Wed 10am Wed 3.15 - 4.45	Winter Fair meeting @ THE NEEDLEMAKERS' OPEN MORNING Drama Club (remember that all important snack...)
Sat 12.30 -4.00	WINTER FAIR

Wed 10 Dec LAST drama club

Wed 17 Dec 2.00 & 4.00 End of term performance
Thur 18 Dec 3.15 Break up

Y
A
D
A
Y
28 Nov 2008
R
E

"Be the change you wish to see in the world"
Gandhi

I have always loved the idea of Thanksgiving Day - the fourth Thursday in November - and the fact that this is a time specifically set aside for friends and family to gather, celebrate and say all their thanks and wishes. Recently I found thankfulness at the forefront of my mind, not just because of the time of year, but as a result of attending a 'Be the Change' Symposium.

The symposium explores how we can, "by pulling together, move in a new direction towards an era of interconnected action, collective wellbeing, environmental sustainability, social justice and spiritual fulfillment." Rather like LNS really.

Some of the video footage was inspiring some of it shocking, facts like: worldwide 121 million children are not receiving education; 640 million children are without adequate shelter (1 in 3) contrast starkly with our great good fortune - warm, fed, housed and educated as we are.

So while we are actively engaged - as children, teachers, parents, governors, trustees, staff - in Being the Change we want to see. I also vote for our own pause for thanksgiving, to everyone working hard to fulfill our vision. Besides, research from the HeartMath Institute tells us that appreciation is good for us - they say it is physiologically impossible to be stressed and thankful at the same time!

Hermione Elliott (Chair of Trustees)

Lend us your ears.....

Extracts from some of the children's diaries in class 2 after a visit to Fishbourne Roman Palace

When I first dug my sharp stick into the wax tablet it created a vague picture of me as a young Roman at a strict school with old wooden desks. Instead of boots I was wearing brown sandals.....

I imagined I was a very important person. I wore clothes that were very beautiful. I wore a lilac tunic. I also wore a pearl necklace. As I was walking through the Roman gardens I thought I might see the King or his slaves carrying a plate of food. I couldn't believe I was walking on the same floor as the Romans!.....

..... and your time

This weekend [29th/30th] parent volunteers are going to begin installing insulation at the school. If anyone can offer their time either this weekend or any evenings/weekends before christmas please contact me a.s.a.p.. We are required by the funding body to complete this work by the end of the year.

I will also be contacting parents over the next couple of weeks, regarding a list of decorating jobs which we hope to complete before the 'New School Thinking' conference at the end of February. I'm happy to give my time to support anyone who wants to volunteer...

Alex (Oscar) 07791 070369/01273 470611

It seemed like there had been a flood of thousands of tiles, and it was beaming a pattern up at me.....

Stop! Slow down! Stop and think. Think about who was special enough to walk on that land. Do you think you are?.....

Winter Fair

As the excitement mounts we are looking for the following:

- **Fairy lights** - if you have some that we could borrow then please leave them in the quiet room. Add a tag to them with your name on so that we can return them.
- **Coats** - this year has a Narnia theme and we need to borrow your old coats! Remember the whole wardrobe bit?... if you can lend us old coats (again mark your name in them so we can return them) and please leave them on the side in the quiet room.
- **Foliage** - Is your garden rich with berries? Holly? Ivy? If so please leave some in a bag in the quiet room for the festive wreaths
- **Hampers** - boxes for the winter hampers should be in each classroom. It would be wonderful to have donations for these - yummy food, bath bubbles, toys - all very welcome.
- **Cakes** and yummy delights - to be delivered to the kitchen on the afternoon of Friday 5th or on the day of the fair. If you can please add a little note with the ingredients it would be much appreciated.

And finally... we will be decking the halls from 2pm on Friday [5th]. Could you spare an hour or two to help? If you can please join the decorating crew in the school hall. Your help and support makes the winter fair magical. Many thanks

Kelly (*Japhy*) and Sonia (*Martha*)

We were walking on the rusty tiles (mosaics) and then we saw a skeleton. It was sccccccaaaarrrryy! No diary, you couldn't come. It would scare you out of your socks!.....

I saw a shining marble fountain. It splashed diamond droplets to my feet.....

I saw a big room with a mosaic floor. Who, I asked myself, who walked on these beautiful mosaics?