

NON-
DAIRY AND
VEGETARIAN
OPTIONS

PRICES
FROM
30p

DRINKS

TUCK



EASTER
NOVELTIES
AND
BOOKMARKS

EASTER TREAT DAY

FRIDAY 24 MARCH
LUNCHTIME and AFTER SCHOOL

YEARS 3 and 4
Reception

YEARS 5 and 6
Year 6 Area

CHESSWOOD JUNIOR SCHOOL
CHESSWOOD ROAD, WORTHING



CHESSWOOD JUNIOR SCHOOL *News*



Published – 10/03/2023

Important Please Note

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

Teachers Strike (see the letter sent) – 15th & 16th
March

Red Nose Day – 17th 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 27th February. Well done!!

Year 3	Year 4	Year 5	Year 6
3DH 100%	4EV 98%	5JS 98%	6NS 96%

Chesswood Calendar 13th March – 14th April 2023



Chesswood Calendar 13th March – 14th April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
13th March Year 6 <u>Michelham</u> Priory Trip Governors Meeting	14th March Year 6 <u>Michelham</u> Priory Trip	15th March Teachers Strike Day (see the letter sent)	16th March Teachers Strike Day (see the letter sent)	17th March Red Nose Day (no donations into school, wear something red)
20th March	21st March	22nd March Time To Dance - rehearsals	23rd March	24th March Treat Day
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
10th April Easter Holidays	11th April Easter Holidays	12th April Easter Holidays	13th April Easter Holidays	14th April Easter Holidays





BRITISH SCIENCE WEEK

STEM

CONNECTIONS

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.britishscienceweek.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.



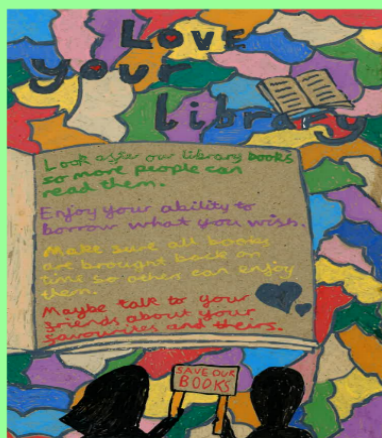
Introducing: The Fantastic Chesswood... **LOVE YOUR LIBRARY WEEK!!!**



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!

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

Red Nose Day

We are inviting all children to come into school on 17th of March wearing something red to celebrate Red Nose Day.

Please do not bring any donations into school. Any donations can be made via Comic Relief website:

<https://www.comicrelief.com/rednoseday>



After School Club role

We are daily collecting a group of children from both Lyndhurst and Springfield Infant Schools to attend our Chesswood After School Club. We need at least two adults to collect from each school every day – approx. ½ hr. Due to a change in staff after Easter it is likely that we will need more adults to help with this. If anyone is interested in becoming involved in our walking bus from either school then please email our School Business Manager in the first instance with an expression of interest. This would be a paid role, supported with thorough training and guidance and subject to normal safeguarding expectations – we will confirm more details once the role(s) become(s) available. Thank you.

Sustrans Big Walk and Wheel is taking place 20-31 March 2023



The poster features the Sustrans Big Walk and Wheel logo on the left, which includes a bicycle wheel and the text 'sustrans BIG WALK AND WHEEL 20-31 March 2023'. On the right is a globe with various icons representing different modes of transport. Below the logo, it states 'Sustrans Big Walk and Wheel is taking place 20-31 March 2023'. A green bar contains two statistics: '2,284 schools registered' and '762,704 people taking part'. At the bottom, it says 'Register your school now for the UK's biggest inter-school walking, wheeling, scooting and cycling to school competition.' and lists 'Headline sponsor SCHWALBE'.

For more details and how to register please see the link below:

<https://bigwalkandwheel.org.uk/>

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.

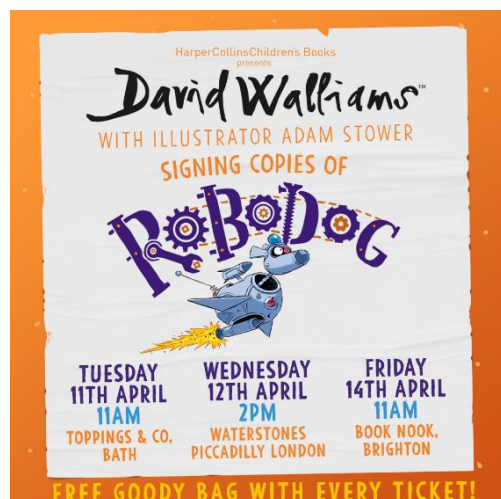
We no longer use Studybugs as a platform for reporting absences. The Studybugs email inbox is no longer monitored. Please delete the app off your mobile phones.

ROBODOG - Signing Events with David Walliams and Adam Stower!

David Walliams' is holding book signing event in Brighton on Friday 14th April.

For mor details see link below:

<https://www.worldofdavidwalliams.com/robo-dog-signing-events-with-david-walliams-and-adam-stower/>



Increased Living Costs

Due to the ongoing pressures of increasing living costs, we are recognising parents are unable to provide food for their children and we are here to help.

We are trying to encourage parents to see if they would be entitled to any additional support at home as well as within school with school clubs for example and to receive food vouchers/clubs during school holidays as well as free school meals.

If you feel you may be entitled or would like to find out more, please contact Tracey Rainford on 01903 204141 or trainford@chesswood.w-sussex.sch.uk who will be happy to chat through your circumstances, help complete forms and provide additional support. This is a confidential new service that we are now able to provide within the Family Liaison role at Chesswood.



Wider curriculum learning

This is what has been happening this week at school.

Year 3



Year 4



Year 5



Year 6



Sports News

Y5 Netball Competition

After so many false starts with previous competitions being postponed due to bad weather the Y5s final got to play in a tournament. The team (most of whom have only experienced netball in lessons) started steadily with 2 draws. This was followed by 2 against TAB and Heene and a loss to Goring in their final match. Hridishtitha was awarded the team's player of the tournament due to her determination and attitude on the court. The whole team grew in confidence throughout the event and demonstrated great teamwork throughout.

Team: Scarlett, Emilia, Edith, Rachel, Hridishtitha, Leon, Mohammad and Lydia.



Upcoming Events:

- Tuesday 21st March – Y4 Albion Cup Football – BHA Elite Performance Centre
- Wednesday 22nd – Time to Dance – Worthing Pavilion
- Tuesday 28th – Y3/4 Netball Shootout – Chesswood

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.

Y3/4 Indoor Athletics Competition

This was the first time for most of the pupils taking part in an indoor athletics competition due to the legacy of COVID. The athletes had been working hard during lessons to refine technique in each of the event giving them the skills to compete in the event.

Each athlete was trying to be the best that they can be in each event they competed individually and as a team.

As the results were announced the team was quite hopeful of doing well and were announced as event runners-up. However, the old saying of Bank Error in your favour came into play and when the results were double checked we were joint winners with Durrington! What a fantastic effort by everyone!





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>



the community house
25 Dominion Road, Worthing, BN14 8JZ



Worthing Homes

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.

#workingtogetherforthegreengood



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!

EASTER HOLIDAY ACTIVITIES AND FOOD FOR CHILDREN

Children and young people aged 4 to 16 who are eligible for Benefits-related Free School Meals* can take part in free clubs this Easter Holiday and enjoy a free nutritious meal as part of the scheme. Visit our website to find the fun activities near you this Easter and book your place

*Check eligibility on the webpage and find information about further support and activities available. Places are limited. Paid-for places may be available, contact individual clubs for availability.



www.westsussex.gov.uk/HAF

#HAF2023

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.

Who can refer to SPoA?

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

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.

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



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-serve 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_nh_space
• @our_nh_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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NHS
Sussex Partnership
NHS Foundation Trust

“SPoA”
West Sussex
Single Point of Access

Emotional wellbeing and mental health support for children and young people

YMCA YMCA CO-OPERATIVE GROUP

EASTER HOLIDAYS

Premier HOLIDAY CAMPS

Premier Education INSPIRING ACTIVITY

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

Trustpilot
Based on over 10,000 reviews

PREMIER CAMPS NEAR YOU

Worthing West Park Primary School Our Lady of Slon Senior School *Worthing Leisure Centre - Book WLC	Lancing Scampton Village Primary School Our Lady of Slon Senior School *Worthing Leisure Centre - Book WLC	Arun The Angmering School Barnham Community Hall	Storrington Charcotbury Leisure Centre
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PLEASE BRING
A packed lunch
Plenty of water
Suitable clothing
Loads of energy!

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!

TREAT YOUR FRIENDS TO 30% OFF AND GET 30% OFF TOO!
*Valid only for 2 or more children on the same booking only.

Trustpilot
Based on over 10,000 reviews

HEY! HAVE YOU HEARD OF WANNADO STREETDANCE?!

WE DO COOL STREET DANCE CLASSES FOR AGES 4-21! 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

2WEEKSFREETDANCE4U
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
01903 752503 ~ wickersgymnasticsclub@hotmail.co.uk

SUSSEX Soccer Schools

FEBRUARY 2023

For Player open 8-12 years
Price From £40

To book visit:
ChesleeSoccerSchools.co.uk
communityenquiries@chesleedsfc.com
01903 296030
@chesschools

Cheslee Soccer Schools include:

- Player Pathway Cooperatives
- Qualified and highly skilled coaches
- Free Cheslee FC gift

THOMAS BENNETT COMMUNITY COLLEGE Ashdown Dr, Crawley, BN40 5AD

Date	Time	Price	Costs
14 February - 15 February	9:00am - 5pm	£40	£5 (BUC) & £5

STYNGING TOWN FC Stouring Field, Styring, BN16 3BX

Date	Time	Price	Costs
16 February - 17 February	9:00am - 5pm	£50	£5 (BUC) & £5

Supporting the development of our participants is our premium experience to us. All of our coaches are recruited to our Code Recruitment guidelines, are fully qualified and have been screened by the DBS. Subsidising and Emergency Assistance.

NUT 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

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

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

Enquire:
applyforjuniorbakeoff@loveproduction.co.uk

west sussex music

Learn an instrument in this school

JOIN IN AND LET MUSIC CHANGE YOUR LIFE
01403 266350
westsussexmusic.co.uk/apply

Supported by local partners:
ARTS COUNCIL, ENGLAND

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 266350

Supported by local partners:
ARTS COUNCIL, ENGLAND

DEVELOPMENT THROUGH DRAMA

HELLEN GRADY DRAMA ACADEMY SUSSEX

Hello!

"If you could bottle happiness- You'd fill it with HOGGA SUSSEX classes!"
Charley's mum- Brighton

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@hellengrady.co.uk ✓ Book a 2 x week trial
Telephone: 07980 607139 ✓ Spring into Action! 2023
Or email online now! WWW.HELENGRADYDRAMA.CO.UK

1 Building Confidence with Maths.

WEA
Adult Learning
Within Reach

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

Time: 12.30pm - 15.00pm

Day: Mondays

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

Dates: 6th March & 13th March

Venue: Heene Community Centre,

122 Heene Road, Worthing BN11 4PL

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

Cost: **FREE*** for those on income related benefits - **West Sussex postcodes ONLY, please**

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

This is the course for you!

Classes are **FREE** for those on income related benefits!

Course Code: **C2229681**

Email: cramsdn@wea.ac.uk

Building Confidence with Maths

CALL TO ENROL - 0300 303 3464



Supporting your Child with Maths.

WEA
Adult Learning
Within Reach

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

Time: 09.30am - 12.00pm

Day: Mondays

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

Dates: 6th & 13th March

Venue: Heene Community Centre,

122 Heene Road, Worthing BN11 4PL

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

Cost: **FREE*** for those on income related benefits - **West Sussex postcodes ONLY, please**

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

This is the course for you!

Classes are **FREE** for those on income related benefits!

Course Code: **C2229685**

Email: cramsdn@wea.ac.uk

Supporting your Child with Maths

CALL TO ENROL - 0300 303 3464



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.

Time: 09.30AM - 12.30PM

Day: WEDNESDAYS

Join our highly qualified IT tutor, Gill.

Dates: 22nd February - 19th March

Venue: ONLINE

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

Cost: **FREE*** (West Sussex postcodes only, please!)

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

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

Course Code: **C2229693**

Email: cramsdn@wea.ac.uk

Multiply - EXCEL for Home & the Office

CALL TO ENROL - 0300 303 3464



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.wea.org.uk/Online/C2229686.aspx?m=C2229686>. Visit <https://enrolonline.wea.org.uk/> and type in course ref. C2229686 or phone 0300 303 3464 and quote the course reference



ESOL with Maths

Multiply

west



WEA
Adult Learning
Within Reach

Run, Jump & Throw Worthing Harriers Junior Athletics

Join Worthing Harriers' junior athletics group for Year 6 athletes every Monday evening from 18:00 to 19:00. Our club takes a multi-event approach to training, providing younger athletes with a chance to try a variety of events, including Long Jump, High Jump, Sprints, Shot, Discus, Javelin, Hammer and Hurdles.

If your child is interested in trying athletics, get in touch with us via email for more information.

Location: Worthing Leisure Centre
Contact Email: Simonevans1992@gmail.com
Phone number: 07730078561



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.

Umbrellas Online

Thursdays via Zoom

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

If you would like more information about our Umbrellas Support Group or would like to see the online Umbrellas online, please contact Hannah Delmar-Addy.

Email: hannah@reachingfamilies.org.uk
Telephone: 07951 754734



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



www.reachingfamilies.org.uk

Registered Charity No: 110606. Company Limited by Guarantee No: 340006

Training Spring Term 2023 (2nd half-term)

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



Training Courses and Workshops

February

Understanding ADHD	Friday 24th	10.30am
Making Sense of Wellbeing - Understanding and building resilience	Tuesday 28th	7.30pm

March

Understanding Autism in Girls	Thursday 2nd	10.30am
Understanding Sensory Processing Difficulties	Tuesday 7th	10.30am
Making Sense of Wellbeing - Key skills to improving communication	Tuesday 7th	7.30pm
Making Sense of EHC Needs Assessments and Plans	Thursday 9th	10.30am
Making Sense of Anxiety in Children (Primary age)	Thursday 16th	10.30am
Making Sense of Universal Credit	Monday 20th	7.30pm
Making Sense of Challenging Behaviour in Adolescence	Tuesday 21st	10.30am
Making Sense of Sleep (for children age 2-11 years)	Tuesday 21st	7.30pm
Making Sense of Wellbeing - How to improve your mood	Wednesday 29th	7.30pm
Making Sense of Transition to Secondary School	Thursday 30th	7.30pm
Making Sense of Personal Independence Payments (PIP)	Thursday 30th	7.30pm

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 / 15th / 22nd (3 part course)

Wednesdays 7.30pm to 9.30pm

All training will be delivered via Zoom



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>



www.reachingfamilies.org.uk

Registered Charity No: 110606. Company Limited by Guarantee No: 340006

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



Worthing Library
Richmond Road, Worthing BN11 1HD
01903 704809

JUNIOR CRICKET CAMPS

7 to 12 years of age- Boys and Girls

CAMP 1:
April 10th + 11th + 12th

CAMP 2:
May 29th + 30th + 31st

CAMP 3:
July 31st + August 1st + 2nd

CAMP 4:
August 14th + 15th + 16th

ALL - 9am-2.45pm

BOOK YOUR PLACE NOW!

Location:
Preston Nomads Cricket Club
Spenns Memorial Ground
Clappers Lane, Fulking
BN5 9ND

**Kit provided
All coaches DBS checked**

**£120 for 3 days or
£45 per day**

Open to non-Nomads players!

**pncccricketcamp@gmail.com
07956776682**

WMCS Youth Company
Production of

SHREK the Musical JR

Thursday 13th - Saturday 15th April 2023
Northbrook Theatre, Littlehampton Road, Worthing
Performances at 7.30pm on 13th April, and 2.30pm and 7.30pm on 14th and 15th April
Tickets £12
www.ticketsource.co.uk/wmcs-youth-company

Based on the DreamWorks Animation Motion Picture and the Book by William Steig
Book and Lyrics by David Lindsay-Abaire
Music by Jeanine Tesori
Originally produced on Broadway by DreamWorks Theatricals and Neal Street Productions
Original Production Directed by Jason Moore and Rob Aulford, "I'm a Believer" by Neil Diamond
This amateur production is presented by arrangement with Musical Theatre International
All authorised performance materials are also supplied by MTI
www.mtiinc.com

MOSQUE OPEN DAY & IERA EXHIBITION

JESUS The Messiah. Word of God. Spirit of God.
SON OF MARY EXHIBITION IN WORTHING

*How much do you know about one of
the most influential men in history?*

**FIND OUT MUSLIMS'
VIEW OF CHRIST & QURANIC VERSES
REGARDING JESUS**

FOR ONE DAY ONLY!

Worthing Mosque
Ivy Arch Road, Worthing, BN14 8BX

Sun 12th March 2023 11am - 4pm

Find out more about this historic personality
and the timeless message he left for humanity:
ONEREASON.ORG/JESUS

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FREE food! / All welcome
FREE materials giveaway

