



CHESSWOOD JUNIOR SCHOOL *News*



Published – 03/11/2023

Important Please Note

Year 2 Open Day sessions – 8th November

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

**Year 3 Museum visit – 13th, 14th & 16th
November**

**TT Rock Stars – England Rocks Competition-
14th, 15th & 16th 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 16th October. Well done!!

Year 3	Year 4	Year 5	Year 6
3CV 96%	4PB 97%	5AL& 5EV 95%	6NB 99%


Chesswood Calendar 6th November 2023 – 1st December 2023

Chesswood Calendar 6th November – 1st December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
6th November	7th November	8th November	9th November	10th November
		Year 2 Open Day sessions	Primary Maths Challenge - Selected Y5 Children	Primary Maths Challenge - Selected Y6 Children
13th November	14th November	15th November	16th November	17th November
World Kindness Day (Wear Odd Socks Day) Year 3 Museum visit	Year 3 Museum visit TT Rock Stars - England Rocks Competition	Inset Day TT Rock Stars - England Rocks Competition	Year 3 Museum visit Flu Vaccination session (All year groups) TT Rock Stars - England Rocks Competition Primary Maths Challenge - Selected Y5 Children	TT Rock Stars - England Rocks Competition Primary Maths Challenge - Selected Y6 Children
20th November	21st November	22nd November	23rd November	24th November
Governor's meeting				
27th November	28th November	29th November	30th November	1st December
				International Day of Persons with Disabilities



Important

Christmas Lunch

Bookings are now available.

Please ensure you book your child meal before **23rd November**.



Merry Christmas

Join our festive lunch by ordering on ParentPay for
.....Friday 8th December.....

MAINS
Roast Turkey in Gravy,
Or
Quorn Roast in Gravy

SIDES
Roast Potatoes, Mini Sausage, Stuffing,
Carrots and Cabbage

DESSERT
Snowy Cupcake

Scan QR code to order, no later than
Thursday 23rd November!
*Special diets will remain in place.



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.

Dancemania XVI



If you love to dance then Dancemania is for you!

What you need to do:

1. Create a dance by yourself or in a group.
2. Complete the Application Form.
3. Choreograph (create) a dance to music (max. 2mins long) and rehearse and practice on the playground or at home.
4. Your dance needs to be original—your own ideas.
5. You will be dancing in front of over 100 people.
6. Show time is the Monday 11th December 6pm.
7. Applications need to be to Mr Quick by Friday 1st December

Jam Jar Request

We would like any clean, empty jam jars to be dropped of at reception from week beginning 6th November to 24th November to be used for our Winter Wonderland on 8th December.

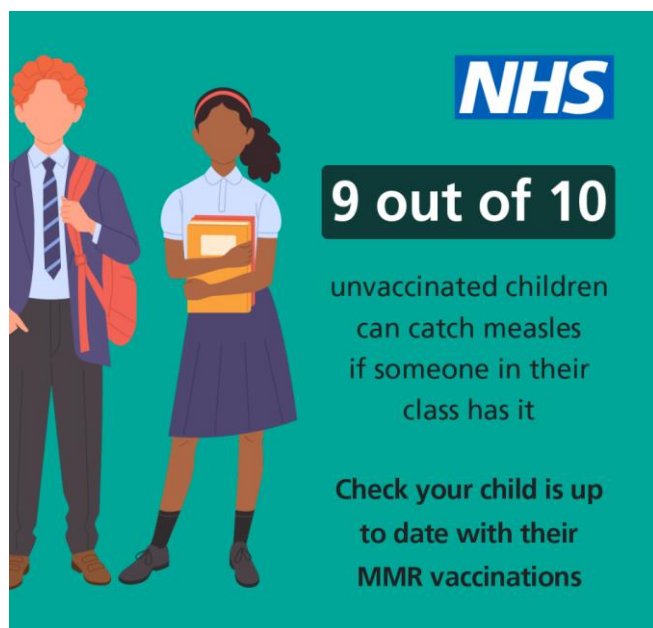
Important

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.

World Kindness Day - Monday 13 November 2023

Our Junior Governors have chosen World Kindness Day as one of their awareness days for this academic year - this links perfectly with our BRIGHT SPARKS code.

For more information click [HERE](#)

This day is also the start of Anti-Bullying Week (For more information click [HERE](#)) linked to our Anti-Bullying Ambassadors, which links perfectly with World Kindness - so we invite all children (and adults) to join **Odd Socks Day** and **wear odd socks to school** - encouraging everyone to express themselves and celebrate their individuality and what makes us unique!



TT Rock Star- England Rocks Competition

**TIMES TABLES
ROCK STARS**

PRESENTS

ENGLAND ROCKS

14TH - 16TH NOVEMBER 2023
7:30AM TO 7:30PM (GMT)

**PLAY IN ANY
GAME TYPE!**

**1HR TIME LIMIT
PER PERSON!**

**WINNING CLASS WILL HAVE THE HIGHEST
NUMBER OF CORRECT ANSWERS PER PUPIL!**

TTROCKSTARS.COM/ONLINE-EVENTS

TT Rock Stars - England Rocks Competition

As part of our commitment to make maths exciting and high profile in our school and to celebrate Maths Week, we are taking part in a friendly competition involving schools in England.

The competition runs from 07:30 GMT **Tuesday 14th November 2023** to 19:30 GMT **Thursday 16th November 2023**.

It's all done online via play.ttrockstars.com.

Children can play in any gamemode with every correct answer to a multiplication or division question, earning themselves, their class and the school a point.

The Times Tables Rock Stars platform will calculate the class average (the number of correct answers per pupil in the class who play during the competition hours, subject to a daily 60-minute limit (see below)).

Winning classes in the school and in the competition as a whole will be the ones with the highest average.

Whilst children can play any game as part of the competition, we would recommend they focus on the games which are suggested as part of their regular homework – as these are the most beneficial game for each child.

To support player wellbeing, there is a daily time limit of 60-minutes per player.

In other words, each player can earn competition points for up to 60-minutes between 07:30 GMT and 19:30 GMT on 07:30 GMT Tuesday 14th November 2023 to 19:30 GMT Thursday 16th November 2023.

Once the player goes beyond 60-minutes of play on that day, they will still earn coins but will no longer earn points towards the competition.

In the spirit of the competition, please don't play on their behalf but by all means encourage and support them to the extent that it doesn't cause high stress levels or impact on family plans.

We will be recognising the top scoring child in each class with a **£5 Amazon Gift Voucher** - whilst the highest scoring child in each year group will win an additional £5 voucher.

TT Rock Stars is a fun way for children to learn and become more confident with multiplication and division facts. If you have any doubt about which of the games on TT would be best for your child to use during the competition, please check the weekly year group Maths Fluency homework first. If you are still unsure, we would recommend the following, but please do speak with your child's teacher if you want any further clarification:

Year 3 - Garage or Jamming

Year 4 - Garage, Jamming or Studio

Years 5 and 6 - Garage, Studio, Festival, Arena or Rock Slam.

To help make sure children's progress is tracked accurately, please ensure children are using the latest version of the Times Tables Rock Stars. In order to do this please visit play.ttrockstars.com/reset to load the latest version in their device's browser or check in the app store for the device that the app they are using is the latest version. Thank you for your support. Good luck everyone!

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

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

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. ****

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AT THE
SHOW**

**Independent
SCHOOLS
Show**

**11-12 NOVEMBER
BATTERSEA PARK**

*Visit us at
stand 751*

Upcoming Trips and Events

Year 3 Visit by Worthing Museum Outreach – 13th, 14th & 16th 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 – 13th, 14th & 16th 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

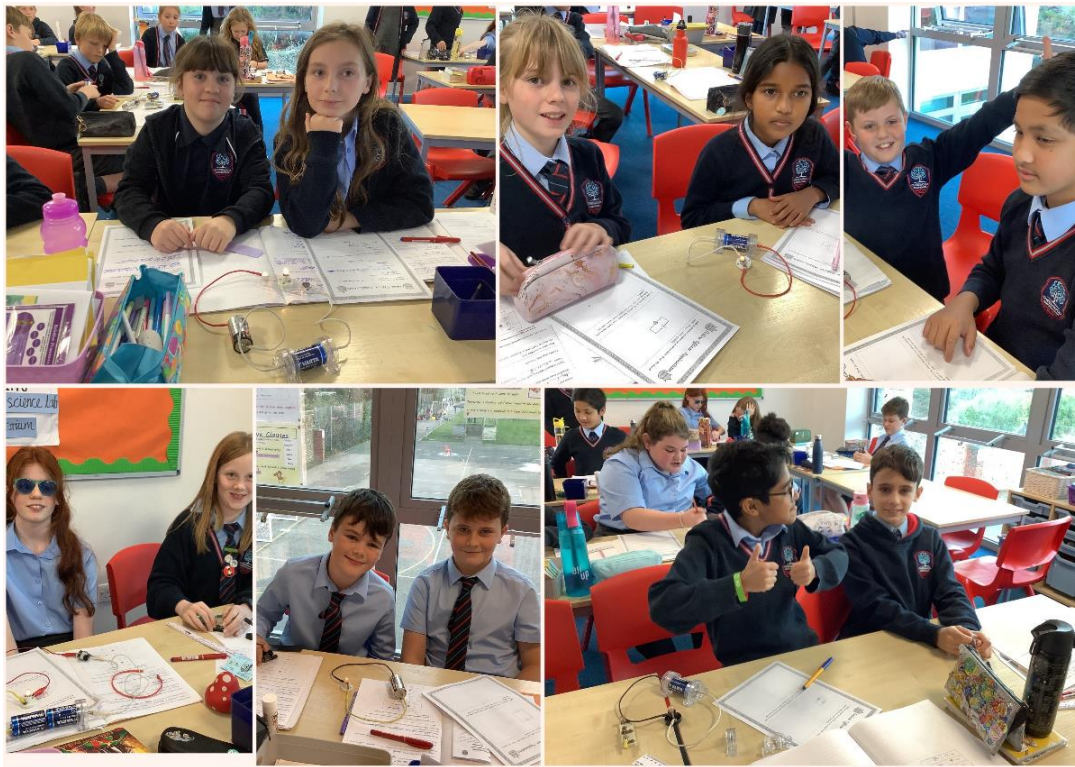
Chris Yelling
Assistant Head

DREAM – ASPIRE - ACHIEVE

This week at Chesswood



This week at Chesswood



EAL Lunch Club



Assembly

This week we had a visit from the author Luke Temple. He shared short extracts of his stories in an exciting way and explained what gave him the inspiration and ideas for his stories. The children also had a go at orally telling some of their own silly stories using prompts. His visit certainly gave us an insight into how to be a published author and inspired us to be creative story writers.



Sports News

Southern Area Basketball Finals

With 2 teams qualifying for the event hopes were again high that the school could successfully defend the title held for the previous few years.

The Blue team in Group A had a tricky start against St Nics & St Marys before picking up wins against Georgian Gardens and St Peters Green. That meant that they finished as runners up in their group and qualified for the semi-finals.

The Red team had 4 wins out of 4 in their group beating Eastbrook, St Margarets, St Peters Black and Storrington on their way to the semi-finals scoring 50 points and only conceding 8.

The 2 Chesswood team met in the semi-final with the Red team coming out on top and progressing them to the final and the Blue team had a joint 3rd place finish.

Into the final and the Red team played St Nics & St Marys from Shoreham – it was a very close and competitive game and at the end of the 7 minutes was tied 2-2. As 2 teams qualified for the next stage of the tournament joint winners were awarded – so again Chesswood were Southern Area Basketball Champions!

Leon was also voted Player of the Tournament by the organisers.

Red Team: Leon, Ming-Kai, Muhammed, Gilbert, Rachel

Blue Team: George, Kaidan, Harvey, Harrison, Lydia and Sithuki



Upper Football Festival with TAB

3 teams from the football club went to Thomas A Backet on Tuesday for a chance to pull on the Chesswood shirt and represent the school in a series of football matches. The players battled well in challenging conditions, and all enjoyed the experience.

Yellows: Hayden, Mason, Tomas, Daniel, Charlie, Sonny and Joel.

Blues: Reuben, Jason, George, Rufus, Kaidan, Jithaesh, Ronnie.

Oranges: Jordan, Spencer, Jack Z, Heilyn, Jack F, Mckenzie, Frankie and Hrishaan.



Sports News/Upcoming Events

Upcoming Events:

- **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
- **Tuesday 21st** – Y5/6 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



Early Help and Thought-Full Introduction

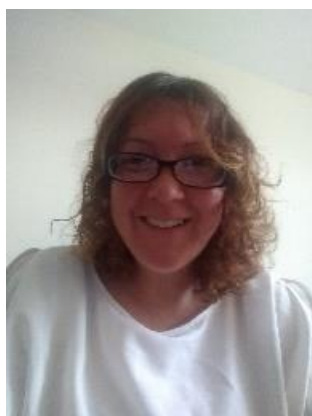


We all know life has its ups and downs and isn't always easy, at times being a parent can be challenging, trying to help and understand our children can be difficult and confusing. Early help recognises the important role schools play in supporting families and each school has a link worker to help provide 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

west
sussex
county
council

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 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



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

BUILDING RESILIENCE IN YOUNG MINDS

briym

DOES YOUR CHILD NEED SUPPORT WITH THEIR MENTAL HEALTH?

IS YOUR CHILD STRUGGLING WITH SELF-ESTEEM?

IS YOUR CHILD OFTEN ANGRY OR FRUSTRATED?

ARE YOU WAITING FOR A CAMHS APPOINTMENT?

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

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

@briym.uk BriymUK 07793372829

DO YOU KNOW A CHILD WITH A PASSION FOR FASHION?

DO THEY HAVE STAND-OUT STYLE?

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

lion tv

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

CBBC + iPLAYER

For more details, parents/guardians should contact:

Fashion@liontv.co.uk

OTHER TERMS AND CONDITIONS MAY APPLY. WE WILL PROCESS YOUR PERSONAL DATA BY NECESSITY IN ACCORDANCE WITH OUR PRIVACY POLICY AVAILABLE AT: www.liontv.co.uk/privacy-policy. ALL APPLICANTS MUST HAVE PERMISSION FROM THEIR PARENTS OR LEGAL GUARDIAN TO PARTICIPATE. CHILDREN MUST BE AT LEAST 11 YEARS OLD AND NO MORE THAN 14 YEARS OLD ON 1st SEPTEMBER 2022.

Starting in Autumn 23

the community house

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

Autumn half term holiday workshop ONLY £16

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

Saturday 28th October 2-4pm

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



HOLIDAY ACTIVITIES



18-20 DECEMBER BOGNOR REGIS - RAP & LYRIC WRITING

18-20 DECEMBER CRAWLEY - DJ & MUSIC PRODUCTION

21-22 DECEMBER LITTLEHAMPTON - RAP & LYRIC PRODUCTION

18-21 DECEMBER WORTHING - ROCK & POP BAND

AGES 8 - 16YRS

SIGN UP HERE

www.westsussexmusic.co.uk/holidayactivities



SANTAS GROTTO AT WORTHING TOWN FC

COME MEET SANTA

Meet Santa in his Grotto with his cheeky Elves!

SATURDAY DECEMBER 2ND AT WORTHING TOWN FC 10AM - 4PM

Ticket: £5 per Child. PRE-BOOKING IS ESSENTIAL TO AVOID DISAPPOINTMENT. To Book Contact: EVENTS@WORTHINGTOWNFC.COM



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 Leonfield Hall, Petworth.
We are thrilled to welcome the Watlington 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 / 10 & under £5



Andrew Pettit - The What on Earth Family Quiz
2.00pm, Saturday 28 October at Leonfield 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 Pettit, editor of What on Earth Magazine, the UK's fastest-growing children's magazine. [Click for tickets](#) - Adults £8 / 10 & under £5



Lucy Reynolds - We are Family (Children's event)
10.30am, Thursday 2 November at Leonfield 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 / 10 & under £5

Petworth Festival Literary Week - 25 October to 5 November 2023

[Full line up here](http://www.petworthfestival.org.uk)

www.petworthfestival.org.uk
Tel: 01798 344576

External Clubs Information



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,
Steining Grammar School, Upper Beeding BN44 3TG.

BOOK YOUR PLACE NOW!
<https://qrco.de/Free-trial>
01273 901756

swim@unitedswimmingacademy.com
USALswim 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
01903 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 TOOLBOX SESSION

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

BOOK YOUR FREE TRIAL TODAY

TEL OFF YOUR FIRST COVERT WITH THIS FLYER

info@southcoastsocceracademy.co.uk
www.southcoastsocceracademy.co.uk

FA QUALIFIED COACHES DBS CHECKED SAFEGUARDING QUALIFIED 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 5.30PM - 6.15PM † SOMPTING VILLAGE HALL BNTS OES YEARS 2, 3 + 4 5PM - 6PM † LANCING MAHAR LEISURE CENTRE 3G BNTS OPH	GIRLS ONLY 5-11 YEARS WILDCATS WESTBIX 4PM - 5PM † MAHAR SPORTS GROUND (WORTHING, BNTS 8AZ)	YEARS 4, 5 + 6 5PM - 6PM † ARUN ARENA INDOOR 3G (FORD, ARUNDEL BNTS 6HY)	SOUTH COAST SOCCER TOYS 18 MONTHS - 5 YEARS 10.45AM - 11.30AM † ST PETER'S CHURCH HALL (SOMPTING, BNTS 9TS)

INFO@SOUTHCOASTSOCCERACADEMY.CO.UK

www.westsussex.gov.uk/Boards West Sussex Libraries @WSCCLBoards

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
Indefatigable Road, Worthing BN11 4HD
01903 705901

External Clubs Information

WORTHING
TABLE TENNIS CLUB

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

CONTACT DR. HOWIE L. 07402091164
HOWIE@WORTHINGTTC.CO.UK
WWW.WORTHINGTTC.CO.UK



Bribar
TABLE TENNIS

WORTHING HIGH SCHOOL, SOUTH FERRY ROAD
WORTHING BN14 7AB

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

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

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

WORTHING BOROUGH COUNCIL

WORTHING
TABLE TENNIS CLUB

 British Para
Table Tennis

 Worthing Borough Council

**HOLA
AMIGOS!**

SPANISH LESSONS FOR 6-9 YEAR OLDS

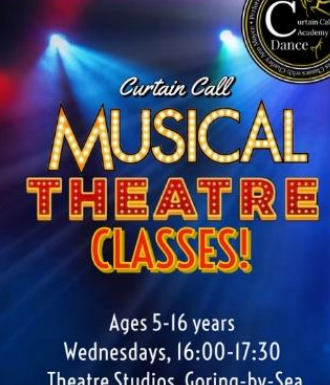
TAUGHT BY MARI
A QUALIFIED PRIMARY SCHOOL TEACHER FROM MADRID

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



Curtain Call
MUSICAL
THEATRE
CLASSES!

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


• Singing • Dancing • Acting • Performing Arts •


FOWTFC PRESENTS


Festive Fun Day

Saturday 2nd December
 10am-4pm

TOMBOOLA
 RATTLE
 CRAFTS
 STALLS
 MULLED WINE
 FESTIVE FOOD


Worthing Town FC
 Palatine Park
 Worthing
 BN12 6JN


Santa's Grotto
 LIMITED SPACES
 Booking Opens
 7th October
 Book Now!

WINE BOTTLES, GIFTS, CHRISTMAS SWEATER

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/members

Come and learn about rugby core values

Teamwork

Respect

Enjoyment

Discipline

Sportsmanship





WORTHING RFC

SOUTH COAST SKATEBOARD EVENTS

We are a not for profit business




WEEKLY INDOOR
GROUP
LESSONS
£7.50

ADULT/CHILD
12.95

CHILDRENS
PARTYS




- #SPORTNOTSPORT
- IMPROVE COORDINATION
- IMPROVE RESILIENCE AND
CONFIDENCE



SEND
friendly





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 by public funding from:



WEST SUSSEX COUNTY COUNCIL



ARTS COUNCIL ENGLAND



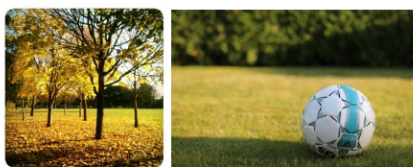



External Clubs Information

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