

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 – 17/03/2023

## Important Please Note

Time to Dance – Rehearsals – **22<sup>nd</sup> March**

Celebration of Learning – **29<sup>th</sup> March**

Pre-Loved Uniform Sale – **29<sup>th</sup> March**

Easter Holidays – **3<sup>rd</sup> April – 14<sup>th</sup> April**

Summer Term starts – **17<sup>th</sup> April**

## 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](mailto: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 6th March. Well done!!

Year 3	Year 4	Year 5	Year 6
3PB 100%	4EV, 4CR 95%	5JS 97%	6PO 99%

## Chesswood Calendar 20<sup>th</sup> March – 21<sup>st</sup> April 2023



### Chesswood Calendar 20<sup>th</sup> March – 21<sup>st</sup> April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
20 <sup>th</sup> March	21 <sup>st</sup> March	22 <sup>nd</sup> March	23 <sup>rd</sup> March	24 <sup>th</sup> March
		Time To Dance - rehearsals		Treat Day
27 <sup>th</sup> March	28 <sup>th</sup> March	29 <sup>th</sup> March	30 <sup>th</sup> March	31 <sup>st</sup> March
Governors Meeting		Celebration of Learning Pre-Loved Uniform sale	Rock Steady Concert	
3 <sup>rd</sup> April	4 <sup>th</sup> April	5 <sup>th</sup> April	6 <sup>th</sup> April	7 <sup>th</sup> April
Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays
10 <sup>th</sup> April	11 <sup>th</sup> April	12 <sup>th</sup> April	13 <sup>th</sup> April	14 <sup>th</sup> April
Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays
17 <sup>th</sup> April	18 <sup>th</sup> April	19 <sup>th</sup> April	20 <sup>th</sup> April	21 <sup>st</sup> April
Summer Term starts				Eid Al Fitr (Junior Governors Awareness Day)





# 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](mailto:lcx@chesswood.w-sussex.sch.uk) or hand deliver to Mrs Cox in 3HC or Miss Monger in 5HM.





At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times; it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



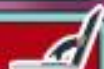
- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT



- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Our key engagement is a registered counsellor with the Health Foundation. Based in South Africa, working in private practice, further counselling to children, teenagers and young adults. She is the founder of Engage Support, a mental health support group for children and young people, providing resources and advice to schools worldwide.



**National  
Online  
Safety**

#WakeUpWednesday



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023



## 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](mailto: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](mailto:claybourn@chesswood.w-sussex.sch.uk)  
[lbagnall@chesswood.w-sussex.sch.uk](mailto:lbagnall@chesswood.w-sussex.sch.uk)

## Help needed

Are you able to offer any help in making, sewing, sourcing and/or painting for the school production: Back to the Future?

If so, there will be a short production meeting in the Music Room on Tuesday 21st March straight after school so I might be able to allocate small jobs to willing volunteers.

Any help, however small, would be greatly appreciated. If you are unable to make the meeting but are able to help, then please let me know -  
[ccossins@chesswood.w-sussex.sch.uk](mailto:ccossins@chesswood.w-sussex.sch.uk)



## 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.' The headline sponsor 'SCHWALBE' is also mentioned.

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.*

## Upcoming Sports 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
- Wednesday 29th – Upper School Netball Matches vs TAB – Thomas A Becket

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](mailto:pe@chesswood.w-sussex.sch.uk) to inform Mr Quick so he can invite another pupil.

## 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](mailto: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.

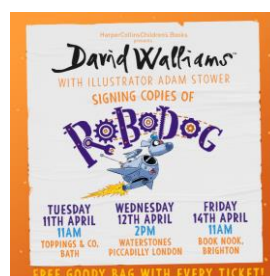


## ROBODOG - Signing Events with David Walliams and Adam Stower!

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

For mor details see link below:

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



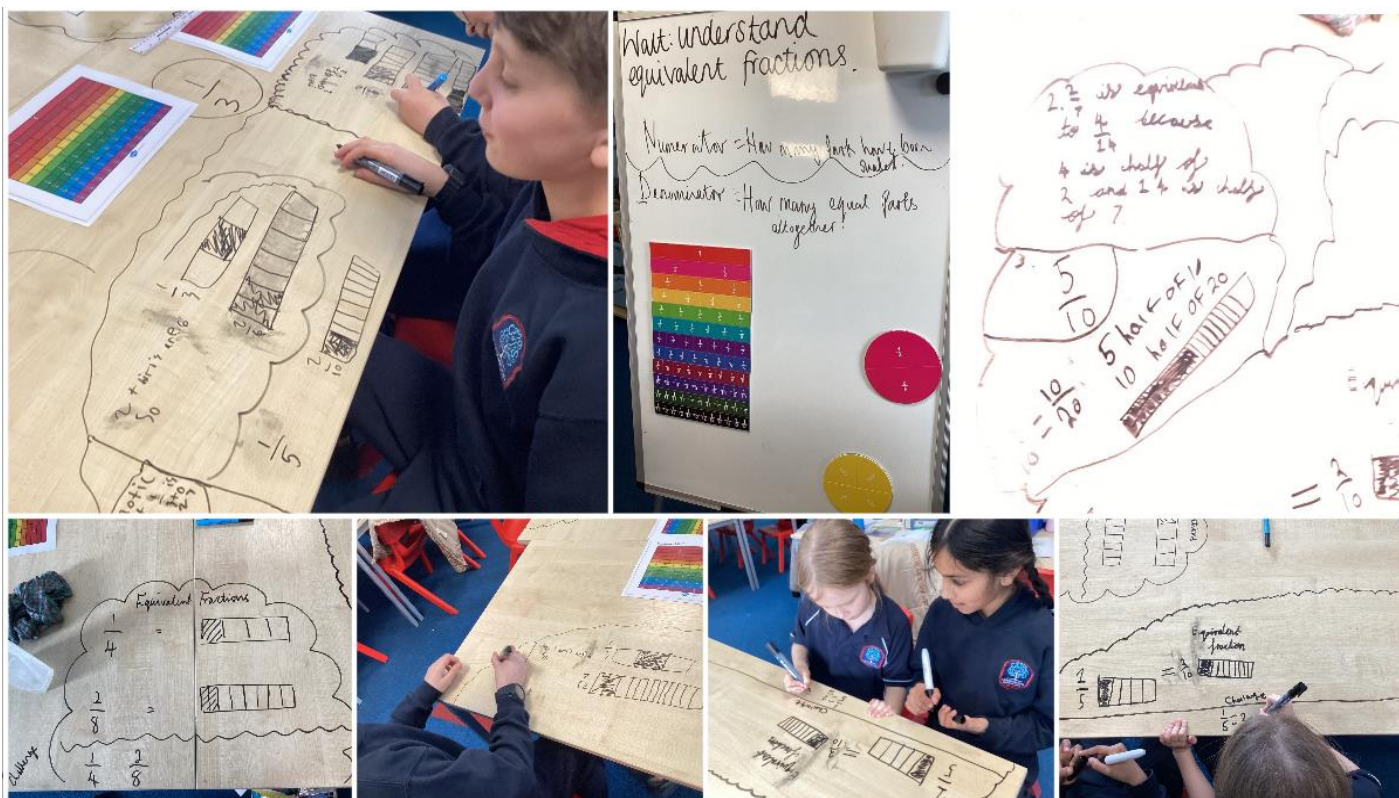
## Wider curriculum learning

This is what has been happening this week at school.

### Year 3

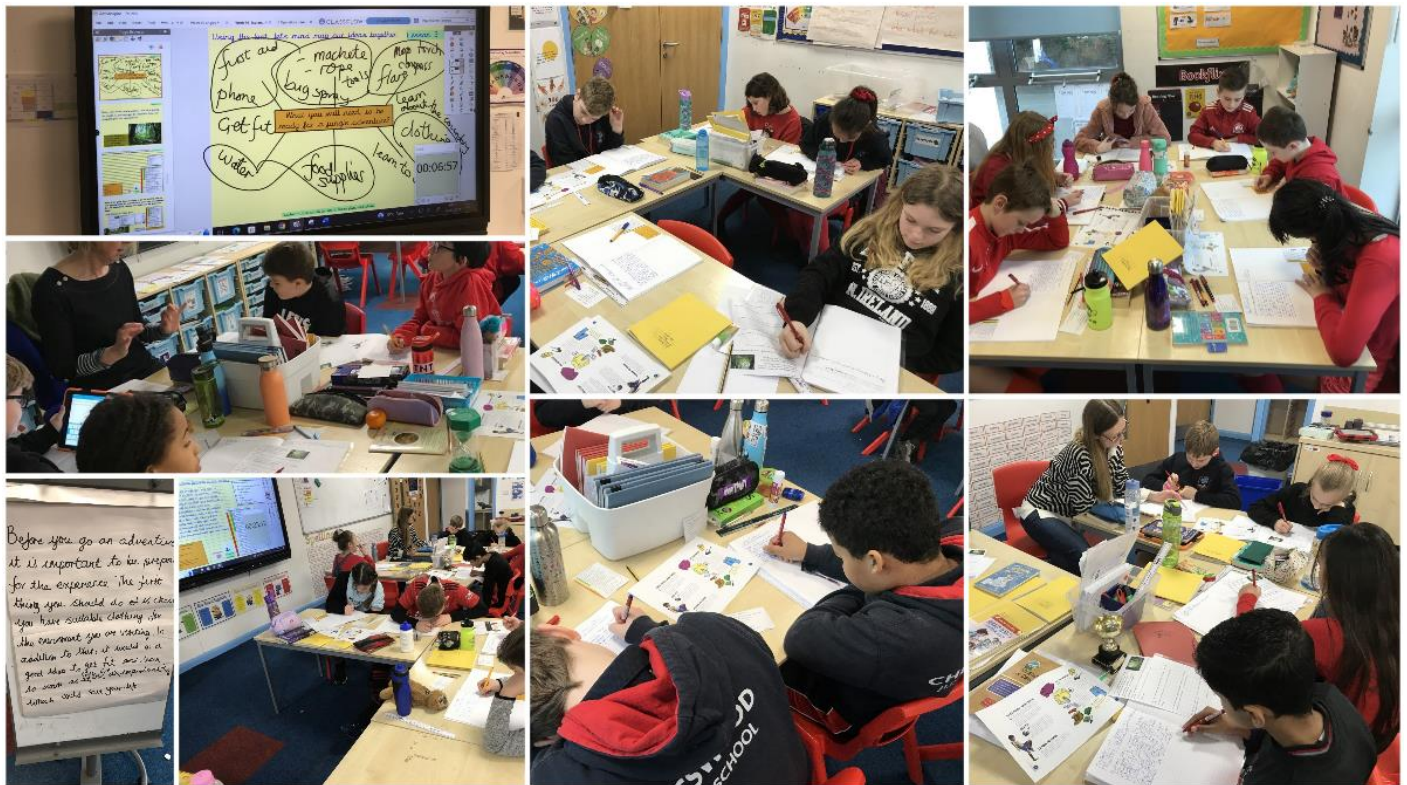


### Year 4





## Year 5



## Year 6







# 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](mailto: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.  
#workingtogetherforthegreatestgood

**Games Afternoon**  
Every Friday 1pm-4pm  
Worthing Homes

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!**

**GAMES AFTERNOON**  
Community House is happy to provide a warm space for our community members to socialise. So come along to the weekly play some games and enjoy a warm drink too!

Every Friday  
Friday, October 4  
Community House  
at Community House  
Worthing

## 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 the support and activities available. Places are limited. Book for places may be available, contact individual clubs for availability.

west sussex county council

[www.westsussex.gov.uk/HAF](http://www.westsussex.gov.uk/HAF) #HAF2023

## School Uniform Donations!

If you have any items of logo'd school uniform that you no longer require, the 'Friends of Chesswood Junior School' would love to receive donations towards the upcoming Pre-Loved Uniform sale.

Items do need to include the school logo and in good condition to be worn again!

Please drop any donations to the reception office.

**Pre-Loved Uniform Sale**  
**Wednesday 29<sup>th</sup> March**  
Spare Year 3 Classroom from 2pm to 3.30pm

Chesswood Junior School

## 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

west sussex county council children first

## 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, addressing 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 Y&A 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 Windsor's Work. If your referral does not meet the criteria for SPoA, you will be signposted to other services for support, such as Early Help, Health Visits 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](http://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](http://e-wellbeing.co.uk/support)

SPoA triage the referral

Referred to specialist service within SPoA

Signposted to partner organisations 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 Child & Adolescent Mental Health Regulations (CAMHS) regulations (please note: YES will accept referrals for young people who live in West Sussex or go to a West Sussex school).

All Autism Spectrum Condition (ASC) and ADHD (Attention Deficit Hyperactivity Disorder) 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 (SFEES).

**Other Support**  
[sussexcamhs.nhs.uk](http://sussexcamhs.nhs.uk) mental health information, advice and resources for young people, parents/carers and professionals  
[westsussex.gov.uk/youngminds](http://westsussex.gov.uk/youngminds) local information, self-help 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@spnhs.uk](mailto:WestSussexSPoA@spnhs.uk)  
For more information about the service, go to: [sussexpartnership.nhs.uk](http://sussexpartnership.nhs.uk) or [west.sussex.nhs.uk](http://west.sussex.nhs.uk)

**Follow us on social:**  
@our.nhs.sussex  
@our.nhs.sussex

This document is available in alternative formats on request, such as large print, electronically or another language.  
Please contact: [communications@spnhs.uk](mailto:communications@spnhs.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

NHS Sussex Partnership NHS Foundation Trust

YMCA



**EASTER HOLIDAYS**

# PREMIER HOLIDAY CAMPS

**INSPIRING ACTIVITY**

SCAN HERE FOR MORE INFORMATION

Trustpilot

Book now for £15.00 per session

## PREMIER CAMPS NEAR YOU

Worthing	Lancing	Arun	Storrington
West Park Primary School	Sompting Village Primary School	The Angmering School	Charltonbury Leisure Centre
Our Lady of Good Shepherd School		Barnham Community Hall	

**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 20% OFF...AND GET 20% OFF TOO!

Trustpilot

Book now for £15.00 per session

## 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 | INTERS | SENIORS

2WEEKSFREETASTERS4U  
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](http://www.wickersgymnastics.co.uk)  
01323 752503 ~ wickersgymnasticsclub@hotmail.co.uk

## 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](http://WWW.TOYBOXUK.INFO)

[info@toyboxuk.info](mailto:info@toyboxuk.info)

## Join us for our Easter and Summer intensives and Term Time Swimming courses at Lancing College

Classes available for all abilities  
Expert teachers, beautiful facilities

[info@penguinwimlessons.co.uk](mailto:info@penguinwimlessons.co.uk)  
[www.penguinwimlessons.co.uk](http://www.penguinwimlessons.co.uk)

**PENGUINS 25 YEARS**

## Here to help

Advice and practical support with the cost of living

[westsussex.gov.uk/CostofLiving](http://westsussex.gov.uk/CostofLiving)

Find us on

## 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](http://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](http://westsussex.gov.uk/CostofLiving)

or Call 0330 222 7980

Find us on

## Messy Church

### "Encouraging Others"

**Monday 20th March**  
**3.30-5.30pm**

**St George's Church**  
**St George's Road BN11 2DS**

**Come & join us for crafts, games, celebration & a meal**

**No charge, no need to book**  
**Donations appreciated.**

**For further details contact**  
**Kathryn 07594608590**  
**[www.stgw.org.uk](http://www.stgw.org.uk)**

## west sussex music

### Learn an instrument in this school

JOIN IN AND LET MUSIC CHANGE YOUR LIFE

01403 266350  
[westsussexmusic.co.uk/apply](http://westsussexmusic.co.uk/apply)

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](http://www.westsussexmusic.co.uk/top)  
01403 266350

ARTS COUNCIL ENGLAND

## DEVELOPMENT THROUGH DRAMA

**HELLENORADY DRAMA ACADEMY**

**Hello!**

"If you could bottle happiness, you'd fill it with HODGA 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: [info@hellenoradydrama.co.uk](mailto:info@hellenoradydrama.co.uk) / Book a 2 week trial  
Telephone: 07980 607139 / Spring into Action! 2023  
OR email online now! [WWW.HELENORADYDRAAMA.CO.UK](http://WWW.HELENORADYDRAAMA.CO.UK)



## 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  
20<sup>th</sup>, 24<sup>th</sup>, 27<sup>th</sup> & 31<sup>st</sup> March. Enrol online @

<https://enrolonline.wes.org.uk/Online/2021/Courses.aspx?c=C2229636> visit [www.wes.org.uk](http://www.wes.org.uk) and type in course ref. C2229636 or phone 0300 303 3464 and quote the course reference



Multiply

West

Wessex  
The Wessex is a family registered company and Wessex is a registered trademark of Wessex.

WLEA  
Adult Learning  
Worthing Branch

ESOL with Maths

## 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](mailto:Simonevans1992@gmail.com)  
**Phone number:** 07730078561

## EASTER HOLIDAY CRICKET CAMP 2023

**WHERE / WHEN / AGE:**  
Minor Sports Ground  
Georgina Avenue,  
Worthing,  
BN14 9PL  
Monday 12th April 2023  
Friday 14th April 2023  
06:00-10:30am (1pm both days)  
40 sessions only  
U11: 1.15-1.30pm - 5.00pm  
30 places only

Bolton School Worthing Sports Hall  
in conjunction for wet days!  
**Guaranteed Cricket**  
For Covid info check website

**PRICES**  
£50 for all 5 days or  
£90 each day

**5 Star reviews**  
"Professionally run, loved every minute"  
"Knowledgeable, excellent coaches"

**RebberXs SPORTS CAMPS**

**ABOUT ME AND OUR CAMPS:**

- Head of Cricket at Worthing CC
- 15 years Coaching camp experience
- Level 2 ECB Cricket and RFU coaching qualification
- Secondary School PE Teacher
- Camps in various locations in Sussex
- Full CRB checks and Public Liability Insurance

**CONTACT INFO**  
Email: [rebbertssportscamps@outlook.co.uk](mailto:rebbertssportscamps@outlook.co.uk)  
Website: [RebberXssportscamps.co.uk](http://RebberXssportscamps.co.uk)  
@rebbertssportscamps  
RebberXs Sports Camps

[www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries) West Sussex Libraries @WSSCLibraries

## 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  
Worthing Library  
Bullmer Road, Worthing BN11 1HD  
01903 704809

## 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 mental health needs and difficulties 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
9th March	7.30 pm - 9 pm
16th March	10 am - 11.30 am
23rd March	7.30 pm - 9 pm
30th March	10 am - 11.30 am

**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  
Dunlington Community Centre  
17th January / 7th February / 14th March

**Billinghurst Umbrellas**  
Wednesdays, 10 am - 11.30 am  
Billinghurst 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

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact Harriet, Deanna-Ridd  
Email: [harriet@reachingfamilies.org.uk](mailto:harriet@reachingfamilies.org.uk)  
Telephone: 07953 794754

**Reaching Families**  
www.reachingfamilies.org.uk  
Registered Charity No: 110866 Company limited by guarantee No: 1020765

## 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.

**Training Courses and Workshops**

**February**

Understanding ADHD	Friday 24th	10.30am
Making Sense of Working - 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 Working - Key skills to improving communication	Thursday 9th	10.30am
Making Sense of ADHD Needs Assessment and Plans	Thursday 16th	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 10 years)	Tuesday 21st	7.30pm
Making Sense of Working - How to improve your mood	Wednesday 29th	7.30pm
Making Sense of Transition to Secondary School	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 (2 part course)  
Wednesday: 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>

**Reaching Families**  
www.reachingfamilies.org.uk  
Registered Charity No: 110866 Company limited by guarantee No: 1020765

## SCHOOL HOLIDAYS ACTIVITIES CLUB

**EASTER HOLIDAYS 3RD - 14TH APRIL 2023**

QUAYSIDE YOUTH CENTRE  
POUND HILL JUNIOR SCHOOL

OVER 50 ACTIVITIES, BOUNCY CASTLES, FUN GAMES, NERF WARS, ARCHERY, TEAM SPORTS, ...AND MORE!

**5% DISCOUNT FOR ALL**

REGISTER ONLINE NOW  
LIMITED SPACES AVAILABLE

**SKC SOUTHEAST KIDS CAMPS**  
SOUTHEASTKIDSCAMPS.CO.UK  
01444 461 889

## JUNIOR CRICKET CAMPS

Kit provided  
All coaches DBS checked

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

Open to non-Nomads players!

**BOOK YOUR PLACE NOW!**

Location:  
Preston Nomads Cricket Club  
Spence Memorial Ground  
Clappers Lane, Fulbourn  
BN5 9ND

[pnccricketcamp@gmail.com](mailto:pnccricketcamp@gmail.com)  
07956776682

## youth company

# SHREK The Musical JR

Thurs 13th - Sat 15th April

Northbrook Theatre, Littlehampton Road, Worthing

Thurs performance 7.30pm  
Fri and Sat performances 2.30pm/7.30pm

Tickets £12 from [www.ticketsource.co.uk/wmcs-youth-company](http://www.ticketsource.co.uk/wmcs-youth-company)

Based on the DreamWorks Animation Motion Picture and the Book by William Steig  
Read and Lyrics by David Lissner  
Music by Andrew Steiner  
Originally produced and Directed by DreamWorks Theatricals and Live Stage Productions  
Original production directed by Jason Moore and Bob Ashford "The Believer" by Neil Diamond  
The musical production is performed by songwriters with Music Rights International  
All intellectual property rights reserved by WMC  
www.youthcompany.co.uk