



CHESSWOOD JUNIOR SCHOOL

1. Medical Information – All – Action
2. Charity Awareness – All – Information
3. Friends of Chesswood – All – Information
4. Sports News – All – Information
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Weekly Communication Edition 25 Friday 15th February 2019

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

Monday 18th- Friday 22nd February Half Term week

Monday 25th February: Return to school

1. Medical Information – All – Action

Consent to administer short-term non-prescribed 'ad-hoc' medicines

Please inform the school if there are any changes to this consent. **Our Medicines Policy permits our school to administer Paracetamol and Anti-histamine if your child develops the relevant symptoms during the school day. Pupils will be given a standard dose suitable to their age and weight.** If you have not completed a form, please collect one from the admin office.

If your child has been prescribed medication or antibiotics, the school can only administer this if the dosage specifies '4 times a day'.

It is parent's responsibility to provide the school with in-date asthma inhalers and Epipens. If there are any updates regarding your child's medical needs, please inform the school admin team as soon as possible.

For more information please see our school medical policy which can be found on our website.

<https://www.chesswood.w-sussex.sch.uk> – Pastoral – Medical Intervention.

2. Charity Awareness – All – Information

Following the Autism Awareness Assembly, should pupils wish to explore the subject of Autism further we have posted below a clip on Youtube. We would advise that parents watch it first to make sure it is appropriate for their particular child:

<https://www.youtube.com/watch?v=6fy7gUlp8Ms>

3. Friends of Chesswood – All – Information

A big thank you to everyone involved in the disco last week we raised £1,668.20.

All your help is much appreciated, these events could not run without the help of our staff and parents. Enjoy a well-earned break.

4. Sports News – All – Information

Southern Area Finals Cross Country:

On a rather wet and windy Friday afternoon, our runners from Y5/6 took part in the Area Finals of Cross Country at Windlesham House School. Both teams managed 6th place overall out of 14 teams in both the boys and girls events.

Individually the runners finished:

Girls: Elsie (13th), Megan (20th), Isla (43rd), Harriet (50th),

Alice (53rd) and Daisy (56th) there was over 110 girls in each race.

Boys: Sam B (16th), Oscar (30th), George S (70th), Shaughn-Jay (77th), Henry (96th), Riley (35th), Alfie B (89th), Thomas (38th), Jonah (51st) and Herbie (76th)



Year 5/6 Football Festival:

On the same wet and windy Friday 30 footballers went to Thomas A Becket to take part in a football festival. Each team played three friendly matches against teams from TAB.

Year 3 Football League:

3 games 2 wins against Broadwater and The Orchards and a draw against Goring placed us third overall in our league – just missing out on the finals week.

School Representation:

During this half term we have given 148 different pupils the opportunity to represent the school at an sporting event – some have represented on multiple occasions as we have had over 250 pupils places during the 6 week period.

Since September 207 different pupils have represented the school for sporting activities against other schools.

Club Cancellations:

Monday 25th Feb: Upper School Netball

Wednesday 6th March: Girls Football and Lower School Netball

Upcoming Events:

Tuesday 5th March: Y6 Football and Netball Tournaments (West Park)

Wednesday 6th: Y5 football and Netball Tournaments (West Park)

Thursday 7th: Y5/6 Girls Football Tournament (West Park)

Tuesday 12th: Y4 Netball (Worthing College) and Football (The Orchards) Tournaments

Monday 18th: Time To Dance Performance (Worthing Pavilion)

Year 5 Bikeability

What is Bikeability?

Bikeability offers young people the chance to develop their skills and confidence to cycle safely on today's roads during 5 sessions over 1 week.

Course content

On this course, trainees share the road with traffic. Day one of the course begins off-road where the instructor assesses the trainee's current level of cycling skills at Level 1.

Training then progresses at Level 2 onto the road, within a risk-assessed training area. Depending on what's available around the school, the training area will include very quiet roads and those that carry more frequent traffic. In this way, the instructor can use their judgement to progress a trainee according to their ability.

Trainees learn:

- how to start and finish a journey
- how to be aware of potential hazards
- how and when to signal their intentions to other road users
- where to ride on the roads
- how to pass parked or slower-moving vehicles
- how to safely pass side roads
- how to turn in to and out of road junctions
- about the decisions they would need to make while cycling
- about the basics of the Highway Code.

Applying:

The course is open to all pupils in Y5 your child will need to have a roadworthy bicycle and a suitable helmet. You must complete the consent form in the booklet – this must be handed in to Mr Quick by


Friday 1st March.

The course will take place during the week commencing 1st April 2019.

5. Music Teachers – All – Action

Please find below a list of music teachers available at Chesswood. If you are interested in your pupil learning an instrument, please contact them directly for further details:

List of music and instrumental teachers

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|  | <p>Claire Cossins</p> <p>Chesswood music curriculum teacher and co-ordinator. Leads all choirs: Boys, Whole School, Community. All other music clubs: Recorder, Samba, Digital Music, Musical Theatre and School Productions</p> <p>Email: ccossins@chesswood.w-sussex.sch.uk</p> |  | <p>Steve Thornley</p> <p>Drum teacher</p> <p>E-mail: www.drumnut.co.uk</p> |
|  | <p>Chris Terry</p> <p>Brass teacher</p> <p>E-mail: chris.p.terry.ct@gmail.com</p> <p>Phone: 07443505533</p> |  | <p>Erin Harte-Stovell</p> <p>Violin and strings teacher</p> <p>E-mail: Erin.Harte-Stovell@westsussexmusic.co.uk</p> |
|  | <p>Emily Williams</p> <p>Piano teacher</p> <p>E-mail: music@stevewilliams.co.uk</p> <p>Phone: 07769158865</p> |  | <p>Anne Whiteside</p> <p>Keyboard and flute teacher</p> <p>E-mail: Annewhiteside@hotmail.com</p> <p>Phone: 07853855154</p> |
|  | <p>Peter Marchant</p> <p>Guitar teacher (Acoustic, Electric and Ukulele)</p> <p>E-mail: petermarchant19@hotmail.co.uk</p> <p>Phone: 07876597559</p> |  | <p>Victoria Thorogood</p> <p>Woodwind teacher (Saxophone/clarinet)</p> <p>Email: Victoriathorogood@gmail.com</p> |

6. External Events – All – Information

Autism and ADHD

Free and low cost events for parents and carers in West Sussex

Book your places at:

<https://www.coastalwestsussexmind.org/mental-health-training/browse-by-service/parents-carers>

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

email: training@coastalwestsussexmind.org telephone: 01903 277010



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| Bognor Regis | Parent solutions circle - Aspens Solution Circles help people get unstuck from a problem in life. | 17 January 19 |
| Horsham | Understanding Friendships and other Social Relationships - Compass Learn what we can do to help children who struggle in this area. | 18 January 19 |
| Burgess Hill | Understanding Emotional Regulation - Compass Learn practical activities to suit the needs of your child. | 21 January 19 |
| Worthing | Making Sense of Challenging Behaviour - Reaching Families Understand and learn how positive behaviour can be encouraged. | 24 January 19 |
| Burgess Hill | Understanding Sensory Profiles - Aspens Understand how sensory processing issues can impact children. | 05 February 19 |
| Horsham | Reasonable Adjustments and Jargon Busting - Compass A chance to understand the terms used and common processes. | 08 February 19 |
| Horsham | Sensory Processing Differences - Autism and Social Communication team Explore strategies and resources to support children and young people. | 13 February 19 |
| Haywards Heath | Making Sense of ADHD - Reaching Families Understand the impact on your child, and some basic strategies to help. | 15 February 19 |
| Crawley | Handling Stress and building your resilience - Reaching Families Develop strategies to cope and learn how to nurture your family's resilience. | 25 February 19 |
| Chichester | A Different Difference - Girls and ASC - Autism and Social Communication team. Consider how ASC may present in girls and explore strategies to support girls with ASC. | 04 March 19 |
| Bognor | Handling Stress and building your resilience - Reaching Families Identify and understand stress and develop to nurture your own resilience. | 18 March 19 |
| Worthing | Handling Stress and building your resilience - Reaching Families Identify and understand stress and develop to nurture your own resilience. | 21 March 19 |
| Burgess Hill | Making Sense of Anxiety - Reaching Families Understand anxiety and learn strategies to help the whole family cope. | 26 March 19 |



April 2nd is World Autism Awareness Day

To mark Autism Awareness Day, we are bringing together (all under one roof), over 40 Organisations, Providers, Charities and Professionals who can help support you and your family.

Date: 2nd April 2019
Time: 9.30 am - 3:00 pm
Location: Charmandean Centre, Forest Road, Worthing, BN14 9HS

Workshops available on the day:

- On Line Gaming & Addiction - Delivered by Aspens (Formerly known as Autism Sussex)
- Autism & Anxiety - Delivered by Autism Social Communication Team
- Autism & Girls - Delivered by Aspie Trainers

Tickets are priced at £6.45, this includes refreshments and a sandwich lunch

1-1 behaviour clinics will be available to pre book with behaviour advisors. Tickets DO need to be purchased in advance. Please find link below:
<https://www.eventbrite.co.uk/e/autism-awareness-day-tickets-5482848616>

For more information please contact Lindsey@parentsforautism.org.uk

Parents and Carers Courses

January/February 2019

Highlighted Event



Coping with Transitions (2 dates available)

29th January - Shoreham - by - Sea &

5th February - Worthing

Explores the needs of children and young people in transition from either Nursery to Primary School or Primary School to Secondary School.

HOW TO BOOK:

Must be booked through our Eventbrite page here:
<https://coastalwestsussexmind.eventbrite.com>
 (various other courses can be found here)

For More Information feel free to contact us:

01903 277010 or training@coastalwestsussexmind.org