



CHESSWOOD JUNIOR SCHOOL *News*



Published – 26/04/2024

Important Upcoming Dates

1st May Celebration of Learning
6th May May Bank Holiday
7th May Parents evening (3:30-5:30pm)
8th May Parents evening (3:30-7pm)
13th-17th May Year 6 SATS test week
21st May Dress as a number day
22nd May Inset Day
22nd May National Numeracy Day
24th May Swimming Assessments (5EV & 5HM)

All Correspondence:

Latest Correspondence

[Chesswood Junior School - Latest 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](#)

Quick links

Concern email: to share concerns with leaders please email -

concern@chesswood.w-sussex.sch.uk

Homework:

[Link to all year group homework](#)

Report sickness absence:

[From a phone link](#)

[Desktop link](#)

Request future authorised absence:

[From a phone link](#)

[Desktop link](#)

Is my child too ill guidance

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Prescribed Medication

[Website Link](#)

Non-Prescribed Medication

[Website Link](#)

Asthma

[Website Link](#)

Are you eligible for Pupil Premium?

[Website Link](#)

New Free School Meal Application

[Website Link](#)



Chesswood Calendar 29th April 2024 – 24th May 2024





Chesswood Calendar 29th April – 24th May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29th April	30th April	1st May Celebration of Learning Year 3/4 Tennis Festival	2nd May Year 3/4 Quadkids Qualifier	3rd May
6th May May Bank holiday	7th May Parents evening (3:30-5:30pm) World Asthma Day	8th May Parents evening (3:30-7pm) KS1 Balls Skills Festival	9th May Year 3/4 Gym Competition	10th May
13th May Year 6 SATS test week	14th May Year 6 SATS test week	15th May Year 6 SATS test week	16th May Year 6 SATS test week	17th May Year 6 SATS test week
20th May Governor's meeting	21st May Dress as a number day	22nd May Inset Day National Numeracy Day Year 5/6 Cricket	23rd May	24th May Swimming Assessments 5EV & 5HM



Important Information

Is your child entitled?

With the constant rise of the cost of living, is your household income less than £16190.

If so, your child may be entitled to Pupil Premium/Free School meals.

With opportunities to receive two free extracurricular clubs per term along with food vouchers per half term as well as the option of a school meal if required.

If unsure, please contact Tracey Rainford in confidence at trainford@chesswood.w-sussex.sch.uk to complete a short online form with an instant decision of eligibility or click [HERE](#) to complete the form.

Year 3 Fishbourne Roman Palace trip 12th & 14th June 2024

Year 3 pupils' will be going on the school trip to Fishbourne Roman Palace on 12 & 14th June 2024.

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

Healthy Snack at Break Time

Children are encouraged to have a healthy snack to eat during their break. Our role as a school is to support children develop healthy habits, so they continue these into adult life.

Medication in school

This is a reminder of the school's policy on the administration of prescribed and non-prescribed medication to pupils, based on guidance and regulations issued by Dept of Health.

FOR THE SAFETY OF ALL PUPILS, CHILDREN SHOULD NEVER CARRY MEDICATION (INCLUDING THROAT SWEETS) ON THEIR PERSON OR IN THEIR SCHOOL BAGS. ALL MEDICATION MUST BE HANDED IN TO THE SCHOOL OFFICE.

Inset Day Childcare Wednesday 22nd May 2024

Please click on the [LINK](#) regarding Inset Day childcare available on the 22nd May.

National Numeracy Day – Wednesday 22nd May

Please click on the [LINK](#) regarding National Numeracy Day.

D-DAY
6TH JUNE

80 YEARS
1944-2024

Chartwells
Menu swap with Friday 7th June

MAIN
Fish Fingers and Chips
Vegan Balls in Tomato Sauce and Chips
Jacket Potato with Cheese and Salad

SIDES
Baked Beans or Peas

DESSERT
Chunky Chocolate Brownie

Order at www.ParentPay.com no later than Thursday 23rd May 2024
Special diet menus will remain in place

Sports News

Y4 Tri-Golf

A huge event with 12 teams was held at Chesswood to test golfing skills for pupils across Worthing. We had 2 teams in the competition (which was run by a group of Y6 Legacy Sports Leaders from all different school across Worthing) who had to putt and chip in various different events.

Our Blue team finished 4th overall but our Red team were runners-up which meant they head on to the Southern Area Finals next week!



Girls Cricket Skills Festival

On Wednesday afternoon, a group of girls across Y4 & 5 went to Durrington High to take part in a cricket skills festival run by Sussex Cricket. All developed skills and had lots of fun playing the different games based on the Dynamos Cricket programme. If you would like to get your son or daughter into cricket, please search for your local club offering the Dynamos programme at

<https://www.ecb.co.uk/play/dynamos-cricket> for 8-11 year olds or

<https://www.ecb.co.uk/play/all-stars> for 5-8 years olds – clubs run at Worthing CC, Chippingdales CC, Goring CC and Findon CC.



Online Safety

What Parents & Educators Need to Know about ENERGY DRINKS

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythm, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can potentially make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drink's stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday












@wake.up.weds

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Links to clubs and events in the community – click the image for the link

Clubs in the Community					
					
Homefield Park Football Club	Wickers Gymnastics	Construction Club	Worthing Harriers Athletics (Y6)	Wannado Street Dance	West Sussex Music
					
South Coast Skateboard	Musical Theatre Classes	Worthing Table Tennis Club	Wild Cats – Girls Football	West Sussex Music	Junior Cricket Camps
					
Worthing Rugby Club	EHS Violin Lessons	South Coast Academy	STEM: At CHESSWOOD	Worthing Music Centre/Drum	DPD Coaching
					
NTC - Nautical Training Corps	Children's Yoga & Wellbeing sessions				





Community Support

				
Toy Box – Pre-Loved Toys	Building Resilience in Young Minds	Community House Wanna Cook?	UK Harvest – Food Hub	Early Help Service
				
Turning Tides (Summer Wish List 2024)	As You Are Centre (Peer Support Group)	Sussex Child and Adolescent Mental Health Service	Nautical Training Corps	Women's Drop In
				
Children's Health				


Community Events

					
Active8 For Kids	Southdown Scale Model Show 2024	Spring Pre Loved Sale			

Year 5 Open Days

 <p>Steyning Grammar School Taster Day</p> <p>Our taster day is a fantastic opportunity for you to experience our school and see how we can help you to reach your full potential. We will have a variety of activities for you to try, including our famous Steyning Grammar School Quiz, and you will have the chance to meet our staff and students. The day will be held on Saturday 27th April, from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.steyninggrammar.co.uk to book your place. The cost of the taster day is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p> <p>What to expect: On the day, you will have the chance to try our famous Steyning Grammar School Quiz, which is a fun and challenging way to test your knowledge. You will also have the chance to meet our staff and students, and to see our facilities. We will have a variety of activities for you to try, including our famous Steyning Grammar School Quiz, and you will have the chance to meet our staff and students. The day will be held on Saturday 27th April, from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.steyninggrammar.co.uk to book your place. The cost of the taster day is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>	 <p>Christ's Hospital Open Morning Invitation Saturday 27 April Year 7, Year 9 and Sixth Form Entry</p> <p>Christ's Hospital is a leading independent school for boys, offering a world-class education and a range of extracurricular activities. We are pleased to invite you to our Open Morning on Saturday 27 April, where you can see our facilities, meet our staff and students, and find out more about our school. The day will be held from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.christs-hospital.co.uk to book your place. The cost of the Open Morning is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>	<p>Worthing High School – Year 5 Taster Morning Registration – Chestwood & Whyemead</p> <p>Worthing High School is a leading secondary school in Worthing, offering a world-class education and a range of extracurricular activities. We are pleased to invite you to our Year 5 Taster Morning on Saturday 27 April, where you can see our facilities, meet our staff and students, and find out more about our school. The day will be held from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.worthinghighschool.co.uk to book your place. The cost of the Taster Morning is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>	 <p>Bohunt – Taster Morning</p> <p>Bohunt is a leading primary school in Bohunt, offering a world-class education and a range of extracurricular activities. We are pleased to invite you to our Taster Morning on Saturday 27 April, where you can see our facilities, meet our staff and students, and find out more about our school. The day will be held from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.bohunt.co.uk to book your place. The cost of the Taster Morning is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>	 <p>St. Andrew's Open Events</p> <p>St. Andrew's is a leading primary school in St. Andrew's, offering a world-class education and a range of extracurricular activities. We are pleased to invite you to our Open Events on Saturday 27 April, where you can see our facilities, meet our staff and students, and find out more about our school. The day will be held from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.standrews.co.uk to book your place. The cost of the Open Events is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>
<p>Steyning Grammar School Taster Day</p>	<p>Christ's Hospital – Year 7 Open Morning</p>	<p>Worthing High School – Taster Morning</p>	<p>Bohunt – Taster Morning</p>	<p>St. Andrews Open Events</p>

May Half Term Clubs

 <p>TECH CAMP MAY HALF TERM 2024</p> <p>Tech Camp is a fantastic opportunity for you to learn about the latest in technology and how it can be used in the workplace. We will have a variety of activities for you to try, including our famous Tech Camp Quiz, and you will have the chance to meet our staff and students. The day will be held on Saturday 27th April, from 10.00am to 12.00pm. Places are limited, so book now!</p> <p>Book now! Please visit our website at www.techcamp.co.uk to book your place. The cost of the Tech Camp is £5.00 per child, which includes a lunchbox and a certificate of participation. We will also have a special discount for siblings who book together.</p>				