

Weekly Bulletin



Diary Dates

19 th March	Year 9 parent presentation 9.30am (college site)
22 nd March	Wear Grey for Ele's Day
27 th March	Interschool JOLF festival (school site)
28 th March	Deadline for applications to Key Stage 5
28 th March	Rainbow Day
28 th March	Last Day of Term
15 th April	First Day of Term
Summer Term	College Year 10 Annual Reviews
15 th – 19 th April	Bikeability Week at School Site Year 8
24 th April	Aerobathon and Fundraiser

Letters sent this week

5CH trip to Oathall Farm, Haywards Heath – 21.03.24
Chicken Pox – School Site – 11.03.24
Bikeability Year 8 2024 – Letter to Parents
Hindleap Warren Residential Meeting 26.03.24
4AA Trip to Tilgate Nature Centre, Crawley 25.03.24
Ansty Cricket Club – New Pilot Cricket Programme
Wear Grey for Ele's Day – 22.03.24
Year 9 Parents Presentation - College

Lunch Menu



Copies of letters



Term Dates



Staff Leaver



We are saying goodbye to Helen Slater from our school site this week. We would like to thank Helen for all she has done in her time as a Teaching Assistant at Woodlands Meed and wish her all the best for the future.



Thank you to all those who have donated, we have raised £114 so far across both sites, a final total will follow next week....



Active 30

Active 30 is a Government initiative to help children become fitter and healthier.

It directs schools to provide 30 minutes of active time (in addition to playtimes and scheduled PE) each school day. Families are responsible for encouraging their children to become more active for an additional 30 minutes at home. With this in mind, we are supporting families by providing a suggested weekly activity for children to do at home which requires no specialist equipment, but maybe a bit of creativity to deliver it.

If you would prefer to do your own activity, that is absolutely fine. It is not compulsory, but it would be great for as many students as possible to participate. Please put any photos taken on Seesaw and tag Active Time.

Ballers



What you need: 1 ball, 1 wall, 4 markers and 2 players, a timer

How to play:

- **Throwing:** throw the ball against a wall and catch the rebound. How many can you catch in 1 minute?
- **Catching:** Stand opposite a partner. Each successful catch earns a point. How many points can you earn in 1 minute?
- **Dribbling:** Dribble around markers placed in a zigzag pattern. Time how long it takes to complete the course without touching the markers. Can you beat your own time with each attempt?
- **Kicking:** Set up a goal using two markers and practise kicking into the goal from different distances. Take turns to be the goal keeper. How many goals can you score in 1 minute?



www.getset4education.co.uk



Events Mailing List

Sports Sessions this Easter!

This Easter holiday, our popular sports sessions return, with tennis, badminton and gymnastics.

Book in today to get active this Easter!

We will be holding tennis and basketball sessions over the Easter holidays:

- **Gymnastics:** Tuesday 2 April, 10 - 11am
- **Badminton:** Tuesday 2 April, 1 - 2pm
- **Tennis:** Wednesday 3 April, 10 - 11:30am (2 sessions)

- **Gymnastics:** Friday 5 April, 10 - 11am
- **Badminton:** Friday 5 April, 1 - 2pm
- **Tennis:** Wednesday 10 April, 10 - 11:30am (2 sessions)

Booking is essential, so don't miss out!

Grab your trainers and get out there!

Please note, all equipment is provided for the sessions.

We ask that all families only book into one session (of the list above), to ensure as many children as possible can access these activities over the holiday period.

[Burgess Hill Town Council event tickets](#)
[from TicketSource.](#)



We are happy to confirm that we will be holding an Open Day in our Brighton Campus on

Wednesday 27th March 4.30 - 7pm.

The Open Day is a great opportunity to experience the different courses available at Dv8 Sussex. You will have the opportunity to meet our specialist industry tutors who will show you around our facilities and provide a fun taster of what it is like to study with us.

BRIGHTON

Victoria House (next door to Mountain Warehouse)

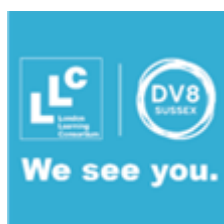
125 Queens Road

Brighton

BN1 3WB

To confirm your place, please email dv8admissions@londonlc.org.uk with details of which campus you would like to attend and if you are interested in the Games, Media or Music courses.

If you are unable to make our Open Day, we can offer a guided tour at a more suitable time. This will offer you the chance to view every area of the College and ask questions to our experienced marketing team.



OFSTED GRADE 2 PROVIDER - "GOOD" IN ALL ASPECTS OF OUR PROVISION





Sign up to the West Sussex Disability Register!

Do you have a young person in your family aged between 0-25 who has a disability? Sign up now to:

- Help influence services and plan events
- Receive regular eNewsletters with local events, activities and information
- Access discounts on local and national attractions
- Find out about free specialist library resources

westsussex.gov.uk/disabilityregister

SEND Friendly Construction Club Sessions



Join the Disability Register team for some building fun at special pop-up construction club sessions during the Easter school break.

Try one of our kits to make animals, vehicles and more, or get creative and let your imagination take over.

The sessions are:

- Friday 5 April – Southwater Library – 10.30am-12.00pm
- Tuesday 9 April – Broadfield Library – 1.30pm-3.00pm
- Wednesday 10 April – Ferring Library – 1.30pm-3.00pm
- Friday 12 April – Southwick Library – 10.30am-12.00pm

We advise this event is suitable for ages 4+ and siblings are welcome to join! Places are limited, so booking is essential.

To book please click link below:

[What's on - West Sussex](#)

Wear Grey for Ele's Day – 22nd March 2024

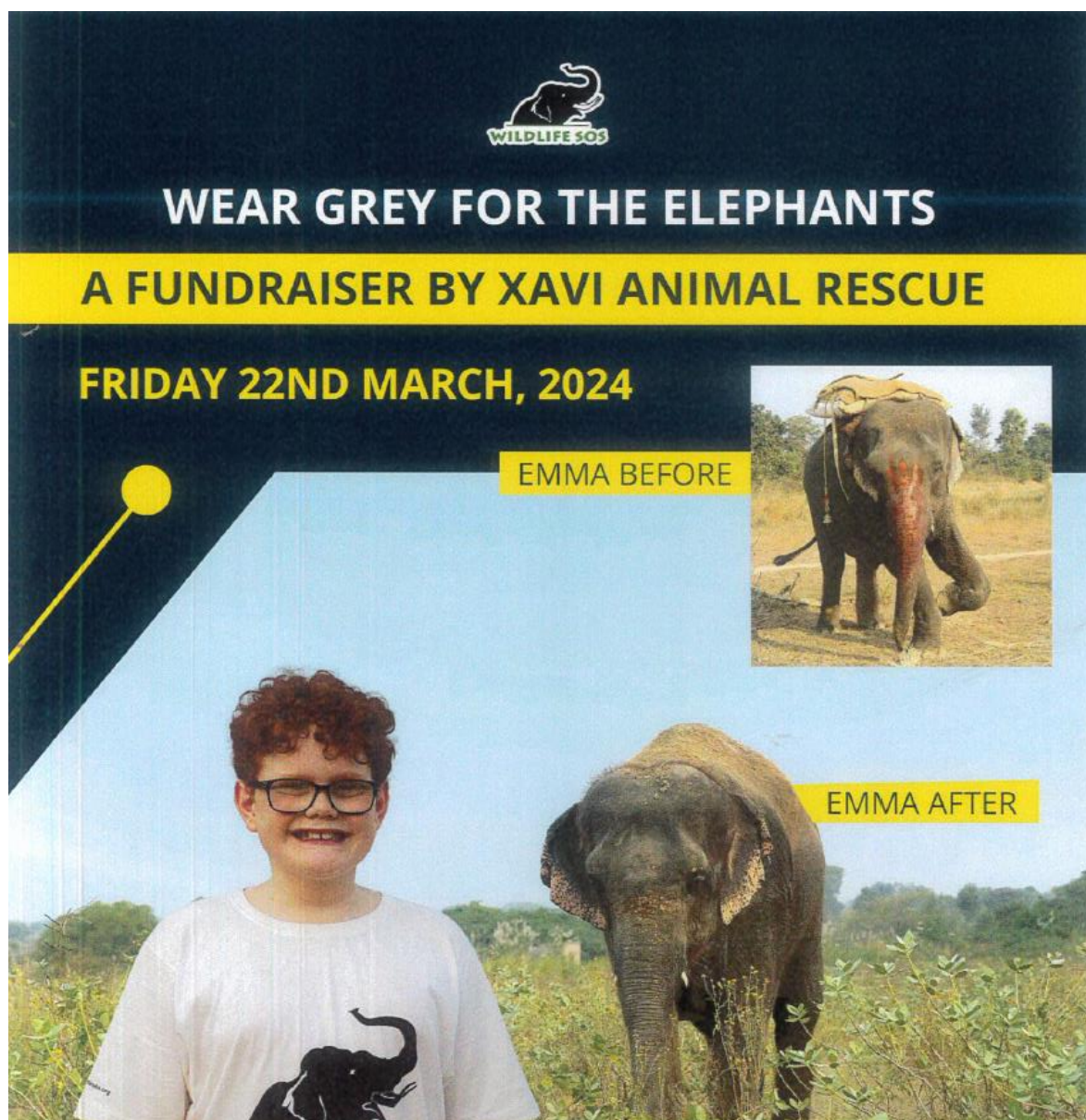
On Friday 22nd March the school and college site are very excited to host 'Wear grey for Ele's day' to raise money for the charity 'Wildlife SOS'.

Wildlife SOS leads efforts to protect the wild elephant population in India. They rescue, treat and care for abused elephants and work to rehabilitate them.

Xavi in River class has been working with and fundraising for the charity since he was 8 years old and has been busy raising awareness of cruelty towards the animals. Woodlands Meed would like to support Xavi in his fundraising efforts.

Students and staff are being invited to wear grey for the day and a fundraising link will be added to Scopay if you wish to donate towards the charity.

On the day we will be having a live video call with the elephant sanctuary in India and then River class will be hosting some fun activities for students to attend.



JOIN THE Super 1s

**Visually Impaired Super 1s
Ages 12-25**

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

**FREE VI
CRICKET SESSIONS!**

WHEN:

Saturdays (alternate weeks)
10am - 12pm
(Starting 9 March 2024) exc May
half term, until the summer holidays

WHERE:

Patcham High School, Ladies'
Mile Rd, Patcham, Brighton
and Hove, Brighton BN1 8PB

CONTACT:

Tom Belcher
Tom.Belcher@sussexcricket.co.uk

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No. 306054 | OSCR No. SCO46238



Sponsored by



Family Fun Sessions

-Holiday sessions for families of children and young people SEND*

*Special Educational Needs and Disabilities

The King's Church
Thursday 4 April

10-11.30am and 12.30-2pm
aimed at ages 3-18

FREE ADMISSION

Tickets must be pre-booked from 1 March
via TicketSource, by calling The Help Point on
01444 247726 or in person at 96 Church Walk

Easter themed arts and crafts,
activities, information services
and much more!

Follow the Town Council's social media
or check our website for updates



Co-organised by



BurgessHill
Town Council

Any questions contact the Community Team on 01444 238206
or email communityteam@burgesshill.gov.uk



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](#)



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)





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!

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

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



Special School Menu 2024/25



Week 1			
15th Apr, 6th May, 3rd Jun, 24th Jun, 15th Jul, 9th Sep, 30th Sep, 21st Oct, 18th Nov, 9th Dec, 13th Jan, 3rd Feb, 3rd Mar, 24th Mar			
	MAINS	SIDES	DESSERT
MON	Option 1: Quorn Hotdog in a Soft Roll V Option 2: Cheese & Onion Frittata V	Diced Potatoes VE Broccoli VE & Sweetcorn VE	Chocolate Whip & Strawberry Puree V
TUES	Option 1: Roast Chicken Option 2: Chickpea Roast V	Roast Potatoes VE Swede VE & Cabbage VE	Chefs Choice Fruit Muffin V
WEDS	Option 1: Carbonara Option 2: Lentil Shepherdess Pie V	Garlic Bread V Peas VE & Chefs Choice Vegetables VE	Sultana Cookie VE
THURS	Option 1: Pork & Apple Sausage Roll Option 2: Soya Meatballs in Herby Tomato Sauce V	Herby Potato Wedges VE Baked Beans VE & Country Mixed Vegetables VE	Fruit Portion VE & Strawberry Milkshake V
FRI	Option 1: Southern Spiced Burger V Option 2: Potato Topped Salmon Pie	Mashed Potatoes V Cauliflower VE & Carrots VE	Chocolate & Apricot Cracknell VE

Week 2			
22nd Apr, 13th May, 10th Jun, 1st Jul, 22nd Jul, 16th Sep, 7th Oct, 4th Nov, 25th Nov, 16th Dec, 20th Jan, 10th Feb, 10th Mar, 31st Mar			
	MAINS	SIDES	DESSERT
MON	Option 1: Cheese & Pepper Pizza Slices V Option 2: Sweet & Sour Quorn & Rice V	Peas, Sweetcorn VE & Carrots VE	Chef's Oaty Fruit Crumble VE & Custard V
TUES	Option 1: Chicken Curry & Rice Option 2: Baked Beans & Cheese Jacket Potato V	Country Mixed Vegetables VE	Orange Frosted Carrot Cake V
WEDS	Option 1: Roast Pork Option 2: Baked Lentil Roast V	Roast Potatoes VE Carrots, Swede VE & Cabbage VE	Fruit Strudel & Cream V
THURS	Option 1: Shepherd's Pie Option 2: Quorn Casserole V	Mashed Potatoes V Cauliflower VE & Green Beans VE	Fruit Flapjack VE
FRI	Option 1: Tuna Pasta Bake Option 2: Crunchy Vegetable Goujons VE	Herby Diced Potatoes VE Chef's Choice Vegetables VE & Broccoli VE	Chocolate Brownie V

Week 3			
29th Apr, 20th May, 17th Jun, 8th Jul, 2nd Sep, 23rd Sep, 14th Oct, 11th Nov, 2nd Dec, 6th Jan, 27th Jan, 24th Feb, 17th Mar			
	MAINS	SIDES	DESSERT
MON	Option 1: Classic Macaroni Cheese V Option 2: Quorn Chilli & Rice V	Country Mixed Vegetables VE & Green Beans VE	Apple & Berry Crumble Jack VE
TUES	Option 1: Chicken & Thyme Pie Option 2: Lentil & Mushroom Pasta Bake VE	Carrots VE & Sweetcorn VE	Pear & Chocolate Sponge V & Chocolate Custard V
WEDS	Option 1: Beef Bolognaise Option 2: Golden Cheese & Onion Turnover V	Garlic Bread V Potato Wedges VE Cauliflower VE & Peas VE	Fruit Smoothie VE
THURS	Option 1: Roast Chicken Option 2: Quorn Roast VE	Roast Potatoes VE Swede VE & Cabbage VE	Cinnamon Bun V
FRI	Option 1: Fish Fingers Option 2: Beanie Wrap V	Chips VE Broccoli VE & Baked Beans VE	Apricot Oat Cookies V



FRESHLY BAKED BREAD V, WATER AND MILK V AVAILABLE DAILY. ADDITIONAL DESSERT OPTIONS - FRESH FRUIT VE AND FRUIT YOGHURT V. V VEGETARIAN VE VEGAN



Special School Menu 2024/25



Special School Meal Information

Welcome to your new School meals menu for 2024/25. School meals are free for all pupils in Reception, Year 1 and Year 2 and for pupils who are entitled to Free School Meals. For pupils in other years meals can be ordered and paid for via the school.

Catering Services work with the Lead Association for Catering in Education (LACA) to ensure that our menus comply with the Government's School Food Standards. We have reduced sugar, salt and fat content on our menu and support local suppliers providing fresh meat and vegetables. Our meals are produced in school by our award-winning teams to support your child's lunchtime experience. We have recently partnered with ProVeg helping to make changes to our menu that can have a big impact on children's health and the health of the planet.

How do I order and pay for a School meal?

All meals must be ordered via your school payment system please contact your school administrator. If you are entitled to Free School Meals or your child is in Reception, Year 1 or 2 the school will order for you direct to Catering Services and you do not need to contact the school after your initial order.

What happens if my child is sick and cannot attend School?

Please contact the school office as soon as possible to inform them your child will be absent and will not require their meal.

What happens if my child has a school trip?

Free School Meals and pupils in Reception, Years 1 & 2 will be provided with packed meals on trip days, the school will order directly with Catering Services. Paid meals should be ordered with your school as usual.

What if I require a special medical diet?

We can work with you and the school to support a medically prescribed special diet. Please ask for a Special Diet Request form from the school office, once completed return with the medical evidence to the school office. This request will then be passed to and reviewed by the Catering Services team and where possible a special diet meal will be provided.

How much does a school meal cost?

A school meal is currently £2.75, this may be subject to change in September 2024.

Free School Meals Eligibility

We would like to remind you that some families are entitled to Free School Meals. There are two important reasons why families should register for Free School Meals:

- students who are eligible receive a fresh nutritious hot Free School Meal every day.
- schools receive additional funding from the government for each eligible student who claims the Free School Meal allowance, even if the student doesn't regularly eat a meal.

The process for parents to submit applications for Free School Meals is now entirely online, and so schools will be unable to provide hardcopy forms or submit your application form for you. This system gives families an instant indication as to whether their child is eligible for Free School Meals and ensures that eligible children receive their entitlement as quickly as possible.

Link to the online Free School Meal application form: [Free school meals - West Sussex County Council](#)

The Catering Services Free School Meal team will then run further checks and confirm the outcome via email. You can contact the Catering Services Free School Meal team directly on 0330 222 5555 or at fsm@westsussex.gov.uk for further assistance.

Other key contacts:

- Orders / Payments / Cancellations - Your school office.
- Special Diets - Your school office in the first instance.
- Catering Services Office Hours - 09.00 - 17:00, Mon-Fri.
- Compliments / Complaints/ Feedback

catering.advisory.service@westsussex.gov.uk

BurgessHill

Town Council

Events Mailing List

Returning for 2024...

Rock Up and Ride!

We are excited to announce that 'Rock Up and Ride' will return in 2024!

A Coach from Gosport BMX will be offering coaching to children of all ages on Monday 8 April, at Burgess Hill BMX track (off Maple Drive). Coaching will be available from 10:30am - 12pm and 1 - 2:30pm but spaces must be booked in advance.

Those not wishing to be coached, can drop along between 10:30am - 4pm and enjoy the use of the track alongside music offered by DJ Matt!

All attendees are asked to wear long trousers and a suitable helmet and will *not* be able to take part without them. They must also bring their own bike with pedals (no balance bikes) and must be a confident rider. Anyone in school year 6 and under must be accompanied by an adult for the duration of the session, but any young people of secondary school age may attend alone.

Burgess Hill Football Club will be open and offering cake and hot drinks to purchase for the duration of the event.

Coaching sessions must be booked in advance via our website.

For more information contact: Communityteam@burgesshill.gov.uk

To register please click the link [Rock up and Ride - Burgess Hill Town Council](#)



The poster features a BMX rider in mid-air against a sunset background. At the top left, a black box with white text says 'FREE' and '-drop in to ride or book a coaching session!'. The top right shows logos for Burgess Hill Town Council, Gosport BMX, Lions, and a 'RESPECT' logo. The central text reads 'STICK ON LONG TROUSERS, GRAB YOUR BIKE, A HELMET AND... ...ROCK UP AND RIDE!'. Below this, the date and time '8 APRIL 10.30AM-4PM' are listed, followed by the location 'BURGESS HILL BMX TRACK, RH15 8RW' and 'OFF MAPLE DRIVE'. An illustration of a coffee cup and cake is next to the text 'Burgess Hill Football Club will be open and selling refreshments during the event'. A QR code is in the bottom right. At the bottom, it states 'COACHING SESSIONS MUST BE BOOKED IN ADVANCE TO BOOK SCAN THE QR CODE OR VISIT WWW.BURGESSHILL.GOV.UK/EVENTS/ROCK-UP-AND-RIDE/' and 'FOR MORE INFORMATION CONTACT COMMUNITYTEAM@BURGESSHILL.GOV.UK'.

FREE
-drop in to ride or book a coaching session!

BurgessHill Town Council
GOSPORT BMX
LIONS
RESPECT

STICK ON LONG TROUSERS,
GRAB YOUR BIKE, A HELMET AND...

**...ROCK UP
AND RIDE!**

8 APRIL 10.30AM-4PM
BURGESS HILL BMX TRACK, RH15 8RW
-OFF MAPLE DRIVE

Burgess Hill Football Club will be open and selling refreshments during the event

COACHING SESSIONS MUST BE BOOKED IN ADVANCE TO BOOK SCAN THE QR CODE OR VISIT
WWW.BURGESSHILL.GOV.UK/EVENTS/ROCK-UP-AND-RIDE/

FOR MORE INFORMATION CONTACT COMMUNITYTEAM@BURGESSHILL.GOV.UK