




Weekly Bulletin



Diary Dates	
29 th April – 1 st May	Year 8 Residential to Hindleap Warren
6 th May	Bank Holiday
6 th – 10 th May	Woodlands Meed Arts Festival (School & College)
8 th May	FOWM Committee Meeting - 2pm School Site
8 th – 10 th May	Y10 Residential Isle of Wight Kingswood
9 th May	Examinations season starts
15 th May	Year 8 2nd dose HPV Vaccine
15 th May	Year 9 Td/IPV and MenACWY Catch up session
22 nd May	Sussex Parallel Youth Games @K2 Crawley
23 rd – 24 th May	Elderflower Fields Festival (Year 9)

Letters sent this week
WSCC Post 16 Transport
Year 11 Leaving Date 2024
Head Lice & Treatment Letter – Fox Class – 23.04.24
Year 10 Residential to Isle of Wight Plan
Enrichment Broadcasting Club, trip to Supajam, Hove – 04.06.24
New College Update – 26.04.24
5RA DIScoverABILITY trip to Sussex County Cricket Ground, Hove 10.05.24

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

Booking / Cancelling School Meals – School Site

This is just a reminder that school meals must be booked before 09:00am on the day the meal is required, if a school meal is no longer needed, this can be cancelled via Scopay prior to 09:00am on the morning, this is especially important if your child has a special diet.
If you report your child as absence through the correct procedure, by calling the school office the system will automatically cancel the school meal booked for that day.



Nationally accredited by Elklan and OCN London



We are pleased to announce that Woodlands Meed has achieved the Communication Friendly Status – a kitemark that is awarded to settings that have trained and supported all their staff in communication and language development.

A small number of teachers and TAs achieved level 3 and 4 accreditation and then cascaded training to the whole staff team. The training focussed on support for all pupils' communication skills, styles and needs.

As far as we are aware Woodlands Meed is the only school in West Sussex to achieve this award.

Gillian Barton, Deputy Head



Congratulations



Woodlands



Meed



Tesco have recently announced the launch of their new Stronger Starts Retail Apprenticeship programme, as part of their commitment to help young people achieve a stronger start in life.

Stronger Starts is one of the few apprenticeship programmes that doesn't require any qualifications or experience as entry requirements.

After completing the programme, apprentices gain a Level 2 National Standard in Retail, which is the equivalent of 5 GCSE passes.

The programme opens for applications on **24th June 2024**.

LEARN ABOUT THE PROGRAMME

**WEBINAR: FIND OUT MORE
ABOUT STRONGER STARTS**

Join one of our **live webinars** with the Early Careers team from Tesco to learn more about their Stronger Starts Retail Apprenticeship programme, **opening for applications in June 2024**.

You can join on **14th May** at either **4pm-5pm** or **6pm-7pm** - please join the session time which is most suitable for you. If you are not able to make either of these times, please still **register** so you can receive the recording.

We recommend you join live, so you have the opportunity to ask questions.



14 MAY 2024 **AFTERNOON SESSION** **4PM - 5PM**

REGISTER NOW



14 MAY 2024 **EVENING SESSION** **6PM - 7PM**

REGISTER NOW



ST. JOHN'S

St John's College is a specialist
Further Education in Brighton
and Hove

Open Evenings

Wednesday 22 May 5.30-8.00pm

Wednesday 3 July 5.30-8.00pm

Wolfson Theatre St
John's College
Brighton BN2 0AF

We provide education, care and
therapy for autistic young people
aged 16-25, some of whom also
having learning disabilities

Join us to hear more!

Book your place!



www.st-johns.co.uk/opendays



Admissions on 01273 244000

St. John's College is part of Ambitious about Autism



Online safety at home: parents and carers newsletter

Spring/Summer 2024



E-safety Information:

This newsletter provides you with links to different articles about ARTIFICIAL INTELLIGENCE and how you can support your child and young person using this technology and what you need to be aware of:

[INTERNET MATTERS - WHAT IS GENERATIVE AI](#)

[INTERNET MATTERS - PARENTS GUIDE TO AI](#)

<https://www.bbc.co.uk/news/technology-67872693>

We have made an online video of our parental CEOP training. It can be found here:

<https://www.woodlandsmeed.co.uk/page/?title=PSHE&pid=214>

If you require any further information please email our CEOP Ambassador Yasmine Joy: yjoy@woodlandsmeed.co.uk

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [Parent website](#) and download their home activity worksheets for fun, online safety activities to do with your family.



**Places
Leisure**

Part of Places for People

Because Community Matters

SEN Climbing sessions

Starting Tuesday 5th March

We have reduced our numbers during this session to cater for climbers that may need a quieter environment.



Scan the QR code
to book online

Operated by Places for People Leisure Ltd. working in
partnership with Mid Sussex District Council





We can't wait to get back to Elderflower Fields this late May Bank Holiday and would love to see a few of your friendly faces there. It's a fantastic first family festival for those with young children. Small, safe and jam-packed with activities, music, sport and nature to keep the whole family happy.

Tickets go up in price on 1st May but if you **book with discount code SAVER24** you'll save £35 on adult tickets and £10 on child tickets on full-price tickets. **Saving the average family of 4 around £90!**

[Visit elderflowerfields.co.uk](https://elderflowerfields.co.uk) before 1st May and enter SAVER24 on the ticket page (scroll down to 'got a promo code') to reveal discounted tickets

The Burgess Hill Small Makers Market - Dates



The Burgess Hill Academy
Sports Hall, Station Road,
Burgess Hill
RH15 9EA

- Saturday 9th March - 12-3pm
- Saturday 13th April - 12-3pm
- Saturday 11th May * - 12-3pm
- Saturday 8th June * - 12-3pm
- Saturday 13th July - 12-3pm
- Saturday 10th August - 12-3pm
- Saturday 14th September - 12-3pm
- Saturday 12th October - 12-3pm
- Saturday 9th November - 12-3pm
- Saturday 14th December - 12-3pm

* May not be in the Sports Hall due to exams

For stall enquiries please contact Tasha at
DiamondDesignByTasha21@hotmail.com

Set up by - Diamond Design By Tasha
- Merlin's Makes



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



**Reaching
Families**

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 parent-carers 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 co-ordinators is provided.



THE
BURGESS HILL
ACADEMY

SPRING FAIR

Saturday 18th May 2024
11am to 2pm

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

FUN FOR THE WHOLE SCHOOL



10% SCHOOL DISCOUNT
USE CODE: SCHOOL10

Over 30
amazing
Inflatables
and
attraction.



Entertainers
and shows,
all included
with entry.



South of England Showground, Haywards Heath.
Saturday 11th & Sunday 12th May 2024 1100-1700 Daily.
Tickets available via Eventbrite

MEGA FUN FAMILY FEST

play together

SCAN TO GET YOUR TICKETS HERE →





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!

SOUTHDOWNS SCALE MODEL SHOW 2024

Free Entry donations for
Chestnut Tree House & Models for Heroes.

Sponsored By

SMC
SUSSEX MODEL CENTRE



WHEN

May 4th, 2024 10am-4pm

VENUE

Bohunt School

65a Broadwater

Rd Worthing

BN14 8AH

Car Parking Behind Venue off Queen Street

FEATURING

Remote Control Trucks,
Competition, Donate & Create,
Club Displays, Traders, Refreshments
and a Tombola

Please Contact Us at

Info@southdownsmodelgroup.org

Find us on Facebook or our Web Site

www.southdownsmodelgroup.co.uk



**MODELS
FOR
HEROES**



HOLIDAY ACTIVITIES AND FOOD (HAF) FOR CHILDREN

Children and young people aged 4 to 16 who are eligible* for benefits related free school meals can take part in free clubs during the Easter, Summer and Winter holidays. A free nutritious meal is provided as part of the scheme. Visit our website to find activities near you and book your place.

*Check eligibility on the webpage and find information about further support and activities available. Places are limited. Paid-for-places may be available; contact individual clubs for availability.

SCAN ME



WS33006 10.23

www.westsussex.gov.uk/HAF



Dear Adam Rowland,

Re. Partnering with researchers in the SleepWISE research study

My name is Dr Jayne Spiller. I'm a lecturer in Psychology at the University of Leicester. I have a keen interest in sleep in children with neurodevelopmental conditions and how research can improve outcomes for families. My PhD research studied sleep in autistic children and children with Angelman syndrome, Smith-Magenis syndrome and children with Tuberous Sclerosis Complex.

Myself and other researchers from the University of Leicester and the University of Southampton are setting up a research study on sleep in children with neurodevelopmental conditions. This is the first step in understanding what predicts the increased risk of sleep problems in children with neurodevelopmental conditions. We will also identify what strategies parents are currently using to support their child's sleep and what other strategies they would consider acceptable to try. This research study will inform the development of an intervention programme to improve sleep in children with neurodevelopmental conditions. To meet our research aims **we need a large sample (over 1000 families)** and information across three time points.

To recruit this large sample of families, **we need your help to send the online questionnaire study link to parents of children aged 5-15 years attending Woodlands Meed.**

The online questionnaire will take 30 minutes to complete. We just need your help to advertise the study, once families have consented to the study and to be contacted again, we will send the link to families for the second and third data collection waves. We're able to provide you with a copy of the results once the study is finished and we will invite schools who have partnered with us to an online Q and A about the study findings and sleep in children with neurodevelopmental conditions. I've put together a website to introduce this study with further information www.sleepwisestudy.co.uk



If you have further questions about advertising the study, and would like to be contacted via email about these questions or to arrange a call to answer these questions, please scan the QR code above to provide your details. If you are happy to commit the advertising the study in around May this year, please also fill in your details via the link in the QR code.

QR code URL <https://leicester.onlinesurveys.ac.uk/sleepwise-study>

Thank you very much in advance for your time and support.
Yours Sincerely,

Dr Jayne Spiller

Lecturer in Psychology

University of Leicester

University Road, Leicester, LE1 7RH

Email: jkt12@le.ac.uk

SAVE THE DATE

BurgessHill
Town Council

We've got some great events coming up in 2024!



29 MAY - WOWZER WEDNESDAY

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



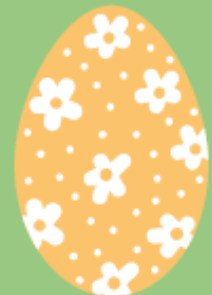
2 JUNE - HAMLET

Burgess Hill Girls, 6pm.

Tickets on sale now - call 01444 247726

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 the park.



24 JULY - THE TALE OF JEMIMA PUDDLEDUCK

St John's Park, 1 - 2:30pm. Free children's theatre. No booking required, just turn up!



PQA HAYWARDS HEATH

HAVE A SUPERCALIFRAGILISTIC SUMMER

We will be
learning songs
and routines
from the much
loved musical
Mary Poppins.



MON 5TH - FRI 9TH AUG 2024

10:00AM - 4:00PM

WARDEN PARK SECONDARY ACADEMY, RH17 5DP

PQA

**THE PAULINE QUIRKE
ACADEMY OF PERFORMING ARTS**

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 Bolognese 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