



# 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](mailto: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 –  
27<sup>th</sup> & 28<sup>th</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

## 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 13th March. Well done!!

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

## Chesswood Calendar 27<sup>th</sup> March – 28<sup>th</sup> April 2023

<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;">  <h3>Chesswood Calendar 27<sup>th</sup> March – 28<sup>th</sup> April 2023</h3> </div>  </div>				
Monday 27 <sup>th</sup> March	Tuesday 28 <sup>th</sup> March	Wednesday 29 <sup>th</sup> March	Thursday 30 <sup>th</sup> March	Friday 31 <sup>st</sup> March
Year 5 Worthing Museum visit and Town Trail  Governors Meeting	Year 5 Worthing Museum visit and Town Trail	Celebration of Learning  Pre-Loved Uniform sale	Rock Steady Concert	
3 <sup>rd</sup> April  Easter Holidays	4 <sup>th</sup> April  Easter Holidays	5 <sup>th</sup> April  Easter Holidays	6 <sup>th</sup> April  Easter Holidays	7 <sup>th</sup> April  Easter Holidays
10 <sup>th</sup> April  Easter Holidays	11 <sup>th</sup> April  Easter Holidays	12 <sup>th</sup> April  Easter Holidays	13 <sup>th</sup> April  Easter Holidays	14 <sup>th</sup> April  Easter Holidays
17 <sup>th</sup> April  Summer Term starts	18 <sup>th</sup> April	19 <sup>th</sup> April	20 <sup>th</sup> April	21 <sup>st</sup> April  Eid Al Fitr (Junior Governors Awareness Day)
24 <sup>th</sup> April  Governors meeting	25 <sup>th</sup> April  Year 4 - Pulborough Brooks Trip	26 <sup>th</sup> April	27 <sup>th</sup> April	28 <sup>th</sup> 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.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.





# 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 favourite 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.

## '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.

## 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/>

**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



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

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



April 2023

Dear Parents

**Inset Day – Wednesday 17<sup>th</sup> May 2023**

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

The details are as follows:

- Wednesday 17<sup>th</sup> 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 8<sup>th</sup> 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](mailto:finance@chesswood.w-sussex.sch.uk) to arrange this. All bookings must be made no later than 8<sup>th</sup> May 2023, please.

Yours sincerely

Andrew Jolley

Bookings will be available via MCAS from **1<sup>st</sup> 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](http://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.

The poster features the school logo in the top corners and bottom corners. The text is arranged in a circular fashion around the central date. The date is prominently displayed in the center. Below the date, the location and time are specified. Images of school uniform items are placed around the text.

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

Images of school uniform items: shorts, a blue shirt, a grey skirt, a blue long-sleeved shirt, and a blue zip-up jacket.

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



EAL Assistant

[slulham@chesswood.w-sussex.sch.uk](mailto: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.

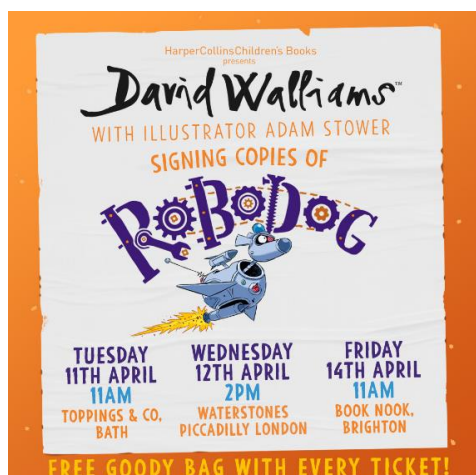
*We no longer use Studybugs as a platform for reporting absences. The Studybugs email inbox is no longer monitored. Please delete the app off your mobile phones.*

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

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



## 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 <sup>th</sup> April	5CL
25 <sup>th</sup> April	5CL
2 <sup>nd</sup> May	5CL
9 <sup>th</sup> May	5CL
16 <sup>th</sup> May	5CL
23 <sup>rd</sup> May	5JS
Half Term	
6 <sup>th</sup> June	5JS
13 <sup>th</sup> June	5JS
20 <sup>th</sup> June	5JS
27 <sup>th</sup> June	5JS

Friday Swimming Timetable

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

PE will resume on a Friday on the 7<sup>th</sup> July.

## Upcoming Events:

- Tuesday 28<sup>th</sup> – Football Festival - Angmering
- Tuesday 28<sup>th</sup> – Y3/4 Netball Shootout – Chesswood
- Wednesday 29<sup>th</sup> – 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](mailto: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 2<sup>nd</sup> April



Dear Chesswood Community,

I have taken on the rather scary prospect of running this year's Brighton Marathon, which is on Sunday 2<sup>nd</sup> 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](https://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](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>

**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.

#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!**

## 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

## Here to help

Advice and practical support with the cost of living

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

or Call 0330 222 7980

Find us on

Search West Sussex County Council

## 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. Paid-for places may be available, contact individual clubs for availability.

[www.westsussex.gov.uk/HAF](https://www.westsussex.gov.uk/HAF)

#HAF2023

[www.westsussex.gov.uk/Libraries](https://www.westsussex.gov.uk/Libraries) • West Sussex Libraries • @WSCCLibraries

## Construction Club

Get creative. Get imaginative.  
Get building!

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

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

Every Saturday  
2.15pm - 3.45pm

West Sussex County Council  
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 Chichester. 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 for 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 Winton'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 Visitation 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](https://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.

```

graph TD
    A[Send referral to SPOA via online portal e-wellbeing.co.uk/support] --> B[SPOA triage the referral]
    B --> C{OK}
    B --> D{Not OK}
    C --> E[Referred to specialist service within SPOA]
    D --> F[Signposted to partner organisation for support]
    E --> G[First appointment]
    F --> G
  
```

## Who is the service for?

SPOA accepts referrals for children and young people from the age of four up to 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 (CA) 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 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**  
[sussexmha.nhs.uk](https://sussexmha.nhs.uk) mental health information, advice and resources for young people, parents/carers and professionals.  
[westsussex.gov.uk/youngminds](https://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@nhs.uk](mailto:WestSussexSPOA@nhs.uk)

For more information about the service, go to: [e-wellbeing.co.uk/support](https://e-wellbeing.co.uk/support) or [westsussex.gov.uk](https://westsussex.gov.uk)

**Follow us on social:**  
 @e-well-being  
 e-well-being

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

**NHS Sussex Partnership NHS Foundation Trust**

# "SPOA"

West Sussex Single Point of Access

Emotional wellbeing and mental health support for children and young people

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YMCA



**EASTER HOLIDAYS**



**PREMIER HOLIDAY CAMPS**

Premier Education | INSPIRING ACTIVITY

SCAN HERE FOR MORE INFORMATION

Trustpilot

or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)

Book on line £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 Hope 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 YOURS!**

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](http://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)  
03-903 752503 ~ [wickersgymnasticsclub@hotmail.co.uk](mailto: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)

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

[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

E [info@penguinswimlessons.co.uk](mailto:info@penguinswimlessons.co.uk)  
[www.penguinswimlessons.co.uk](http://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 Cryers 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 Cryers**

**SUSSEX Soccer Schools**

**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 CFC Foundation coaches along with many fun and exciting challenges set throughout the week.

**THOMAS BENNETT COMMUNITY COLLEGE**  
Crawley, Ashdown Dr, RH10 5AD

**STEYNING TOWN FOOTBALL CLUB**  
Steyning, Shooting Field, BN44 3RX

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**29th December - 30th December 7th January - 8th January**

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**15th March - 16th March 23rd March - 24th March**

**17th March - 18th March 25th March - 26th March**

**19th March - 20th March 27th**



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

**EASTER HOLIDAY CRICKET CAMP 2023**

**WHERE / WHEN / AGE:**

Menor Sports Ground  
Georgie Avenue,  
Worthing,  
BN14 6HL  
Monday 12th April 2023  
Friday 14th April 2023  
08:00-12:30pm - 1pm (soft ball)  
**40 spaces only**  
U11 - 11.15.1.30pm - 5:00pm  
**26 spaces only**

Edhurst School Worthing Sports Hall  
accreditation for well played  
**Guaranteed Cricket**  
For Covid info check website

**PRICES**

£50 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
- 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: [rob@rebbetssportscamps.co.uk](mailto:rob@rebbetssportscamps.co.uk)  
Website: [rebbetssportscamps.co.uk](http://rebbetssportscamps.co.uk)  
Instagram: [rebbetssportscamps](https://www.instagram.com/rebbetssportscamps)  
Facebook: [rebbetssportscamps](https://www.facebook.com/rebbetssportscamps)

**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**  
EGGSPLOIVE EGG DROP CHALLENGE  
A SPRING SCAVENGER HUNT, EASTER EGG HUNT

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

- 100% OUTDOORS
- MAKING FRIENDS
- PHYSICAL ACTIVITY
- BUILDING CONFIDENCE
- MENTORING BRIDGES START
- OPSTED REGISTERED
- FLEXIBLE BOOKING
- ONLINE VOUCHERS ACCEPTED

For more info on dates, locations and how the clubs run & to book:  
[WWW.THEDOORSPROJECT.CO.UK/WESTSUSSEX/](http://WWW.THEDOORSPROJECT.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
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 (bustalls)  
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 umbrella support group or would like to use the link to join Umbrellas online, please contact Hannah Carter-Jeddy  
Email: [hannah@reachingfamilies.org.uk](mailto:hannah@reachingfamilies.org.uk)  
Telephone: 07951 794734

**Reaching Families**  
[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)  
Registered Charity No. 110486. Company limited by guarantee No. 5430356

**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	Tuesday 28th	7:30pm

**March**

Understanding Autism in Girls	Thursday 2nd	10:30am
Understanding Sensory Processing Difficulties	Tuesday 7th	7:30pm
Making Sense of Writing - 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 Writing - 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 (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 events page or scan the QR code  
<https://reachingfamilies.eventbrite.com>

**Reaching Families**  
[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)  
Registered Charity No. 110486  
Company limited by guarantee No. 5430356

**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 bookings made before 1st April

**REGISTER ONLINE NOW**  
LIMITED SPACES AVAILABLE

**SKC**  
SOUTHEAST KIDS CAMPS

[SOUTHEASTKIDSCAMPS.CO.UK](http://SOUTHEASTKIDSCAMPS.CO.UK)  
01444 461 889

**JUNIOR CRICKET CAMPS**

7 to 12 years of age - Boys and Girls

Kit provided  
All coaches DBS checked

**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  
Span Camm Memorial Ground  
Clappers Lane, Fulbourn  
BN5 9ND

[pncccricketcamp@gmail.com](mailto:pncccricketcamp@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 Lloyd Webber

Originally produced and directed by Simon Steinfeld and Neil Patrick Harris  
Original production directed by Jason Moore and Rob Marshall "The Ides of March" by Neil Patrick Harris  
The musical production is performed by the company with music provided by the band  
All characters and names are trademarks of the company  
[www.youthcompany.co.uk](http://www.youthcompany.co.uk)

**DEVELOPMENT THROUGH DRAMA**

HELLEN GRADY  
DRAMA ACADEMY  
FUSSE

"If you could bottle happiness, you'd do it with HODGA SUSSEX classes" Charley's mum - 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: [susan@hellengrady.co.uk](mailto:susan@hellengrady.co.uk) ✓ Book a 2 x week trial  
Telephone: 07980 607139 ✓ Spring into Action! 2023  
OR email online now! [WWW.HELENGRADYDUSSEY.CO.UK](http://WWW.HELENGRADYDUSSEY.CO.UK)