



Make a stand with a good heart



Dream Aspire Achieve



CHESSWOOD JUNIOR SCHOOL

News



Published - 25/03/2022

Weekly Communication Roundup

Dates for the diary:

Year 3 Wakehurst Place -

3LB 3PB 3TH Thursday 31st March
3DH, 3HG, 3KM Friday 1st April

Pre-Loved Uniform Sale -

Thursday 31st March 2-3:30pm.

Summer Club Signup Ends -

Sunday 3rd April.

Dancemania XII -

Monday 4th April.

Celebration of Learning -

Wednesday 6th April.

Class Photos - postponed Tuesday 24th
May (due to a clash with Year 4 trips.)

Inset Day -

Wednesday 18th May - See information on page 9
regarding our Inset Day Childcare Club. A day
filled with fun activities!

Summer Fayre-

Friday 17th June

Weekly Attendance

**Bright Sparks – Turn up, Turn
up on Time, Turn up Ready for
Action!**

The following classes have won the year
group attendance trophies for Week
beginning 14th March. Well done!!

Year 3	Year 4	Year 5	Year 6
3HG 98.6%	4MP 95.5%	5HH 96.9%	6NB 98.4%

Keeping up to speed

We are very aware both professionally and personally how hard it is to keep up with communications from school and from everywhere else for that matter. And, nobody has the time to search for letters they think they might have missed and are experiencing understandable parent anxiety of the consequences of missing important communications. We hope the very clear links and organisation below will ensure you are able to find any school communication quickly and easily.

You may find the current and all previous newsletters for this academic year for reference on our website -

[Chesswood Junior School - Latest Correspondence](#)

Newsletter from previous academic years may be found at -

[Chesswood Junior School - Previous Academic Year Newsletters](#)

You may find all current term correspondence for the whole school -

[Chesswood Junior School - Current Academic Year Correspondence](#)

Current and previous correspondence for specific year groups

Year 3 - [Chesswood Junior School - Year 3](#)

Year 4 - [Chesswood Junior School - Year 4](#)

Year 5 - [Chesswood Junior School - Year 5](#)

Year 6 - [Chesswood Junior School - Year 6](#)

Information

Reporting attendance -

As previously announced at the beginning of term, the way in which you report your child's absence has changed as Studybugs is no longer available.

All future absence reports should, in the first instance, be reported online via the school website.

[Home > Parents > Attendance & Punctuality > Reporting Sickness Absence](#)

If you are unable to report the absence online, please telephone 01903 204141 and choose option 1

EMPLOYMENT OPPORTUNITIES

Clerk to the Governors Required

Chesswood Junior School is looking for a Clerk to the Governing Body who will be accountable to the Governing Body, working effectively with the Chair of Governors and with the Head Teacher and other Governors. The Clerk will be responsible for advising the Governing Body on constitutional matters, duties and powers and will work within the broad current legislative framework. S/he will secure the continuity of Governing Body business and observe confidential requirements. Full training will be provided for this 10 hours per month role, paid at £9.81 per hour Grade 4 point 6. Further details available on our school web site.

[Chesswood Junior School - Employment Opportunities](#)

Closing date - 15th April 2022

Religious Education -

The forthcoming events are:



-Easter (17th April)

-Ramadan (3rd April - end with Eid on 3rd May).

-Passover (16th April)

Ramadan and Passover are fast approaching, if your family celebrate then we welcome you to send in some photographs. We would love to share this celebration with you.

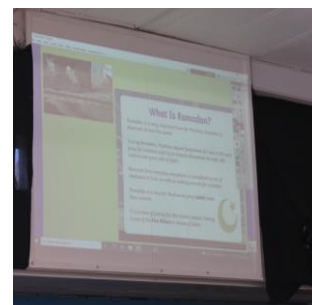
There are assemblies that are linked to the above events, these are on the following dates.

Passover - 30th March

Easter - 7th April (Kathryn Barton will be coming from the Church)

Photos from Ramadan/Eid

Assembly - 23rd March



Information cont'd



Summer Clubs 2022 -

It is time for you to choose and apply for club places for Summer Term 2022. Please note that the process will be online using the Schools Buddy system from 17th March.

For those without internet access at home, there will be opportunity for you to book club spaces in the computing suite, on Monday and Wednesday from 3.15pm to 3.45pm each week until the cut-off date below. There will be a member of the admin staff available to assist if needed.

- 17th March - Club Signup opens via Schools Buddy
- 3rd April - Club Signup Closes
- 8th April - Parents Informed of their child's Club allocations
- 8th - 25th April - Payment to be made for your child's clubs

When do the clubs start and end?

Clubs start week commencing 2nd May 2022 and ending 1st July 2022. Half term week is Monday 30th May; back to School w/c 6th June. Please check your Schools Buddy Diary for Inset Days

E-Safety Concern -

'Poppy Playtime' and 'Huggy Wuggy'

"It has come to our attention that there is an adult computer game with 'child-like' characters which may still appear in search engines even when parental controls are in place. Please could all parents continue to monitor what their children are accessing online to protect them from accessing inappropriate material which may lead to upset or distress.

Please visit the following website to find out information about the game and how best to stop children from accessing it and what to do if you think your child has accessed it.

[Poppy Playtime: Online Safety Review - Safer Schools \(oursaferschools.co.uk\)](https://oursaferschools.co.uk)

Please also visit our e-safety page where there is more information regarding e-safety and how best to keep your child safe online."

[Chesswood Junior School - Further guidance](#)

Poppy Playtime

Online Safety Review



Free School Meals Information -

Holiday Activities and Food (HAF) Programme - Easter 2022

We are pleased to let you know that West Sussex County Council will be working with a number of organisations to offer provision during the Easter holidays for children eligible for Free School Meals.

There are a wide range of activities, Parents and carers can search for

activities on the Family Information Service Online Directory.

<https://familyinfoservice.westsussex.gov.uk/Synergy/FSD/>

More information can be found via the HAF webpage <http://www.westsussex.gov.uk/HAF>

Community Hub -

Support for all families available for those children and families not eligible for FSM are able to access support for food, fuel, clothing, and essentials via the WSCC Community Hub. The Community Hub can be contacted on 0330 222 7980 and is open 08:00 - 20:00 Monday to Friday and 09:00 - 17:00 weekends and bank holidays. Further information can be found via West Sussex County Council website

<https://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-advice-and-information/request-advice-and-support/community-hub/>



Pre-Loved Uniform Sale

Thursday 31st
March

Front Playground from
2pm to 3.30pm

The poster features images of school uniform items: black shorts, a blue button-down shirt, a dark blue zip-up cardigan, a dark blue pleated skirt, and a dark blue V-neck sweater. The Chesswood Primary School logo is visible in the corners and bottom center. The tagline 'Dream Aspire Achieve' is at the bottom.

Dog Trust Assembly for Years 5 and 6.



Ukraine Crisis



Our talented Arabella has made Ukraine badges for all of her class and teachers.

These badges really are incredible, what a lovely way to show support.



Motto: I run

Worthing Leisure Centre
time was 00:12:09.

Congratulations on completing your 7th junior page 25th place and were the 10th Female out of a field week's full set of results on our website. Your PB fastest time this year.

UKRAINE

WEEK 1

Monday 1:50
18 March 1980

Tuesday 1:00
19 March 1980

Wednesday 1:00
20 March 1980

Thursday 1:00
21 March 1980

Friday 1:50
22 March 1980

Saturday 1:50
23 March 1980

Sunday 2:00
24 March 1980

Monday 2:00
25 March 1980

Tuesday 1:00
26 March 1980

Wednesday 1:00
27 March 1980

Thursday 1:00
28 March 1980

Friday 1:50
29 March 1980

Saturday 1:50
30 March 1980

Sunday 12:00
31 March 1980

WEEK 2

Monday 1:50
1 April 1980

Tuesday 1:00
2 April 1980

Wednesday 1:00
3 April 1980

Thursday 1:00
4 April 1980

Friday 1:50
5 April 1980

Saturday 1:50
6 April 1980

Sunday 12:00
7 April 1980

Please follow links regarding extra information regarding Ukraine Crisis.

<https://www.chesswood.w-sussex.sch.uk/page/?title=Ukraine+Crisis&pid=1497>

Thank you for the posters we have had showing support for Ukraine. We would love to see some more amazing work to add to our gallery. To look at our pupils fantastic work already on the link below.

<https://www.chesswood.w-sussex.sch.uk/page/?title=Children%27s+Gallery&pid=1499>

Disaster emergency committee

Our single charity until the end of the academic year - NO other fundraising for charities will be undertaken

<https://www.chesswood.w-sussex.sch.uk/page/?title=Disaster+Emergency+Committee&pid=1500>

Chesswood Sport News



Y3 Football Festival

On Tuesday 24 budding Y3 footballers went to Thomas A Becket Junior to play in a football festival. Each of our 4 teams played 3 matches. This was a great opportunity for the players to represent the school and for many the first taste of 'competitive' football matches against a different team.

There was some great tackling, accurate passing, strong dribbling, fine saves and great goals on show at the festival.

All the players enjoyed the experiences and will look forward to many more opportunities at Chesswood in the future.



Out of School Achievements

Congratulations to Elizabeth from Y6 for being awarded the Worthing Swimming Club's most improved swimmer over the last 6 months. This is awarded by the Head Coach.

Elizabeth has done fantastically well with her swimming in her time and at Chesswood and she also uses these skills to take part in triathlons too.

We would love to hear about more of your sporting achievements outside of school as this might inspire more to give something new a go!



Chesswood Sport News Cont'd

Southern Area Indoor Athletics Finals



The Southern Area Indoor Athletics Finals brought together 6 of the best schools to compete for the chance to qualify for the Sussex Finals.

Again the team has to compete in various jumping, throwing and running events in a buzzing atmosphere at The Angmering School.

We knew that TAB would be our main rivals for the title and the score were very tight throughout the whole competition with us leading and then TAB taking the lead, before the final running races the scores were level.

Into the running races, in our heat many of the races with TAB were going down to photo finishes. In the end Thomas A Becket just pipped us to the title and we were a well deserved runners-up.

Upcoming Events: Monday 4th April - Dancemania XII (new date)

PE Swimming Sessions for Y5

After the Easter holidays swimming sessions will be starting for the Y5 classes in their PE lessons. Please check SchoolsBuddy for dates and times for specific classes.

All swimmers will need a swimming hat - if you need one, they are available from Reception priced £2.50

Save The Date!

Summer Fayre -

Friday 17th

June 2022

5-7pm



A date has been set for our Summer Fayre! We will be needing help on the day to both set up and run stalls. If anyone would also like to be involved in the planning and the run up to the Fayre then please contact either Tracey Rainford trainford@chesswood.w-sussex.sch.uk or Kate Brown kbrown@chesswood.w-sussex.sch.uk



INSET DAY *Childcare Club*

Lots of fun activities takes place at our Chesswood Childcare Club! We make use of our outdoor space in the sun and engaging with our creative imagination inside. To book into our next inset day childcare club, please contact the School office.



COMPETITIONS!

World Maths Day - Competition!

Wednesday 23rd March is World Maths Day! Whilst we save our main Maths celebration for National Numeracy Day (18th May - Save the Date!) - what better reason for children to put a little extra focus on Maths homework next week?

We are running an in-school TT Rock Stars Battle of the Bands which will begin on Monday 21st March at 8am and end on Friday 25th March at 4.15pm. Each class will work as a team to secure the highest average number of correct answers across the week. There will be one winning class per year group.

Every correct answer in any game type on TT Rock Stars is worth 1 point towards your team's score - we highly recommend playing Garage to focus on the times tables that your teacher has selected for you. There will be certificates awarded to the top 3 scoring children in each class. The children in the winning class in each year group will receive 50 house points each, the children in the second placed class in each year group will receive 25 house points each and the children in the third placed class in each year group will receive 10 house points each. House points and certificates will be awarded the week beginning 28th March. If you need help accessing TT Rock Stars, please speak to your child's teacher.

Good luck everyone!



2021 Winner

**CHESSWOOD
JUNIOR SCHOOL**

Computer Screensaver **COMPETITION**

As you may know, we hold an annual competition where children design a new computer screen background for the school computers.

Your design must be A4 landscape, using only colouring pencils/felt tips.

Everyone will be recognised for their hard work and effort and displayed in a booklet.

Art prizes and House Points to be won!

**All entries must be submitted by
Friday 29th April 2022**

**Please hand your final creative
masterpieces into the School Office!**



Extra Learning Resources

English spelling -

use of wordle - playing with the family

<https://www.chesswood.w-sussex.sch.uk/page/?title=Spelling+and+Grammar&pid=62>

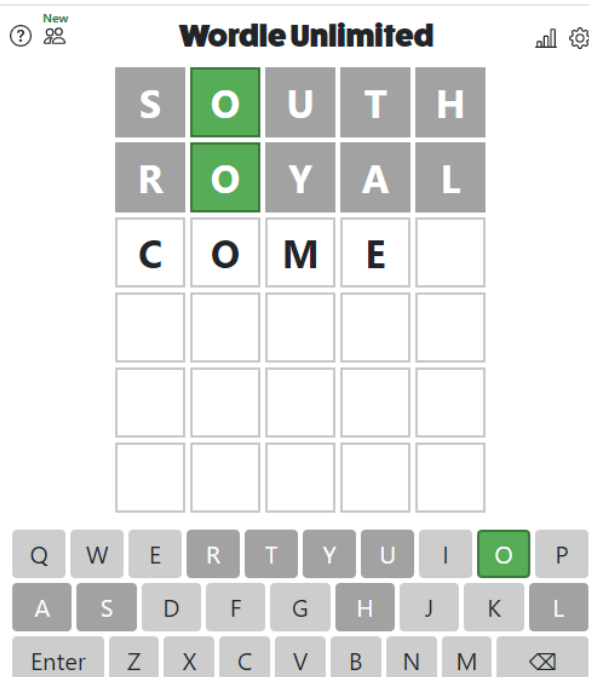
A really tough game for children who love games. Play with your family and friends - you are probably too young to do this alone. Top Tip - start with a word with at least two and possibly three vowels (a,e,i,o,or u).

Grey - letter is not found in the word

Gold - letter is in the word but in the wrong place

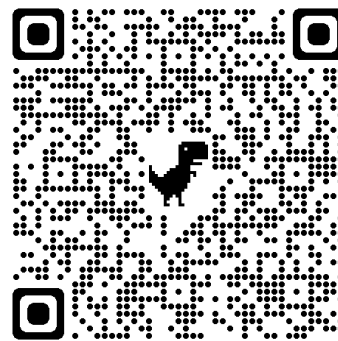
Green - letter is in the word and in the right place

Click on the image below or follow this [LINK](#)



Multiplication Tables Check - Year 4

You may already be aware that one of the national curriculum statements for Year 4 in Mathematics is to recall multiplication and division facts for the multiplication tables up to 12 x 12. To help monitor this, all year 4 children will participate in the Multiplication Tables Check in June 2022. Please visit our dedicated Multiplication Tables Check page on the school website, where you can find:



Information for parents published by the Standards & Testing Agency

Useful links, guides and resources to help you support your child in learning their times tables - including videos with songs and top tips for learning times tables.

To visit our MTC page, please hover your phone's camera over the QR code which will take you directly there. Alternatively visit

<https://www.chesswood.w-sussex.sch.uk/> and click on LEARNING > CURRICULUM > MATHS > MATHS KNOWLEDGE SUPPORTING RESOURCES > MULTIPLICATION TABLES CHECK. Should you have any further questions, please speak with your child's class teacher.



NSPCC

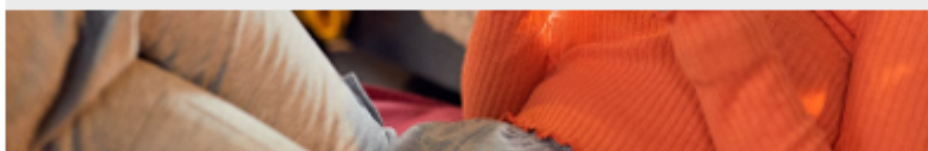
WhatsApp

Age rating: 16+

Main features: text, photo & video sharing, one to one and group chats, disappearing messages. End to end encrypted. Live location sharing

Chat apps

Find out about different chat apps like WhatsApp and Kik, and how to help young people use them safely.



Help children stay safe on chat apps

Messaging and chat apps are a great way for a child to stay in touch with their friends and family but it's important both of you are comfortable with who they're talking to.

Talk to your child about who they're chatting to and how they know them. Remind them to be conscious of who they're sharing personal information with and not to share information with people they haven't met before. This includes information like their name, location, email, phone number and school name.

Safety settings in chat apps

A risk for children and young people using chat apps is being added to group chats where they don't know the other people in the group, which could increase the chance they come across upsetting or negative messages.

Many of the chat apps have different privacy settings to help restrict who can contact you. If your child is using a chat app, we'd recommend looking at the privacy settings to see what's most appropriate. If there aren't any options to restrict contact, then we'd recommend that your child doesn't use the app

What are chat apps?

Chat apps allow the user to send messages, photos, videos, and documents, as well as creating large group chats.

Some apps allow users to message people they don't know, so your child could receive messages from people they don't know - most apps have settings to allow this to be changed so that they only receive messages from people they know. With your child, make sure these settings are in place and show them how to reject requests from people they don't know.

Even with friends, your child might see something that upsets them. Explore each app to see if there are reporting and blocking features. Show your child how to use these features and talk about situations when they might want to report or block.

WhatsApp safety settings

To prevent children being added to groups by people they don't know in WhatsApp, we recommend changing the group chat settings from 'Everyone' to 'My Contacts Except...' and using the tick icon to select all contacts.

The 'My Contacts Except...' option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody should be able to add your child to a group chat without first sending them an invitation.

Worried about a child?

If you're worried about something a child or young person may have experienced online, you can contact the NSPCC helpline for free support and advice. Call us on **0808 800 5000** or **contact us online**.

Children can contact **Childline** any time to get support themselves



For more on Online Safety, please visit <https://www.nspcc.org.uk/keeping-children-safe/online-safety>

 thecommunityhouse

Learn To Meditate With Mindfulness Course.

Starts Wednesday 27 April 2022
with Lisa

10:15am until 11:45am
at

Community House
25 Dominion Rd, BN14 8JZ

Please call Alison on 01903 215799 or
email abrett@worthing-homes.org.uk
message on the Community House
Facebook page or follow the eventbrite
link to book your space
<https://www.eventbrite.co.uk/e/learn-to-meditate-with-mindfulness-course-tickets-301377326697>

Well-being
Wednesday!

COMMUNITY COFFEE AFTERNOON



thecommunityhouse

Pop in and have a coffee and a chat in
friendly surroundings - bring a friend too! All
welcome.



Every Monday
1:30 to 3:00pm

At Community House

No need to book - just turn up
Warm welcomes a speciality.

Free activities from Community House!

 thecommunityhouse

FREE

INDIAN HEAD MASSAGE SESSIONS



WITH
JOLENE

Please note,
a consultation
will be required
prior to
treatment

**Mondays between 10am & 2pm
at Community House**

BOOK NOW

Call Alison on 01903 215 799

thecommunityhouse presents ZUMBA WITH ZOE

At St Stephen's Church
Mondays, term time only,
Starting Monday 28th Feb
@ 9:30am

FREE CLASS
Booking essential

Tickets from
<https://www.eventbrite.co.uk/e/266140412137>
or call Alison on 01903 215 799

More free activities from Community House!



Jabber-Walkies

Wednesday 30 March at 10:15am
Meet at The Perch, Lancing
All abilities welcome.

To register, please call Alison on 01903 215 799

Going for a walk is good for your head. And your heart. It's also a great way to get out into nature, meet new people, and get to know your community.



Local Clubs and Information



**HOLIDAY CLUB
@THE ART HOUSE
FOR KIDS 6+
EASTER BREAK
ART CLUB**

**£15 PER CHILD
10AM-1PM**

MONDAY 11/04 - SCULPTURE
TUESDAY 12/04 - HOP INTO SPRING
THURSDAY 14/04 - GRRR TIGERS
TUESDAY 19/04 - ANIMAL COLLAGES
WEDNESDAY 20/04 - FOLK ART
FRIDAY 22/04 - EARTH DAY

WWW.ARTHOUSEWORTHING.CO.UK
FOR MORE INFO
KIDS MUST BRING A DRINK & A LUNCH



**THE ART HOUSE EASTER CRAFTS
@LEVEL 1 - FOR KIDS 4+**

**FRIDAY 15TH APRIL & SATURDAY 16TH APRIL
£12 PER CHILD - 10.30AM-12NOON**

JOIN US AT LEVEL 1 FOR SOME EASTER CRAFT FUN!
EACH CHILD BOOKED ON WILL GET A BAG WITH ALL THE
MATERIAL NEEDED FOR 3 EASTER CRAFT ACTIVITIES.

WWW.ARTHOUSEWORTHING.CO.UK/MAKE-A-BOOKING



5-star Holiday Camps

To put a spring in their step this Easter.

With action-packed sessions available throughout the school holidays, our camps are a fantastic place for children to meet new friends, have lots of fun, and create wonderful memories!

BOOK NOW AT:
premier-education.com/holiday-camps

Follow us on social:

@PremEducationUK

Get 20% off when you Refer a Friend*



Holiday camps near you

Worthing	Angmering	Barnham	Pulborough
*West Park Primary School, BN12 4HD Multi Activities, Performing Arts & Gymnastics *Lady of Sion Senior School, BN11 4BL Multi Activities & Performing Arts	The Angmering School, BN16 4HH Multi Activities & Performing Arts * Worthing Leisure Centre, BN12 4ET Multi Activities Book directly with Worthing Leisure Centre www.southdownsleisure.co.uk	Barnham Community Hall, PO22 0AY Multi Activities	Chanctonbury Leisure Centre, RH20 4BG Multi Activities

All camps 9-4pm drop off from 8.30am
£19.99 per day, single day bookings
Use online code WS25 for 25% off

With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

So, whether they are a holiday camp regular, or it is their first time, we guarantee there is something for every child with our comprehensive range of activities.

BOOK NOW AT:
premier-education.com/holiday-camps

*The holidays are better with friends. Give a friend 20% off their first Premier Education Holiday booking and get 20% off your next. Enrol in the scheme and refer friends at premier-education.com/parents/refer-a-friend.
Terms and Conditions apply.



Please bring

- A packed lunch
- Plenty of water
- Suitable clothing for weather
- Lots of energy!



www.thechildcareclubworthing.com

Easter Holiday Club 2022

Thomas A Becket Infant school

Monday 11th April- Friday 22nd April

COME ALONG AND JOIN US FOR AN ACTION PACKED 2 WEEKS OF FUN, FACE PAINTING, COMPETITIONS, CRAFTS, COOKING AND SO MUCH MORE. BOOK EARLY TO AVOID DISAPPOINTMENT

PLEASE RETURN THE ATTACHED BOOKING FORM AND CONFIRMATION OF PAYMENT TO THECCCWORTHING@GMAIL.COM

Forest School

11th and 12th April 4yrs-7yr olds
21st and 22nd 8yrs old and above

We use the lovely Forest area in the school grounds, the lodge, Field and meadow. The type of activities we offer are mostly outdoors such as den building, whittling and tool use, hunting for minibeasts, creating natural crafts using natural materials, playing in our muds kitchen. Plus we offer lots of Forest School team games to help build up confidence, self- esteem and team work.

£32 per session

Please complete booking form and return to one of our after school clubs or email to thecccworthing@gmail.com



CAMPFIRE COOKOUT












BIG WILD EGG DAY

NERFAGEDDON EASTER EDITION

WILD THINGS WILDERNESS ADVENTURE

SURVIVE JURASSIC ISLAND

CLUBS RUN AT 5 LOCATIONS: **G = GORING** // **TG = THE GLOBE** // **STN = ST NICS** // **LP = LANCING PREP** // **3B = THREE BRIDGES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 28 LP: SURVIVE JURASSIC ISLAND	MARCH 29 LP: CAMPFIRE COOKOUT	MARCH 30 LP: NERFAGEDDON 	MARCH 31 LP: WILD THINGS ADVENTURE 	APRIL 1 LP: MINECRAFT 
APRIL 4 LP: CAMPFIRE COOKOUT 	APRIL 5 LP: NERFAGEDDON 	APRIL 6 LP: CAMPCRAFT BUSHCRAFT	APRIL 7 LP: SURVIVE JURASSIC ISLAND 	APRIL 8 LP: BIG WILD EGG DAY 
APRIL 11 G: CAMPFIRE COOKOUT TG: NERFAGEDDON STN: SURVIVE JURASSIC ISLAND 3B: CAMPFIRE COOKOUT	APRIL 12 G: NERFAGEDDON TG: WILD THINGS ADVENTURE STN: CAMPFIRE COOKOUT 3B: NERFAGEDDON 	APRIL 13 G: WILD THINGS ADVENTURE TG: BIG WILD EGG DAY STN: NERFAGEDDON 3B: WILD THINGS ADVENTURE	APRIL 14 G: BIG WILD EGG DAY TG: SURVIVE JURASSIC ISLAND STN: WILD THINGS ADVENTURE 3B: BIG WILD EGG DAY 	APRIL 15 NO CLUBS
APRIL 18 NO CLUBS	APRIL 19 G: SURVIVE JURASSIC ISLAND TG: CAMPFIRE COOKOUT STN: BIG WILD EGG DAY 3B: SURVIVE JURASSIC ISLAND 	APRIL 20 G: CAMPFIRE COOKOUT TG: NERFAGEDDON STN: SURVIVE JURASSIC ISLAND 3B: CAMPFIRE COOKOUT	APRIL 21 G: NERFAGEDDON TG: WILD THINGS ADVENTURE STN: CAMPFIRE COOKOUT 3B: NERFAGEDDON 	APRIL 22 G: WILD THINGS ADVENTURE TG: BIG WILD EGG DAY STN: NERFAGEDDON 3B: WILD THINGS ADVENTURE



2022 Junior Cricket at Worthing CC

The Manor Ground, Georgia Ave., Worthing, BN14 8AZ
worthingcc.com @worthingcc



5 to 8 years old from Saturday 7th May

- From 9.30am for 60 minutes
- Sessions run over eight weeks
- For Boys and Girls
- Chance to play, learn great new skills
- Make new friends!
- Register at ecb.co.uk/play/all-stars and receive bag, bat, ball, t-shirt and all eight sessions for only £40!



8 to 15 years old from Monday 11th April

- From 6pm until 7.30pm until Monday 18th July
- Cricket practice for Boys and Girls
- Trial sessions available
- Run by professional coaches in a safe and inclusive environment
- Aged 8 to 10 years old soft ball, 10 to 15 years old hard ball*
- Chance to learn cricket and even play for a team!

For more information and registration, please visit our website @ WORTHINGCC.COM or call

John Kaye on 07961 980477

*Ages are for guidance only and we aim to provide the appropriate programme for your child. Please don't hesitate to contact us if you have any queries



Scan the QR code to be taken to our Facebook page



JOIN US ON THE GREEN FOR THE QUEEN!

**2ND JUNE 2022
4PM - 10PM**

**BROADWATER GREEN
WORTHING**

4.30PM Official opening
By our Town Crier Bob Smytherman

9.06PM Lighting of the Jubilee Beacon
By a Special Guest announced soon!

Followed by
The National Anthem
& a community sing-a-long

WHAT'S ON THE GREEN?

- F R E E E N T R Y**
- HUGE CLIMBING WALL
 - CHILDREN'S RIDES
 - CAVING EXPERIENCE
 - MINI GRAND NATIONAL
 - BEAT THE GOALIE WITH WORTHING FC
 - STALLS, RAFFLES, TOMBOLAS
 - FACE PAINTING
 - SADDLE & FLUTE MOBILE BAR
 - BOOKABAR CRAFT BEERS/ALES/CIDER
 - VILLAGGIO WOOD-FIRED PIZZA
 - STONES THROW VEGAN PIZZA
 - CLOUD9 COFFEE
 - HOT & TASTY BURGER VAN
 - CRÊPES, PANCAKES, WAFFLES & ICECREAM
 - DJ & LIVE MUSIC
 - COMPETITIONS
 - AND SO MUCH MORE TO BE ANNOUNCED!!



For more info, sponsorship opportunities or to book a stall just email: jubilee@worthing-scouts.org.uk

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Check out this upcoming Family Learning course called 'Bringing Stories to Life' at Hope Hive in Worthing, starting on 31st March 2022. To enrol, call Apsire on 0345 6 01 01 61 or visit their website at www.aspiresussex.org.uk.



Bringing Stories to Life

(F1414CD21)

Have family fun with interactive stories, through guided rhyming and crafting

Starts 31st March

13:15 - 14:15

FREE

Hope Hive, Worthing

Course Information

Fun and interactive one-hour long sessions, for families with under 5-year-olds, to have guided rhyming time, storytime and a simple craft activity. Our lovely tutor will work with you and your child, through four themes of 'Under the Sea', 'Down on the Farm', 'Marvellous Mini Beasts' and 'Rocket to the Moon'. Our tutor is an Early Years primary school teacher and has a passion for learning through stories, crafting and most importantly, play!

Requirements

You can optionally bring a blanket or floor cushion for you and your family to sit on. You might like to bring your own shaker instrument if you have one.

Other Information

- Day(s): Thursday
- Duration: 1 hour in 4 sessions
- Dates: 31/03, 07/04, 28/04, 05/05
- Tutor: Kate Gieler



Interested?

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New free resource from Beacon House about war and conflict

TALKING TO CHILDREN ABOUT WAR AND CONFLICT

When conflict or war is in the news, our children and teenagers can experience a range of strong emotions from fear and anxiety, to anger, confusion and sadness. Some children and teens may be able to talk about these feelings, but other children will show us through their behaviour by being clingy or finding it hard to separate from adults, showing signs of panic, acting out violence in their play, or asking lots and lots of questions. Some children will even show us their distress by being dismissive and ambivalent about war and conflict, as if they don't care.

Children look to their trusted adults for information about how serious the danger is, and how to make sense of what is happening for them, and out there in the world. There are many things we can do as supportive adults to help our children face the painful reality of war and conflict.

This resource is for all adults supporting a child or teenager to digest the impact of war and conflict on them as individuals, on communities and on the world.

VALIDATE THE CHILD'S REACTIONS AND QUESTIONS

It can be tempting to try to protect our children by minimising or even denying the magnitude and tragedy of war. Sometimes we find ourselves reassuring children with comments like 'Oh don't be silly, it's not happening here' or 'It's nothing to worry about'.

Children benefit from having their emotional responses validated and accepted without judgement or being minimised. By welcoming their emotions, they learn from you that their reactions are okay; that there are no right or wrong ways to feel and that it is safe to show others what is coming up for them.

THINGS YOU CAN SAY

"Many people feel the same way as you, it's natural for humans to feel so sad when other people are hurting"

"It can be scary when we see fighting and wonder if it might happen in our country or town. It isn't happening anywhere near here at the moment. If this changes, I will tell you and you can check in with me whenever you like"

"It's understandable you feel worried. It's so hard hearing about people dying"

"It's important to ask those big questions so that you can understand what is happening around you"

BE HONEST AND CONSIDER THE AGE AND DEVELOPMENTAL STAGE OF THE CHILD

Children need us to be honest about what is happening. Answer their questions as openly as you can with simple and clear information, presented in a calm and grounded way.

It can be helpful to ask ourselves the question: how old is the child and what is appropriate for them to know, see and hear?

Adapt the detail for your child's age, being mindful of how much they are able to understand and take in.



IT'S OKAY NOT TO KNOW

War and conflict bring so much uncertainty and unpredictability. Be honest when your child asks you something that you do not know the answer to. Let them know that it's okay not to know.

"It is not possible to know how long this war will last for. It's tough not knowing, isn't it?"

"Sometimes decisions by leaders to start a war are hard to explain and understand. There are lots of other people right now who are confused too".



LIMIT THE EXPOSURE TO GRAPHIC IMAGES AND DESCRIPTIONS

Some forms of information have a greater potential to cause distress because they remain 'unprocessed' in our nervous systems. Graphic images, videos of distressed or injured people and images of war-torn villages can stay 'frozen in time' in our children's minds and hearts. The radio news can also be quite overwhelming when it is a couple of minutes of headlines that children might only hear some of and have no way of understanding the details.

Consider limiting their exposure to such graphic detail on the TV, radio and social media - and focus on sharing the information through conversation with you; or information resources based on words rather than distressing imagery and pictures.



CONSIDER THE LIVED EXPERIENCE OF THE CHILD

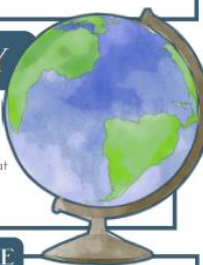
Exposure to trauma such as war and conflict in the media can re-awaken a child's own past experiences of trauma which may include many of the same emotions - fear, terror, anxiety, distress or loss. Being confronted with the reality of war can trigger children to time-travel back to times in their life when they were in danger.

Children who already carry trauma need greater sensitivity, protection and care from the adults around them. Keep an eye out for children who might become re-traumatised by their exposure to war imagery and stories, and consider what support and help they might need. Visit our website for more information about supporting traumatised children and families.



TALK ABOUT GEOGRAPHY

Younger children in particular naturally have a limited sense of geography and distance. Watching war on the television may give them a feeling that the war is nearby, and that their country is in danger. Show children on a globe or a world map where they are in relation to the war, and be clear that the war is not happening in the country they live in. Share the facts about distance and time from where they are, to make the geography concrete.



FIND OUT WHAT THEY KNOW. FACT CHECK THE INFORMATION THEY ARE SEEING

Older children are often exposed to information that, as adults, we can't always monitor. They may hear news from their friends, from social media (particularly TikTok where people in conflict zones may be posting live videos of their experiences), from Youtube or Google.

Wonder with them:

"What do you already know about what's happening?"

"Where do you learn what you know about the conflict?"

"What pictures or videos have you seen?"

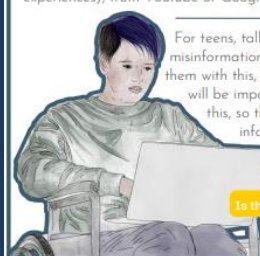
"What are your friends saying about the fighting?"

For teens, talk to them about the complexities of propaganda, fake news and misinformation, and how 'fact checking' can be helpful in times of war. To support them with this, you might watch some of their social media videos with them and it will be important to have a sense of what is happening for yourself as you do this, so that you are calm and thoughtful in your responses. A good source of information that will be accessible to most children aged 7+ is the BBC Newsround website <https://www.bbc.co.uk/newsround>

Useful questions to ask and explore together might include:

Is the source of this information reliable? Has the image or video been verified?

Who is sharing this information and why? When was this published?

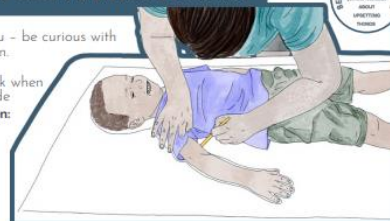


HAVE CURIOUS OPEN CONVERSATIONS

Don't wait for your child to start talking to you - be curious with them and create opportunities for conversation.

Remember that children often feel freer to talk when they are doing something with you or alongside you. Sometimes the best talking happens when:

- You are in the car together
- You are walking
- You are playing a game or sport
- You are cooking
- You are making, drawing, creating
- You are getting your child ready for bed



Here are some curious conversation starters - pick the ones that feel like a good 'fit' with your child's (developmental) age:

What thoughts go round your mind when you see the news?

How do you understand what is happening at the moment?

Are you concerned about anything specific?

When you have a thought, can you notice where that thought sits in your body?

What feelings show up for you when you hear adults talking about the war?

What do you notice in your body when you hear about the fighting?

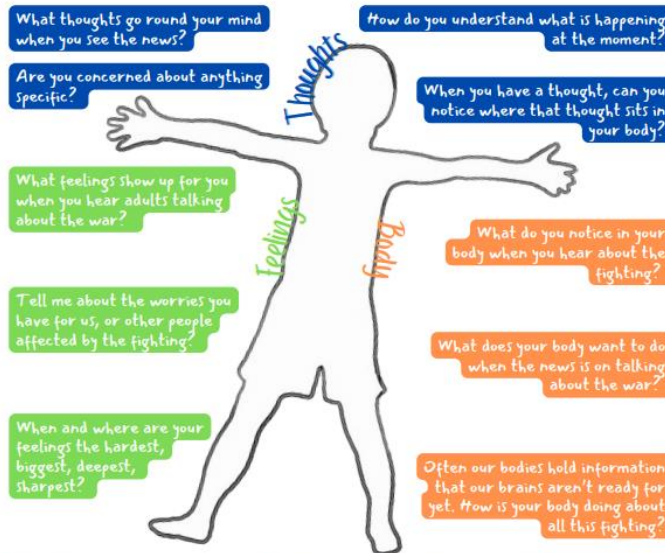
Tell me about the worries you have for us, or other people affected by the fighting?

What does your body want to do when the news is on talking about the war?

When and where are your feelings the hardest, biggest, deepest, sharpest?

Often our bodies hold information that our brains aren't ready for yet. How is your body doing about all this fighting?

Before the conversation closes, check in with your child. See that they are feeling okay and ask if they need anything from you.



FIND THE HELPERS

In every war and every conflict, there are always helpers. Re-direct conversations about the conflict, death and destruction to the doctors, the shop-keepers, the humanitarian aid routes, the charities, the emergency services, the local and global fundraisers, the international peace talks and so on. Show them images and pictures of helpers, find stories of helpers and imagine together how it might feel to be helping in such sad and difficult times.



SPREAD COMPASSION. AVOID STEREOTYPES

War and conflict divides communities and can often breed discrimination, prejudice and stereotypes. Avoid broad brush descriptions such as 'those people are evil', and instead show compassion and respect for all. Remind your child that everyone deserves to be safe and protected, and that we can make a difference to the world by being kind.

For older children and teens, it might also be appropriate to ask if they know anyone at school who is from the country or countries where there is fighting. It can also be important to flag up that not everyone in either country will think like the leaders, and those people are not responsible for the decisions about war.



PARTICIPATE IN POSITIVE ACTION



One of the hardest parts of conflict and war for all of us can be the feeling of helplessness. Think together with your child about what small things you can do to help. **You can consider:**

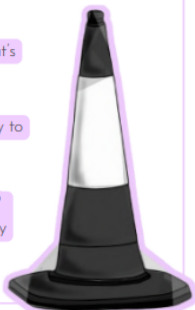
- Shopping for supplies together and sending them to organisations who can distribute them
- Researching relevant charities and donating small amounts of pocket money
- Holding a fundraising event as a family or at school
- Writing a letter to politicians or Human Rights organisations
- Designing a poster about peace
- Writing a poem about the importance of safety and kindness
- Starting a petition
- Lighting a candle together and wish for peace

HELP THEM EXPRESS AND MANAGE THEIR DISTRESS

RE-CONNECT THEM TO THEIR UNIQUE SAFETY

Orient your child to how they can find the feeling of safety in their world. Explore with them:

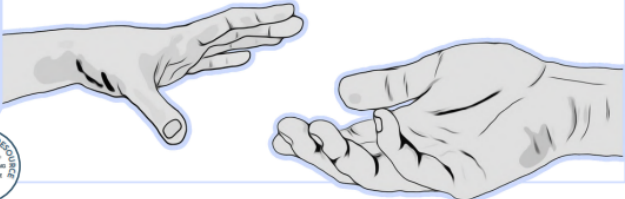
- Who in your world gives you a feeling of safety, that's everything it's okay?
- Where do you feel most relaxed and safe?
- What kind of things do you do that helps your body to feel settled and secure?
- What do you find helpful to remember about you, your family and your life when the war worries you?
- What can you carry with you to help you feel steady and settled? (such as a photo, or a stone, or some reassuring words).



KEEP YOUR CONNECTION ALIVE

Children and teens who feel that their safety, or the safety of the world, is under threat need greater connection with those who they trust and love. Small gestures can go a long way. Consider:

- Let them know they are not alone. Say things like 'you are not alone, I am right here with you'.
- Drawing a heart on your hand and their hand as they part to go to school
- Giving them a 'transitional object' which is something that reminds them of you to carry with them
- Be in touch more than you might usually - if you have a teen with a mobile, text them a little more than usual to see how they are doing
- Humour and play are the best connectors! Bring light-heartedness and playfulness into each day.
- Tell your child that they are loved and that they are safe.
- Bring them in close - give them hugs, hold their hand, snuggle up on the sofa.



HELP THEM EXPRESS AND MANAGE THEIR DISTRESS

Children learn how to manage their distress through the adults around them. See yourself as a guide, a mentor, someone they will be looking towards to help them navigate this painful territory.

CREATIVITY

Children and teens often can't or don't use words to show us how they feel. Instead, create opportunities for:

- Drawing
- Painting
- Junk modelling
- Modelling with clay
- Dancing and moving
- Sound and Rhythm



DISTRACTION

Help your child to 'dose' their exposure to the conflict by connecting to it in small chunks of times and intensity. You can lighten the load by distracting your child's mind and heart away from the pain and towards something neutral or fun. Try:

- Playing word games / wordle
- Listening and singing to favourite songs
- Cooking and baking together
- Watching a favourite comedy show



GROUNDING

When a child finds it hard to move out of feeling distressed, it can be really helpful to help them ground back into the here and now. You could try:

- Getting them moving - go for a walk, kick or throw a ball, jump on a trampoline
- Giving them a familiar and comforting smell on a piece of clothing or a teddy
- Asking them to say out loud 3 things they can see, hear, feel, taste, smell
- Giving them something to chew that has a strong taste
- Hugging them or holding them tightly
- Taking some deep breaths together
- Laughing about something together



LET YOUR CHILD KNOW WHERE ELSE THERE IS HELP AND INFORMATION

childline

Childline - 0800 111

SAMARITANS

Samaritans - 116 123

newsround

BBC newsround - www.bbc.co.uk/newsround



National Literacy Trust -

<https://literacytrust.org.uk/policy-and-campaigns/all-party-parliamentary-group-literacy/fakenews/newsliteracy/child-friendly-news-sources/> - lots of info here about child friendly news sources (some are paid)

TAKE CARE OF YOURSELF

We can help our children best when we are feeling as calm and clear as possible.

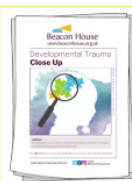
Notice what is coming up for you, and catch those early signs of stress, anxiety or worry. Everyone does this in different ways.

Consider what will help you to find your calm. The ideas we have referenced in this resource may help you too.



BEACON HOUSE RESOURCES

At Beacon House, we are passionate about sharing freely accessible information and resources to everyone about the impact of trauma, loss and adversity on us all. Take a look on our website for a whole range of beautiful free resources: www.beaconhouse.org.uk/resources



EDUCATION



PRINTABLES



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