



Safety First



ADUR & WORTHING
COUNCILS

Report an illegally parked vehicle

If you see a vehicle parked where it shouldn't be then you can report it to us. This might include vehicles:

- on a yellow line or on double yellow lines
- in a restricted zone
- without a valid permit

A Civil Enforcement Officer on duty nearby will be asked to visit the location and assess the situation. If necessary a Penalty Charge Notice (PCN) may be issued.

Record & Report it

call 0345 6800189 or 01903 221180 or

email NSL report.onparking@nslservices.co.uk

We rely on parents and members of the community to keep children safe – please record and report it



Safety First Seen this?!



Record it and report it





CHESSWOOD JUNIOR SCHOOL *News*



Published – 24/03/2023

Important Please Note

Year 5 Worthing Museum visit and Town Trail –
27th & 28th March

Celebration of Learning – 29th March

Pre-Loved Uniform Sale – 29th March

Easter Holidays – 3rd April – 14th 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 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 13th March. Well done!!

Year 3	Year 4	Year 5	Year 6
3PB 98%	4CR 99%	5JS 98%	6PO, 6SJ 95%

Chesswood Calendar 27th March – 28th April 2023



Chesswood Calendar 27th March – 28th April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
27th March Year 5 Worthing Museum visit and Town Trail Governors Meeting	28th March Year 5 Worthing Museum visit and Town Trail	29th March Celebration of Learning Pre-Loved Uniform sale	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
17th April Summer Term starts	18th April	19th April	20th April	21st April Eid Al Fitr (Junior Governors Awareness Day)
24th April Governors meeting	25th April Year 4 - Pulborough Brooks Trip	26th April	27th April	28th April Year 4 - Pulborough Brooks Trip





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.britishtscienceweek.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.



Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember, featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ('Fourbluehoes', for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

NOS National Online Safety®
#WakeUpWednesday



@natonlinesafety



/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: 22.03.2023

Inset day Childcare - 17th May



CHESWOOD 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

April 2023

Dear Parents

Inset Day – Wednesday 17th May 2023

We will be holding an INSET day at Chesswood on Wednesday 17th May 2023 and plan to arrange childcare facilities, at school, for families who need it.

The details are as follows:

- Wednesday 17th May 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 8th May 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 8th May 2023, please.

Yours sincerely

Andrew Jolley

Bookings will be available via MCAS from **1st April.**

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.

Summer term clubs booking reminder

Please note, summer term clubs booking will go live on Monday 27 March on MCAS.

The club list and letter will be sent on Monday, with bookings available after that.

This term it is first come, first served. For more information, see our website: Chesswood Junior School - Extra-curricular Clubs

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 29th
March
Spare Year 3 Classroom from
2pm to 3.30pm
Dream Aspire Achieve

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

Shout out to all lovely creative people!

Are you able to offer any help in making, sewing, sourcing and/or painting for the school production: Back to the Future? If so, please contact Mrs Cossins –

ccossins@chesswood.w-sussex.sch.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

Staff Changes

We are excited to announce that Mrs Laura Heater is due to give birth to her second child within the next couple of weeks and will be stating her maternity leave at the end of this term. We wish Mrs Heater and her family well ahead of their new arrival and look forward to welcoming her back next year.



We are pleased to announce that Mr Jorge Latter will be returning to work at Chesswood at the start of the summer term. Jorge will be based in Year 3. Welcome back Jorge!



English as an Additional Language (EAL) Assistant

Did you know that there are currently 135 children registered as having English as an Additional Language at Chesswood? Most of these were born here in the UK and are fully fluent in English whilst others are at varying levels of proficiency. There are over 39 languages spoken by these children and as such we strongly believe that this linguistic “superpower” makes our school truly unique. The EAL Team aims to champion and support the cultural value of EAL children and where appropriate provide support for them to fully access the curriculum. The EAL Team also acts as a first point of call for EAL families. From Easter the EAL Team will continue to be led by Mrs Sam Johnson with Mrs Sofiya Lulham taking on the role of EAL Assistant. Mr Cormac Verner, who was formerly the EAL Assistant will be the Class Teacher for 4LH whilst Mrs Heater is on Maternity Leave.

Please direct any EAL related enquiries to the following people:



EAL Team Leader

sjohnson@chesswood.w-sussex.sch.uk



EAL Assistant

slulham@chesswood.w-sussex.sch.uk

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.

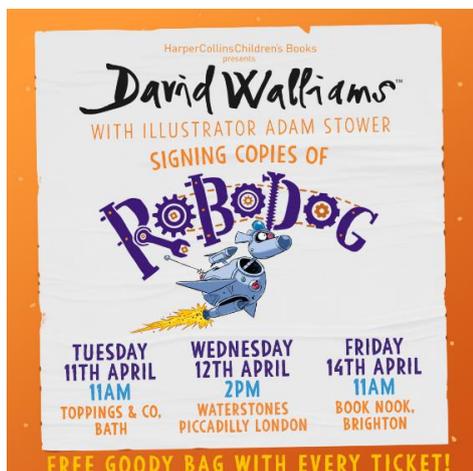
We no longer use Studybugs as a platform for reporting absences. The Studybugs email inbox is no longer monitored. Please delete the app off your mobile phones.

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.



Sports News

U9 Albion Cup Football Competition

A chance to go where the professionals train was given to our Y4s on Tuesday as they took part in a 6-a-side football competition at the Brighton and Hove Albion Elite Performance Centre. The team played in a round-robin group stage winning 3 out of their 6 games, they started slowly but grew with confidence during the games scoring some amazing individual and team goals.

They qualified for the quarterfinals but came up against a strong Swiss Gardens team it was close at half time but the opposition pulled away in the second half putting us out of the event.

Team: Dylan, Yahia, Eli, Rocco, Freddie, Thomas, Lucas and Victor



Time to Dance

Another amazing life experience for our pupils – dancing on the stage at the Pavilion to a sold out audience. The girls have been working hard on their dance since Christmas with Miss Phillips to be ready for the performance at the theatre. Dress rehearsals were followed by a tasty dinner at Pizza Express for the dancers and it certainly fuelled them for an amazing performance – they certainly saved the best until last.

A big boost of confidence, self-esteem and pride was evident in all the dancers, new friendships made and very proud teachers and family members at the end of it!

Dancers: Isabelle, Ayla, Maiya, Franky, Edith, Sylvie, Rachel, Jasmine, Grace, Tanishka, Elsa, Dixie, Emily and Laura



Archery Competition

We had some budding Robin Hood and Maid Marion's on Thursday as groups of pupils from across all Year groups took part in a virtual archery competition on Thursday. Each pupil had a quick briefing about the sport and some practice games before taking their 3 scoring arrows. It was a great experience for all involved with lots of bullseye hit!



Swimming Timetable Y5

In the Summer term (after the Easter holidays) Y5 will be swimming and this will be taking the place of their Friday PE lesson (Thursday will remain the same).

Class letters have been sent home as a hard copy and digital one too.

Tuesday Swimming Timetable

Date	Class
	2-2.45
18 th April	5CL
25 th April	5CL
2 nd May	5CL
9 th May	5CL
16 th May	5CL
23 rd May	5JS
Half Term	
6 th June	5JS
13 th June	5JS
20 th June	5JS
27 th June	5JS

Friday Swimming Timetable

Date	Class 10.30-11.15	Class 11.15-12.00
21 st April	5AL	5ML
28 th April	5AL	5ML
5 th May	5AL	5ML
12 th May	5AL	5HM
19 th May	5AL	5HM
26 th May	5AL	5HM
Half Term		
9 th June	5ML	5HM
16 th June	5ML	5HM
23 rd June	5ML	5HM
30 th June	Top up	Top up

PE will resume on a Friday on the 7th July.

Upcoming Events:

- Tuesday 28th – Football Festival - Angmering
- Tuesday 28th – Y3/4 Netball Shootout – Chesswood
- Wednesday 29th – Netball Matches with TAB – TAB Juniors

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.

Wider curriculum learning

This is what has been happening this week at school.

Year 3



Year 4



Year 6



Brighton Marathon – Sunday 2nd April



Dear Chesswood Community,

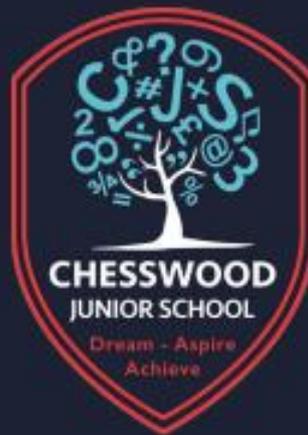
I have taken on the rather scary prospect of running this year's Brighton Marathon, which is on Sunday 2nd April. Fortunately, I'll have 2 weeks to recover before returning to school – I think I'll need it! I am raising money for the mental health charity, Mind. For more information on how Mind help people, please visit <https://www.mind.org.uk/about-us/what-we-do/>

If you are able to make a donation, please scan the QR code above to access my Just Giving fundraising page or visit www.justgiving.com/fundraising/NikGilbert86

Thank you for your support,

Mr Gilbert





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>

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

What's on @ the community house
25 Dominion Road, Worthing, BN14 8JZ

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
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!

Here to help
Advice and practical support with the cost of living

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 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

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 for their support and activities available. Places are limited. Paid-for places may be available, contact individual clubs for availability.

SCAN ME

www.westsussex.gov.uk/HAF #HAF2023

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

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 (Dorridge). 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

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 with NHS Clinical regulators (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 (Inattention/developmental) referrals need to continue via the current referral route, unless there is a mental health or emotional wellbeing concern separate to this. Referrals for young people with existing disorders should be made directly to the Sussex Family Eating Disorder Service (SFEES).

Other Support
sussexcamhs.nhs.uk mental health information, advice and resources for young people, parents/carers and professionals
westsussex.gov.uk/young-reminders 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@spnhs.uk For more information about the service go to: e-wellbeing.co.uk/support or westsussex.gov.uk

Follow us on social:
● @our-nhs-space
● @our-nhs-space

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

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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

10

EASTER HOLIDAYS

PREMIER HOLIDAY CAMPS

INSPIRING ACTIVITY

Trustpilot

SCAN HERE FOR MORE INFORMATION

Visit www.premier-education.com/holiday-camps

PREMIER CAMPS NEAR YOU

Worthing West Park Primary School Our Lady of Stan Senior School *Worthing Leisure Centre - Book N/C	Lancing Samting Village Primary School Barnham Community Hall	Arun The Angmering School Barnham Community Hall	Storrington Chancetisbury Leisure Centre
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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!

Trustpilot

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
03 903 752 503 - 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

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

Einfo@penguinswimlessons.co.uk
www.penguinswimlessons.co.uk

PENGUINS 25 YEARS

The King's Coronation Celebration

Wednesday 3rd May
11am-12pm

Featuring readings, poetry and performances by Worthing Town Criers and Stay Vocal.

An all inclusive celebration for the King's Coronation followed by light refreshments.

St Symphorian's Church
Durrington Hill
BN17 2PU

Worthing Town Criers

SUSSEX Soccer Schools

FOUNDATION

APRIL 2023 £40

Our Soccer Schools are a great opportunity for players of all abilities to develop their skills, keep fit and make new friends in a safe environment.

Players will get the opportunity to experience technical sessions led by our FC Foundation coaches along with many fun and exciting challenges set throughout the week.

Thomas Bennett Community College
Crawley, Ashdown Dr, RH10 5AD

3rd April - 4th April
11th April - 12th April

Steyning Town Football Club
Steyning, Shooting Field, BN44 3RX

5th April - 6th April
13th April - 14th April

Website: www.sussexsoccerschools.co.uk

Thomas Bennett Community College
Crawley, Ashdown Dr, RH10 5AD

3rd April - 4th April
11th April - 12th April

Steyning Town Football Club
Steyning, Shooting Field, BN44 3RX

5th April - 6th April
13th April - 14th April

Website: www.sussexsoccerschools.co.uk

2023 Junior Cricket at Worthing CC

The Manor Ground, Georgia Ave., Worthing, BN16 8AZ
worthingcc.com

5 to 8 years old from Saturday 13th May

- From 9.30am for 60 minutes
- Sessions run over eight weeks
- For Boys and Girls
- Chance to play, learn great new skills
- Make new friends!

8 to 13 years old from Monday 17th April

- Older ages from Thursday 20th April
- Cricket practice for Boys and Girls
- Taster sessions available
- Run by professional coaches in a safe and inclusive environment
- Aged 8 to 10 years old soft ball, 10 to 16 years old hard ball*
- Chance to learn cricket and even play for a team!

For more information and registration, please visit our website @ WORTHINGCC.COM or call John Kaye on 07961 980477

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

HOLA AMIGOS!

SPANISH LESSONS FOR 6-9 YEAR OLDS

TAUGHT BY MARI
A QUALIFIED PRIMARY SCHOOL TEACHER FROM MADRID

THURSDAYS 3.45 - 4.30 PM
(TERM TIME ONLY)

£7 PER LESSON

HEENE COMMUNITY CENTRE

CONTACT: BECCA 07738 441 283 MARI 07307 996 111
HEENE COMMUNITY CENTRE, HEENE RD WORTHING BN11 4PL

ACE Football Academy

EASTER HOLIDAY FOOTBALL FUN

Date	Time	Age	Session
4 th /5 th /6 th April	09.30am - 11.30am	4 - 12 Years	Football Camp
11 th /12 th /13 th April	09.30am - 11.30am	4 - 12 Years	Football Camp

6 DAYS OF FOOTBALL FUN AT FOUR VENUES IN SUSSEX

Monday football sessions for children aged 4-12 years. All abilities welcome. All courses are led by qualified coaches in a professional, safe environment.

LANCING: SIR ROBERT HOODS ACADEMY, DND 102

PORTSLADE: PORTSLADE LEISURE CENTRE, BN41 2WS

STORRINGTON: CHANCETISBURY LEISURE CENTRE, RH20 4BG

WORTHING: WORTHING LEISURE CENTRE, BN12 4ET

THREE DAY COURSE £39

ANYONE WELCOME BOOK NOW

INDIVIDUAL DAYS £15

www.acefootballacademy.co.uk
info@acefootballacademy.co.uk
07772 073926 / 07817 304334

FIND US ON

Children's Easter Events @ St George's Church

Easter Holiday Club - Monday 3rd April @ 12.45pm-4pm

The Easter story told with craft, games, songs & puppets. For primary school children. Registration form needed as children are left in our care.

Family Good Friday Treasure Hunt & Walk - Friday 7th April @ 12pm

Collect your clue sheet in church. Walk takes approx. 1 hour at a leisurely pace. Refreshments on your return. Wet weather option will run in church if weather bad.

All Age Easter Day Service with communion - Sunday 9th April @ 10.30am

Celebrate Easter Day! All age service followed by Easter Egg Hunt in church garden.

Easter Messy Church - Monday 17th April @ 3.30pm

Easter story with crafts, games, celebration & meal. No need to book.

No charge for any of the events but donations appreciated to cover costs.

For further details on any of these events or to book contact Kathryn 07594608590 or kathryn@stgw.org.uk

BECOME A LOCAL HERO

WIN

SPORTS EQUIPMENT

TO KIT OUT 2 PRIMARY SCHOOL'S OF YOUR CHOICE!

ALL YOU HAVE TO DO

- Like & Follow Family First's page.
- Type the name of the school you want to win in the comments section, and tag in a minimum of 3 friends.
- Share this competition page.

Why not get your local community involved? The more people you tag & nominate your school receives, the greater the chance.

FACEBOOK: familyfirstuk

Family First. Helping to make all sports accessible for every child.

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

EASTER HOLIDAY CRICKET CAMP 2023

WHERE / WHEN / AGE:

Manor Sports Ground
 George Avenue,
 Worthing,
 BN14 9HL
 Monday 12th April 2023
 Friday 14th April 2023
 06:00-09:30am - 1pm (soft ball)
40 spaces only
 U11: 1.15h 1.30pm - 5.00pm
26 spaces only

Bolton School Worthing Sports Hall
 (contingency for wet days)
Guaranteed Cricket
 For Covid info check website

PRICES

£90 for all 5 days or
 £20 each day

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

ABOUT ME AND OUR CAMPS:

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

CONTACT INFO

Email: libb@rebbsportscamps.co.uk
 @rebbsportscamps
 Rebbs Sports Camps

EASTER HOLIDAY CLUBS

Worthing, Shoreham, Crawley AND HORSHAM! 3rd - 14th April

CAMPFIRE COOK OUT

HOT CROSS BUNS, ARMPIT FUDGE & MARSHMALLOWS

EASTER NERF

THE BUNNYNATOR & KIDS VS INSTRUCTORS

SUPER MARIO DAY

YOSHI EGGS & BOWSERS FURY

THE BIG WILD EGG DAY

EGGSPLIVSE EGG DROP CHALLENGE
 A SPRING SCAVENGER HUNT, EASTER EGG HUNT

TONNES OF LAUGHS & GAMES
 AND THE KEY INGREDIENT EVERY DAY - FUN!

- 100% OUTDOORS
- TRAINING FRIENDS
- PHYSICAL ACTIVITY
- BUILDING CONFIDENCE
- EMERGENCY BRIDGES STAFF
- OSTED REGISTERED
- FLEXIBLE BOOKING
- CRUISE VOUCHERS ACCEPTED

For more info on dates, locations and how the clubs run & to book:
WWW.THEOUTDOORSPROJECT.CO.UK/WESTSUSSEX/ or call 07931 557 981

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
9th February	7:30 pm - 9 pm
23rd February	10 am - 11:30 am
2nd March	7:30 pm - 9 pm
9th March	10 am - 11:30 am
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
 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

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact Harriet Garner,addy
 Email: harriet@reachingfamilies.org.uk
 Telephone: 07995 794734

Reaching Families
www.reachingfamilies.org.uk
 Registered Charity No. 1106066
 Company Limited by Guarantee No. 541616

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 Writing - Understanding and building resilience	Friday 24th	7.30pm

March

Understanding Autism in Girls	Thursday 2nd	10.30am
Understanding Sensory Processing Difficulties	Thursday 7th	10.30am
Making Sense of Writing - Key skills to improving communication	Thursday 9th	10.30am
Making Sense of Oral Needs Assessments and Plans	Thursday 16th	10.30am
Making Sense of Anxiety in Children (Primary age)	Thursday 16th	10.30am
Making Sense of Universal Credit	Thursday 16th	10.30am
Making Sense of Challenging Behaviour in Adolescence	Monday 20th	7.30pm
Making Sense of Sleep for children (age 7-10 years)	Tuesday 21st	10.30am
Making Sense of Writing - How to improve your mood	Tuesday 21st	7.30pm
Making Sense of Transition to Secondary School	Wednesday 28th	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) 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 website or email our helpline.

<https://www.reachingfamilies.org.uk>

Reaching Families
 Registered Charity No. 1106066
 Company Limited by Guarantee No. 541616

JUNIOR CRICKET CAMPS

7 to 12 years of age - Boys and Girls

Kit provided
 All coaches DBS checked

£120 for 3 days or
 £45 per day

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
 Span Cama Memorial Ground
 Clappers Lane, Fulking
 BN5 9ND

pncricketcamp@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

Based on the DreamWorks Animation Motion Picture and the Book by William Steig
 Read and Lyrics by David Lubar
 Music by Andrew Storer

Originally produced on Broadway by Dramatists Theatre Company and New Street Productions
 Original production directed by Jason Mraz and Rob Marshall. "The Musical" by Neil Patrick Harris
 The current production is performed by members of the West Sussex Youth Company
 All copyright by WMC © 2012

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 THE CLUB

REGISTER ONLINE NOW
 LIMITED SPACES AVAILABLE

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

DEVELOPMENT THROUGH DRAMA

HELLO! HELLO! DRAMA ACADEMY

"If you could bottle happiness, you'd fill it with Charley's class" - 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@heloograpy.co.uk ✓ Book a 2 x week trial
 Telephone: 07980 407339 ✓ Spring into Action! 2023
 OR enrol online now! WWW.HELOOGRAPY.COM