Weekly Bulletin woodlands



Diary Dates								
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							
26 th April	Run with Tom							
29 th April – 01 st May	Year 8 Residential to Hindleap Warren							

Letters sent this week						
KS4 Fun Session – Clip N Climb 25.03.24						
KS4 Fun Session – Swimming 25.03.24						
Year 8 Trip to National Trust, Sheffield Park – 27.03.24						
Mixed KS3 PYG K2 Leisure Centre, Crawley – 22.05.24						
Mixed KS3 PYG (Swimming) K2 Leisure Centre, Crawley – 22.05.24						
Rainbow Day – 28.03.24						
Year 8 and 9 HPV Immunisation catch-up session – 15.05.22						
Year 9 Td_IPV & MenACWY Immunisation Catch up session - 15.05.24						





New Staff Members

We have welcomed three new staff members to Woodlands Meed this week, Rhiannon into Moles Class, Amanda into Robins Class, and Luis, our new Premises Officer, who will be working across both the school and college sites.





Following on from Red Nose Day last week, through donations and the Bake Sales at both sites, a grand total of £294.55 was raised – thank you to everyone who donated.





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WM Girls' show who Rule the World with Impressive Cup debut!

On Monday 18th March, it was the turn of our female students' to represent Woodlands Meed in The Albion Cup. Many were making their full debuts, as students from both our School and College sites joined forces to put on a fantastic show of teamwork, togetherness, and skill!





Exciting attacking play and clinical finishing, combined with tough tackling, expert goalkeeping and a miserly defence resulted in a very successful tournament for our

Inspiring girls. Winning three, drawing two, and losing just two of their 7 games; scoring 12 and only conceding 5 goals are very impressive statistics for any team in The Albion Cup, let alone a team who were playing together for the first time! Special mentions go to Precious; who was our top goal scorer with 7 (including a hat trick against Lindfield!), and Heidi who was solid and so reliable in goal, the highlight being a fantastic penalty save!





Our Inspirational Squad: Jenny (Manager) Evie, Precious, Holly, Rosie, Megan, Mark (Coach), Keira, Nia, Heidi.

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. Family 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.

Socks in Pots!

What you need: three pairs of socks and three

or more pots or pans

How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

www.getset4education.co.uk

Educatio

101100



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 <u>dv8admissions@londonlc.org.uk</u> 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 tours 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



Face-2-Face Befriender Training

Are you a parent carer?

Would you like to be part of an exciting project supporting other parent carers?

Would you like to train to be a volunteer befriender?

Training dates

Thursdays 10.00am to 1.00pm:

25 April, 2 May, 9 May, 16 May, 23 May, Half term break, 6 June, 13 June and 20 June

First and last session in person (Horsham), all others via Zoom

To book onto the course or have an informal chat about the project, please contact our Face-2-Face Co-ordinators using the contact details below:

Rachel Fielding

Email: rachel@reachingfamilies.org.uk Telephone: 07535 386687

Bodil Scrivens Email: bodil@reachingfamilies.org.uk Telephone: 07732 169939



www.reachingfamilies.org.uk

Registered charity No. 1150906 Company Limited by Guarantee No 8261096



What's involved?

Face-2-Face befriending is for parents of children with SEND in West Sussex who are undergoing assessment for additional needs or have received a recent diagnosis. The project works by matching parentcarers with an experienced volunteer befriender who will provide emotional and practical support to help them on their journey.

Our eight-week training course covers a range of vital skills and knowledge, including:

- Active listening
- Verbal and non-verbal communication
- Confidentiality and self-disclosure
- Empathy
- Resilience and personal boundaries
- Safeguarding
- Life as a parent carer
- Reaching Families and other local services

At the end of the course we will carry out a DBS check, then begin matching you with a parent-carer.

We are flexible as to how much time you can give to support a family. Out of pocket expenses and transport/mileage to in-person training will be reimbursed. Ongoing support from our project coordinators is provided.

Children's Swimming Lessons

teaching pools

swimmers

years

Monthly payments, term time classes! From babies up to squad level

We have pools across Burgess Hill, Hurstpierpoint and Brighton!



school .



call us on **01444 246800**

to book your place

www.finnsswimschool.co.uk

formerly known as floaters



Saturday 18th May 2024 11am to 2pm

SPRING

FAIR

THE BURGESS HILL ACADEMY FUN FOR ALL THE FAMILY!

FREE ENTRY



• 147ft assault course • • inflatables •

- · BBQ ·
- ice cream ·
- tombolas ·
- stopper squad ·
- community stalls • music •

and much more!



For more information contact: act@theburgesshillacademy.org.uk



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



BurgessHil Town Council AMBLE RETURNS 9 - 19 ADDII

Collect your trail map from the Help Point

Follow the clues around town

Return your map to the Help Point to collect your prize!

Opening Hours: Mon, Wed, Thurs: 9am - 5pm Tues: 10am - 5pm Fri: 9am - 4:30pm

Email communityteameburgesshill.gov.uk for info



or call 01444 238206





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

JOIN THE SUDEI IS



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







Registered Charity No. 306054 | OSCR No. SCO46238









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

Bupartment for Education



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 you place on the webinar please either scan the QR code below or go to: <u>www.theautismtrainingnetwork.com/training</u>

"For every person who understands Autism better, another Autistic person will be happier."-Libby Scott, Autistic Author (at age 11)



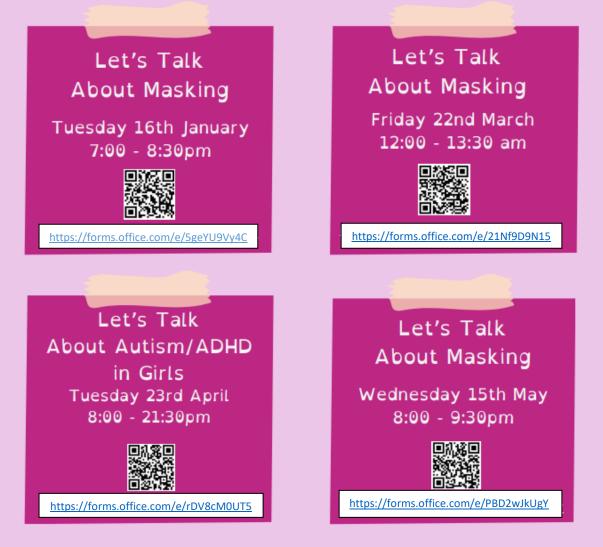




Let's Talk About.....

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.



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



Calling all parent/carers of children and young people with SEND - Short Breaks 2023/2024 (SEND youth groups, weekend activities, holiday playschemes, family fun days and small grants in West Sussex)

The new West Sussex County Council's Short Breaks programme is approaching the end of its first year and so we want to hear from those who have used the service and those who have not. Your feedback will help us to look at changes/adaptations we need to make to the programme and so it is important to give your views and opinions. We have created a short survey where we will capture all of the feedback; we have kept the survey short as we know how busy everybody is. The survey can be found at: <u>https://yourvoice.westsussex.gov.uk/embeds/projects/14318/survey-tools/33037</u>

The survey closes on 28 March 2024.



EASTER EGG HUNT 30 March - St Andrew's Church, Cants Lane

10:30am - 12:30pm.

Activities and games for families. All children will receive a chocolate egg. Free entry.



* EASTER TRAIL 2 - 12 APRIL (WEEKDAYS ONLY) - HELP POINT

Visit burgesshill.gov.uk for opening hours.

Town centre trail for children. Collect your trail maps from the Help Point at 96 Church Walk, follow the clues and return your map for a prize. Free event.

SPORTS SESSIONS* 2 April + 5 April, the triangle

Gymnastics: 10 - 11am Badminton: 1 - 2pm

Free sports tasters for kids. Equipment provided, 4 trainers recommended. Booking required. Call 01444 247726 for more information.

*Organised by Burgess Hill Town Council

***TENNIS SESSIONS** 3 April + 10 April, st john's park tennis courts

10 - 10:40am or 10:50 - 11:30am

Equipment provided, trainers recommended. Booking required. Call 01444 247726 for more information.

FAMILY FUN SESSIONS* 4 April - The King's Church



10 - 11:30am or 12:30 - 2pm

For families of those with SEND (Special Educational Needs and Disabilities). Activities and information services. Free event - booking required. Call 01444 247726 for more information.

S APRIL - BURGESS HILL BMX TRACK (MAPLE DRIVE)

10:30am - 4pm

BMX coaching: 10:30am - 12pm or 1 - 2:30pm (booking required).

Those not wanting a coaching session can drop in throughout the day. Please bring your own bike (with pedals, no balance bikes). Children must be confident riders, and children in school year 6 and under must be accompanied by an adult. Free event - visit burgesshill.gov.uk/events/rock-up-and-ride for more info on how to book.



*Organised by Burgess Hill Town Council

YOUNG CARERS*



10am - 2:30pm

provided. Bookings close Friday 5 April. To register visit burgesshill.gov.uk/town-community/young-carers/



1pm - 3pm

Free sports activities for children and families. Organised by Mid Sussex District Council.

YOUNG CARERS 11 APRIL - NIITING BY INVITATION ONLY

Email kayleigh@burgesshill.gov.uk for details.

provided. Bookings close Friday 5 April. To register visit burgesshill.gov.uk/town-community/young-carers/



KIDS FUN MORNIN 11 APRIL - ST EDWARD'S CH 10am - 12pm

event with refreshments for sale.

*Organised by Burgess Hill Town Council

SAVE THE DATE



29 MAY - WOWZER WEDNESDAY

St John's Park, 11am - 3pm. Free inflatables for children.



2 JUNE - HAMLET

Buraess

Burgess Hill Girls, 6pm.

23 JUNE - SUMMER FAYRE

St John's Park, 11am - 3pm. Stalls, games and activities for families.





1 JULY - TEDDY BEAR'S PICNIC St John's Park, 10am - 2pm. Free event for

pre-schoolers.

5 JULY - OPEN AIR MUSIC IN THE PARK

St John's Park, 6 - 9pm. Free concert in





24 JULY - THE TALE OF JEMIMA PUDDLEDUCK

St John's Park, 1 - 2:30pm. Free children's

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 8th September Friday 3th 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					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				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			
				16th Se								
	MAINS	SIDES	DESSERT	1000000	MAINS	SIDES	DESSERT		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	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	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: Roast Chicken Option 2: Chickpea Roast V	Roast Potatoes VE Swede VE & Cabbage VE	Chefs Choice Fruit Muffin V	TUES	Option 1: Chicken Curry & Rice Option 2: Baked Beans & Cheese Jacket	Country Mixed Vegetables VE	Orange Frosted Carrot Cake V	TUES	Option 1: Chicken & Thyme Pie Option 2: Lentil & Mushroom Pasta Bake VE	Carrots VE & Sweetcorn VE	Pear & Chocolate Sponge V & Chocolate Custard V	
1100	Option 1: Carbonara	Garlic Bread V			Potato V				Pasta bake VE		Custard V	
WEDS	Option 2: Lentil Shepherdess Pie V	Peas VE & Chefs Choice Vegetables VE	Sultana Cookie VE	WEDS	Option 1: Roast Pork Option 2: Baked Lentil	Roast Potatoes VE Carrots, Swede VE &	Fruit Strudel & Cream V	WEDS	Option 1: Beef Bolognaise Option 2: Golden Cheese & Onion	Garlic Bread V Potato Wedges VE Cauliflower VE	Fruit Smoothie 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	THURS	Roast V Option 1: Shepherd's Pie Option 2: Quorn Casserole V	Cabbage VE Mashed Potatoes V Cauliflower VE & Green Beans VE	Fruit Flapjack VE	THURS	Option 1: Roast Chicken Option 2: Quorn Roast VE	Peas VE Roast Potatoes VE Swede VE & Cabbage VE	Cinnamon Bun 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	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	FRI	Option 1: Fish Fingers Option 2: Beanie Wrap V	Chips VE Broccoli VE & Baked Beans VE	Apricot Oat Cookies V	





MSC

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 guickly 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 <u>fsm@westsussex.gov.uk</u> 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