




Weekly Bulletin



Diary Dates	
W/C 4 th March	Reading is my Super Power Week
4 th – 9 th March	National Careers Week
7 th March	World Book Day
12 th March	Your Future 24 - Inclusive Careers and Pathways event
13 th March	Jim Green Competition (college site)
15 th March	Comic Relief - Red Nose Day
19 th March	Year 9 parent presentation 9.30am (college site)
22 nd March	Wear Grey for Elephants Day
27 th March	Interschool JOLF festival (school site)
28 th March	Deadline for applications to Key Stage 5

Letters sent this week
RSE Letter Year 10 Spring 2024
RSE Letter Year 11 Spring 2024
Amended Year 10 Residential to Isle of Wight 08 th – 10 th May 2024
5CH trip to Butterfly Gardens, Hassock 29.02.24
5RA Sussex County Cricket Ground, Hove 01.03.24
Mixed KS3 Spring Term Travel Club – Rescheduled Gatwick Trip – 19.03.24
College Site Red Nose Day 15.03.24
Red Nose Day – School Site – 15.03.24
World Book Day – School Site - 07.03.24
College Site World Book Day Letter – 07.03.24
KS3 Fabulous London Finish – 01.03.24
KS5 visit to West Sussex County Council, Horsham 12.03.24
KS4 visit to West Sussex County Council, Horsham 12.03.24
KS3 Careers & Transition Event, Horsham – 12.03.24

<p><u>Lunch Menu</u></p> 	<p><u>Copies of letters</u></p> 	<p><u>Term Dates</u></p> 
---	--	---





west
sussex
music

HOLIDAY ACTIVITIES



8-9 APRIL
BOGNOR REGIS - RAP & LYRIC WRITING

8-9 APRIL
WORTHING - ROCK & POP BAND

10-11 APRIL
LITTLEHAMPTON - RAP & LYRIC WRITING

10-11 APRIL
CRAWLEY - ROCK & POP BAND

AGES 8 - 16YRS
SIGN UP HERE

WWW.WESTSUSSEXMUSIC.CO.UK/HOLIDAYACTIVITIES



Supported using public funding by



**ARTS COUNCIL
ENGLAND**



College Open Events - 16th March, 15th June

Taster Day registration date

Future Fields, registrations now open

Forest School training opportunities

Save the date - Open Day & Spring Fair, 11th May

Plumpton College Bake Off

We are hosting another of our [College Open Events](#) next month, **Saturday 16th March**, and would love to see some of your students there. They offer a great opportunity for prospective students to explore our beautiful campus, talk to our experienced lecturers and find out more about the exciting career opportunities the land and environment sector holds. Whether you have Yr 11s still unsure of their plans post GCSEs or Yr 9s and 10s starting to think about their future, all are welcome so please share details with your students and their families. There is also another **College Open Event** scheduled for **Saturday 15th June**.

[March Open Event - Plumpton College](#)



Parent/Carer Autism Online Workshops

Whether your child is awaiting a diagnosis or has already been diagnosed, these workshops are a great opportunity to learn more about Autism & ask questions within a supportive group of other parents & carers.

- **Monday 5th February - An introduction to Autism**
An opportunity to explore what Autism is, the many strengths and the differences that make each child so wonderfully unique.
- **Monday 12th February - Communication**
Identifying what communication is and the different communication methods that may be helpful for Autistic children.
- **Monday 19th February - Sensory Processing**
Explaining the 8 sensory systems, how the environment can impact on a child with sensory processing differences/challenges and strategies to meet an individual's sensory needs.
- **Monday 26th February - Pathological Demand Avoidance**
A look into the interesting subject of PDA, how this may present and what is the best approach to take to avoid conflict.

Workshops will be held 7:30-8:30pm via Zoom.

£25 per workshop for each family.

To book your place... Email enquiries@theautismtrainingnetwork.com

Or scan the QR code





Autism Empowerment Webinar

This one-hour lunchtime webinar is a brief exploration of how Autism can present, the history of Autism, diagnosis as well as differences in communication and social interaction. We will also be looking at how the environment can impact on someone with sensory processing challenges.

The main aim of this webinar is to focus on the many strengths autistic individuals have and how we can increase understanding and Neuro-inclusivity through education and raising awareness.

Webinars are held on Zoom on the following dates:

Thursday 29th February 12:30 to 13:30

Friday 29th March 12:30 to 13:30

Friday 26th April 12:30 to 13:30

At the end of the webinar, you will receive a certificate of attendance that will be emailed to your given email address.

The cost of this one-hour webinar is only £5.50!

To book your place on the webinar please either scan the QR code below or go to: www.theautismtrainingnetwork.com/training

"For every person who understands Autism better, another Autistic person will be happier."-

Libby Scott, Autistic Author (at age 11)





There will be pampering, activities and information services available for adult carers to book on arrival. Lunch will also be supplied by the school. The event will run from 10.15am-2pm, at Burgess Hill Girls, on Monday 26th February. It is free to attend but booking is essential. To book please call 01444 247726 or visit The Help Point at 96 Church Walk, from tomorrow (1st February).

The event is open to all unpaid adult carers in Burgess Hill, who support an ill, frail, or disabled family member, friend or partner who is unable to manage without support. For further information contact communityteam@burgesshill.gov.uk





Let's Talk About.....

Ellie, a Coproduction Coordinator at WSPCF, was diagnosed autistic in her late twenties and with ADHD a few years later. She is also a mum of three – including two autistic teenagers.

Because your school is part of the Autism In Schools Project, you are invited to join Ellie as she shares her experiences. This year, we are offering a repeat session on Autism and ADHD in Girls, and a new standalone session where Ellie will talk about masking in more detail.

Let's Talk About Masking

Tuesday 16th January
7:00 - 8:30pm



<https://forms.office.com/e/5geYU9Vy4C>

Let's Talk About Masking

Friday 22nd March
12:00 - 13:30 am



<https://forms.office.com/e/21Nf9D9N15>

Let's Talk About Autism/ADHD in Girls

Tuesday 23rd April
8:00 - 21:30pm



<https://forms.office.com/e/rDV8cMOUT5>

Let's Talk About Masking

Wednesday 15th May
8:00 - 9:30pm



<https://forms.office.com/e/PBD2wJkUgY>

Please ensure you use the correct link or QR code for the session you would like to attend!

HAYWARDS HEATH LIONS CLUB'S ANNUAL SWIMARATHON

GOOD FRIDAY 29th MARCH 2024

At the Dolphin Leisure Centre

Teams of 6 swimming for 55 minutes raising funds for Time 4 Children and other local good causes.



Entries open 25th January 2024, entry form at

HHLIONSSWIM.CO.UK

LANES AVAILABLE THROUGHOUT THE DAY



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.



Nourishing Our Nation

Biffa

West Sussex
recycles

Dates and Location

Ashenground Community Centre

Southdown Close, Haywards Heath,
RH16 4JR

10 – 11 am

Dates:

2023

Friday 19th May
Friday 16th June
Friday 14th July
Friday 11th August
Friday 8th September
Friday 6th October
Friday 3rd November
Friday 1st December

2024

Friday 12th January
Friday 9th February
Friday 8th March
Friday 5th April

*Confirmed to run until April 2024



@wsrecycles

@ukharvest

For more information please visit:
westsussex.gov.uk/ukharvest or ukharvest.org.uk/community



Nourishing Our Nation

Biffa

West Sussex
recycles