



Parent Governor Vacancies



Chesswood Junior School needs you!



Our governing body currently has vacancies for 2 parent governors. Parent governors are people who wish to make a positive contribution to:

- the leadership and direction of the school
- the quality of education of all children on roll now and in the future.

Could that be you?

If you

- are a parent of a child at Chesswood
- are interested in the bigger picture of school life and children's school experience.
- want to make a positive difference for all children
- are available for monthly meetings on Mondays 6:30-8:30p.m.

We want to hear from you – Apply Online Now!

We are particularly interested in increasing the diversity of our governing body and would encourage interest from across our school community, helping us to represent ALL families more effectively.



Please visit <https://www.chesswood.w-sussex.sch.uk/>

To find out more information (School Info > Governing Body > Becoming a Governor - [Election](#))

Email: clerk@chesswood.w-sussex.sch.uk

Nominations close 12:00p.m. Monday 6th March 2023



CHESSWOOD JUNIOR SCHOOL *News*



Published – 03/03/2023

Important Please Note

Year 6 Parents Evening – 6th & 7th March

Science Fair – 7th March

Inset Day – 8th March

Year 6 Michelham Priory Trip – 13th & 14th March

Homework

Please [Click here](#) for information and guidance regarding your child's homework.

Do you have a concern?

We hope you and your child have a great school experience. However, if you hold a concern about an experience at Chesswood Junior School, please share it with us. We always try to provide the best school experience we can for all members of the school community and we are interested to know where we can make improvements, small or large. Please use this email to share a concern: concern@chesswood.w-sussex.sch.uk We will always respond within 5 working days and often much quicker than that. You may also tag specific individual professionals but we would ask that the concern@ email address is always used to ensure senior leaders are kept well informed of experiences for children and families.

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. Nobody has the time to search for letters they think they might have missed and my experience 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](#)

Assembly information - [click here](#)

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 20th February. Well done!!

Year 3	Year 4	Year 5	Year 6
3HC, 3PB, 3CH 97%	4CR 98%	5CL, 5ML 97%	6PO, 6NB 95%

Chesswood Calendar 6th March – 7th April 2023

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;">  <h3 style="margin: 0;">Chesswood Calendar 6th March – 7th April 2023</h3> </div>  </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
6th March Year 6 Parent evening	7th March Year 6 Parent evening Science Fair	8th March Inset Day	9th March	10th March
13th March Year 6 Michelham Priory Trip Governors Meeting	14th March Year 6 Michelham Priory Trip	15th March Proposed Teachers Strike Day (to be confirmed)	16th March Proposed Teachers Strike Day (to be confirmed)	17th March Red Nose Day
20th March	21st March	22nd March	23rd March	24th March
27th March Governors Meeting	28th March	29th March Celebration of Learning	30th March Rock Steady Concert	31st March
3rd April Easter Holidays	4th April Easter Holidays	5th April Easter Holidays	6th April Easter Holidays	7th April Easter Holidays





Please come to...

The Great Chesswood Science Fair!

On Tuesday, 7th March 2023

***Come in and have a look at the
wonderful investigations your
children have been participating
in and find out a bit more about
Chesswood science learning.***

In the small Hall from 3.15-4pm



BRITISH SCIENCE WEEK

CONNECTIONS

STEM

Get creative and enter the British Science Association's annual poster competition. The theme this year is connections. How about exploring how our body parts are all connected and work together, the connection between our actions and the impact on our environment, or even how internet connection has changed the world.

Mrs Cox and Miss Monger will select the top five posters to enter the Science Week competition. Chesswood will also award further prizes within a school-level competition with a prize for each year group. All entrants will receive a Science Week certificate.

For further information or ideas visit:

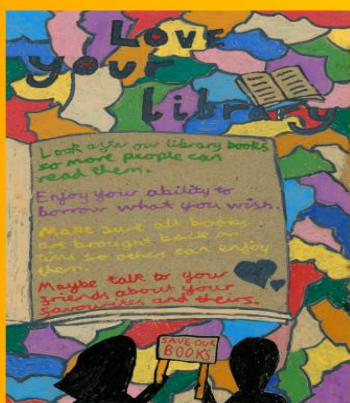
<https://www.britishschoolscienceweek.org/plan-your-activities/poster-competition/>

The closing date for the competition will be Tuesday 28th March.

Please email entrants to lcx@chesswood.w-sussex.sch.uk or hand deliver to Mrs Cox in 3HC or Miss Monger in 5HM.



Introducing: The Fantastic Chesswood... **LOVE YOUR LIBRARY WEEK!!!**



World Book Day - Competition No.1!

For World Book Day we would like you to make a presentation about your favourite book or your favourite or least favourite character.

You can choose how you would like to present this.

It could either be a video, an in class presentation, a poster, a written report or even a storyboard about the book or your chosen character.

There will be a chance to record videos for this during World Book Day.

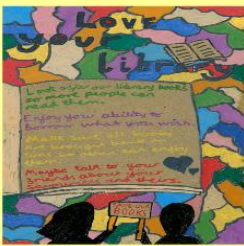
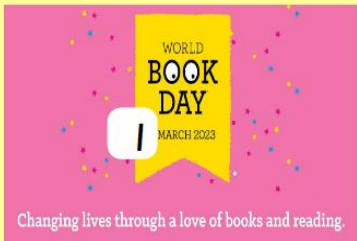
Prizes will include book tokens, vouchers and other amazing things!

Please either hand in or email your entries to your class teachers by Monday 13th March.



What is it and when is it happening?

It will run for the whole of next week and will include World Book Day which will be next Wednesday 1st March.



We will also run two competitions, get our amazing Junior Librarians to come and talk to you all, launch some new reading ideas and be looking for lots of examples of us all showing some love to our library!

Competition No.2: Love your Library Week!

For Love Your Library Week we will be running a poster competition!

Can you design a, 'Why we should love our library poster?'



It could include:

Why is our library important?

Why is it important that we look after our library?

How could we take more care of our library?

Please hand your entries in to your class teachers by Monday 13th March.

Prizes will include book tokens, vouchers and other amazing things and winners will also be put up on display around our library!

Eat Them To Defeat Them

Eat Them To Defeat Them is back!

We would like to celebrate your child's healthy eating habits so have a look at the pack they bring home and try one of the following:

- Complete the veggie chart and bring into school/send us a picture
- Create a new healthy, veggie-based recipe and email it to us
- Cook a veggie-based dish, film it and send the video via email

Please email any of the above to grwright@chesswood.w-sussex.sch.uk. The deadline for all entries is Friday 24th March 2023. We will celebrate our healthy eaters on our website, in our newsletters and on our social media pages.

Get beeting! Peas don't delay! You have bean warned!



Inset Day childcare

We will be arranging childcare facilities at Chesswood for families who need it on the Inset Day on Wednesday 8th March 2023. We will be sending out information regarding this and how to book after half term.



CHESSWOOD JUNIOR SCHOOL
Home of Bright Sparks
 Chesswood Road Worthing West Sussex BN11 2AA
 Head Teacher: Mr Andrew Jolley

www.chesswood.w-sussex.sch.uk
office@chesswood.w-sussex.sch.uk
 Tel: Worthing (01903) 204141/2



February 2023

Dear Parents

Inset Day – Wednesday 8th March 2023

We will be holding an INSET day at Chesswood on Wednesday 8th March 2023 and plan to arrange childcare facilities, at school, for families who need it.

The details are as follows:

- Wednesday 8th March 2023 - 7:30am to 3:30pm to include breakfast.
- A range of activities will be provided throughout the day, such as art and craft, board and card games, sports, nature documentaries and general play.
- Children will need a packed lunch and a fruit snack. Breakfast will be supplied between 7:30am – 8:15am.
- The cost for the day will be £25.00 per child to be paid in full by Monday 27th February 2023.
- Numbers will be limited and based on a first come first served basis, for paid only bookings (non-refundable)

The children will be cared for throughout the day by members of our school support staff, all of whom are suitably qualified, DBS checked and hold first aid qualifications. Should your children have any allergies or medical conditions, please indicate on the form included.

Should you wish your child to attend, please book online via MCAS (in Trips and Events) or on the slip provided. Where two or more siblings are attending, we will offer a 50% reduction in fees for the second child - please contact finance@chesswood.w-sussex.sch.uk to arrange this. All bookings must be made no later than 27th February 2023, please.

Yours sincerely

Andrew Jolley

DREAM – ASPIRE – ACHIEVE

MEDICATION IN SCHOOL

This email is a reminder of the school's policy on the administration of prescribed and non-prescribed medication to pupils, based on guidance and regulations issued by Dept of Health.

FOR THE SAFETY OF ALL PUPILS, CHILDREN SHOULD NEVER CARRY MEDICATION (INCLUDING THROAT SWEETS) ON THEIR PERSON OR IN THEIR SCHOOL BAGS. ALL MEDICATION MUST BE HANDED IN TO THE SCHOOL OFFICE.

Prescribed medication

In most circumstances, medication (e.g. antibiotics) prescribed three times a day can be taken at home

- before school,
- after school
- before bedtime.

However, if your child is required to take prescribed medication four times a day or at set times (such as prior to a meal), clear written instructions must be provided, and the medicine must be kept in a properly labelled container.

The label must be clear and free from alterations or defacement and must show:

- The name of the medication
- The name of the student
- The dosage
- Specific directions for the medication (not simply "as directed" or "as required")
- The name of the dispensing pharmacist/doctor
- The expiry date and the date of issue

A parental agreement form for administering prescribed medication must be completed prior to the medication being administered. The form can be found on our website:

HOME > PASTORAL > MEDICAL INTERVENTION > PRESCRIBED MEDICATION

Non-prescribed medication

The use of non-prescribed medication is generally discouraged but we recognise that very occasionally pain relief may be required.

Only the following medication will be administered if symptoms develop in school:

- Paracetamol
- Antihistamine
- Travel sickness (only administered on the return journey of a school trip)

If your child regularly suffers from acute pain such as migraine, you may authorise and supply appropriate painkillers complying with the details as above for 'Prescribed Medication' with a note from your GP or health adviser. Please be advised that all expired medication will be discarded.

The school will not administer non-prescription medication:

- For more than 48 hours and no more than twice per term, with at least a two week break between requests. The school will advise parents to seek advice from their GP if symptoms persist for longer.
- As a preventative, i.e. in case the pupil develops symptoms during the school day
- That is sucked, i.e. lozenges and throat sweets
- If the pupil is taking other prescribed or non-prescribed medication. Only one non-prescribed medication will be administered

A parental agreement form for administering non-prescribed medication must be completed prior to the medication being administered. The form can be found on our website:

HOME > PASTORAL > MEDICAL INTERVENTION > NON-PRESCRIBED MEDICATION

Please make sure that your emergency contact number is up-to-date via the My Child at School app and that you are contactable, in case we need to discuss collection of your child.

ABSENCE REPORTING

If your child is absent from school for any reason, (including medical appointments) please report their absent via our online Reporting Sickness Absence form. The absence reporting form can be accessed by clicking [HERE](#) or by visiting the school website:

HOME > PARENTS > ATTENDANCE & PUNCTUALITY > REPORTING SICKNESS ABSENCE

Their absence should be reported by 9.00am each day of their absence.

Your message should clearly state:

- Child's name
- Class
- Reason for absence (if illness please specify the nature of the illness)

If the school does not receive a reason for your child's absence, we will call home to confirm a reason. If we are unable to contact you for confirmation, we will log the absence as unauthorised.

If you repeatedly fail to inform the school, why your child is absent we will follow up as a child missing in education/safeguarding concern.

ABSENCES FOR MEDICAL AND DENTAL APPOINTMENTS

Every effort should be made to avoid making medical and dental appointments during school time. Where this is unavoidable parents should complete a request for absence form, which can be accessed [HERE](#) or via our website:

HOME > PARENTS > ATTENDANCE & PUNCTUALITY > REQUEST FOR AUTHORISED ABSENCE

PLEASE NOTE:

You should only be contacting the school by phone to report an absence if you do not have access to the internet.

We no longer use Studybugs as a platform for reporting absences. The Studybugs email inbox is no longer monitored. Please delete the app off your mobile phones.

History Competition

Local historian Chris Hare needs your help!

The Friends of the South Downs are producing a photo book celebrating 'A Year in the Life of the South Downs.'

They would like children from local schools to write about one of the photos they have taken.

You could create a piece of creative writing, describe the photo, complete a research project- whatever you would like.

Your piece of writing may be chosen to feature in the book along with the photo!

The link of photos to choose from is:
<https://southdownsforall.org.uk/gallery/>

If you would like to enter please email and Miss Bagnall Miss Laybourn by the Easter holidays claybourn@chesswood.w-sussex.sch.uk lbagnall@chesswood.w-sussex.sch.uk

World Book Day

Please see a selection of photos below which showcase some of the wonderful creations for this year's World Book Day!





Sports News

Y6 Netball Competition

This was a qualifying competition for the Southern Area Event. Our team took a while to get going losing the first 2 games in their group. For the third game they found their rhythm, beating both West Park and Heene. This meant finishing third in the group and a playoff match with The Orchards. Unfortunately, the Orchards pipped us in a close competitive match and we finished 6th overall.

Team: Lucy, Ava, Betsy, Emily, Matilda, Jason, Rosa and Cleo.



Club Cancellation – due to the Y3/4 Indoor Athletic Competition there will be NO TAG RUGBY on Thursday 9th March.

Upcoming Events:

- Tuesday 7th – Y5 Netball tournament – Worthing High
- Wednesday 8th (INSET) – Sport Without Boundaries Cross Country – TAB Junior
- Thursday 9th – Y3/4 Indoor Athletics Competition – St Andrews

As with all our events we do need specific numbers to take part so if your child has been invited and they are unable to attend please email pe@chesswood.w-sussex.sch.uk to inform Mr Quick so he can invite another pupil.



PUPIL PREMIUM

ARE YOU ELIGIBLE?

Could you and your child be ENTITLED to help with costs towards clubs/trips/receive food vouchers/free holiday activity clubs during school holidays and free school meals?

If you meet any of the following criteria, then you could be entitled:

- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Support under Part VI of the Immigration and Asylum Act 1999**
- **Child Tax Credit (with no Working Tax Credit and have an annual gross income of no more than £16,190)**
- **Working Tax Credit run-on – paid for 4 weeks after you stop qualifying for Working Tax Credit**
- **Universal Credit – if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)**

If so, please contact Tracey Rainford, Family Liaison at Reception or email: trainford@chesswood.w-sussex.sch.uk

Daily Food Provision

Worthing Homes Community House in Dominion Road offers a daily pop-up foodbank from 9.30am. Surplus fresh food is donated by local supermarkets and is available, please click the below link for more information.

<https://www.chesswood.w-sussex.sch.uk/page/?title=Worthing+Food+Support&p id=1520&action=saved>

Daily Food Provision

Community House offers a daily pop-up foodbank on the front drive from 9:30am. Surplus fresh food is donated by local supermarkets and is available for anyone to take. All we ask is that you take just what you need. Once it's gone - it's gone.

#workingtogetherforthegreatergood

Games Afternoon
Every Friday 1pm-4pm

Worried about putting your heating on? Why not pop over to Community House and join us for an afternoon of board games in a warm cosy environment. Tea and coffee provided.

All welcome!

Community House is happy to offer a safe and warm space for our community members to visit. So come into the warm, play some games and enjoy a warm drink too!

Community House is a member of the Community House network. For more information, please visit our website: www.communityhouse.org.uk

Early Help Service

Every Thursday

2pm – 4pm

Find us in Worthing Library Hub Meeting Room 1

The Early Help Service provides a family focused service for children, young people, and their families.

Pop in to see Early Help staff if you have any questions. We can offer information, advice, and guidance on a range of issues including emotional wellbeing, finances, education, and information about local services.

You can also scan the QR code for support for a Young Person

Single Point of Access

The West Sussex Single Point of Access (SPoA) is a dedicated service which provides a simplified single route to access specialist emotional wellbeing and mental health support.

The SPoA helps direct you to the right service at the right time, eliminating the need for you to refer to multiple services. Led by Sussex Partnership NHS Foundation Trust, the service is delivered in partnership with West Sussex County Council's Youth Emotional Support Service (YES) and YMCA Dialogue. e-wellbeing is the digital front door for West Sussex SPoA.

How does it work?

The SPoA consists of a team of clinical and administrative staff. All referrals received are triaged (processed) by SPoA within 72 hours. Referrals that meet the criteria for SPoA will be directed to the most appropriate service to offer treatment and support. The service may offer advice, intervention work, a patient care plan, or a specialist assessment. In some cases, there may also be input from other services too, such as Healthy Child programme or Winston's Wish. If your referral does not meet the criteria for SPoA, you will be signposted to other services for support, such as Early Help, Health Visitors and specialist services. This process helps to ensure that the first appointment you have is with the right service.

Who can refer to SPoA?

Anyone - children, young people, parents, carers, families, GPs and other professionals.

Making a referral

Go to e-wellbeing.co.uk/support and complete the referral form, providing a clear description of the mental health need and the help or advice you are seeking.

Send referral to SPoA via online portal e-wellbeing.co.uk/support

SPoA triage the referral

Referred to specialist service within SPoA OR Signposted to partner organisation for support

First appointment

Who is the service for?

SPoA accepts referrals for children and young people from the age of four up to a young person's 18th birthday. The young person must also be registered with a West Sussex GP, whilst recognising and working within NHS CHOICE regulations (please note: YES will accept referrals for young people who live in West Sussex or go to a West Sussex school).

All Autistic Spectrum Condition (ASC) and ADHD (neurodevelopmental) referrals need to continue via the current referral routes, unless there is a mental health or emotional wellbeing concern separate to this. Referrals for young people with eating disorders should be made directly to the Sussex Family Eating Disorder Service (SFEDS).

Other Support

sussexcamhs.nhs.uk mental health information, advice and resources for young people, parents/carers and professionals.

westsussex.gov.uk/yourmindmatters local information, self-care advice and training for young people and families.

Contact us

If you are unable to complete the online referral form or have any questions about a referral, please email: WestSussexSPoA@spft.nhs.uk

For more information about the service, go to: sussexpartnership.nhs.uk/west-sussex-spoa

Follow us on social:

our: mh_space
our: mh_space

This document is available in alternative formats on request, such as large print, electronically or another language.

Please contact: communications@spft.nhs.uk

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Produced by the Communications Team

“SPoA”

West Sussex Single Point of Access

Emotional wellbeing and mental health support for children and young people

EASTER HOLIDAYS

PREMIER HOLIDAY CAMPS

INSPIRING ACTIVITY

SCAN HERE FOR MORE INFORMATION
or visit premier-education.co.uk/holiday-camps

Trustpilot **★★★★★**
Based on over 10,000 reviews

PREMIER CAMPS NEAR YOU

Worthing	Lancing	Arun	Gloucestershire
West Park Primary School	Sompting Village Primary School	The Angmering School	Chancerybury Leisure Centre
Our Lady of Son Senior School		Barnham Community Hall	
*Huntingdon Leisure Centre - Book WLC			

Mix it up during the school holidays with our multi-activity holiday camps!

These camps are a perfect blend of activities for all ages, combining different sports with a variety of team games.

Every day is different, with a mix of fun activities that children may not have tried before - from roller skating to fencing, lacrosse to cheer.

Book now for an Easter break full of fun!

PLEASE BRING
A packed lunch
Plenty of water
Suitable clothing
Loads of energy!

TREAT YOUR FRIENDS TO 20% OFF - AND GET 20% OFF TOO!
*Valid only for 2 children under 16 years old. Book early!

Trustpilot **★★★★★**
Based on over 10,000 reviews

HEY! HAVE YOU HEARD OF WANNADO STREETDANCE?!

WE DO COOL STREET DANCE CLASSES FOR AGES 4-20! WE HAVE 2 WEEKS FREE TASTERS THROUGHOUT MARCH!

GIVE IT A GO FOR FREE!
Our classes are fantastic for:
• Building confidence
• Improving fitness
• Learning cool skills
• Expressing positive energy
• Making friends
• Positive mental health

FINDON & WORTHING
MONDAY | TUESDAY | WEDNESDAY
JUNIORS | INTER | SENIORS

2 WEEKS FREE STREET DANCE 4U
[eventbrite.co.uk](https://www.eventbrite.co.uk)

www.wannadostreetdance.com
HIPHOP | BREAKIN | HOUSE | POPPIN | LOCKIN

Wickers Gymnastics

Dream, Believe, Achieve

Gymnastics For All Ages!

Wickers a friendly local gymnastics club, offering gymnastics to children of all ages and abilities, offering a variety of preschool sessions independent classes for children aged 3 - 4 years, Junior gymnastics for children aged 4 years and over, a competitive programme, dedicated teenage classes and even adult gymnastics.

Contact Us Today!

www.wickersgymnastics.co.uk
01243 752303 ~ wickersgymnasticsclub@hotmail.co.uk

SUSSEX Soccer Schools

FEBRUARY 2023

For Player ages 5-12 years
Price From £40

To book visit:
charles@sussexsoccer.co.uk
community.sussexsoccer.co.uk
01832 596593
@chcfoundation

Charles Soccer Schools include:
• Player Pathway Opportunities
• Qualified and highly skilled coaches
• Free Chelsea FC gift

THOMAS BENNETT COMMUNITY COLLEGE (Aulhorn Dr, Crawley, BN44 5AD)

Dates	Time	Price	Costs
14 February - 18 February	9:30am - 3pm	£40	SS-SDFC £-25

STEYNING TOWN FC (Shooting Field, Steyning, BN44 3RX)

Dates	Time	Price	Costs
18 February - 27 February	9:30am - 3pm	£40	SS-SDFC £-25

Subjecting: The Subjecting of our participants is of paramount importance to us. All our coaches are experienced and have relevant qualifications, are fully qualified and have enhanced criminal record checks (DBS) documents. Subjecting and Emergency Aid certificates.

WE ARE NOT FREE

TOY BOX UK

PRE-LOVED TOYS

Toybox UK is a Family-run business based in West Sussex Selling pre-loved good quality toys.

PLEASE VISIT OR FOLLOW US ON THE LINKS BELOW

WWW.TOYBOXUK.INFO

[TOYBOXUK](https://www.facebook.com/toyboxuk)
info@toyboxuk.info

Here to help

Advice and practical support with the cost of living

westsussex.gov.uk/CostofLiving

Find us on
Twitter Facebook LinkedIn

Search West Sussex County Council

How to get help

Whether you're looking for tips on how to save money or manage your finances, we're here to help.

- 1. Our libraries offer a warm welcome**
Friendly staff welcome everyone to our libraries across West Sussex and are on hand to help with books and information about money management, finding work or saving money. Library members can also get online for free.
- 2. Our cost of living webpages**
Go to westsussex.gov.uk/CostofLiving for more information about available support for finances, food, transport, energy, employment, wellbeing and more.
- 3. Our Community Hub**
If you're struggling with fuel costs or food bills, contact our Community Hub for information, advice and support.

Visit our website to see if you are eligible for help from the Household Support Fund and apply online westsussex.gov.uk/CostofLiving

or Call 0330 222 7980

Find us on
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Search West Sussex County Council

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S BEST YOUNG BAKERS AGED 9 - 12

WWW.APPLYFORJUNIORBAKEOFF.CO.UK

APPLICATIONS CLOSE SUNDAY 12th MARCH 2023

Enquiries:
applyforjuniorbakeoff@loveproductions.co.uk

west sussex music

Learn an instrument in this school

JOIN IN AND LET MUSIC CHANGE YOUR LIFE
01403 596593
www.westsussexmusic.co.uk/apply

ARTS COUNCIL ENGLAND

WEST SUSSEX MUSIC

Starting JANUARY 2023!

Back for another year the incredible **TOMORROW'S ORCHESTRA PROGRAMME**

Free group lessons on orchestral instruments for children aged 7 - 11

✓ Free for term one ✓ Free instrument hire ✓ Play in an orchestra

CHICHESTER Tuesdays
WORTHING Fridays
HORSHAM Saturdays

ONLINE BOOKING ESSENTIAL LIMITED PLACES

www.westsussexmusic.co.uk/top
01403 286330

ARTS COUNCIL ENGLAND

DEVELOPMENT THROUGH DRAMA

HELENN GRADY DRAMA ACADEMY

"If you could bottle happiness - you'd fill it with Chatter's music Brighton"

Hello!

Our structured curriculum and trained teachers guarantee the highest standard of interactive drama classes.

Benefits of Our Classes for Students Include:

- Increased SELF-ESTEEM AND CONFIDENCE
- SOCIAL INTERACTION AND COMMUNICATION with others
- FUN activities to engage CREATIVITY and IMAGINATION
- SPEECH and LANGUAGE development

We can't wait to meet you!

CONTACT US FOR FURTHER INFORMATION:
Email: sussex@helenngady.co.uk ✓ Book a 2 x week trial
Telephone: 07980 607139 ✓ Spring into Action! 2023
Or visit online now! WWW.HELENNGRADYDRAMA.CO.UK

ESOL with everyday maths (a free course)

Would you like to develop your English conversation skills at the same time as learning how to use everyday maths for situations such as asking how much something costs, understanding English Currency, shopping, finding the best deals, and understanding bills and timetables?

This interactive course taught via zoom by ESOL teacher Alice Lynden will help you to develop these skills.

Dates and Times: Every Monday from 16th Jan- 6th Feb (4 Sessions)
9.30am- 12.30pm

Enrol online at: www.wsea.org.uk/CourseCode/C2229631
<https://enrolonline.wsea.org.uk/Online/2021/CoursesInfo.aspx?c=C2229631>

or phone 0300 303 3464 quoting C2229631

This course is for residents living in West Sussex



West Sussex County Council

Multiply

West Sussex County Council

WEA Adult Learning Within Reach

Healthy Cooking on a Budget (a free course)

Would you like to get healthy and learn some healthy cooking and money saving tricks this January from the comfort of your own home?

This interactive course taught via zoom by Chef Kevin Ashton will teach you how to cook up delicious, healthy recipes on a budget and will share tips to help you find the best deals on food alongside learning money & time saving hacks.

Dates and Times: Every Monday from 16th Jan- 6th Feb (4 Sessions)
10am- 1pm

Facilitator: Chef: Kevin Ashton

Enrol online at: www.wsea.org.uk/CourseCode/C2229678
<https://enrolonline.wsea.org.uk/Online/2021/CoursesInfo.aspx?c=C2229678>

or phone 0300 303 3464 quoting C2229678

This course is for residents living in West Sussex



Multiply

West Sussex County Council

West Sussex County Council

Healthy Cooking on a Budget

WEA Adult Learning Within Reach

Building Confidence with Maths.

WEA Adult Learning Within Reach

Do you want to build your confidence with Maths and numbers?

Do you want a better understanding of Maths for everyday life?

Do you want to feel more comfortable and confident in your numeracy skills?

This is the course for you!

Classes are FREE for those on income related benefits!

Time: 12.30pm - 15.00pm

Day: Mondays

Dates: 6th March & 13th March

Venue: Heene Community Centre,

122 Heene Road, Worthing BN11 4PL

Cost: FREE* for those on income related

benefits - West Sussex postcode ONLY please

<https://enrolonline.wsea.org.uk/>

Course Code: C2229681

Email: cramsdn@wsea.ac.uk

CALL TO ENROL - 0300 303 3464



Education & Skills Funding Agency

matrix

European Union European Social Fund

WEA Adult Learning Within Reach

Building Confidence with Maths

Supporting your Child with Maths.

WEA Adult Learning Within Reach

Do you want to help build your children's confidence with Maths and numbers?

Do you want a better understanding of Maths for everyday life?

Do you want to feel more comfortable and confident in your numeracy skills and to help your child to progress faster?

This is the course for you!

Classes are FREE for those on income related benefits!

Time: 09.30am - 12.00pm

Day: Mondays

Dates: 6th & 13th March

Venue: Heene Community Centre,

122 Heene Road, Worthing BN11 4PL

Cost: FREE*

West Sussex postcode ONLY please

<https://enrolonline.wsea.org.uk/>

Course Code: C2229685

Email: cramsdn@wsea.ac.uk

CALL TO ENROL - 0300 303 3464



Education & Skills Funding Agency

matrix

European Union European Social Fund

WEA Adult Learning Within Reach

Supporting your Child with Maths

Microsoft EXCEL - for the home and the office

WEA Adult Learning Within Reach

Do you want to learn how to use Microsoft Excel for personal and office use.

Join our highly qualified IT tutor, Gill.

Learn to use Microsoft Excel software, an electronic spreadsheet program used for storing, organising and manipulating data.

Learn about calculation and computation and become a pro in the sheets!

Time: 09.30AM - 12.30PM

Day: WEDNESDAYS

Dates: 22nd February - 15th March

Venue: ONLINE

Cost: FREE*

(West Sussex postcode only, please!)

<https://enrolonline.wsea.org.uk/>

Course Code: C2229693

Email: cramsdn@wsea.ac.uk

CALL TO ENROL - 0300 303 3464



Education & Skills Funding Agency

matrix

European Union European Social Fund

WEA Adult Learning Within Reach

Multiply - EXCEL for Home & the Office

Everyday Maths with ESOL

Do you want to learn English, alongside learning useful everyday Maths skills for living in the UK?

This course, delivered via zoom, covers everyday maths for ESOL learners whose first language is not English. Topics include: comparing different offers, using English currency & understanding bills, learning the language to use for shopping and asking how much things cost. The course is for residents living in West Sussex.

Times and Dates:
Every Monday and Friday from 1.30pm- 4.30pm via zoom
20th, 24th, 27th & 31st March. Enrol online@

<https://enrolonline.wsea.org.uk/Online/2021/CoursesInfo.aspx?c=C2229636> visit www.wsea.org.uk and type in course ref: C2229636 or phone 0300 303 3464 and quote the course reference



Multiply

west

West Sussex County Council

WEA Adult Learning Within Reach

ESOL with Maths

Umbrellas Parent Support Group Spring Term 2023

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



EMPOWER INFORM SUPPORT

Umbrellas Online

Thursdays via Zoom

12 th January	10 am - 11.30 am
19 th January	7.30 pm - 9 pm
26 th January	10 am - 11.30 am
2 nd February	7.30 pm - 9 pm
9 th February	10 am - 11.30 am
23 rd February	7.30 pm - 9 pm
2 nd March	10 am - 11.30 am
9 th March	7.30 pm - 9 pm
16 th March	10 am - 11.30 am
23 rd March	7.30 pm - 9 pm
30 th March	10 am - 11.30 am

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact Hannah Palmer-Addy.
Email: hannah@reachingfamilies.org.uk
Telephone: 07953 794754

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
11th January / 1st February / 8th March

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
17th January / 7th February / 14th March

Billingshurst Umbrellas

Wednesdays, 10 am - 11.30 am
Billingshurst Community Centre
18th January / 22nd February / 22nd March

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
24th January / 28th February / 28th March

Reaching Families

www.reachingfamilies.org.uk

Registered Charity No: 110066. Company Limited by Guarantee No: 8220166

Training Spring Term 2023 (2nd half-term)

Reaching Families offer a range of free training courses and workshops for parents and carers of children and young people with special educational needs and disabilities in West Sussex



EMPOWER INFORM SUPPORT

Training Courses and Workshops

February

Understanding ADHD

Making Sense of Wellbeing - Understanding and building resilience

March

Understanding Autism in Girls

Understanding Sensory Processing Difficulties

Making Sense of Wellbeing - Key skills to improving communication

Making Sense of EHC Needs Assessments and Plans

Making Sense of Anxiety in Children (Primary age)

Making Sense of Universal Credit

Making Sense of Challenging Behaviour in Adolescence

Making Sense of Sleep (for children age 3-11 years)

Making Sense of Wellbeing - How to improve your mood

Making Sense of Transition to Secondary School

Making Sense of Personal Independence Payments (PIP)

Making Sense of it All Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: March 8th / 9th / 22nd (2 part course)

All training will be delivered via Zoom

Friday 24th

Tuesday 28th

Thursday 2nd

Tuesday 7th

Tuesday 7th

Thursday 9th

Thursday 14th

Thursday 16th

Monday 20th

Tuesday 21st

Tuesday 21st

Wednesday 29th

Thursday 30th

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SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.
<https://reachingfamilies.eventbrite.com>

Reaching Families

www.reachingfamilies.org.uk

Registered Charity No: 110066. Company Limited by Guarantee No: 8220166

www.westsussex.gov.uk/libraries West Sussex Libraries @WSCCLibraries

Construction Club

Get creative. Get imaginative.

Get building!

Suitable for children aged 6+ years
FREE weekly drop-in sessions

Parents and carers are asked to remain with their child during this activity



Every Saturday
2.15pm - 3.45pm

West Sussex County Council

West Sussex Library Service

Worthing Library
Richmond Road, Worthing BN11 1HD
01903 704809