

**PRICES
FROM
20p**

**NON-
DAIRY AND
VEGETARIAN
OPTIONS**

**STRETCHY
SKELETONS**

SWEETS

**PENS
AND
PENCILS**

POPCORN

CHOCOLATE

SQUISHIES

**WHOOPIE
CUSHIONS**



TRICKS & TREATS DAY

FRIDAY 20 OCTOBER

LUNCHTIME

**AFTER SCHOOL IN THE
FRONT PLAYGROUND**

CHESSWOOD JUNIOR SCHOOL
CHESSWOOD ROAD, WORTHING



CHESSWOOD JUNIOR SCHOOL *News*



Published – 13/10/2023

Important Please Note

Worthing Schools Cross Country – 14th

October

Parents Consultations – 16th & 18th October

Year 5 Pop Up Planetarium visit – 17th

October

Year 4 Weald & Downland Trip – 17th & 20th

October

Treat Day – 20th October

Wear Red Day – 20th October

Deadline date for Year 6 Secondary school applications – 31st 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 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 2nd October. Well done!!

Year 3	Year 4	Year 5	Year 6
3EL 100%	4CH 99%	5EV 96%	6AH 97%

Chesswood Calendar 16th October 2023 – 10th November 2023



Chesswood Calendar 16th October – 10th November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
16 th October Parents Consultations	17 th October Year 5 Pop Up Planetarium visit Year 4 Weald & Downland Trip 4HC/4LB	18 th October Parents Consultations	19 th October	20 th October Treat Day Wear Red Day Year 4 Weald & Downland Trip 4PB/4UO
23 rd October Half term	24 th October Half term	25 th October Half term	26 th October Half term	27 th October Half term
30 th October	31 st October Deadline date for Year 6 Secondary school applications	1 st November	2 nd November	3 rd November
6 th November	7 th November	8 th November	9 th November	10 th November



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

Christmas Lunch

Bookings will be available after half term.



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

Tricks and Treats Day

Friday 20th October will also include a treat day for children, with a few Halloween tricks to purchase too!

Children can bring in a small amount of money to purchase toys or food items (we suggest a maximum of £5).

Treats (and tricks) will be served at lunchtime and after school.

Wear Red Day 2023

Show Racism the Red Card's annual Wear Red Day will be taking place on Friday 20th October 2023

Chesswood Junior Governors have chosen to support this day to raise awareness of racism.

Children are invited to wear a red item of clothing (t-shirt, jumper, trousers or shorts) or a red accessory (hair band, wrist band, laces, badge, etc. - not dyed hair) along with their school uniform to show their support against racism. Please note, there is no donation linked to this event.

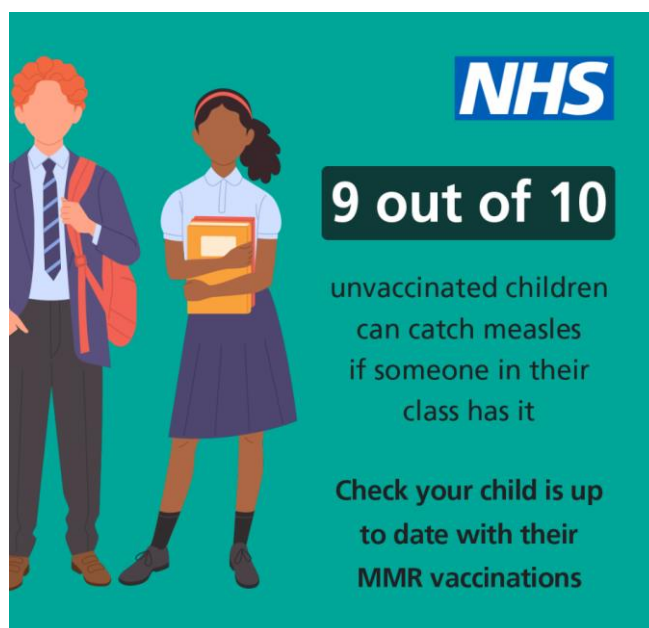
4PB and 4UO are requested to wear a red accessory and full school uniform due to their trip to Weald and Downland museum.

Measles / MMR vaccination

Measles cases are rising across the country, with over 102,000 children starting primary school in England being at risk of catching the disease. We are asking education settings to share key messages from the NHS about MMR / measles and how to get vaccinated.

The [Back to school MMR Guidance](#) from the NHS includes information to share, as well as example social media posts which can be found here: [NHS Vaccine Poster](#) and [NHS MMR Poster](#).

Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. Please share these resources with colleagues, parents, and where suitable, community organisations to increase awareness and encourage parents to get their children vaccinated.



Chesswood Job Opportunity

Would you like to work in a thriving and busy school?

Chesswood Junior School is a large school catering for the needs of over 560 children and over 100 staff – so it is certainly busy.

The Administration Assistant's fundamental task is to take the Attendance lead focus in the school and support the admin office, ensuring that all office processes and communications are carried out to the highest standard, in a timely and sensitive manner.



Chesswood Junior School

Chesswood Road
Worthing
West Sussex
BN11 2AA

Tel: 01903 204141

Email: jobs@chesswood.w-sussex.sch.uk

www.chesswood.w-sussex.sch.uk

Head Teacher: Andrew Jolley



School Administrator with Attendance Focus

N.O.R: 566: Years 3 to 6

Position: School Administrator with Attendance Focus to commence as soon as possible.

Hours: Term Time Only – 12.5 hours per week – Monday to Friday 8.45am-11.15am

Pay scale: Grade 4 Point 5 (Pro-Rata £3,504)

Contract: Temporary position until 31st March 2024 - pending amalgamation

Potential for temporary contract to be extended or permanent contract to be offered

Would you like to work in a thriving and busy school? Chesswood Junior School is a large school catering for the needs of over 560 children and over 100 staff – so it is certainly busy. The Administration Assistant's fundamental task is to take the Attendance lead focus in the school and support the admin office, ensuring that all office processes and communications are carried out to the highest standard, in a timely and sensitive manner.

If you:

- Are confident in working with a wide range of people and are consistently friendly and helpful.
- Are well organized and confidently undertake administrative duties to a consistently high professional standard.
- Would enjoy working within a very busy environment undertaking a wide range of tasks (often at the same time!).
- Are confident to administer first aid to pupils and staff; training will be provided if necessary.

We would love to hear from you!

Please contact Treena Beech, Administration Manager, to arrange a preliminary visit to the school. Please download a job application pack from the 'Employment Opportunities' on the 'School Info' page on our school website and email the application form to jobs@chesswood.w-sussex.sch.uk.

- **Closing date & short listing: 10am on Monday 30th October**
- **Interviews from 8.30 a.m. Wednesday 1st November**

Chesswood is committed to the safeguarding and welfare of our children and young people and expects all staff to share this commitment. The post will be subject to an enhanced DBS check.

Reading Helpers

We are looking for adults to help with reading in year 3 and 4. Ideally, helpers would be able to come in during the afternoon but any help at any time would be greatly appreciated.

This is a great opportunity to support children with their reading which will be a huge help to their education and enjoyment of reading throughout their life. Please contact Sylwia Switalska if you are interested: sswitalska@chesswood.w-sussex.sch.uk



Helpers needed for reading in year 3 and 4

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 20th 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

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

Pupil Admissions Team
Dunington Bridge House, Floor 3
Barrington Road
Worthing
West Sussex
BN12 4SE

admissions.south@westsussex.gov.uk
www.westsussex.gov.uk/admissions

Pupil Admissions Team
County Hall North
Chart Way
Horsham
West Sussex
RH12 1XB

admissions.north@westsussex.gov.uk
Tel: 03330 142 903



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.

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. 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 31st 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 23rd and 27th 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.



WS110/A/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

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

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

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 or call 03330 142 903.

westsussex.gov.uk/admissions



Transferring to Secondary School

Deadline:
Tuesday 31 October 2023



Stay in touch

- West Sussex Matters
- @WSCCNews
- wscvideo



WS110/B/07/2023

Upcoming Trips and Events

Year 5 Pop-Up Planetarium visit – on Tuesday 17th 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 17th October 2023 – 4LB and 4CH and Friday 20th 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 17th October 2023 – 4LB and 4CH
Friday 20th 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 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 – 17th October 2023



clear, fun and inspiring for all.

This visit will take place on **Tuesday 17th 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.

Payment may be made from the **Tuesday 5th 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 15th 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

Y5/6 Worthing Schools Basketball Qualifier

Out of the 10 teams competing in this event – Chesswood had 3 of them which shows the love for sport at the school.

Both the red and White teams were in the same group. Our White team played some get basketball winning 2 out of their 4 matches in the group stages and went on to finish 7th overall, our Red team won all 4 of their games scoring a bucketful of points along the way and finished top of the group.

The Blue team also went unbeaten in their 4 group matches too – leaving them top of their group.

Into the semi-finals the Red team beat Downsbrook and the Blues beat Broadwater to set up an all Chesswood final. Into the final and the Red team beat the Blue's 10-2 for Chesswood to retain the Worthing Schools Basketball trophy for another year.

Red Team: Leon, Rachel, Ming-Kai, Muhammed.
(both Leon and Rachel won this event last year too!)

Blue Team: Gilbert, Bertie, Lydia and George H

White Team: Jessica, Sithuki, Harvey, Kaidan and Sonny.



Sports News

Inter-House Benchball and Football!

Our Y6 Sports Leaders ran this event for over 50 Y4/5 pupils on Tuesday. The pupils were representing their Houses in 2 different competitions.

In the Benchball it was Kielder who were triumphant and the football Sherwood took the trophy.

It was a lovely event especially when you get pupils coming up the following day and wanted to play the games again!

Well done to all who took part and the sports leaders for running the event.



Boccia Tournament

3 teams went to Durrington Juniors to take part in a boccia competition – all had a great time working on their accuracy and tactics in the target game.


In the end the White team (Oscar and George) and Blue Team (Noah and Amber) battled it out for 5th and 6th place overall whilst our Red team (Kiara and Jordan) won the whole competition and were unbeaten throughout the whole event.



Sports News/Upcoming Events

- **Saturday 14th** – Cross Country Championships
- **Wednesday 18th** – Y3/4 Football Festival – Thomas A becket Juniors Half Term
- **Wednesday 1st Nov** - Basketball Finals (tbc)
- **Thursday 2nd** – Y5/6 Gymnastics Competition – Davison High
- **Tuesday 7th** Y3/4 Girls Football Festival – St Andrews High

Music

List of music and instrumental teachers	
 <p>Claire Cossins Specialist Music Curriculum Teacher and Co-ordinator Leads all choir and music extra-curricular activity including the Performing Arts ccossins@cheswood.w-sussex.sch.uk</p>	 <p>Paul Whiteside Drum teacher E-mail: Pwhiteside9@msn.com</p>
 <p>Joy White Brass teacher E-mail: joywhitebrass@gmail.com Phone: 07522 275221</p>	 <p>Erin Harte-Stovell Violin and strings teacher E-mail: Erinhartestovellviolin@gmail.com</p>
 <p>Rocksteady Music School 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>Anne Whiteside Keyboard, piano and flute teacher E-mail: Annwhiteside@hotmail.com Phone: 07853855154</p>
 <p>Peter Marchant Guitar teacher (Acoustic, Electric and Ukulele) E-mail: petermarchant19@hotmail.co.uk Phone: 07876597559</p>	 <p>Charley Bolton Singing Teacher E-mail: Charlotte.bolton@live.co.uk Phone: 07768 277116 Sign Up Here!</p>

Violin Lessons!

Erin Harte-Stovell

LEARN TO PLAY THE VIOLIN!!!

GROUP AND INDIVIDUAL LESSONS AVAILABLE

SEE WEBSITE FOR DETAILS AND THE ONLINE APPLICATION FORM

Prices start from JUST £9.10 and BURSARY FUNDED PLACES are available!

Website
erinhartestovell.mymusicstaff.com

Email
erinhartestovellviolin@gmail.com

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 22nd February @ 9am

Thursday 29th February @ 9am

Thursday 7th March @ 9am

Thursday 14th March @ 9am

Thursday 21st 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"

Tax-Free Childcare Information

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.

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 - to help parents search for childcare.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS National Online Safety®
#WakeUpWednesday



@natonline_safety



/NationalOnlineSafety



@nationalonline_safety



@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: 11.10.2023

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 8th 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.



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



Facebook www.facebook.com/WestSussexParentCarerForum



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?**

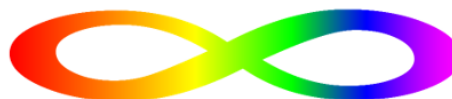
This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme 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 or call 01903 204141 and ask for the pastoral team.



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

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

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

**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

Web www.westsussex.gov.uk/youngcarers

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.



West Sussex Mind, Families in Mind: Support in Adur, Arun and Worthing

Families in Mind is a service aimed to support parents who have young children (0-4 years old) and need help with their mental health and well-being.

We have various events going on in the local area including:

Weekly play and chat groups, walks/meet ups in local parks and the Enjoy your Baby course.

Our service is completely free of charge and is open to all members of the community.

We know how hard it can be to get out of the house and get some support when you're feeling low, anxious or overwhelmed - we can help you with this by providing:

- A safe and non-judgemental space to share your situation and difficulties and get support
- Trained staff, many of whom have lived experience of mental health (and are also parents)
- Venues across the area which are easy to access by foot, car or public transport.

How parents we've supported said they've benefited:

- Learning new strategies to help improve how they feel
- Meeting new people whilst trying something difficult
- Get some routine into their week
- Push themselves out of their comfort zone.

To contact us for support:

Call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652

or email helppoint@westsussexmind.org





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

Upcoming School Open Days

Lyndhurst Infant School



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

Thursday 5th October at 4:30pm

Wednesday 11th October at 4:30pm

Thursday 2nd November at 9:30am & 11:00am

Tuesday 7th November at 9:30am & 11:00am

Tuesday 21st 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

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 or ukharvest.org.uk/community



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*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

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.

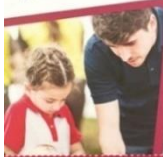
Pop in to see Early Help staff if you have any questions. We can offer information, advice, and guidance on a range of issues including emotional wellbeing, finances, education, and information about local services.

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

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, or call 0800 186 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: 1171466

aspens.org.uk

0808
802
6666



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
Email familyline@familyline-action.org.uk



SEND FRIENDS



Parent/Carer-led
After-school Activities club
For children with SEND and siblings Ages 5-16

Parents/Carers stay to support their children with activities and to meet & chat over refreshments.

Drop-in Mondays 2023
4pm-5.30pm
18th September
2nd October
16th October
30th October
13th November
27th November
11th December

Venue: Maybridge Community Church,
77 The Strand, Worthing. BN12 6DR
Enquiries: Sharon 07952 812834

Free club. Small charge for refreshments, and occasional outings

WHAT WE DO DEPENDS ON YOU YOUR NEEDS, YOUR INTERESTS, AND YOUR HELP.

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 NOTICE AVAILABLE AT www.liontv.co.uk/privacy-policy. ALL APPLICANTS MUST HAVE PERMISSION FROM THEIR PARENTS OR LEGAL GUARDIAN TO PARTICIPATE. CHILDREN UNDER 16 MUST BE 11 YEARS OLD AND NO MORE THAN 14 YEARS OLD ON 1st 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 2JG
01903 704809

Petworth Festival Literary Week Family Events 2023

Petworth Festival Literary Week brings family events to this year's West Sussex Literary Festival line-up

Joseph Coelho - Poetry Prompt
11:00am, Saturday 28 October at Leconfield Hall, Petworth
We are thrilled to welcome the Waterstones Children's Laureate for 2022-2024 Joseph Coelho to the festival, his Sunday morning interactive session being fully family-orientated and for children of 6 and upwards. A 100% must for anyone who has taken part in the festival's in-school poetry sessions of recent years.
[Click for tickets](#) - Adults £8 / 18 & under £5

Andrew Pettie - The What on Earth! Family Quiz
2:00pm, Saturday 28 October at Leconfield Hall, Petworth
How many planets in our solar system would fit between Earth and the Moon? How many cups of snout does your body make in a day? And how many people are flying up in the sky at this very moment? All of these questions and more will be answered during this fun and fascinating family quiz. Your host is Andrew Pettie, editor of What on Earth Magazine, the UK's fastest-growing children's magazine. [Click for tickets](#) - Adults £8 / 18 & under £5

Lucy Reynolds - We are Family (Children's event)
10:30am, Thursday 2 November at Leconfield Hall, Petworth
There are billions of creatures on this earth, but there is only one YOU! Join children's author, Lucy Reynolds, for a fun, interactive workshop celebrating the many ways young grow up on this wild, wonderful planet. Perfect for ages 4+ but all very welcome.
[Click for tickets](#) - Adults £6 / 18 & under £5

Petworth Festival Literary Week - 25 October to 5 November 2023
[Full line up here](#)
www.petworthfestival.org.uk
Tel: 01798 344576

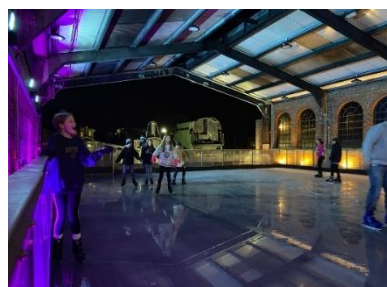
BLUEBELL RAILWAY

October 13th - 29th

ICE SKATING AT THE BLUEBELL RAILWAY

COME ICE SKATING ON REAL ICE AT SHEFFIELD PARK STATION IN THE UNIQUE AND AMAZING LOCATION OF THE LOCOMOTIVE SHED

www.bluebell-railway.com/ice-skating/



Messy Church

"Church is... a Forever Church"

Monday 16th October
3.30-5.30pm

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

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

No charge, no need to book
Donations appreciated.

For further details contact
Kathryn 07594608590
www.stgw.org.uk

External Clubs Information

Please note STEM Club start next week beginning 11th 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
Tel: 07951287236

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

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
Tel: 07951287236

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

www.steminnovation.co.uk




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,
Steinyng Grammar School, Upper Beeding BN44 3TG.

BOOK YOUR PLACE NOW!
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01273 901756

 swim@unitedswimmingacademy.com
USA Lswim 07391 420931
Swim England
Swim School Member
Swim England Affiliated Swim School (Reg: 13410494)

Run, Jump & Throw Worthing Harriers Junior Athletics

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

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

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




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.

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

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





FOWTFC PRESENTS

Festive Fun Day

Saturday 2nd December
10am-4pm

Activities:
TOMBOLA
RAFFLE
CRAFTS
STALLS
MULLED WINE
FESTIVE FOOD

 *Santa's Grotto*
LIMITED SPACES
Booking Opens
7th October

Worthing Town FC
Palatine Park
Worthing
BN12 6JN



External Clubs Information

WORTHING TABLE TENNIS CLUB

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

CONTACT: ED. MIDDLE 07460991164
WWW.WORTHINGTTC.COM
WWW.WORTHINGTTC.COM

Bribar Table Tennis

WORTHING HIGH SCHOOL, SOUTH FERRY ROAD, WORTHING BN14 7JH
THOMAS A. BECKETT JUNIOR SCHOOL, BLISSIDE AVENUE, WORTHING BN14 7PH

SATURDAYS -
(UNDER 13) - 10AM - 11.30AM
MONDAYS -
JUNIOR COACHING (UNDER 19)
5.30PM - 7.30PM

THURSDAYS -
JUNIOR COACHING (UNDER 19)
5PM - 7PM

WORTHING BOROUGH COUNCIL
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
01403 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/juniors

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
01403 286330

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Summer using public funding for 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

• #SPORTNOTSPORT
• IMPROVE COORDINATION
• IMPROVE RESILIENCE AND CONFIDENCE


SEND friendly

October Half Term Activities



STEM INNOVATION Ltd
Inspiring the Future

S.T.E.M HOLIDAY CLUB



Chesswood Primary school
Date: Monday 23rd and Tuesday 24th October
Price: £35 per day
Time: 10am-2pm
Just bring lunch and a drink

For Booking Details contact: Ali Khan
Email: steminnovation@outlook.com
Tel: 07951287236

Payment to:
STEM Innovation Consultancy
Account No: 24254562
Sort Code: 30-98-97

www.steminnovation.co.uk



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FOR AN EXTRA £20 OFF YOUR BOOKING
*MINIMUM OF 2 DAYS

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The UK's Favourite Holiday Activity Camp!

WIDE RANGE OF ACTIVITIES!
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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
Week 2: Minecraft & Lego Engineering

BOOK 5 DAYS ONLY PAY FOR 4

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

www.nextthing.education



KIDS HALF TERM
FABRIC DECORATING WORKSHOPS

THURSDAY OCTOBER 26TH
BAY CAFE, THORN ROAD, WORTHING

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

EMAIL: HELLO@MESHIRTKITS.COM OR HEAD TO THE WORKSHOPS SECTION OF OUR WEBSITE FOR MORE INFO
WWW.MESHIRTKITS.COM




ACE Football Academy
OCTOBER HALF-TERM HOLIDAY CAMPS

VENUE	DATE	SESSION	TIME	AGE	COST
LANCING St Robert Woodard Academy	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £10 3 DAY CAMP - £29
PORTSLADE Portslade Leisure Centre	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £10 3 DAY CAMP - £29
STORRINGTON Chancery Leisure Centre	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £10 3 DAY CAMP - £29
WORTHING Worthing Town FC	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £10 3 DAY CAMP - £29
MILE OAK Mile Oak Primary School	23 & 27 OCTOBER	Multi-Sports Camp Goalkeeper Camp	09:30-15:30	4-13 YRS	£10 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
info@acefootballacademy.co.uk
07772 073926 | 07817 303334

BOOK NOW

October Half Term Activities

THE OUTDOORS PROJECT
OFSTED REGISTERED
NATIONAL PARTNERSHIP
OUTDOOR AMBASSADOR

OCTOBER 1/2 TERM HOLIDAY CLUBS
"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.

St Nicolas and St Mary CE Primary
St Nicolas and St Mary CE Primary School, Eastern Ave, Shoreham-by-Sea BN43 5SE

MONDAY 23RD
CAMPFIRE COOKOUT & CIRCUS SKILLS

TUESDAY 24TH
BLOOD, SNOT & ZOMBIES

WEDNESDAY 25TH
HARRY POTTER DAY

THURSDAY 26TH
NERF: WINTER WASTELAND

FRIDAY 27TH
'AMONG US' SPY CAMP

SPOOKY CAMPFIRE COOKOUT & CIRCUS SKILLS
Join us for a special evening as we celebrate the spooky season with a campfire, a circus skills session and a game of ghostly games as we draw inspiration from Latin America.

HARRY POTTER WANDS, QUIDDITCH & POTIONS
In this session, we draw inspiration from the Harry Potter book series. Have fun whilst using your very own wand and, how potent is your Quidditch? Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

'AMONG US' SPY CAMP
Based on the popular video game & encouraging positive technology use. The kids - our wonderful spies & spaceship survivors - have their skills in deception, mystery & intrigue. We'll be running our very own Among Us game adapted for the outdoors, testing our stealth skills in everyone's favourite, The Fugitive game, & getting creative with forensic-based fun.

BLOOD, SNOT & ZOMBIES
Not as scary as it sounds! We'll be embarking on our spooky season special - a zombie-themed day of messy games (Zombie Blood, Snot & Zombies). There's a hilarious body part scavenger hunt & lots of right-angled seasonal fun & games.

NERF: WINTER WASTELAND - DEFEND THE VAULT & SWAMP RESCUE
Join us for an energetic day of heart-thumping, playing tactical, team-based Nerf games in our spooky-themed winter wasteland. Defend The Vault & Swamp Rescue. Luck & skill! Zombie face paint skills workshop too. (Due to more competitive nature of this day, age 8+ recommended)

WILD THING
THIS CLUB IS CONSISTENTLY BRILLIANT!

NERF SHOOTER
SHOOTER CLUB

For more info on dates, locations, how the clubs run & to book: theoutdoorsproject.co.uk

THE OUTDOORS PROJECT
OFSTED REGISTERED
NATIONAL PARTNERSHIP
OUTDOOR AMBASSADOR

OCTOBER 1/2 TERM HOLIDAY CLUBS
"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.

Lancing College Prep
Lancing College Prep, Worthing, 122 Broadwater Rd, Worthing BN14 9BQ

MONDAY 23RD
NERF: WINTER WASTELAND

TUESDAY 24TH
'AMONG US' SPY CAMP

WEDNESDAY 25TH
CAMPFIRE COOKOUT & CIRCUS SKILLS

THURSDAY 26TH
BLOOD, SNOT & ZOMBIES

FRIDAY 27TH
HARRY POTTER DAY

SPOOKY CAMPFIRE COOKOUT & CIRCUS SKILLS
Join us for a special evening as we celebrate the spooky season with a campfire & learn about Mexican cultural history through making Day of the Dead sugar skulls. We'll be having a circus skills session & playing a game of ghostly games as we draw inspiration from Latin America.

HARRY POTTER WANDS, QUIDDITCH & POTIONS
In this session, we draw inspiration from the Harry Potter book series. Have fun whilst using your very own wand and, how potent is your Quidditch? Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

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THE OUTDOORS PROJECT
OFSTED REGISTERED
NATIONAL PARTNERSHIP
OUTDOOR AMBASSADOR

OCTOBER 1/2 TERM HOLIDAY CLUBS
"Childcare during the holidays they want to go to"
Fresh air. Fresh activities. Fresh attitude.

Goring C of E Primary School
Palmerston Avenue, Goring-by-Sea, Worthing BN12 4RN

MONDAY 23RD
'AMONG US' SPY CAMP

TUESDAY 24TH
NERF: WINTER WASTELAND

WEDNESDAY 25TH
CIRCUS SKILLS SPECIAL

THURSDAY 26TH
HARRY POTTER DAY

FRIDAY 27TH
CAMPFIRE COOKOUT

CAMPFIRE COOKOUT - AUTUMN EDITION
Join us for a special evening as we celebrate the spooky season with a campfire, a circus skills session and a game of ghostly games as we draw inspiration from Latin America.

HARRY POTTER WANDS, QUIDDITCH & POTIONS
In this session, we draw inspiration from the Harry Potter book series. Have fun whilst using your very own wand and, how potent is your Quidditch? Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

'AMONG US' SPY CAMP
Based on the popular video game & encouraging positive technology use. The kids - our wonderful spies & spaceship survivors - have their skills in deception, mystery & intrigue. We'll be running our very own Among Us game adapted for the outdoors, testing our stealth skills in everyone's favourite, The Fugitive game, & getting creative with forensic-based fun.

NICK COOK - CIRCUS SKILLS SPECIAL
Don't miss this day with circus legend and ODP Lead Instructor Nick Cook. A day of juggling, hula-hooping, acrobatics and much more more skills, with some Outdoors Project games thrown in of course too. Not to be missed!


NERF: WINTER WASTELAND - DEFEND THE VAULT & SWAMP RESCUE
Join us for an energetic day of heart-thumping, playing tactical, team-based Nerf games in our spooky-themed winter wasteland. Defend The Vault & Swamp Rescue. Luck & skill! Zombie face paint skills workshop too. (Due to more competitive nature of this day, age 8+ recommended)

WILD THING
THIS CLUB IS CONSISTENTLY BRILLIANT!

NERF SHOOTER
SHOOTER CLUB

For more info on dates, locations, how the clubs run & to book: theoutdoorsproject.co.uk


October Half Term Activities

West Sussex Young People's Service 

October Half Term Programme 2023


Bookings now open!

Our school holidays programme has been designed specifically for young people under 18 on the neurodevelopmental pathway (including but not exclusive to SEMH, ASC, ADHD).




"Thank you- S has had a great time. I actually can't believe I spent those hours worrying for him to say can I go again please!" Mum to Young Person aged 8

"I can't stress how much she enjoys what she does when she comes to the different activities. I just wanted to send an email to say how much we appreciate your efforts in what you do" Mum to Young Person aged 16



To book a place please scan the QR code or visit <http://wsxshortbreaks.aspens.org.uk>



Locations include: Shoreham, Chichester, Angmering, Haywards Heath and Crawley

aspens.org.uk Charity no: 1171446

West Sussex Young People's Service 

October Half Term Programme 2023

Sunday 22nd	Goodwood Forest Adventures Family Day	Chichester
Monday 23rd-24th	The Empower Programme Sensory and Emotion Regulation 12+	Crawley
Monday 23rd	School Holiday Club 8+	Felpham
Tuesday 24th	School Holiday Club 8+	Haywards Heath
Wednesday 25th-26th	The Empower Programme Sensory and Emotion Regulation 12+	Chichester
Wednesday 25th	Teenz Trip 14+ Out of Bounds, Rustington	Rustington
Thursday 26th	School Holiday Club 8+	Shoreham
Friday 27th	Sussex Forest Activities Dappers Lane, Angmering	Angmering
Friday 27th	Arun Youth Club 14+ Felpham Methodist Church	Felpham

To book a place please go to <http://wsxshortbreaks.aspens.org.uk>

Our school holidays programme has been designed specifically for young people under 18 on the neurodevelopmental pathway (including but not exclusive to SEMH, ASC, ADHD).

aspens.org.uk Charity no: 1171446

West Sussex Young Peoples Service 

The EMPOWER Programme
"Empowering, creating, learning"



The EMPOWER programme is run by our Behaviour Specialists and Specialist Intervention Advisors. These workshops are designed specifically for young people under 18 on the neurodevelopmental pathway (including but not exclusive to SEMH, ASC, ADHD).

Topics:

- Sensory and Emotion Regulation
- Organisation and Time Management
- Anxiety and Social skills



Aims:

- To provide educational information around different topics in a fun and engaging way
- To support and increase young people's knowledge of their own needs
- To empower individuals to put effective strategies in place to support their needs
- To provide a safe environment for young people led by specialists
- To provide an opportunity for fun, engaging activities whilst giving an opportunity for peer interaction

If a young person would like to find out more about the empower programme please email: wsxbookings@aspens.org.uk

Monday 23rd - Tuesday 24th	Sensory and Emotion Regulation	The Millpond, Crawley
Wednesday 25th - Thursday 26th	Sensory and Emotion Regulation	Parklands School, Chichester



To book a place please scan the QR code or visit <http://wsxshortbreaks.aspens.org.uk>

aspens.org.uk Charity no: 1171446

OCTOBER HALF-TERM



PREMIER HOLIDAY CAMPS

 **INSPIRING ACTIVITY**

SCAN HERE FOR MORE INFORMATION



or visit premier-education.com/holiday-camps

★ Trustpilot



Based on over 11,000 reviews

YOUR NEAREST HOLIDAY CAMP...

Worthing	Adur	Arun	Storrington
West Park Primary School	Sompting Village Primary School	Barnham Community Hall	Chancetown Leisure Centre
Our Lady of Sion Senior School			Hall Activities, Performing Arts & Gymnastics camps
			*9.30-4pm *£24.95 *Year 1-6

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

PLEASE BRING

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

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!



*20% apply. Refer a friend discount on new bookings only.

★ Trustpilot



Based on over 11,000 reviews

October Half Term

Curtain Call's MUSICAL THEATRE Halloween Workshop!

Ages 4-16 years
Thursday 26th October
08:30-12:30 - £20
St Mary's Church Hall, Goring



Charley Ann Moyce
07852411301
curtaincallworthing@hotmail.co.uk
[curtaincallworthing](https://www.facebook.com/curtaincallworthing)



OCTOBER HALF TERM 23TH - 27TH OCTOBER 2023

QUAYSIDE YOUTH CENTRE
UPPER KINGSTON LANE
SOUTHWICK BN42 4RE

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

Ofsted Registered

5% DISCOUNT FOR BROTHERS



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OCTOBER HALF TERM

FOOTBALL CAMPS

**MONDAY 23RD
TUESDAY 24TH
THURSDAY 26TH**
10AM - 3PM

AGES 7-12
BOYS AND GIRLS
ALL ABILITIES WELCOME

Share the pitch with Worthing first team players and receive top-class coaching

£30 PER DAY



or book all 3 for just £75!

worthingfc.com/holiday-camps

