

Weekly Bulletin



Diary Dates	
10 th November	Odd Socks Day – School & College
w/c 10 th November	Anti-Bullying Week (Well Being Teams)
11 th November	Parents' Evening at School & College Site
11 th November	Time 4 Transition Careers event for KS3, KS4 and KS5 pupils and families
14 th November	BBC Children in Need Day
10 th December	KS3 Christmas Performance at School Site
11 th December	Christmas Jumper Day for Save the Children
11 th December	Primary Christmas Performance at School Site
11 th – 16 th December	Burgess Hill Town Christmas Village Market (Key Stage 5 Enterprises)

Letters sent this week
Parent Governor Vacancy – 03.11.25
Mole Class – Outing to Holmesdale Wood – 10.11.25
College Swimming Friday Group Autumn Term 2
Mole Class – Trip to Hassocks Garden Centre – 17.11.25
KS3 Time 4 Transition Event at Woodlands Meed College Site – 11.11.25
Rabbit Class – Trip to Ditchling Garden Centre – 01.12.25
Christmas Lunch – School Site – 16.12.25
Rabbit Class – Trip to Cineworld, Brighton Marina – 26.11.25
College Christmas Lunch – 18.12.25
5EM – Community weekly outings
River Class – Trip to the Dolphin Leisure Centre 19.11.25
Time 4 Transition Event – Parent Invitation – College Site - 11.11.25
Woodlands Meed Curriculum Letter – 05.11.25
5EM Residential trip to Flat Spaces – CANCELLED
Odd Socks Day – School Site – 10.11.25
Mountain Class – Trip to Cineworld, Brighton Marina – 12.11.25
Children in Need – College Site – 14.11.25
Mountain Class – Cancellation of Parents Evening

<p><u>Lunch Menu</u></p> 	<p><u>Copies of letters</u></p> 	<p><u>Term Dates</u></p> 
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<u>Staff Leavers</u>	
	<p>We are saying goodbye to James Dronsfield from our school site this week. We would like to thank James for all he has done in his time as a Teaching Assistant at Woodlands Meed and wish him all the best for the future.</p>

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 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.

Sardines



Get Set 4
Education

People: 3 or more

How to play:

- One person hides.
- All other players count to 60 together, they are the seekers.
- The seekers attempt to find the hider.
- If they find the hider, they hide with them.
- The last person to find everyone hides first on the next round.



Well-Being Weekly

November looking after parents/ carers and families, self-care tips

Savor Slow Moments

- **Mindful Mornings:** Encourage a few quiet minutes in the morning without screens — just stretch, breathe, or look outside.
- **Cozy Rituals:** Enjoy a warm drink together mindfully — notice the aroma, warmth, and taste.

Get Outside

- Go for **mindful nature walks** — listen for crunching leaves, notice colours and shapes, or collect fallen leaves to make art.
- Try a “5 senses” walk: name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste.

Mindful Family Conversations

- Practice “**one voice at a time**” listening — when someone talks, everyone else listens fully without interrupting.
- Use **open questions** like “What made you smile today?” to help kids reflect and express themselves.

Create Calm Evenings

- **Digital sunset:** Turn off devices an hour before bed. Use that time for reading, journaling, or a short-guided meditation.
- Try a short **family mindfulness activity** before bed, like three deep breaths together or listening to calming music.

Practice Creative Mindfulness

- Do simple **art or craft projects** — colouring, baking, or leaf printing — while paying attention to textures, colours, and scents.
- Encourage “process over product” — focus on enjoying the moment rather than perfection.

Model Mindful Kindness

- November is often linked with kindness and giving — volunteer together or perform random acts of kindness.
- Reflect on how helping others makes you feel — it strengthens empathy and family connection.

Odd Socks Day



We'll be wearing our odd socks this Odd Socks Day, will you?



Monday 10th November 2025



#AntiBullyingWeek
#OddSocksDay



Term dates 2026-27

Autumn term 2026

Tuesday 1st September to Friday 18th December

Half term - Monday 26th October to Friday 30th October

First day of term for pupils

School site - new pupils only – Thursday 3rd September

School site - all other pupils – Friday 4th September

College site - all pupils – Friday 4th September

Spring term 2027

Monday 4th January to Thursday 25th March

Half term - Monday 15th February to Friday 19th February

Summer term 2027

Monday 12th April to Wednesday 21st July

Half term - Monday 31st May to Friday 4th June

Inset days

Tuesday 1st September

Wednesday 2nd September

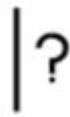
Thursday 5th November

Monday 22nd February

Friday 28th May

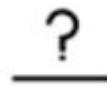
MAKATON TRAINING

Please come and join us to learn Makaton to help support your child's communication at home and school.



When

- Starting 16th of January 2026.
Finishing 27th of March 2026
- Every Friday for 9 weeks - 12:30-1:30



Where

Woodlands Meed
School site



Who

Anyone is welcome -
mums, dads, grannies,
grandads, carers



How

Use the QR code to
express to express your
interest



Message from Fox Class

As part of our efforts to support active play and physical development in Active Time (during enrichment), we are looking to replenish our supply of children's bikes, scooters, and helmets. Unfortunately, many of the items currently stored in the shed are damaged or no longer fit for use, and our stock is now very limited.

If you happen to have any children's bikes, scooters, or helmets at home that are no longer being used and in reasonable condition, we would be very grateful for any donations. These items would be put to great use by our pupils and would help us provide more opportunities at active time.

Please feel free to bring any items to Fox Class or get in touch if you have something to offer.

Thank you in advance for your support and generosity.



TIME 4 TRANSITION 2025

For parents and carers of KS3, KS4 & KS5 students

This is your opportunity to meet Further Education Providers, Colleges, Local Inclusive Employers and Day Services

Learn about the Careers Programme at Woodlands Meed. Meet our Careers Advisor. Combine your visit with Parents Evening

Date/Time:

11th November 2025
4pm - 6pm

Location:

Woodlands Meed College
Birchwood Grove Road
Burgess Hill, RH15 0DP

Contact:

careers@woodlandsmeed.co.uk
www.woodlandsmeed.co.uk

It's never too early to start thinking about your child's next steps to adulthood!

BOOK NOW



Building Unique Pathways
To The Future



**BOOK
TODAY!**

out of
bounds



**SEND FRIENDLY
ACTIVITIES
EVENT**



FROM 4PM TO 6:30PM

**EXCLUSIVE OPEN ACTIVITY EVENT FOR ALL AGES WITH
SPECIAL EDUCATIONAL NEEDS AND DISABILITIES.
FAMILIES AND SIBLINGS WELCOME.**

TEN PIN BOWLING

SOFT PLAY

CLIP 'N CLIMB

**SCAN THE CODE TO BOOK ONLINE
OR VISIT WWW.OUT-OF-BOUNDS.CO.UK**



OUT OF BOUNDS, GOLFERS LANE, ANGMERING, WEST SUSSEX, BN16 4NB
PLEASE VISIT WWW.OUT-OF-BOUNDS.CO.UK FOR MORE INFORMATION AND TO BOOK . TERMS & CONDITIONS APPLY.



Girlguiding Burgess Hill division

Do you have a daughter/grand daughter who loves adventures, crafts, sports or trying new things?

Girlguiding Burgess Hill division have places available for girls aged 4-18 years. Our sections are Rainbows (age 4-7), Brownies (7-10), Guides (10-14) and Rangers (14-18). We meet on Monday to Friday afternoon/evenings and Saturday mornings during school terms and often have sleepovers and/or camps during the holidays.

Why join Girlguiding?

- We're an affordable activity club for girls.
- We've got an action-packed programme that is girl-led with something for every girl.
- We offer a safe, girl-only space in which your child can build confidence, try things for the first time and realise their full potential.
- Girls can take part in all levels of adventure from high adrenaline to gentler experiences. It could be a bug hunt in the garden or the chance to go abseiling.

Girls in guiding are up to 23% more confident than the UK on average, and 3 times more likely to have done something good for their local community or environment.

To join over 300,000 girls across the UK, begin by registering your interest and finding out about our units (local Girlguiding groups) in Burgess Hill.

You can register here girlguiding.org.uk. If you have any questions please email us on burgesshillguidingdiv@gmail.com.

A promotional poster for Girlguiding Burgess Hill division. The background is dark blue with white and yellow decorative elements like stars and triangles. At the top, there are two photos: one of a girl in a blue jacket and another of a girl in a red jacket. Below these is the text 'FREE TRIAL- COME AND SEE WHAT WE DO!!' in white, slanted letters. In the center, there is the Girlguiding logo and the text 'Girlguiding Burgess Hill division'. Below that, there is a photo of a girl in a blue jacket. At the bottom, there is the text 'BURGESS HILL RAINBOWS, BROWNIES, GUIDES & RANGERS UNITS MEET 6 DAYS A WEEK! SIGN UP YOUR DAUGHTER FOR A TASTER SESSION @GIRLGUIDING.ORG.UK' in white, bold letters.



Reaching Families

Are you a parent or carer of a child or young person who has, or may have, special educational needs and disabilities in West Sussex?



Reaching Families is a parent-carer led charity which aims to empower parent-carers and families of children & young people with special educational needs and disabilities in West Sussex through the delivery of information, training and peer support.

Making Sense of it All

In-depth parent-carer guide covering SEND issues from birth to adulthood

Fact sheets

Covering a range of SEND issues localised to the needs of West Sussex families

Umbrellas

Parent support groups based at locations across West Sussex and online, via Zoom

Benefits Advice Service

1-2-1 advice & claim checking support for families applying for DLA, PIP & Carers Allowance

Training

Workshops and courses on a variety of issues delivered online, via Zoom

NDP Navigation Service

Support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway (via referral from a professional)

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Facebook Group

An online parent support group providing news, information and peer support

Animations

Short animated films on a variety of subjects

If you would like more information about how Reaching Families can help, please contact:

Email: admin@reachingfamilies.org.uk
Telephone: 01903 366 360

Reg Charity No 1150906



Reaching Families

www.reachingfamilies.org.uk

Umbrellas

Parent Support Group Autumn Term 2025

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub (Shoreham)

9th Sep / 7th Oct / 4th Nov / 2nd Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

17th Sep / 15th Oct / 19th Nov / 17th Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

10th Sep / 8th Oct / 5th Nov / 3rd Dec

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

25th Sep / 23rd Oct / 20th Nov / 11th Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

16th Sep / 14th Oct / 11th Nov / 9th Dec

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

23rd Sep / 21st Oct / 25th Nov / 16th Dec

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email: outreach-training@reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

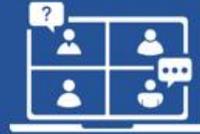
Umbrellas Online

Thursdays via Zoom

11th Sep	7.30 pm - 9 pm
9th Oct	7.30 pm - 9 pm
6th Nov	7.30 pm - 9 pm
4th Dec	7.30 pm - 9 pm

TRAINING

AUTUMN TERM 2025



WORKSHOPS

Making Sense of Masking	Tuesday 11 th November	10.30am - 12.30pm
Wellbeing - Communication skills for parents and carers	Tuesday 18 th November	10.30 am - 12 pm
Understanding Autism in Girls	Wednesday 19 th November	7.30 - 9.30 pm
Making Sense of Disability Living Allowance (DLA)	Thursday 27 th November	10.30am - 12.30pm
Making Sense of Anxiety in Children (Primary age)	Tuesday 2 nd December	7.30 - 9.30 pm
Making Sense of Adult Life - Supporting Adolescents	Thursday 11 th December	7.30 - 9.30 pm
Understanding Sensory Processing Differences	Friday 12 th December	10.30am - 12.30pm

All of the above training will be delivered on Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

reachingfamilies.eventbrite.com



www.reachingfamilies.org.uk

Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096

The magical winter lantern trail

27 November 2025
– 3 January 2026

Under 4s
go free!

Glow Wild

Wakehurst

Millennium Seed Bank
25th Anniversary

Flexi tickets and group discounts available

Royal Botanic Gardens
Kew

Glow Wild

As darkness falls, let the magic begin...

Sussex's award-winning Christmas light trail sparkles with seasonal surprises, featuring exclusive installations, handcrafted lanterns, and immersive moments, with new experiences that promise even more festive fun than ever before!

Glow Wild invites you to walk on the wild side and explore an illuminated wonderland, where seeds spark stories and the wild glows after dark – all exclusively handcrafted by leading artists. Encounter fantastical animals, walk among giants, and uncover the hidden secrets of our natural world. Don't miss the iconic Christmas tree, giant mythical sea creature, and our biggest-ever installation!

Unsure of plans? Book today and swap dates up to 7 days before you visit!

Sessions to suit you

Whoever your loved ones are, Glow Wild offers the perfect night for all, with early evening slots to suit little ones, Quiet and Relaxed sessions for those with additional needs, and exclusive over-18 evenings.

Pre-book now for this sell-out Christmas event.

Seasonal savings

- 🕒 Off-peak, standard and peak options
- 👉 Under 4s and essential companions go free
- 👥 Group and family discounts
- 👦 Child pricing
- 👉 Exclusive member rate



wakehurst.kew



wakehurst_kew

Nature Natters

Wakehurst
Kew

Join us for our free and inclusive community wellbeing walk and talk group at Wakehurst, which meets on the last Monday of every month.

Next session 27 October at 1pm

- Accessible and inclusive
- Connect with nature
- Supported by NHS Alliance for Better Care
- Free, plus free parking

BOOK NOW

Nature Natters wellbeing walks |
Kew

email:
wakehurstcommunity@kew.org



Please email wakehurstcommunity@kew.org to book a space



Mark Kirkdale is a long-standing volunteer at the school and college, and he is raising money for Prostate Cancer Research, and would really appreciate your support.

Donating through JustGiving is simple, fast and totally secure. Once you donate, they'll send your money directly to Prostate Cancer Research, so it's the most efficient way to give - saving time and cutting costs for the charity.

You can donate to his JustGiving page by clicking here https://www.justgiving.com/fundraising/Mark1761599097080?utm_medium=FR&utm_source=EM

JustGiving sends your donation straight to Prostate Cancer Research and automatically reclaims Gift Aid if you are a UK taxpayer, so your donation is worth even more.

Thank you for your support!



FREE Language Cafes in Mid Sussex

Come along and learn English, make friends and enjoy a cup of tea or coffee!

No need to book! Sessions are from 10:30am - 12:30pm

Locations:

- Haywards Heath - The Yews, RH16 1BJ - Every 2 weeks (Thursdays)
- Burgess Hill - Cyprus Hall, RH15 8DX - Every 2 weeks (Wednesdays)
- East Grinstead - Library, RH19 4SR - Every 2 weeks (Thursdays)

Interested in attending or learning more?

All upcoming dates are available on our website:

www.advicewestsussex.org.uk

If you have questions, you can email us at:

community.engagement@westsussexcab.org.uk



citizens advice in West Sussex
North South East

www.advicewestsussex.org.uk

FREE Language Cafes in Haywards Heath

Come along and learn English, make friends and enjoy a cup of tea or coffee!

Address: The Yews, Haywards Heath, RH16 1BJ

10:30am - 12:30pm:

25th September

10th October

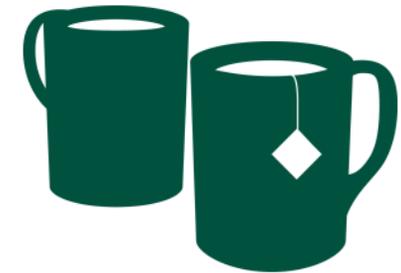
23rd October

7th November

20th November

4th December

18th December



Want to find out more?

www.advicewestsussex.org.uk

If you have questions, you can email us at:

community.engagement@westsussexcab.org.uk



citizens advice in West Sussex
North South East

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FREE Language Cafes in East Grinstead

Come along and learn English, make friends and enjoy a cup of tea or coffee!

Address: East Grinstead Library, RH19 4SR

10:30am - 12:30pm:

19th September

2nd October

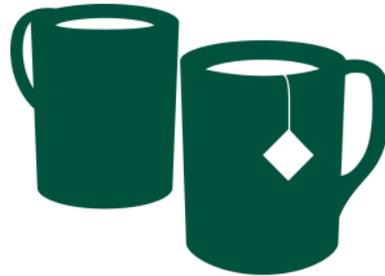
16th October

30th October

13th November

27th November

11th December



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community.engagement@westsussexcab.org.uk



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advice** in West Sussex
North South East

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FREE Language Cafes in Burgess Hill

Come along and learn English, make friends and enjoy a cup of tea or coffee!

Address: Cyprus Hall, Burgess Hill, RH15 8DX

10:30am - 12:30pm:

24th September

8th October

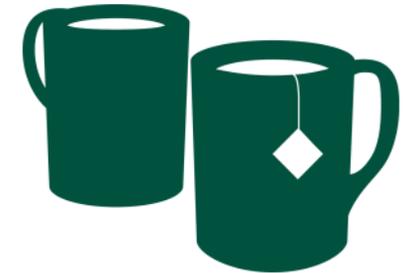
22nd October

5th November

19th November

3rd December

17th December



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