



# CHESSWOOD JUNIOR SCHOOL *News*



Published – 29/09/2023

## Important Please Note

**Worthing Schools Cross Country – 14<sup>th</sup> October**

**Year 6 NCMP Measuring – 9<sup>th</sup> & 10<sup>th</sup> October**

**Parents Consultations – 16<sup>th</sup> & 18<sup>th</sup> October**

**Year 5 Pop Up Planetarium visit – 17<sup>th</sup> October**

**Year 4 Weald & Downland Trip – 17<sup>th</sup> & 20<sup>th</sup> October**

## 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.

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 18<sup>th</sup> September. Well done!!

Year 3	Year 4	Year 5	Year 6
3EL 98%	4CH 99%	5AL 99%	6JS 99%

## Chesswood Calendar 2<sup>nd</sup> October 2023 – 27<sup>th</sup> October 2023



### Chesswood Calendar 2<sup>nd</sup> October – 27<sup>th</sup> October 2023



Monday 2 <sup>nd</sup> October	Tuesday 3 <sup>rd</sup> October	Wednesday 4 <sup>th</sup> October	Thursday 5 <sup>th</sup> October	Friday 6 <sup>th</sup> October
			World Teachers' Day	
9 <sup>th</sup> October Year 6 NCMP Measuring	10 <sup>th</sup> October Year 6 NCMP Measuring	11 <sup>th</sup> October	12 <sup>th</sup> October	13 <sup>th</sup> October
16 <sup>th</sup> October Parents Consultations	17 <sup>th</sup> October Year 5 Pop Up Planetarium visit Year 4 Weald & Downland Trip 4HC/4LB	18 <sup>th</sup> October Parents Consultations	19 <sup>th</sup> October	20 <sup>th</sup> October Year 4 Weald & Downland Trip 4PB/4UO
23 <sup>rd</sup> October Half term	24 <sup>th</sup> October	25 <sup>th</sup> October	26 <sup>th</sup> October	27 <sup>th</sup> October



Parents, please note Saturday 14<sup>th</sup> October is Worthing Schools Cross Country 8:30-11:30 at The Gallops, Findon.

Pupils attending were individually sent communication from Mr Quick

# Important

## Pop-Up Planetarium

We are sorry to inform you that the Pop-Up Planetarium visit due to take place on Thursday 28th September has had to be re-scheduled to **Tuesday 17th October** due to circumstances outside our control.

If you have any queries, please contact [finance@chesswood.w-sussex.sch.uk](mailto:finance@chesswood.w-sussex.sch.uk)

## Pupils Birthdays

We will continue to celebrate pupils birthdays in the school by being able to wear their own choice of clothes on their special day. If your child's birthday falls on the weekend, or during the holiday period please choose the most appropriate day for them to have their non uniform day.

## PE days

YEAR 3 – Monday and Tuesday

YEAR 4 – Monday and Tuesday

YEAR 5 – Thursday and Friday

YEAR 6 – Wednesday and Friday

A Reminder that on PE days all long hair (shoulder length or longer) must be tied up and away from the face. All jewellery (earrings/necklaces/watches) should be removed before lessons for safety reasons. If earring have been recently pierced (within the last 6 weeks) they must be covered by tape or plasters. If your child is unable to take earrings out independently, please remove them at home before school on PE days.

## Reading Book Amnesty

We are holding a reading book amnesty in school over the next 3 weeks ahead of the end of term. If you have any Chesswood reading books at home or at the bottom of a school bag that your child is no longer reading, please can these be returned to your child's class teacher as soon as possible. These can usually be identified by having a white label on the spine of the book which contains a reading level and points. They may also have a white label stating 'Reading for All Mr Gilbert'.

Why is this important?

As you will be aware, we use Accelerated Reader to help support and monitor reading within school – this is particularly useful in identifying books which are the right level of challenge for each child, through their zpd. For children in Years 3 and 4, these are typically between 0.5 and 4.0. We are finding a significant number of children in both year groups need to access books levelled between 0.5 and 2.5. We have made sizeable investment in books of these levels, however, are finding that these books are not routinely being returned to trays in school once they have been issued to or selected by children, meaning they aren't available to support children as hoped. Whilst we will continue to work on systems within school and support children in learning to and remembering to return these, we are asking if you could please carefully check at home in case any additional books can be returned.

# Important

## 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:

## 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.

# School Competition

To celebrate National Coding Week at Chesswood, we are running a 'make your own computer game' competition! The best entry from each year group will receive a prize to help them develop their coding skills.

All entries must be in by Friday 20<sup>th</sup> October.

Please use the below websites to start building your games:

[Microsoft MakeCode Arcade](#)

[Scratch - Imagine, Program, Share \(mit.edu\)](#)

[Kodu Game Lab | KoduGameLab](#)

Please send all entries to Mr Barnard and Sam Masters:

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

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

You may also enjoy visiting these websites to continue having more fun with coding!

Learn - <https://hourofcode.com/uk/learn>

Learn today, build a brighter tomorrow -  
<https://code.org/>

<https://www.barclayscodeplayground.co.uk/>

<https://codingweek.org/>

Computer Coding for Kids: A unique step-by-step visual guide, from binary code to building games : Vorderman, Carol:  
Amazon.co.uk: Books






# Important Year 6 Transition Information

## To all year 6 parents

Please note that you have all been sent an email this week regarding the process around the Secondary Transfer process. Please note that the closing date for all applications is **Tuesday 31st October 2023**. Any applications received after this date will be counted as late applications.

Please refer to recent information sent out via Bromcom for further information.

**Education and Skills: Children, Young People and Learning**

<p>Pupil Admissions Team Durrington Bridge House, Floor 3 Barrington Road Worthing West Sussex BN12 4SE</p> <p>admissions.south@westsussex.gov.uk www.westsussex.gov.uk/admissions</p>	<p>Pupil Admissions Team County Hall North Chart Way Horsham West Sussex RH12 1XB</p> <p>admissions.north@westsussex.gov.uk Tel: 03330 142 903</p>	
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September 2023

**To the Parents of:  
All Year 6 Pupils  
in West Sussex schools**

Dear Parent

### Transfer to Secondary School – September 2024

You have been sent this letter because your child needs to change school at the end of this academic year and it contains information about applying for a **secondary** school place for September 2024.

*If your child has an Education Health Care Plan, or you are resident outside West Sussex, different arrangements apply. Please see overleaf.*

This letter contains important information about applying online and the benefits of doing so. We strongly recommend that you keep the letter safe until after you have received confirmation of your child's school place for September 2024. We have also enclosed with this letter a checklist of actions parents need to consider before submitting your preferences, we hope you find it useful. To check the catchment school for your address please go to [www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions).

### Apply online from Monday 4 September 2023

It is easy and safe to apply for a **secondary** school place online by logging on to [www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions). Please read the relevant pages on the website before you begin your application. Please be aware that the email address that you provide will be shared with the allocated and preference schools, as parents and schools increasingly communicate electronically.

If you do not have access to the internet, either at home or at work, free internet access to make school applications is available at all West Sussex libraries and Children and Family Centres.

### Preparing to make an online application

To make an application using the online system you will need an email address, and to create a password if you do not already have an account on parent portal.

The username will be your email address.

The password must adhere to the following rules, it must be:

- At least 8 characters long

- At least one character UPPERCASE
- At least one character lowercase
- At least one special character (i.e. \* ! \$ not a number or letter)
- At least one number

**The deadline for receipt of all applications is Tuesday 31 October 2023.**

If you have to apply using a paper form, please telephone 03330 142 903 to request one. It is your responsibility to ensure the form is received by your local primary school or the Pupil Admissions Team by 31<sup>st</sup> October 2023. If sending to the Pupil Admissions Team, the application should be sent using recorded delivery. Parents should note that schools are closed for half term between 23<sup>rd</sup> and 27<sup>th</sup> October and will be unable to take receipt of forms during this period. You may also wish to check if your local school will be closed for an INSET day before or after half term. Any application received after the deadline will be considered as out of time or late and will not be processed until after all on time applications. The Pupil Admissions Team will not acknowledge receipt of paper forms and you must ensure you provide a valid e-mail address with your application to receive the outcome of your school offer.


You can express up to three preferences for secondary schools. All your preferences will be considered against the oversubscription criteria of your preferred schools. If your child can be offered a place at more than one school listed on the application, they will be offered a place at the higher listed school. Please do not put down the same preference more than once as your child can only be ranked once for each preferred school. Please do not include independent schools, schools where you do not want a place for your child or Elective Home Education as preferences.

- **Children with Education Health Care Plans:** parents should already have been contacted by the Special Educational Needs Assessment Team (SENAT). If you have not, please contact them using the details shown on our website or call the telephone number above.
- **Children resident outside West Sussex:** parents are required to complete a transfer application through the local authority responsible for their address, even if the preference is for a school in another local authority's area. If you have any questions, please contact your local authority, or visit their website for information on how to apply.

**If you wish your child to be considered for a place at their catchment school, you must include this as one of your three preferences.**

We look forward to receiving your online application before the **national closing date of Tuesday 31 October 2023**. The national allocation date is Friday 01 March 2024 and parents who provide a valid e-mail address with their application will be sent an email advising of the school offered to their child on this day.

Yours sincerely



Natalie Bailey  
Pupil Admissions Manager (South)



Linda Bubb  
Pupil Admissions Manager (North)

Apply online at:  
westsussex.gov.uk/admissions



# Is your child due to transfer to secondary school in September 2024?

## Apply online!

It's simple, convenient and time-saving. If your application is received after the deadline, your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from **Monday 4 September 2023**. If you would like further advice or information, phone: 03330 142 903.

**Deadline: Tuesday 31 October 2023**

Free Internet access to apply online is available at all West Sussex libraries.



WS110A/07/23

## West Sussex SENDIAS Service

Is your child starting primary school or transferring to junior or secondary school in September 2024?

Do you think, for  
• whatever reason, you  
• may struggle with the  
• Admissions process?

### Secondary School

Online applications open:

Monday 04 September 2023.

Deadline for applying for a secondary school place for your child is: Tuesday 31 October 2023.

### Primary School (inc. infant/junior)

Online applications open:

Monday 02 October 2023.

Deadline for applying for a school place for your child is:

Monday 15 January 2024.

For more information on the admissions process: [www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions)

If so, the West Sussex SENDIAS Service can:

- explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

Please contact the SENDIAS Service:

Helpline: 0330 222 8555

Email: [send.ias@westsussex.gov.uk](mailto:send.ias@westsussex.gov.uk)

[www.westsussexsendias.org](http://www.westsussexsendias.org)



## Admissions – key dates

### Monday 4 September 2023

Information on how to apply online will be sent to all parents of children living in West Sussex whose child attends a West Sussex state-funded school.

Online applications open. You must provide an email address to apply.

Schools will have their prospectuses available and will have arranged open events.

### Tuesday 31 October 2023

National closing date for secondary transfer applications.

You must submit your completed application by this date. Failure to do so will affect the priority attached to your application.

### Friday 1 March 2024

Applicants will be notified which school their child is offered by e-mail, where an e-mail address is supplied.

Apply online at:

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

## Making an online application

To make an application using the online system you will need:

- an email address; and
- create an account on Parent Portal if you do not already have an account.

Your Username will be your email address.

Your password must adhere to the following rules. It must:

- be at least 8 characters long;
- have at least one character that is UPPERCASE;
- have at least one character that is lowercase;
- have at least one special character (such as: \* ! \$); and
- have at least one number.

To apply for a school place please visit [westsussex.gov.uk/admissions](http://westsussex.gov.uk/admissions) or call 03330 142 903.

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



## Transferring to Secondary School

**Deadline:**  
**Tuesday 31 October 2023**



Stay in touch

- West Sussex Matters
- @WSCCNews
- wscvvideo



WS110A/07/2023

# Upcoming Trips and Events

**Year 5 Pop-Up Planetarium visit – on Tuesday 17<sup>th</sup> October 2023** we will have the Pop-Up Planetarium in school. Please see the letter below for more information.

**Year 4 Weald & Downland trip – Year 4 will be going to the Weald & Downland Open Air Museum. Tuesday 17<sup>th</sup> October 2023 – 4LB and 4CH and Friday 20<sup>th</sup> October 2023 – 4UO and 4PB**



WEST SUSSEX COUNTY COUNCIL  
**CHESSWOOD JUNIOR SCHOOL**  
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



September 2023

Dear Parents

**Year 4 – Weald & Downland Museum trip - October 2023**

As part of our History topic of 'Were the Dark Ages Dark?', we intend to take Y4 pupils to the Weald and Downland Museum in order to study how people lived in Anglo-Saxon times. During the visit children will attend two workshops:

At Home with the Anglo Saxons  
Anglo Saxons artefacts

We will be leaving Chesswood at 9am and returning at approximately 3.30pm/3.45pm. The trip will take place over two days:

**Tuesday 17<sup>th</sup> October 2023 – 4LB and 4CH**  
**Friday 20<sup>th</sup> October 2023 – 4UO and 4PB**

The children will need to wear old clothes for the visit and depending on the weather, they may require waterproof clothing. The children will need to wear comfortable shoes or trainers for walking on uneven ground. They will need to bring a packed lunch and a drink in a carton or bottle; no glass please for the trip. No spending money will be needed for this visit.

The cost of the visit to the school is **£23.00** per pupil. We are asking parents/carers to make a voluntary contribution of £23.00 to cover our expenses and ensure that the trip can proceed. If you are not able to provide the donation of the full amount please contact our Finance Team on [finance@chesswood.w-sussex.sch.uk](mailto:finance@chesswood.w-sussex.sch.uk) to give consent for your child to attend the trip.

Payment may be made online via MyChildAtSchool or by cash or cheque. If paying by cash or cheque please complete and return the attached slip with your payment to the school office.

Consent **MUST** be received for your child to take part in the trip – either through MCAS or the attached reply slip.

We also need parent helpers on this trip – if you are able to help please let your child's class teacher know. Please note, you may be allocated to your child's class but not directly to their group on the day.

If your child suffers from travel sickness, please would you give them medication before they come to school.

Yours sincerely,

Chris Yelling  
Assistant Head

**DREAM – ASPIRE - ACHIEVE**



WEST SUSSEX COUNTY COUNCIL  
**CHESSWOOD JUNIOR SCHOOL**  
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



July 2023

Dear Parent

**Year 5 Pop-Up Planetarium visit – 17<sup>th</sup> October 2023**



clear, fun and inspiring for all.

This visit will take place on **Tuesday 17<sup>th</sup> October 2023**.

The cost of the visit is **£5.00** per pupil. We are asking parents/carers to make a voluntary contribution of £5.00 to cover our expenses and ensure that the visit can proceed. If you are not able to provide the donation of the full amount please contact our Finance Administrator, Hannah Carter on [finance@chesswood.w-sussex.sch.uk](mailto:finance@chesswood.w-sussex.sch.uk).

Payment may be made from the **Tuesday 5<sup>th</sup> September 2023** online via MyChildAtSchool or by cash or cheque. If paying by cash or cheque, please complete the attached slip and return it with your payment to the school office. **If paying online you do not need to return the form.** Please ensure all payments reach us by **Friday 15<sup>th</sup> September 2023**.

Yours sincerely

Chesswood Year 5 Team

In order to enhance our "To the Stars" topic, Year 5 pupils will have the opportunity to visit a pop-up planetarium. It will be erected in the school hall for the day and classes will view the presentations and be able to discuss and ask questions about the information on show.

The inflatable dome runs state-of-the-art professional planetarium software delivering bespoke sky tours and short films about the formation of the universe and space exploration tailored to meet the year 5 learning outcomes. The presenters are professional and aim to make science

**DREAM – ASPIRE - ACHIEVE**

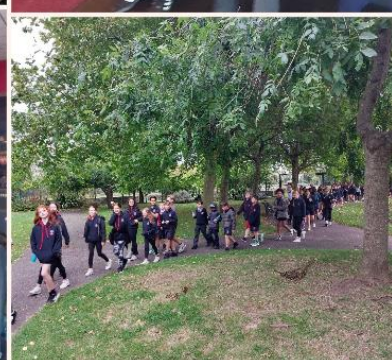


# *This week at Chesswood*





# *This week at Chesswood*





# *EAL Lunch Club*



# Sports News

## Girls Football Festival

First festival of the year was for our upper school girls who took part in an event at St Andrews High School.

The team played 6 games, winning a one, drawing a couple but generally playing well and most importantly enjoying themselves.

Lailah was voted player of the tournament from her teammates for her excellent performance in goal.

**Team:** Lailah, Erika, Scarlett, Laura, Georgia, Rebeka, Poppy and Angeline



## Y5/6 Football festival!

16 teams took part in this festival at Thomas A Becket on Wednesday afternoon. We had 2 teams involved both played very well.

The Red team managed more wins than losses in their series of games and scored quite a few goals, the Blue team had a win and a couple of draws in their games. Goalkeepers on both teams (Freddie, Reuben and Spencer) pulled off strings of excellent saves.

Again players had to vote for their players of the tournament and Thomas (Red) and Dieter (Blue) who got the most votes on their respective teams.

**Red Team:** Victor, Freddie L-S, Dylan, Thomas, Jack, Matias, Freddie C, Yahia.

**Blue Team:** Rocco, Poppy, Spencer, George, Jack, Eli, Frankie, Dieter, Reuben.





## *Sports News/Upcoming Events*

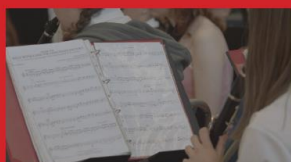
- Tuesday 3<sup>rd</sup> October – Y5/6 Netball Match play festival – Worthing College
- Thursday 5<sup>th</sup> – Y5/6 4-a-side Basketball Qualifier – Angmering School
- Thursday 12<sup>th</sup> – Y3/4 Netball Skills Workshop – Worthing College
- Saturday 14<sup>th</sup> – Cross Country Championships – invite letters sent out

## *Out of School Achievements*

Congratulations to Eva P and Ava H on their achievements out of school recently. Eva passed her ballet exam and Ava gained her Level 2 gymnastics proficiency award!



# Music











**Join us for an evenings rehearsal!**

Tuesday 26th September

We are a concert band for young people in the Worthing area, rehearsing every Tuesday evening.

A great way to develop your musical skills and make friends, the band is open to all levels. Pop in, say hello and join us for a listen or a play!

## List of music and instrumental teachers

 <p><b>Claire Cossins</b> Specialist Music Curriculum Teacher and Co-ordinator Leads all choirs and music extra-curricular activity including the Performing Arts ccossins@chesswood.worcsch.uk</p>	 <p><b>Paul Whiteside</b>  Drum teacher E-mail: <a href="mailto:Pwhiteside9@msn.com">Pwhiteside9@msn.com</a></p>
 <p><b>Joy White</b>  Brass teacher E-mail: <a href="mailto:joywhitebrass@gmail.com">joywhitebrass@gmail.com</a> Phone: 07522 275221</p>	 <p><b>Erin Harte-Sloyall</b>  Violin and strings teacher E-mail: <a href="mailto:Erinhartesloyall@yahoo.com">Erinhartesloyall@yahoo.com</a></p>
 <p><b>Rocksteady Music School</b> Learn to play an instrument in a rock band. Choose from electric guitar, bass guitar, keyboards, drums and vocals. For more details contact: info@rocksteadymusicschool.com Phone: 0330 113 0330</p>	 <p><b>Anne Whiteside</b>  Keyboard, piano and flute teacher E-mail: <a href="mailto:Annewhiteside@hotmail.com">Annewhiteside@hotmail.com</a> Phone: 07853855154</p>
 <p><b>Peter Marchant</b>  Guitar teacher (Acoustic, Electric and Ukulele) E-mail: <a href="mailto:petermarchant19@hotmail.co.uk">petermarchant19@hotmail.co.uk</a> Phone: 07876597559</p>	 <p><b>Charley Bolton</b>  Singing Teacher E-mail: <a href="mailto:Charlotte.bolton@live.co.uk">Charlotte.bolton@live.co.uk</a> Phone: 07768 277116 <a href="#">Sign Up Here!</a></p>

# Friends of Chesswood PTA

Friends of Chesswood PTA

## SAVE THE DATE

*6th October.  
Staff Room after drop off*

Annual General Meeting

Come meet the team, hear our plans for this year and get involved.....or have a cuppa, biscuit and say Hi!

EVERYBODY WELCOME!



# Opportunity for parents and carers



## Opportunity for parents and carers



### Parenting your child in anxious times – a five-week course for parents and carers of primary children.

Dear parent/carer,

We are contacting you from Thought-Full, the West Sussex Mental Health Support Team in Schools, to offer you the opportunity to attend our parent support group focussing on supporting children with fears and worries.

The sessions are suitable for any parents who would like some guidance and ideas about how best to support their child's emotional wellbeing but would be particularly suitable for those whose children experience fears and worries.

The five sessions will take place at school and will be led by mental health professionals who are experienced in supporting children and families with emotional wellbeing and mental health.

Thursday 22<sup>nd</sup> February @ 9am

Thursday 29<sup>th</sup> February @ 9am

Thursday 7<sup>th</sup> March @ 9am

Thursday 14<sup>th</sup> March @ 9am

Thursday 21<sup>st</sup> March @ 9am

The five sessions will consist of:

1. Understanding anxiety - an introduction to the biological function of anxiety.
2. Supporting your child with anxiety and worries: 1 – this session explores what keeps anxiety going and the strategies you can use to support your child.
3. Supporting your child with anxiety and worries: 2 – further discussion of approaches to support an anxious child including our use of language and the PACE approach (playfulness, acceptance, curiosity and empathy).
4. An introduction to emotion coaching – a step by step approach to helping your child to learn about emotions and how to deal with them.
5. Encouraging resilience – exploring how we can support anxious children to build their resilience and grow into adults who can cope with life's ups and downs.

The sessions will be informal with plenty of opportunity for discussion, asking questions, and sharing your ideas and experiences with other parents. There may be different strategies you would like to try out at home after the sessions, but there is no set homework and we would just ask that parents and carers come with an open mind and a willingness to look at things from new perspectives.

If you would be interested in attending the course, please contact Sally Harvey for details of how to secure your place.

sharvey@chesswood.w-sussex.sch.uk

Best wishes,

Lorraine Osmend – Mental Health Advisory Teacher.

#### What do other parents say about the course?

"That it really opens your eyes to what can cause it and the things that surround anxiety."

"Attend! It was so useful & informative."

"Informative and learnt a lot about how to use various techniques to help children"

"Open, honest, straightforward communication. Good practical advice – friendly, knowledgeable trainers."

"Very worthwhile"

# Easyfundraising and Tax-Free Childcare Information

A **MASSIVE THANK YOU** to Mariana Redpath who has successfully faced her extreme fear of heights and bungee jumped at Brighton Marina in a fundraising challenge, to raise money for children with additional needs at Chesswood.

She has raised an incredible £2500 for the school.



Donations:		Supporters:	
£0.00	£629.25	0	53
Raised this month	Raised in total	New Supporters this month	Total Supporters

**THE BIG September**  
Sign-up  
**WIN £500!**  
Plus, earn **DOUBLE** entries when you use your QR code

Not only is September the perfect time to sign up new supporters ready for the busiest shopping period, but in our new Big September Sign-up giveaway, you'll also get an entry to **WIN one of four £500 donation prizes\*** when you do.

Plus, get **DOUBLE** entries for Friends of Chesswood School when supporters scan and sign up using your [new cause page QR code!](#)

[Enter today](#)

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**Also this week...**

To enter our Fashion Giveaway, visit our [competition page](#) and click through to any selected brand for your chance to win a donation prize\*\*. Encourage your supporters to enter too using your new toolkit!

[Visit toolkit](#)

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**Share to invite supporters and enter the Big September Sign-up!**

Support Friends of Chesswood School on easyfundraising and we could WIN a £500 donation prize!

[Sign up today](#)

**BIG September** Join before the end of the month to give us a **FREE** entry into the giveaway.

[Facebook](#)
[Twitter](#)
[Whatsapp](#)

Copy, paste and share

## Promoting Tax Free Childcare to parents

Tax-Free Childcare (TFC) is a childcare top-up for working parents. It can be used to help pay for accredited holiday clubs, childminders, or sports activities. This enables parents and carers to access childcare during the school holidays, also saving them money. It is estimated that there are 1.3 million working families who are eligible for TFC in the UK however only a small percentage are making use of the scheme. Around 75% of families are losing out on this support.

TFC is available for children aged up to 11, or 17 if the child has a disability. You can signpost families to Childcare Choices so they can see if they are eligible. You can find out more about the scheme by visiting [www.gov.uk/tax-free-childcare](http://www.gov.uk/tax-free-childcare).

Many parents don't realise that TFC can be saved up on their accounts. Even if childcare is not required throughout the school terms, there is still the option to save up funds which could be used for holiday clubs or out of school care. As the new term commences, it is a good opportunity to remind families of these schemes so they can plan for the upcoming half terms and holidays.

Please check out Childcare Choices and their catalogue of [guidance and promotional resources](#), so that you can display in your school to promote this scheme.

Useful links and additional information:

- [Tax Free Childcare can help towards the cost of children's summer holiday activities | GOV.UK](#)
- [Childcare Choices | 30 Hours Free Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#)
- [Get Tax-Free Childcare: step by step - GOV.UK](#)
- [www.westsussex.gov.uk/FIS](http://www.westsussex.gov.uk/FIS) - to help parents search for childcare.



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



**HEALTHY SCHOOLS**  
CAMBRIDGESHIRE  
& PETERBOROUGH

**The National College**

Source: <https://www.bbc.com/health/ash-2023-01>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.06.2023



# *Early Help and Thought-Full*

## *Introduction*



We all know life has its ups and downs and isn't always easy, at times being a parent can be challenging, trying to help and understand our children can be difficult and confusing. Early help recognises the important role schools play in supporting families and each school has a link worker to help provide support and advice for children and families when needed. By working together, we are stronger and often there is a lot of support in the community which people may not be aware of. In my role I can offer help with a whole array of worries and difficulties which you may have for yourself, child or for your family and can help connect you to the right support at the right time. This maybe through direct work with me or by offering guidance, Information, advice, signposting and crisis support. Areas of support we cover are - Anxiety around school, feelings and emotions, mental health, SEN and support with ASD. Parenting support with - finances – cost of living crisis, routines and boundaries, behaviour, anger, attachment as well as being able to offer short intervention work with children, young people and parent/carers.

Please contact the pastoral team in your school if you would like to contact me or come along for a chat at my next drop-in at Chesswood on November 8<sup>th</sup> at 2:15pm-3:00pm.

Hello, I'm Agnes – I am one of the Education Mental Health Practitioners (EMHP) with Thought-full (Mental health Support Teams in schools). I will be based at Chesswood every Wednesday. Our service offers 6-10 1-hour one to one sessions, where we support young people with mild to moderate wellbeing/mental health difficulties. Typically, I will be able to deliver one to one sessions with a maximum of three children over a 6-10 week period.



The Team are aware of the waitlist currently at the school, and hopefully either myself or another EMHP will be contacting parents of children who are waiting for support soon.

# Early Help and Thought-Full

## Introduction



Hi, I'm Jo Kambalami. I've been working in school on Mondays since January. My job title is 'Trainee Education Mental Health Practitioner' with the Thought-Full Team, the Mental Health Support Team for West

Sussex.

It's normal for children to feel a level of anxiety and overcome different fears at different ages. Sometimes, though, they can get stuck in a pattern of avoiding their fears and/or their anxious feelings impact on their everyday life. In this case, many children can be helped by weekly interventions based on Cognitive Behaviour Therapy (CBT). It's been developed for mild to moderate mental health difficulties, which includes anxiety and low mood. If CBT isn't appropriate for your child, our Team can advise on better alternatives. You can find more information on our Thought-Full website and on our Youtube channel.



### Information-Participation-Support-Training

The West Sussex Parent Carer Forum (WSPCF) is a charity for parent carers of children and young people with special educational needs and/or disabilities (SEND).

We support parent carers by providing information, support and training that equips them in their lifelong caring role and empowers them to participate in shaping services for their child or young person.

Become a West Sussex Parent Carer Forum member, it's FREE!

Only our members can access our popular events. By signing up you will automatically receive booking forms for events as soon as they are released. You will also receive key updates/information, important surveys and our regular newsletter.

Becoming a member is easy, simply click on the blue 'sign-up' button at the top of our website and complete the short form. You can unsubscribe at any time.



Phone 07341 183449



Email [office@wspcf.org.uk](mailto:office@wspcf.org.uk)



Facebook [www.facebook.com/WestSussexParentCarerForum](https://www.facebook.com/WestSussexParentCarerForum)



[www.wspcf.org.uk](http://www.wspcf.org.uk)

Charity No. 1156360



## Autism and Social Communication Advisory Team

### Exploring Autism for Parents and Carers

**A new and updated programme  
offering up to date thinking and links  
to research-based evidence for parent  
carers of autistic children  
and young people.**



**Sessions to explore Autism and strategies to support  
acceptance, empowerment, and relationships in family  
life.**

**Are you a parent/carer of a child or young person, aged 8-16  
years, who is autistic or on the social communication  
pathway and have not attended this course before?**

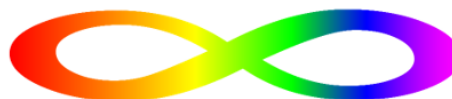
This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme is free of charge to families of children in West Sussex maintained schools and academies, at this time.

#### Course aims:

- to give a broad and balanced and positive view of how autism and social communication difficulties may impact on the child/young person's life and that of the family
- to explore key practical strategies that can support autistic children
- to provide a forum for families to share their experiences and expertise together

#### Course outline:

The six recorded sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. There will be opportunities to participate in discussions and ask questions in group sessions on a weekly basis, that will be delivered via an online platform. We ask that parents attend each of these weekly online discussion groups.



~~In order for~~ participants to fully benefit from this course we ask that they attend **all** sessions.

#### Topics covered by session:

##### Session 1: Autism Acceptance

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families.

##### Session 2: Communication

Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person.

##### Session 3: Sensory Needs

Consider how sensory information and experiences may be processed differently by those who are autistic, share strategies to help with sensory differences.

##### Session 4: Anxiety

Improve understanding of the signs of distress that autistic young people may display and consider approaches to support self-regulation.

##### Session 5: Social Thinking and Masking

Explore the differences autistic young people may have with socialising and developing relationships. Look at ways to develop social thinking, explore the idea and impact of masking.

##### Session 6: Adolescence and Independence

Consider ways to encourage independence and manage adolescence challenges including puberty, sensory impact and social differences.

#### Dates: TBC

The programme is delivered over six weeks. The six recorded sessions can be watched during the week when convenient; each session is followed by a one-hour online Q&A and discussion group.

For further details please contact:

**Email:** carina.reid@westsussex.gov.uk

**Tel:** 0330 222 7125

**Please note there are a limited number of places on this course.**



# Young Carers

A Young Carer is a young person under the age of 18 whose life is **affected** by the care needs of another person, who may have any disability or long-term illness. This could be anybody with a physical or learning disability, mental health problem, someone who misuses drugs or alcohol, or is elderly and frail.

The person they care for is usually someone they live with and could be a parent, sibling, grandparent or other relative.

If you think that your child could be considered a Young Carer please contact by email [pastoral@chesswood.w-sussex.sch.uk](mailto:pastoral@chesswood.w-sussex.sch.uk) or call 01903 204141 and ask for the pastoral team.



Sharon Main is the key contact for Young Carers at Chesswood.

**WEST SUSSEX  
YOUNG  
CARERS**

**LOADS OF YOUNG PEOPLE LIVE IN  
FAMILIES WHERE SOMEONE IS DISABLED  
OR HAS A LONG-TERM ILLNESS**

**Did you know there is a team dedicated to  
Supporting YOUNG CARERS?**

**To find out more call 01903 270300**  
**Email [youngcarers@westsussex.gcsx.gov.uk](mailto:youngcarers@westsussex.gcsx.gov.uk)**  
**Web [www.westsussex.gov.uk/youngcarers](http://www.westsussex.gov.uk/youngcarers)**

west  
sussex  
county  
council

**Young Carers**

**Does your child or a child you know help  
to look after a relative with a disability,  
special needs, illness, mental health  
condition, or drug or alcohol problem?**

Young carers may undertake all sorts of help, support and care activities beyond normal expectations of a child in the same age group i.e. beyond keeping the bed room tidy and helping with some household chores.

Examples of help, support and care activities

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

If you think your child could reasonably be considered a young carer please contact us by email [pastoral@chesswood.w-sussex.sch.uk](mailto:pastoral@chesswood.w-sussex.sch.uk)

No access to email? Please call 01903 204141 and ask for a member of the pastoral team

**Our pastoral team will be able to help secure access  
support for Young Carers**

**Further Information:**  
 Visit our Young Carers information page  
**HOME > PASTORAL > CHILD AND FAMILY SUPPORT >  
YOUNG CARERS**

<https://www.chesswood.w-sussex.sch.uk/page/?title=Young+Carers&pid=1651&action=saved>

**Dream Aspire Achieve**

# *Young Carers*

## What help is available?

Help and support is provided by our Young Carers Family Service. They may provide:

- a whole family assessment, looking at the strengths, challenges and areas for support for each person in your family
- activities during school holidays for 8-11 year olds
- a weekly Young Carers' group during school term for 11-16 year olds, held in: Crawley, Worthing, Bognor Regis and Chichester
- a place at the annual Young Carers Festival for 14-16 year olds
- someone to talk to about your caring role
- support to talk to key people at school and maybe to your friends
- help to understand the illness or disability which the person you are helping to look after may have
- a volunteer mentor to spend time with you once a week for up to 6 months who can set personal goals and provide encouragement and motivation.



# 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)**



# Upcoming School Open Days



St Andrew's CE High School  
Sackville Road, Worthing BN14 8BG T: 01903 820676  
office@sta-worthing.com www.sta-worthing.com  
@sta\_worthing



Friday 14<sup>th</sup> July 2023

RE: Autumn Open Events – St Andrew's CE High School

Dear parent/carer,

It has been a pleasure to meet many families at our summer open mornings, allowing the young people to explore lessons and get a feel for our school community.

We have now opened bookings for our Autumn Open Events, and would very much like to invite you to book on to one or more of the following. Spaces on tours and open morning events are limited, so please book early to avoid disappointment.

Open Evening, Headteacher's presentation – [click here to book a space](#)

Our official open evening is on Tuesday 19<sup>th</sup> September, 4.30pm to 7pm. You are welcome to attend without booking, but to allow us to manage logistics would ask families to indicate which of the two headteacher's presentations they will be attending. Presentation 1 will be at 5pm, and presentation 2 will be at approximately 6pm. They will be approximately 30 minutes in length.

Open Mornings – [click here to book a space](#)

These events are 2 hours in length, from 9am to 11am, and include a student led tour, a lesson taster for your child and a presentation from the Headteacher. There is an opportunity following the presentation to meet the leadership team and ask any questions that weren't covered by the students in the tour. This is an excellent way to truly get to know our community. These mornings will only run on October 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> and be limited in the number of spaces. Please book early to avoid disappointment.

Morning or Afternoon tours: [Click here](#) to book a morning tour. [Click here](#) to book an afternoon tour

These events are 1 hour in length and include a group tour led by a member of leadership. You will see lessons in action and have the opportunity to ask questions as you tour. These tours will run Monday to Friday on the week beginning September 25<sup>th</sup> at 9am and again at 3.30pm. Morning tours will also run on the week beginning October 9<sup>th</sup>.

SEND tours

Due to the personal nature of each young person's SEND, these tours are booked individually with our SENDCO. Please email [SEND@sta-worthing.com](mailto:SEND@sta-worthing.com) to arrange a tour.

We hope to meet you soon at one of our events – but please do get in touch should you have any questions in the meantime.

Yours sincerely,

Mia Lowney  
Headteacher



Respect • Responsibility • Integrity



Dear Parents and Carers

We are excited to invite you to our school Open Event on Saturday 23 September 2023 from 9am to 1pm, last entry at 12.30pm.

As you will note, following excellent feedback last year, we have taken the decision to hold this event on a Saturday.

Worthing High is a very popular, successful and oversubscribed school. The school is founded on strong Core values: Integrity, Community, Excellence, Respect and Resilience. All students in our school community have the right to learn and thrive in an environment, which is calm, safe and secure. This ensures that all students reach their full potential.

The programme outlining events and performances will be shared with you on arrival. Student guides will direct you to your points of interest.

Due to the high demand there will be three opportunities to observe the Executive Headteacher and Head of School's presentation, they will be at 9.30am, 10.30am and 11.30am in the Millennium Hall this will also be an opportunity to hear from the student leadership team and some of our current year 7 students. Links are below to book your place for one of the three sessions. **Bookings are now open**

Headteacher's presentation 9.30am: [Headteachers Presentation 09:30am](#)

Headteacher's presentation 10.30am: [Headteachers Presentation 10:30am](#)

Headteacher's presentation 11.30am: [Headteachers Presentation 11:30am](#)

Entrance for our Open morning is via our Main entrance in South Farm Road from 9am. The last admittance to the school will be at 12.30pm.

You are also more than welcome to visit the school to see the students and staff at work during a normal school day. Our 2023 Open Mornings will be held on five occasions and we strongly urge early booking as we have limited spaces available. Tours will commence at 09.15 am as follows: - Monday 25<sup>th</sup> September, Tuesday 26<sup>th</sup> September, Wednesday 27<sup>th</sup>, Thursday 28<sup>th</sup> and Friday 29<sup>th</sup> September 2023.

To attend you will need to book on Eventbrite, links below. **Bookings are now open**

Monday 25<sup>th</sup> September: [Monday 25th September 2023](#)

Tuesday 26<sup>th</sup> September: [Tuesday 26th September 2023](#)

Wednesday 27<sup>th</sup> September: [Wednesday 27th September 2023](#)

Thursday 28<sup>th</sup> September: [Thursday 28th September 2023](#)

Friday 29<sup>th</sup> September: [Friday 29th September 2023](#)

On behalf of myself and the students and staff at Worthing High School, we very much look forward to meeting you.

Yours sincerely

Pen Panayiotou  
Executive Headteacher Worthing High School  
CEO South Downs Education Trust

NB: Please let us know if you have any special access requirements, which may affect your movement around the school. We will endeavour to make access arrangements for you to enjoy as much of the school as possible.

## Lyndhurst Infant School



Open Day & Evening Sessions for  
Parents/Carers of Children starting school  
in September 2024

Thursday 5<sup>th</sup> October at 4:30pm

Wednesday 11<sup>th</sup> October at 4:30pm

Thursday 2<sup>nd</sup> November at 9:30am & 11:00am

Tuesday 7<sup>th</sup> November at 9:30am & 11:00am

Tuesday 21<sup>st</sup> November at 9:30am & 11:00am

Please be aware that Lyndhurst Infant and Chesswood Junior schools are merging at the end of this academic year. The initial tours will be held at Lyndhurst with a follow-up tour of Chesswood Junior School (the site of the "new" primary school) being held at a later date in December. You will be able to sign-up to these sessions at your visits to Lyndhurst.

Places at each session are limited, so please only book 1 session. Please contact the school office if you would like to book onto one of these sessions:

Tel: 01903 235390

Email: [office@lyndhurst-school.co.uk](mailto:office@lyndhurst-school.co.uk)

Open evenings will also involve a tour of the school, but there will be no children 'at work'. The tour will be divided into two groups, one led by the Head Teacher and one by the Deputy Head Teacher.

**\*\* These are information sessions for parents/carers only. \*\***  
**\*\* Please book a session at a time that you can attend without children. \*\***



# Local Community Support Information

## Community Food Hubs

West Sussex County Council is working in partnership with Biffa and UKHarvest, a food rescue charity, to reduce food waste and provide access to affordable food using rescued produce.

### How it works?

The Community Food Hubs are open to everyone and are designed to reduce food waste. Simply bring a shopping bag and fill it from a selection of mixed groceries for a suggested donation of £3.50.

Our friendly volunteers will be on hand to help you make the most of your weekly shop by sharing recipes, healthy options, and tips to reduce your household food waste.



## Dates and Location

**Sidney Walter Centre**  
Sussex Road, Worthing, BN11 1DS

10 – 11 am

### Dates:

**2023**  
Thursday 25th May  
Thursday 22nd June  
Thursday 20th July  
Thursday 31st August  
Thursday 28th September  
Thursday 26th October  
Thursday 23rd November  
Thursday 21st December  
**2024**  
Thursday 25th January  
Thursday 29th February  
Thursday 28th March  
Thursday 25th April

\*Confirmed to run until April 2024

For more information please visit:  
[westsussex.gov.uk/ukharvest](https://westsussex.gov.uk/ukharvest) or [ukharvest.org.uk/community](https://ukharvest.org.uk/community)



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For more information please visit:  
[westsussex.gov.uk/ukharvest](https://westsussex.gov.uk/ukharvest) or  
[ukharvest.org.uk/community](https://ukharvest.org.uk/community)



**Sidney Walter Centre**  
Sussex Road, Worthing, BN11 1DS

10 – 11 am

### Dates:

**2023**  
Thursday 25th May  
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Thursday 21st December  
**2024**  
Thursday 25th January  
Thursday 29th February  
Thursday 28th March  
Thursday 25th April

\*Confirmed to run until April 2024



## time out FOSTERING

Putting the heart into Fostering



Do something incredible.  
Join us and change a child's life  
Take the first step today, call  
**01903 259900**



Time out Fostering is committed  
to safeguarding young people

[www.timeoutfostering.co.uk](http://www.timeoutfostering.co.uk)

## Early Help Service

Every Thursday

2pm – 4pm

Find us in Worthing Library Hub Meeting  
Room 1

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

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

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



## Volunteer with us

'I enjoy it so much. The girls are lovely  
and I feel I'm doing something worthwhile.  
It's amazing!' (Tayba, Leader)



Do something amazing - help  
us give girls in your local  
community more opportunities  
for fun, friendship, challenge  
and adventure.

Come and join the adventure!

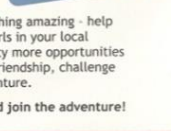
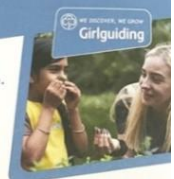
## Be part of it

For more information please contact  
[girlguidingworthing@gmail.com](mailto:girlguidingworthing@gmail.com)

Girlguiding is the leading charity for girls  
and young women in the UK. You can help  
us create amazing opportunities for girls  
in your local area. Our volunteers run  
projects, events and activities that give  
girls the chance to discover their potential  
and learn new skills that set them up for life.

There are lots of ways you can volunteer with  
Girlguiding - it's flexible and can fit around busy  
lifestyles. You can even learn new skills and receive  
training while making a real difference.

Be part of it at [www.girlguiding.org.uk/interested](http://www.girlguiding.org.uk/interested),  
or call 0800 169 5901.



Sometimes, talking to people who share similar  
experiences to yours means you're more likely to  
feel understood and get the support you need.

Autism Central is here to help!

Sometimes, talking to people who share similar experiences to  
yours means you're more likely to feel understood and get the  
support you need.  
Autism Central is here to help!

The Autism Central Peer Education programme is for parents,  
carers and personal assistants of autistic people.

Support is provided by parents and carers of autistic people who  
are happy to share their knowledge and experience with others.

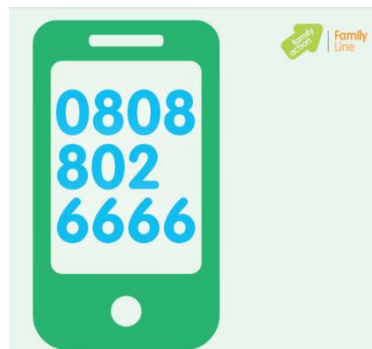
- We are here to listen, offer guidance and tell you about services  
that are available in your local area
- Navigate you to services that can make a difference and  
empower you
- Increase your knowledge, understanding and provide you with  
skills to last

Request for Support



Charity number: 1076440

[aspens.org.uk](https://aspens.org.uk)



If you need support contact  
FamilyLine today.

A free helpline that offers  
emotional support and practical  
guidance via telephone, text,  
email and live chat for all family  
members over the age of 18.\*

Call  
0808 802 6666

Text  
07537 404 282

Live Chat  
[familyline.org.uk/familyline](https://familyline.org.uk/familyline)

Email  
[familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)



\*You will only receive support under the age of 18 if you are a registered user.  
Registered users only: Registered users only: 0800 169 5901. Registered  
supporters only: 0800 169 5901. Registered

# Community Events

**brim** BUILDING RESILIENCE IN YOUNG MINDS

DOES YOUR CHILD NEED SUPPORT WITH THEIR MENTAL HEALTH?

IS YOUR CHILD STRUGGLING WITH SELF-ESTEEM?

IS YOUR CHILD OFTEN ANGRY OR FRUSTRATED?

ARE YOU WAITING FOR A CAMHS APPOINTMENT?

BRIYM are a group of highly qualified therapists that have all previously worked in schools; they are a mix of Assistant Headteachers, Heads of Year, Teachers and Support Staff who have joined together to help support the mental health crisis that young people are suffering.

www.briym.co.uk info@briym.co.uk

@briym.uk BriymUK 07793372829

DO YOU KNOW A CHILD WITH A **PASSION FOR FASHION?**

DO THEY HAVE STAND-OUT STYLE?

Would they like to show off their creative design skills to celebrities + showcase their ideas to the fashion world?

lion tv

THE MAKERS OF "HORRIBLE HISTORIES" ARE LOOKING FOR 10 TO 14 YEAR OLDS FOR A BRAND NEW STYLING CHALLENGE SHOW FOR

CBBC + iPLAYER

For more details, parents/guardians should contact:

**Fashion@liontv.co.uk**

OTHER TERMS AND CONDITIONS MAY APPLY. WE WILL PROCESS YOUR PERSONAL DATA BY NECESSITY IN ACCORDANCE WITH OUR PRIVACY POLICY AVAILABLE AT [www.liontv.co.uk/privacy-policy](http://www.liontv.co.uk/privacy-policy). ALL APPLICANTS MUST HAVE PERMISSION FROM THEIR PARENTS OR LEGAL GUARDIAN TO APPLY. CHILDREN MUST BE AT LEAST 11 YEARS OLD AND NO MORE THAN 14 YEARS OLD ON 1<sup>st</sup> SEPTEMBER 2023.

the community house

Starting in Autumn 23

**Can't cook - wanna cook?**

IF IT FITS IN A TOASTER, I CAN COOK IT

If this sounds like you, then why not put your name forward for our new cooking sessions. Initially, we would ask you to commit to attending 3 morning sessions on a Tuesday from 10am until midday. We are targeting people who have little, or no cooking skills and would like to learn to create easy, nutritious, delicious food.

Contact Alison on 01903 215 799 to register your interest.

Worthing Homes

**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

Info@toyboxuk.info



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



# External Clubs Information

Please note STEM Club start next week beginning 11<sup>th</sup> September. If you haven't yet booked your child's space, please contact Ali Khan on 07951287236



STEM INNOVATION Ltd  
Inspiring the future!

## S.T.E.M CLUB



Chesswood Junior School  
Date: Every Wednesday starting 13 Sep  
ends 13 Dec  
Price: £90

For Booking Details Contact: - Ali Khan  
Email: [STEMInnovation@outlook.com](mailto:STEMInnovation@outlook.com)  
Tel: 07951287236

Payment to:  
STEM INNOVATION CONSULTANCY  
ACCOUNT NO: 24254562  
SORT CODE: 30-98-97

[www.steminnovation.co.uk](http://www.steminnovation.co.uk)



STEM INNOVATION Ltd  
Inspiring the future!

## S.T.E.M CLUB



Chesswood Junior School  
Date: Every Friday starting 15 Sep  
ends 15 Dec  
Price: £97.5

For Booking Details Contact: - Ali Khan  
Email: [STEMInnovation@outlook.com](mailto:STEMInnovation@outlook.com)  
Tel: 07951287236

Payment to:  
STEM INNOVATION CONSULTANCY  
ACCOUNT NO: 24254562  
SORT CODE: 30-98-97

[www.steminnovation.co.uk](http://www.steminnovation.co.uk)

### 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



## Swim Until Half Term for Just £40



Swim at our beautiful, warm private pool in Small Dole with this amazing special offer - only whilst spaces last. This is up to a £20 discount on lessons. Small groups up to 6. Teacher in the water. Friendly and Professional approach. Baby, toddler and afterschool classes.

hello@crestswimschool.co.uk  
or 01825 790896 for more information

Offer on group classes only, quote your school name and this offer to receive the discount. Expires Friday 22nd September




## FREE TASTER LESSON

The Towers, Upper Beeding, Monday 23rd October

Book now a free taster swimming lesson for:  
Monday 23rd October, between 4pm to 6pm, at The Towers,  
Steyning Grammar School, Upper Beeding BN44 3TG.



**BOOK YOUR PLACE NOW!**

<https://qrco.de/Free-trial>  
01273 901756

[swim@unitedswimmingacademy.com](mailto:swim@unitedswimmingacademy.com)

USALswim 07391 420931

Swim England  
Swim School Member  
Swim England Affiliated Swim School (Reg: 13410494)





# External Clubs Information

**WORTHING TABLE TENNIS CLUB**

COME ALONG AND LEARN HOW TO PLAY WITH TOP EXPERIENCED COACHES!

CONTACT: ED. MURRAY 0746091184  
WWW.WORTHINGTTC.COM  
WWW.NORTHAMTTC.COM



**Bribar Table Tennis**

WORTHING HIGH SCHOOL, SOUTH FERRY ROAD, WORTHING BN14 7JH  
WORTHING BN14 7JH  
SATURDAYS - (UNDER 13) - 10AM - 11.30AM  
MONDAYS - JUNIOR COACHING (UNDER 19) 5.30PM - 7.30PM

THOMAS A. BECKETT JUNIOR SCHOOL, BLISSIDE AVENUE, WORTHING BN14 7PH  
THURSDAYS - JUNIOR COACHING (UNDER 19) 5PM - 7PM

WORTHING BROADWAY  
WORTHING  
British Para Table Tennis

**HOLA AMIGOS!**

SPANISH LESSONS FOR 6-9 YEAR OLDS

TAUGHT BY MARI  
A QUALIFIED PRIMARY SCHOOL TEACHER FROM MADRID

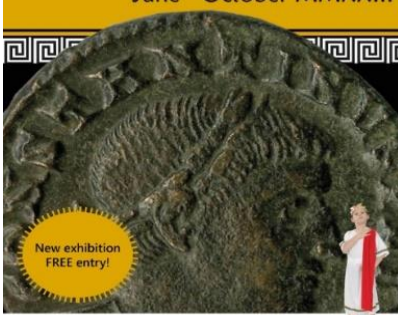
THURSDAYS 3.45 - 4.30 PM  
(TERM TIME ONLY)

£7 PER LESSON

HEENE COMMUNITY CENTRE

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

**ROMANS**  
June - October MMXXIII



New exhibition  
FREE entry!

Littlehampton Museum  
Closed Sundays & Bank Holidays  
Church Street, Littlehampton, BN17 5EW Tel: 01903 738100  
E: museum@littlehampton-ic.gov.uk  
W: littlehamptonmuseum.co.uk

f t i

**Wickers Gymnastics**  
Dream, Believe, Achieve

Gymnastics For All Ages!

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



Contact Us Today!

www.wickersgymnastics.co.uk  
01903 752503 - wickersgymnasticsclub@hotmail.co.uk

**WORTHING RUGBY CLUB**

Is your child in Reception to year 6? Do they want to be part of a great team? We have over 300 children every Sunday morning and we always welcome more.

Whether our child has never played rugby before or has been playing for years, we welcome all to come along and give it a try this September.

First session of the season is 9am on Sunday 3rd September. Girls and Boys welcome.

The first four weeks are free to give it a go, with individual and family memberships available.



For more information please see our website: [www.worthingrfc.co.uk/rugby/mini/](http://www.worthingrfc.co.uk/rugby/mini/)

Come and learn about rugby's core values

- Teamwork
- Respect
- Enjoyment
- Discipline
- Sportsmanship

**WORTHING RFC**

**Curtain Call**  
**MUSICAL THEATRE CLASSES!**

Ages 5-16 years  
Wednesdays, 16:00-17:30  
Theatre Studios, Goring-by-Sea

• Singing • Dancing • Acting • Performing Arts •

**west sussex music**

**Play in a Band**



**Worthing Contemporary Music Centre**  
Northbrook College, West Durrington, Littlehampton Road, BN12 6NU  
Wednesdays from 4:30pm - 5:30pm  
Ages 7 - 16 yrs

Brand new sessions designed for those who sing or play drums, guitar or keyboard

- ✓ Free sessions in term one
- ✓ Develop your skills as a band member
- ✓ Expert tuition on all instruments

Book online at [www.westsussexmusic.co.uk/Band](http://www.westsussexmusic.co.uk/Band)  
01403 286330

f t i

Supported using public funding by ARTS COUNCIL, ENGLAND

**SOUTH COAST SKATEBOARD EVENTS**  
We are a not for profit business

f i

WEEKLY INDOOR GROUP LESSONS £7.50

ADULT/CHILD 121S

CHILDRENS PARTYS

SEND friendly

#SPORTNOTSPORT  
IMPROVE COORDINATION  
IMPROVE RESILIENCE AND CONFIDENCE





# October Half Term Activities

**THE UK'S FAVOURITE BARRACUDAS Activity Day Camps**

**October Camp!**

**QUOTE CODE: SCHOOL20**  
FOR AN EXTRA £20 OFF YOUR BOOKING  
\*MINIMUM OF 2 DAYS

Visit [barracudas.co.uk](http://barracudas.co.uk) or call 01480 467 567

**WIDE RANGE OF ACTIVITIES! CHOICE FOR EVERY SESSION!**

**Recommend a Friend**  
Get £20 for you, £20 for your friend!

**Trustpilot** 5.0/5

**Ofsted** Outstanding

**Ofsted** Outstanding

**The UK's Favourite Holiday Activity Camp!**

**BOOK NOW!**  
DID YOU KNOW? PARENTS CAN TRY WITH OTHER CHILDREN VOUCHERS OR TAX-FREE CHILDREN!

**Me-shirt**  
meshirtkits.com

**KIDS HALF TERM**  
**FABRIC DECORATING WORKSHOPS**

THURSDAY OCTOBER 26TH  
BAY CAFE, THORN ROAD, WORTHING

CATCH UP WITH A FRIEND AND DRINK COFFEE WHILST THEY DESIGN A ONE OF A KIND T-SHIRT, PENCIL CASE, CAP, PILLOW CASE AND MORE WITH US!

EMAIL [HELLO@MESHIRTKITS.COM](mailto:HELLO@MESHIRTKITS.COM) OR HEAD TO THE WORKSHOPS SECTION OF OUR WEBSITE FOR MORE INFO  
[WWW.MESHIRTKITS.COM](http://WWW.MESHIRTKITS.COM)

SCAN ME

Images for info only. Personalised fabric, personalised for kids.  
© Provided by Info Links, The Evening Standard, The Telegraph and The Independent 2019/2020  
<https://linktr.ee/MeShirtsKits>

**Next Thing**

**OCTOBER HALF TERM TECH CAMP**  
AT  
OUR LADY OF SION SCHOOL, BN11 1RE

**23RD OCT - 3RD NOV**

**ROBOTS, VR & TECH FUN**

**WEEK 1** ROBOTS, VR & TECH FUN  
Program robots, design games, model 3D creations, learn to mix like a Pro DJ, join with a Laser Tag game, experiment and ignite the imagination with this exciting week full of tech fun!

**WEEK 2** MINECRAFT & LEGO ENGINEERING  
Join into Minecraft's Education - design elements of the game, build redstone circuits and learn coding fundamentals. Build engineering skills using Lego bricks, sensors and motors to create crazy inventions powered by code!

**DIFFERENT activity theme each day, please check website for your camp activities**

**23RD OCT - 27TH OCT LIMITED SPACES**  
**30TH OCT - 3RD NOV LIMITED SPACES**

**A great environment!**  
"My kids loved it and we've returned for the next camp in October. The staff were also super helpful. Would 10/10 recommend!"  
- St Benedict's Primary School

**BOOK 5 DAYS ONLY PAY FOR 4**

**What to bring to camp**  
Packaged Lunch and Drinks (not free)  
Water Bottle  
Medication if required  
Holloway's Costume (Friday optional)

**AGES 5-11 | £49 PER DAY 9AM - 4PM DAILY**

**BOOK 5 DAYS ONLY PAY FOR 4**

[www.nextthing.education](http://www.nextthing.education)

**OCTOBER HALF-TERM**

**PREMIER HOLIDAY CAMPS**

**Premier Education** | **INSPIRING ACTIVITY**

**SCAN HERE FOR MORE INFORMATION**  
or visit [premier-education.com/holiday-camps](http://premier-education.com/holiday-camps)

**Trustpilot** 5.0/5  
Based on over 19,000 reviews

## YOUR NEAREST HOLIDAY CAMP...

Worthing	Adur	Arun	Storrington
West Park Primary School  Our Lady of Sion Senior School	Sompting Village Primary School	Barnham Community Hall	Chanctonbury Leisure Centre Multi Activities, Performing Arts & Gymnastics camps *8.30-4pm *£24.95 *Year 1-6

All venues Ofsted registered, Childcare Vouchers accepted  
Worthing Leisure Centre & Lancing Leisure Centre -  
Book direct with South Downs Leisure

Our Holiday Camps keep children entertained, safe & on the move during the school holidays.

A bucket load of fun activities, every school holiday. With great value sports, performing arts, and games to enjoy each half term, we have plenty for your children to get stuck into in the school break.

Book now for a school holiday full of fun!

**THINGS ARE BETTER WITH FRIENDS!**

**TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!**  
\*T&Cs apply. Refer a friend discount on new bookings only.

## PLEASE BRING

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

**Trustpilot** 5.0/5  
Based on over 19,000 reviews

**ACE Football Academy**

**OCTOBER HALF-TERM HOLIDAY CAMPS**

FOOTBALL CAMPS	GOALKEEPER CAMPS	MULTI-SPORTS CAMPS			
VENUE	DATE	SESSION	TIME	AGE	COST
<b>LANCING</b> St Robert Woodard Academy	24/25/26 OCTOBER	Football Camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
<b>PORTSLADE</b> Portslade Leisure Centre	24/25/26 OCTOBER	Football Camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
<b>STORRINGTON</b> Chanctonbury Leisure Centre	24/25/26 OCTOBER	Football Camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
<b>WORTHING</b> Worthing Town FC	24/25/26 OCTOBER	Football Camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
<b>MILE OAK</b> Mile Oak Primary School	23 & 27 OCTOBER	Multi-Sports Camp Goalkeeper Camp	09:30-15:30	4-13 YRS	£15 PER DAY

Holiday courses for all children aged 4-13 years.  
All abilities welcome. All courses are led by qualified coaches in a professional, safe environment.

[WWW.ACEFOOTBALLACADEMY.CO.UK](http://WWW.ACEFOOTBALLACADEMY.CO.UK)  
[INFO@ACEFOOTBALLACADEMY.CO.UK](mailto:INFO@ACEFOOTBALLACADEMY.CO.UK)  
07772 073926 | 07817 304334

**BOOK NOW**

**Trustpilot** 5.0/5  
Based on over 19,000 reviews