



## **CHESSWOOD JUNIOR SCHOOL**

### **Weekly Communication Edition 07 Friday 19<sup>th</sup> October 2018**

**Upcoming key dates for the diary (please see diary for extensive list):**

Monday 22<sup>nd</sup>– Friday 26<sup>th</sup> October  
Half-term holiday

Thursday 1<sup>st</sup> November & Friday 2<sup>nd</sup> November:  
Year 4 visit to Weald and Downland Museum.

1. **Half term – all – action**
2. **Sports News – All – Action**
3. **Harvest Mufti Day – All – Action**
4. **External Events – All - Action**

### **1. Half term – All – Action**

Next week from Monday 22<sup>nd</sup> October to Friday 26<sup>th</sup> October will be half term.  
School will reopen to pupils on Monday 29<sup>th</sup> October.

### **2. Sports News – All – Action**

#### **Sports News**

##### **Year 5 Netball League:**

After 3 weeks and all games completed the team produced a 100% record of wins in the round robin league with victories over The Orchards and Vale in the final week. The squad all played their part having to rotate in different positions every match, the passing and teamwork was amazing from all. This is the first time a Chesswood team has won a netball league in the Worthing Area and to do it without losing is fantastic.



##### **Year 6 Football League:**

The team played fantastically well against TAB (group winners) and Bramber (group runners-up) but could not quite squeeze out positive results.

##### **Cancelled Clubs:**

Wednesday 31<sup>st</sup> - Hockey Club  
Friday 2<sup>nd</sup> – Upper School Football Club

##### **Upcoming Events:**

###### **HALF TERM**

Tuesday 30<sup>th</sup>: Y6 Netball (Worthing College) and Y5 Football (Worthing FC)  
Wednesday 31<sup>st</sup> Oct: Y6 B and Y5 Cup Football Matches (The Orchards)  
Friday 2<sup>nd</sup> Nov: Y5/6 Inter-House Indoor Athletics (St Andrews)

### 3. Harvest Mufti Day – All - Action

Thank you for all your donations today. They have all been gratefully collected today, by the Worthing Churches Homeless Project.



### 4.External events – all – Information



Coastal Mind are running a variety of training courses, a few are listed below or the extensive list can be found on this website:

<https://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

## Informal Family Care

Caring for someone else's child from your family.



**Monthly Drop-ins** across the county, providing opportunities to meet other Family Carers, have an informal chat and talk through any concerns. Issues could include:

- **Behavioural challenges** – power struggles, sleep problems, discipline, anxiety, boundaries, parenting styles, reacting or responding...
  - **Parental responsibility** – the new 'Child Arrangement Order'
  - **Anger management** - support and ideas
  - **Contact** with birth parents.
  - **Practical** issues and benefits
- Feeling **isolated** in your unexpected and new role.

**Drop-ins with free refreshments are currently held in:**

**Bognor Regis** – 3<sup>rd</sup> Thurs in every month. 9.30-11.00am.  
Bognor Nursery and Children's Centre 85, Victoria Drive, Bognor Regis, PO21 2TB. (In the parent's Room)

**Littlehampton** – 1st Friday of every month. 10.00 to 11.30am. Children and Family centre, ~~Wickbourne~~ Centre, Clun Rd, Littlehampton BN17 7DZ (In the Lounge)

**Southwick** – 4<sup>th</sup> Friday of every month (Unless holidays). 10.00 to 11.30am.  
Eastbrook Primary Academy, Manor Hall Rd, Southwick, BN42 4NF

**Crawley** – 2<sup>nd</sup> Thursday of every month. 1.00-2.30pm Langley Green and Ifield Children and Family Centre Langley Green Centre, ~~Staglands~~, Langley Green, Crawley, RH11 7PF (In the parent's Room).

(We are happy to provide text reminders to you the week before – just ask!)

**One-off consultations available:** Contact Lisa on 07718807476 or Pam on 07889203515

Please call or text Pam Herrington on 07889203515 to confirm the 'drop-in' is taking place, in case of any changes.



Provider	Course Title	Date
Compass	Understanding Emotional Regulation	21 September 2018
Reaching Families	Making Sense of Autism	28 September 2018
Aspens	Total Communication	08 October 2018
Reaching Families	Making Sense of Anxiety	09 October 2018
Autism and Social Communication team	Managing Anxiety of Children with ASC	11 October 2018
Impact Initiatives (Aspie trainers)	Autism, Adolescence and Education - an autistic perspective	16 October 2018
Reaching Families	Handling Stress and building your resilience	06 November 2018
Impact Initiatives (Aspie trainers)	Autism, Adolescence and Education - an autistic perspective	07 November 2018
Amaze	Insiders Guide for Parents of children with ADHD session 1	09 November 2018
Compass	Understanding the Importance of Visual Resources	09 November 2018
Aspens	Anxiety and Wellbeing	12 November 2018
Reaching Families	Handling Stress and building your resilience	14 November 2018
Amaze	Insiders Guide for Parents of children with ADHD session 2	16 November 2018
Amaze	Insiders Guide for Parents of children with ADHD session 3	23 November 2018
Reaching Families	Making Sense of Anxiety	28 November 2018
Compass	Understanding School SEND Support, Statutory Assessment and EHCPs	30 November 2018
Sussex Community NHS Foundation Trust	Healthy Diet and Nutrition for Children with ASC	04 December 2018
Reaching Families	Making Sense of Autism	06 December 2018
Autism and Social Communication team	Raising Awareness and Understanding of Autism Spectrum Conditions	06 December 2018
Amaze	Insiders Guide for Parents of children with ADHD session 5	07 December 2018
Reaching Families	Making Sense of ADHD	12 December 2018
Amaze	Insiders Guide for Parents of children with ADHD session 4	14 December 2018