



CHESSWOOD JUNIOR SCHOOL *News*



Published – 20/10/2023

Important Please Note

Half Term – 23rd – 27th October

Deadline date for Year 6 Secondary school applications – 31st October

Year 2 Open Day sessions – 8th November

World Kindness Day (Wear Odd Socks Day) – 13th November

Year 3 Museum visit – 14th, 16th & 17th November

Inset Day – 15th November

Flu Vaccination session – 16th November

Homework

Please [Click here](#) for information and guidance

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 9th October. Well done!!

Year 3	Year 4	Year 5	Year 6
3SH, 3CV 99%	4UO 100%	5HM 98%	6JS 99%

Chesswood Calendar 23rd October 2023 – 17th November 2023





Chesswood Calendar 23rd October – 17th November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
23rd October	24th October	25th October	26th October	27th October
Half term	Half term	Half term	Half term	Half term
30th October	31st October	1st November	2nd November	3rd November
	Deadline date for Year 6 Secondary school applications			
6th November	7th November	8th November	9th November	10th November
		Year 2 Open Day sessions		
13th November	14th November	15th November	16th November	17th November
World Kindness Day (Wear Odd Socks Day)	Year 3 Museum visit	Inset Day	Year 3 Museum visit Flu Vaccination session (All year groups)	Year 3 Museum visit



Important

Christmas Lunch

Bookings will be available after half term.



Flu Vaccinations

Flu vaccinations will take place in school on Tuesday 16th November. Instructions on how to register your child has been sent via MCAS. Please can this be completed by 11am Friday 10th November.

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.

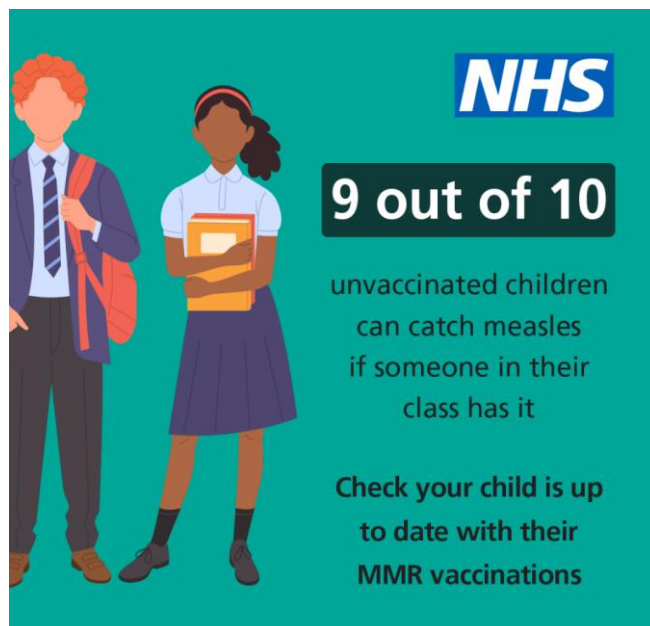
Important

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.



Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell.

There are government guidelines for schools and nurseries about managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Please click [HERE](#) for more information.

Important

Nut Allergies

We have an increasing number of children at school with food allergies and intolerances, including severe nut allergies.

Please could we remind all parents that school premises are NUT FREE and no products containing nuts should be brought into school.

This includes any foods that contain peanuts, nuts, peanut butter, nut butters, or chocolate covered peanuts.

Our kitchens are already nut-free, and staff are aware and have been trained to deal with those who may have adverse reactions to nuts and on epi-pen use.

As a School, we wish to minimise the exposure of these allergens, we therefore request parents to ensure the following:

- children's snacks, any birthday treats, packed lunches and any other food sent in for children to eat are nut-free.
- any cakes, cookies etc. brought in for cake sales are nut-free; additionally, those providing cakes, cookies etc. for sale at School/PTA events are requested to make nut-free products where possible.

Poppy Appeal

Should you wish to donate to the Poppy Appeal this year, there are a number of accessories (traditional poppies, slap band rulers, lanyard poppy clips and wrist bands) available at reception. Donations can be any amount but we suggest a minimum of £1 to support this worthy cause.

New staff

We are pleased to welcome a new member of staff to the School Admin Team.

Mrs. Charlie Falkingham has started at Chesswood Junior School on Thursday 19th October and we welcome her to the Chesswood family.



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.

Chesswood Job Opportunity



CHESSWOOD JUNIOR SCHOOL

Home of Bright Sparks

Chesswood Road Worthing West Sussex BN11 2AA

Head Teacher: Mr Andrew Jolley

www.chesswood.w-sussex.sch.uk

jobs@chesswood.w-sussex.sch.uk

Tel: Worthing (01903) 204141/2



SPORTS COACH REQUIRED **To start January 2024** **Term Time Only** **Actual Salary: £18,988 per year**

We seek to appoint a sports coach to deliver PE to all year groups (years 3 to 6), to run after school clubs and to lead lunchtime sports activities (all under the direction of our PE specialist teacher). The coach will work 30 hours per week (term time only + up to 5 INSET Days), Monday to Friday; start times vary each day depending on PE timetable (08:45 to 11:00) to 4.30pm each day, with a half hour lunch break. Salary is WSCC Grade 7, Points 14-19.

This is initially a temporary contract until 23 July 2024 due to our planned school amalgamation; the post may continue beyond this time - outcomes will be known before July.

The successful candidate will:

- be enthusiastic, caring and well-motivated,
- be suitably qualified for the post of sports coach i.e. have sports coaching qualifications, good basic mathematical skills and be able to communicate effectively both orally and in writing in a variety of settings (GCSE Grade C+ or equivalent),
- demonstrate versatility, tact, commitment and the ability to use initiative,
- be patient and able to stay calm,
- be able to work as part of a team, and
- have the ability to maintain confidentiality.

A Disclosure and Barring Service check will be carried out in line with the school's policy towards safeguarding and promoting the welfare of children. We welcome applications regardless of age, gender, sexual orientation, race, religion or beliefs, disability, nationality, ethnic or national origins.

Further details and an application pack are available on West Sussex School Jobs page or Chesswood Junior School's website. Application forms must be completed; we cannot accept applications without. Please e-mail to jobs@chesswood.w-sussex.sch.uk. Pre visits to the school are encouraged.

Closing date: Thursday 16 November, 8 am.
Interviews: Thursday 23 November, morning.
Starting Date: Tuesday 2 January 2024

DREAM – ASPIRE - ACHIEVE

PTA Friends of Chesswood



ANY HELP IS MUCH APPRECIATED!

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

Inset Day



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



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

October 2023

Dear Parents

Inset Day – Wednesday 15th November 2023

We will be holding an INSET day at Chesswood on Wednesday 15th November 2023 and plan to arrange childcare facilities, at school, for families who need it.

The details are as follows:

- Wednesday 15th November 2023 - 7:30am to 3:30pm to include breakfast.
- A range of activities will be provided throughout the day, such as art and craft, board and card games, sports, nature documentaries and general play.
- Children will need a packed lunch and a fruit snack. Breakfast will be supplied between 7:30am – 8:15am.
- The cost for the day will be £25.00 per child to be paid in full by Monday 6th November 2023.
- Numbers will be limited and based on a first come first served basis, for paid only bookings (non-refundable)

The children will be cared for throughout the day by members of our school support staff, all of whom are suitably qualified, DBS checked and hold first aid qualifications. Should your children have any allergies or medical conditions, please indicate on the form included.

Should you wish your child to attend, please book online via MCAS (in Trips and Events) or on the slip provided. Where two or more siblings are attending, we will offer a 50% reduction in fees for the second child - please contact finance@chesswood.w-sussex.sch.uk to arrange this. All bookings must be made no later than 6th November 2023, please.

Yours sincerely

Andrew Jolley

DREAM – ASPIRE - ACHIEVE


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 Dunington 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.

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.



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

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
- wscvvideo



WS110A/07/2023

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. ****

Upcoming Trips and Events

Year 3 Visit by Worthing Museum Outreach – 14th, 16th & 17th November 2023



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

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



September 2023

Dear Parent/Guardian

Year 3 Visit by Zoolab – 29th September 2023

We are delighted to welcome Zoolab to Chesswood on **Friday 29th September 2023** to provide our children with an exciting learning opportunity where they will learn that:

- Some animals have skeletons and some don't
- Some animals have internal skeletons and exoskeletons
- All animals have muscles which enable them to move.

Zoolab will bring a selection of relevant animals into Chesswood which the children will observe and have the opportunity to handle if they would like to. Through this, our science topic will come to life and provide a real life context to further enhance their learning.

Year 3 Visit by Worthing Museum Outreach – 14th, 16th & 17th November 2023

As part of our 'Stones and Bones' topic we have arranged a visit from Worthing Museum who will run a workshop with the children. The workshop will help the children to understand how we know what happened in the past with a particular focus on archaeology and they will develop a better understanding of The Stone Age. Each class will have the opportunity to participate in a set of activities, which include handling artefacts, an archaeological dig and map work.

The total cost of the visits to the school is £10.00 per pupil (these will show as two separate trips on MCAS but can be paid for at the same time). We are asking parents/carers to make a voluntary contribution of £10.00 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 Team on finance@chesswood.w-sussex.sch.uk.

Payments may be made online via MyChildAtSchool (MCAS) 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 22nd September 2023**.

Yours sincerely

Chris Yelling
Assistant Head

DREAM – ASPIRE - ACHIEVE

This week at Chesswood



This week at Chesswood



EAL Lunch Club



Sports News

Worthing Schools Cross Country Championships

It was perfect running conditions last Saturday morning for the annual cross country event on the South Downs with around 60 of our pupils taking part.

Year 3 - The first race went extremely well for the Y3 girls – Iris finished 6th with Binta (8th) and Aubrey (9th) close on her tail. Holly (26th), Matilda (43rd), Athena-Rose (69th), Elinor (74th) and Simrah (90th) completed the team – overall the team finished in 2nd place.

Not to be outdone all of the boys finished in the top 40 runners – Caleb (11th), Rudy (16th), Chester (25th), Nicusor (26th), Fox (29th), David (34th) and George (36th) gave the team a 3rd place finish.

Year 4 - Our girls placed well with Esther (18) and Bronte (19th) finishing together with Anina (36th), Maya (37th) and Sofia (40th) just behind then, Laura (51st) and Eva (62nd) completed the team.

In the Boys race we achieved our only medal of the day with **Myles** finishing a magnificent 3rd place. Elliot was 18th, then Tristan (36th), Louie (38th), Zach (46th), Rory (48th), Arthur (60th) and Sebastian (62nd).



Sports News

Year 5 – Poppy lead the way in 25th position for the girls with teammates Leia (45th), Elsa (46th), Erika (49th) coming in together followed by Tashea (56th) and Dinuthi (86th).

Boys Mason finished in 9th position and Dieter 20th, Patrick (33rd), Oscar (47th), Eli (58th), Hrishaan (64th) and Sonny (66th).



Year 6 – If the Y5 course was challenging this was tough but it didn't stop Lydia finishing 4th overall continuing her great performances from last year. Rachel (28th), Thedini (53rd), Amy (61st), Hridishtitha (84th), Rivah (85th) and Eliza competed the team.

For the boys Emlyn was 22nd, Buddy 32nd, Toby W (46th), Oscar (53rd) Bertie (55th), Levi (65th) and Charlie all ran well to complete the 2km course.



Sports News/Upcoming Events

Y5 & 6 Football Matches with TAB

Year 5 and 6 A teams played some friendly games against TAB Year 5 and 6 A teams. Good quality of football shown by all.

Year 5 won against tab year 5 2-1 and narrowly lost to both year 6 teams by one goal but play some creative football.

Year 6 won against both year 5 team and draw against tab year 6, who's goalkeeper was outstanding against our attack.



Sports News/Upcoming Events

Upcoming Events:

- **Tuesday 31st October** – Upper School Football Festival with TAB
- **Wednesday 1st Nov** - Basketball Finals – The Angmering School
- **Thursday 2nd** – Y5/6 Gymnastics Competition – Davison High
- **Tuesday 7th** Y3/4 Girls Football Festival (2 teams) – St Andrews High
- **Tuesday 14th** – Y5/6 Girls Football Tournament – St Andrews
- **Wednesday 15th** (INSET Day) – Rearranged Y3/4 Football tournament – St Andrews

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.

PTA Friends of Chesswood



Thank you to everyone who joined us at the AGM, it was great to have some new members join us. We went through our finances for the last school year (please see the information below) and appointed a new committee for the following year. We would like to introduce.



EMMA BECK
Chairperson



KATE BROWN
Treasurer



HANNAH CARTER
Secretary

We also have a wider team who come to planning meetings, organise our pre-loved uniform and help plan and run our various events. **Everyone is welcome to join us** - so do please come along and see what we do. **Our next planning meeting for the Christmas Fayre is Friday 3rd November after morning drop-off** (pre-school children are welcome to join us). If you would like to be involved in some way but can't make the meetings then please do contact us we would love to hear from you.

Thank you to everyone who was involved in whatever way last year and we look forward to some exciting events in the year to

PTA Friends of Chesswood

FRIENDS OF CHESSWOOD FUNDRAISING

2022/23






 PEGI 3



KNITTING FOR

Get your
ultimate
team



Source: <https://www.siliconera.com/pokemon-spends-over-6000-billions-highlighting-predatory-game-design/> or <https://www.who.int/news-room/quarterly-news-item/2019/04/behaviour-gaming-disorders> or <https://www.eurogamer.net/18-european-parliament-calls-for-better-regulation-of-lot-base-following-sow-pro>

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-judgmental 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

Touchbase - therapy practice information

Introducing TouchBase: A Therapy Practice Dedicated to Trauma Recovery

At TouchBase, our primary focus is on helping individuals recover from traumatic experiences. While our main clientele consists of children and young adults aged 5 to 25, we also offer therapy to adults seeking support.

Our team of skilled and experienced therapists is fully equipped to provide the help you need. We have recently increased our capacity so have space for new clients now, so don't hesitate to reach out to us.

We look forward to hearing from you.

Please email info@touchbase.org.uk for more information

touchbase.org.uk
TouchBase_UK
TouchBaseBrighton



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

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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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

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



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



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.*



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.



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

BRIYM 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](https://www.instagram.com/briym.uk) [BriymUK](https://www.facebook.com/BriymUK) [07793372829](tel: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 MEDIA

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. 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.

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](https://www.facebook.com/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 2HD
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/

FRIDAY 20TH OCTOBER

3.30 - 7PM

KIDS AGED 7-11

SCHOOLS OUT !!

KIDS GLOW DISCO PARTY

FREE ENTRY

FOOD AVAILABLE

ADULTS MUST STAY ON THE PREMISES

coast

Autumn half term holiday workshop ONLY £16

Children's yoga & wellbeing workshop (5-11yrs)

Saturday 28th October 10-11am

St Michael's Church Hall South Street, Lancing BN15 8AJ

Session includes group games, individual & paired yoga, mindful craft & sensory activity, musical instruments & storytelling

Increasing physical and emotional wellbeing, confidence, concentration and emotion regulation Reducing stress, anxiety and aggression

Booking & info: 07738 297587 natalieshepherd15@outlook.com www.facebook.com/dramaticwaves

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



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




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,
Steiny Grammar School, Upper Beeding BN44 3TG.

BOOK YOUR PLACE NOW!
<https://qrco.de/free-trial>
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

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
01303 752503 - wickersgymnasticsclub@hotmail.co.uk

South Coast Soccer Academy

WEEKLY GROUP SESSIONS (SEE REVERSE)
BIRTHDAY PARTIES
1 TO 1 COACHING
SMALL GROUP COACHING
BRAND NEW TODDLER SESSIONS

NEW SOCCER ACADEMY FOR 18 MONTHS - 14 YEARS OLDS IN THE LANCING, WORTHING, ARUN AND SURROUNDING AREAS!

BOOK YOUR FREE TRIAL TODAY

25% OFF YOUR FIRST COURSE WITH THIS VOUCHER

Info@SouthCoastSoccerAcademy.co.uk
#SOUTHCOASTSOCCERACADEMY.CO.UK

FA QUALIFIED COACHES • DBS CHECKED • HIGH QUALITY COACHING • WELCOMING ENVIRONMENT FOR EVERYONE

BRAND NEW WEEKLY SESSION TIMETABLE

South Coast Soccer Academy

WEEKLY SESSIONS

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
RECEPTION + YEAR 1 8.30PM - 9.15PM SOMPTING VILLAGE HALL BA15 0ES YEARS 2, 3 + 4 5PM - 6PM LANCING MANOR LEISURE CENTRE 3G BA15 0PH	GIRLS ONLY 5-11 YEARS WILDCATS WEEBAX 4PM - 5PM MANOR SPORTS GROUND (WORTHING, BA14 9AZ)	YEARS 4, 5 + 6 5PM - 6PM ARUN ARENA INDOOR 3G (FORD, ARUNDEL BA11 8 0HY)	SOUTH COAST SOCCER TOITS 18 MONTHS - 3 YEARS 10.45AM - 11.30PM ST PETER'S CHURCH HALL (SOMPTING, BA15 9TS)

INFO@SOUTHCOASTSOCCERACADEMY.CO.UK

External Clubs Information

WORTHING
TABLE TENNIS CLUB

**COME ALONG AND LEARN HOW TO PLAY
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WORTHING BN14 7JG


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

THOMAS & BECKET JUNIOR SCHOOL, BLINDLIFE AVENUE
WORTHING BN14 7PB

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

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**HOLA
AMIGOS!**

SPANISH LESSONS FOR 6-9 YEAR OLDS

TAUGHT BY MARI
A QUALIFIED PRIMARY SCHOOL TEACHER FROM MADRID

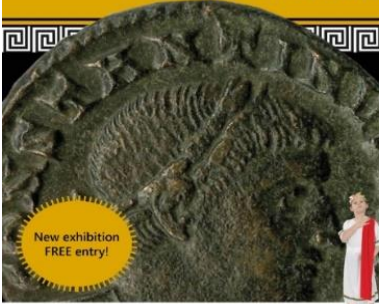
THURSDAYS 3.45 - 4.30 PM
(TERM TIME ONLY)

£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-tc.gov.uk
W: littlehamptonmuseum.co.uk



facebook twitter instagram Littlehampton and Littlehampton Town Council

WORTHING TOWN FC

Festive Fun Day

Saturday 2nd December
10am-4pm

Worthing Town FC
Palatine Park
Worthing
BN12 6JN

STALLS

- TOMBOOLA
- RATTLE
- CRAFTS
- STALLS
- MULLED WINE
- FESTIVE FOOD

Santa's Openfire
LIMITED SPACES
Booking Opens 7th October

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/youth/info

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 • Performance Arts

Curtain Call Academy of Dance
Dance
Theatre
Music
Acting
Performance Arts



**west
susseX
music**

Play in a Band

Worthing Contemporary Music Centre

Norbrook College, West Durrington, Littlehampton Road, BN12 6NU

Wednesdays from 4:30pm - 5:30pm

Agers 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

Supported using public funding by

ARTS COUNCIL

SOUTH COAST SKATEBOARD EVENTS

We are a not for profit business




WEEKLY INDOOR
GROUP
LESSONS
£7.50

ADULT/CHILD
121s

CHILDRENS
PARTYS





- #SPORTNOTSPORT
- IMPROVE COORDINATION
- IMPROVE RESILIANCE 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



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 or call 01480 467 567

The UK's Favourite Holiday Activity Camp!

WIDE RANGE OF ACTIVITIES!
CHOOSE FOR EVERY SESSION!

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£100 for you, £25 for your friend

Trustpilot 4.5/5

BOOK NOW!

GET ONE A WEEK! PARENTS CAN PAY WITH EITHER CHILD CARE VOUCHERS OR TAX-FREE CHILD CARE!

Ofsted Outstanding Provider



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 OR HEAD TO THE WORKSHOPS SECTION OF OUR WEBSITE FOR MORE INFO

WWW.MESHIRTKITS.COM



Source: File photo (5) - Personalised fabric printing kits for kids

Influenced by John Lewis, The Evening Standard, The Telegraph and The Independent (2021/2022)

<https://tuitr.eu/Me-shirtkits>



OCTOBER HALF TERM TECH CAMP

AT OUR LADY OF SION SCHOOL, BN11 1RE

23RD OCT - 3RD NOV

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

BOOK 5 DAYS ONLY PAY FOR 4

WEEK 1: ROBOTS, VR & TECH FUN
Build a robot, design games, model 3D creations, learn to mix like a Pro DJ... plus MEDIA LASER TAG! Explore, experiment and ignite the imagination with this exciting week full of tech fun!

WEEK 2: MINECRAFT & LEGO ENGINEERING
Dive into Minecraft Education - design elements of the game, build redstone circuits and learn coding fundamentals. Build engineering in the city using LEGO bricks, sensors and motors to create crazy inventions powered by code.

A great environment!
"My kids loved it and we've booked for the next camps in October. The staff were also super helpful. Would 10/10 recommend!"
- Recommended by Mrs. C. Gould

What to bring to camp:
- Reusable Lunch and Drink Containers
- Water Bottle
- Medication (if required)
- Halloween Costume (Friday Optional)

www.nextthing.education

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 - £15 3 DAY CAMP - £39
PORTSLADE Portslade Leisure Centre	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
STORRINGTON Chichester Leisure Centre	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
WORTHING Worthing Town FC	24/25/26 OCTOBER	Football camp	09:30-15:30	4-13 YRS	SINGLE DAY - £15 3 DAY CAMP - £39
MILE OAK Mile Oak Primary School	25 & 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
INFO@ACEFOOTBALLACADEMY.CO.UK
07772 073926 | 07817 304334

BOOK NOW

Discover day

LOVE HALLOWEEN

Pumpkin Hunt
Grow a tree
Leaf collage
Badge making
Pumpkin decorating*

WEDNESDAY
25th Oct
10am-3pm

Face Painting- Refreshments & Ranger Activity Pack

*pre-booking essential

highdowngardens.co.uk/whats-on

ASOA

October Half Term Activities

THE OUTDOORS PROJECT
OFSTED REGISTERED
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 in the campfire to learn about Modern Cultural history through making Day of the Dead sugar skulls. We'll be having a circus skills feast & a game of ghost 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, new potions & spells. Quiditch! Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

'AMONG US' SPY CAMP
Based on the popular video game, it encourages positive technology use, teamwork, problem-solving & strategy. 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 fun-filled day of zombie games (Zombicide) & a whole lot of making. There's a hilarious body part scavenger hunt & lots of right-angled measurement fun to games.

NERF: WINTER WASTELAND - DEFEND THE VAULT & SWAMP RESCUE
Join us for an energetic day of their own design, playing tactical, team-based Nerf games in our spooky-themed winter wasteland. Defend The Vault & Swamp Rescue. Luck & Skill! Zombies have stolen the vault key! Due to the more competitive nature of this day, age 8+ is recommended.

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

THE OUTDOORS PROJECT
OFSTED REGISTERED
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

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

THE OUTDOORS PROJECT
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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 in the campfire to learn about Modern Cultural history through making Day of the Dead sugar skulls. We'll be having a circus skills feast & a game of ghost 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, new potions & spells. Quiditch! Which house are you? Gryffindor, Slytherin, Hufflepuff or Ravenclaw.

'AMONG US' SPY CAMP
Based on the popular video game, it encourages positive technology use, teamwork, problem-solving & strategy. 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 events, with some of the 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 their own design, playing tactical, team-based Nerf games in our spooky-themed winter wasteland. Defend The Vault & Swamp Rescue. Luck & Skill! Zombies have stolen the vault key! Due to the more competitive nature of this day, age 8+ is recommended.

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

MULTI SPORT HOLIDAY CAMP FRAMEWORK TIMETABLE
WORTHING LEISURE CENTRE

TIME	AGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08:30 - 09:30	ALL	START ACTIVE - EARLY BIRD CLUB				
09:00 - 09:45	ALL	REGISTRATION, ICE BREAKER GAMES & WELCOME TALK				
09:45 - 10:45	5-7 YEAR OLDS	MULTI SKILLS	TRAMPOLINE	GYMNASTICS	TRI GOLF	ULTIMATE FRISBEE
	8-12 YEAR OLDS	CRICKET	ARCHERY	ATHLETICS	BASKETBALL	TEAM CHALLENGE
10:45 - 11:00	ALL	MORNING BREAK				
11:00 - 12:00	5-7 YEAR OLDS	BENCH BALL	TRAMPOLINE	ATHLETICS	MULTI SKILLS	DODGEBALL
	8-12 YEAR OLDS	HOCKEY	MULTI SPORTS	GYMNASTICS	TRI GOLF	ULTIMATE FRISBEE
12:00 - 13:00	ALL	LUNCH, GOLDEN TIME, CREATIVE TASKS / CHALLENGES				
13:00 - 14:00	5-7 YEAR OLDS	FOOTBALL	ARCHERY	DODGEBALL	DODGEBALL	MULTI SKILLS
	8-12 YEAR OLDS	BENCH BALL	TRAMPOLINE	CRICKET	FITNESS/CIRCUITS	MULTI SPORTS
14:00 - 14:15	ALL	AFTERNOON BREAK				
14:15 - 15:15	5-7 YEAR OLDS	TAGGING GAMES	BALL GAMES	TEAM CHALLENGES	TAGGING GAMES	PARACHUTE GAMES
	8-12 YEAR OLDS	FOOTBALL	TRAMPOLINE	DODGEBALL	HANDBALL	BASKETBALL
15:15 - 16:00	ALL	AWARDS, CELEBRATION & PERFORMANCE TIME				
16:00	ALL	DE-REGISTRATION				

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South Downs Leisure
www.southdownsleisure.co.uk

OCTOBER HALF TERM ACTIVITIES
23rd - 27th October 2023

Scan the QR code to find out more and to book, or visit: www.southdownsleisure.co.uk

fit4 more people more active more often

South Downs Leisure
www.southdownsleisure.co.uk

MULTI SPORT HOLIDAY CAMP FRAMEWORK TIMETABLE
LANCING MANOR LEISURE CENTRE

TIME	AGES	MONDAY - 23 RD OCTOBER	THURSDAY - 26 TH OCTOBER
08:30 - 09:00	ALL	START ACTIVE - EARLY BIRD CLUB	
09:00 - 09:45	ALL	REGISTRATION, ICE BREAKER GAMES & WELCOME TALK	
09:45 - 10:45	5-7 YEAR OLDS	MULTI SKILLS	BALL GAMES
	8-12 YEAR OLDS	CRICKET	ARCHERY
10:45 - 11:00	ALL	MORNING BREAK	
11:00 - 12:00	5-7 YEAR OLDS	BENCH BALL	CRICKET
	8-12 YEAR OLDS	HOCKEY	DODGEBALL
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	8-12 YEAR OLDS	BENCH BALL	BASKETBALL
14:00 - 14:15	ALL	AFTERNOON BREAK	
14:15 - 15:15	5-7 YEAR OLDS	TAGGING GAMES	FOOTBALL
	8-12 YEAR OLDS	FOOTBALL	MULTI SPORTS
15:15 - 16:00	ALL	AWARDS, CELEBRATION & PERFORMANCE TIME	
16:00	ALL	DE-REGISTRATION	

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South Downs Leisure
www.southdownsleisure.co.uk

October Half Term Activities

Homefield Park Football Club

Homefield Park Football Club

Est 2021



Friendly local community club

For further enquiries please

Call Chris on 07496522718

About Us



Set in central Worthing this club offers enthusiastic and aspiring young footballers between the ages of 6-14 the perfect environment to develop their technical and tactical understanding of playing the game hosted and delivered by a fully qualified and reputable coach.

Sessions are priced at £5 per session cash accepted only. Options to pay for multiple sessions in advance across each month is available should parents wish to.

. DBS registered and First Aid trained

SCHOOL HOLIDAYS ACTIVITIES CLUB

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

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FOR RELATIVES

REGISTER ONLINE NOW
LIMITED SPACES AVAILABLE

Southeast Kids Camps
SOUTHEASTKIDSCAMPS.CO.UK
01444 461 889

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

KIDS GO FREE*
FROM 22ND OCTOBER TO 1ST NOVEMBER 2023

Halloween Hunt & Spooky Treats

For more information and to book tickets visit www.chiddingstonecastle.org.uk/whats-on/


Look out for the pumpkins and eyeballs hidden around the collections this half term on our Halloween Hunt. The tea rooms will be getting in the spirit too serving up spooky hot chocolate with mini ghost marshmallows, pumpkin and bat biscuits as well as some special halloween cup cakes.

*Complete the survey on our What's On page to get your free tickets
Castle open Sundays, Mondays, Tuesdays and Wednesdays 11am - 5pm, last entry at 4:15pm

HELLO@CHIDDINGSTONECASTLE.ORG.UK | 01892 870 347 | CHIDDINGSTONE CASTLE, KENT, TN10 7AD

CHIDDINGSTONE CASTLE
HISTORIC HOUSE - COLLECTIONS - PARK


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 do 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	Chancetownbury Leisure Centre
Our Lady of Sion Senior School			*Multi 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!

 **Trustpilot**
Based on over 11,000 reviews

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

Fancy Dress is Encouraged!



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

