




# Weekly Bulletin



Diary Dates	
04 <sup>th</sup> May	BANK HOLIDAY MONDAY
07 <sup>th</sup> May	Exam Session Starts
11 <sup>th</sup> – 14 <sup>th</sup> May	Bikeability Week Year 8 - School Site
18 <sup>th</sup> – 22 <sup>nd</sup> May	Key Stage 3 Activity Week
20 <sup>th</sup> May	Parallel Youth Games – K2 Crawley
20 <sup>th</sup> May	Year 9 parent presentation 9.30am (college site)
20 <sup>th</sup> – 22 <sup>nd</sup> May	ELDERFLOWER Fields Festival (Year 9)
21 <sup>st</sup> May	Blossoms and Brews KS4/5 Enterprise event
25 <sup>th</sup> – 29 <sup>th</sup> May	HALF TERM

Letters sent this week
Medication Form Year 10 Residential to Blackland Farm, East Grinstead 15.06.26 – 17.06.26
Mixed Key Stage – Trip to Ansty Cricket Club, Ansty – 02.06.26
Mole & Rabbit Class – Trip to the Butterfly Garden, Ditchling Common – 13.05.26
Youth Council Trip to Wakehurst – 10.06.26
Scarlet Fever Letter (School Site) – 27.04.26
Fact Sheet for Education Setting & Parents – Scarlet Fever
Badger Class – Trip to The Oaks Poultry Farm, Ditching – 12.05.26
Hedgehog Class – Trip to Tilgate Park, Crawley – 09.06.26
Youth Council Meeting (School Site) – 24.06.26
Owl Class – Trip to Pets at Home, Burgess Hill – 11.05.26
Owl Class – Trip to Sheffield Park – 18.05.26
KS4 RSE Letter – Summer 2026 4DS
5CH Trip to The Burnside Centre, Burgess Hill
Glacier Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
River Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Desert Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Waterfall Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Lake Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Mountain Class Activity Week 18 <sup>th</sup> – 22 <sup>nd</sup> May 2026
Ocean Class Trip to Tilgate Park, Crawley – 18.05.26

<p><b><u>Lunch Menu</u></b></p> 	<p><b><u>Copies of letters</u></b></p> 	<p><b><u>Term Dates</u></b></p> 
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## 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.

# Swipe

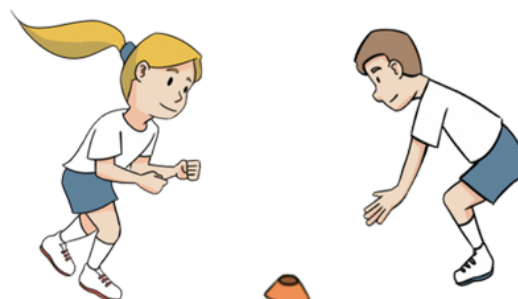


Get Set 4  
Education

**What you need:** 2 players min,  
one person to call the instructions and one item to  
swipe.

### How to play:

- Players begin facing each other with the item on the floor in between them.
- Players complete the following actions called by the 'caller' and race to 'swipe' (pick up) the item on the callers command 'swipe', winning one point every time they do so:
  - Jogging on the spot
  - Star jumps
  - Hopping
  - Heel flicks
  - High knees



**How quick are your reactions?**



# Here's what co-regulation looks like at every age.

swipe to learn



## 3 to 5 years old

- Get down on their level
- Name feelings out loud
- Offer simple choices
- Rhythmic play (clapping games, songs, movement)
- Stay physically close during transitions
- Calm, steady tone of voice
- Breathe together in playful ways



swipe for 6-9 yrs

## 0 to 2 years old

- Rocking, swaying, bouncing
- Level your eye contact
- Skin-to-skin contact
- Measured breathing while holding
- Mirror sounds like cooing, early words, and facial expressions



swipe for 3-5 yrs

## 6-9 years old

- Label emotions with more detail
- Preview changes & transitions
- Side-by-side problem solving
- Movement breaks together
- Gentle touch on shoulder or back
- Validate before redirecting
- Model calming strategies instead of just suggesting them



swipe for 10-13 yrs

## 10-13 years old

- Listen without fixing
- Normalize big emotions
- Collaborative conversations
- Private check-ins vs. public correction
- Reflect after regulation returns
- Share your own regulation strategies
- Maintain predictable routines and clear expectations



swipe for 14-18 yrs

## 14-18 years old

- Stay calm when they escalate
- Respect autonomy, offer presence
- Say, "I'm here when you're ready"
- Co-create solutions vs. imposing them
- Don't take tone or pushback personally
- Help them name stress in their bodies
- Maintain connection during conflict



swipe for 19-25 yrs

# 19–25 years old

- Model emotional boundaries
- Support executive functioning
- Ask reflective questions instead of giving directives
- Encourage help-seeking behaviors
- Validate uncertainty about identity, future, or belonging
- Stay steady when they test independence
- Be a consistent, non-reactive presence



swipe for 25+ yrs

# Adults 25+

- Regulate yourself before responding
- Name your own emotions responsibly
- Repair after conflict
- Practice active listening
- Offer reassurance
- Don't dismiss feelings
- Model healthy coping strategies
- Choose curiosity over judgment



# It's never too late to learn.

Co-regulation looks different at every age and over time, becomes less physical and more relational.

We all borrow calm from each other, and we never outgrow the basic human need for safe connection.



Co-regulation today



@The\_Therapist\_Parent

Becomes  
self-regulation  
tomorrow



## **📣 Have Your Voice Heard SEND Reform Plans in West Sussex 📣**

**This is parent carers opportunity to influence what happens next for SEND families in West Sussex.**


West Sussex County Council is already developing local SEND Reform plans that will shape support, funding, and priorities over the coming years. These plans are being developed NOW for West Sussex.

Separately, the Government will publish a national SEND White Paper later on. But right now, local decisions are being shaped, and parent carers' voices must be part of that.

If families don't speak up at this stage, decisions risk being made without truly understanding real life experiences of SEND in West Sussex. Your voice helps shape priorities, funding decisions, and the focus of future SEND support.

🗨️ Join us alongside Nadia McGarry, SEND and Inclusion Lead for West Sussex County Council, for our SEND Reform "Have Your Voice Heard" event, and share your parent carer views to help strengthen future decision-making.

 **Friday 8th May**

 **10:30 - 12:30**

 **Online - Via Microsoft Teams**

***Book your place using the link below...***

[Welcome to WSPCF events booking - Have Your Voice Heard - West Sussex SEND Reform Plan](#)

**👉 If you haven't already, you can also complete our SEND Reform survey here:**

**[SEND Reform Parent Carer Survey – Fill in form](#)**



## SEND Reform in West Sussex

West Sussex County Council is already planning what SEND Reform **WILL** look like locally over the coming years. These plans are being developed **NOW** for West Sussex.

If families don't speak up at this stage, decisions risk being made without truly understanding real-life experiences of SEND in West Sussex.

**By completing this survey, you are telling WSCC:**

- What is working well for your child and family,
- What is not working and causes stress or delay,
- And what **MUST** change to improve support in the future.

This feedback will be used directly to inform local SEND Reform planning happening NOW in West Sussex.

Your voice helps shape priorities, funding decisions, and the focus of future SEND support.

## Why is this important?

Because **if** decision-makers **don't** clearly hear from parent carers now, they may assume the system is working better than it is. This is your opportunity to make sure lived experience drives local change.

 **The survey closes: Sunday, 10<sup>th</sup> May**

 **Have your say now:**

[SEND Reform Parent Carer Survey](#)

**Please share this with other parent carers - every response strengthens the collective voice.** ♀ This survey also links directly to our Have Your Voice Heard (HYVH) event, where parent carer views will be discussed and strengthened further.

Find out more here: [Have Your Voice Heard - Education - West Sussex Parent Carer Forum](#)



**HAVE YOUR  
VOICE  
HEARD**

**Come and join  
the discussion on  
The SEND  
Reform Plan  
Friday 8<sup>th</sup> May**



## **SEND Reform National White Paper**

Families are telling us they feel anxious, exhausted and uncertain about what the proposed SEND reforms could mean for their children.

Across the country, parent carers are describing a system that already feels fragile, and a consultation that raises as many questions as it answers, particularly about legal rights, accountability and what might be lost, not just what is being proposed. We hear those concerns clearly.

We are parent carers too, and we share the same worries about what these changes could mean for children, young people and families now and in the future.

Many families are especially concerned about issues that do not sit clearly within the consultation questions at all, such as enforceable protections, access to EHCPs, routes of challenge, and what happens if support in mainstream settings does not materialise.

These concerns are coming up again and again in conversations between families and Parent Carer Forums across England. That's why we've created a dedicated webpage to make it easier for West Sussex SEND families to share what really matters to them, in ways that feel manageable and meaningful.

Our [dedicated webpage](#) offers three clear routes for these families to have their say:

1. [Take part in the SEND consultation](#), focusing only on the questions that matter most to them
2. [Add their voice to wider campaigns](#), particularly where key issues fall outside the consultation itself
3. [Share their views with us](#), so we can bring together themes and evidence and represent families' experiences on their behalf, locally, regionally and nationally

**By bringing individual voices together, Parent Carer Forums help turn lived experience into collective insight that decision-makers cannot ignore.**

You can also see [how Parent Carer Forums across Sussex](#) are working together, strengthening representation and ensuring that families' voices are fed into the National

Network of Parent Carer Forums, where they directly inform national discussions with government.

This is a critical moment.

Nothing has changed yet, and how families, and those who support them, engage now will influence what happens next.

# Save the dates 2026-27

January

27<sup>th</sup> Holocaust Memorial Day

February

17<sup>th</sup> Young Carers Fun Day

18<sup>th</sup> Crafts at the Hub

28<sup>th</sup> Health Check

Half Term  
16<sup>th</sup>-20<sup>th</sup>

March

2<sup>nd</sup> Treat for Unpaid Carers

30<sup>th</sup> Easter Trail starts

30<sup>th</sup> Mega Move it Monday

31<sup>st</sup> Family Fun Sessions

Easter holidays  
30<sup>th</sup> Mar-10<sup>th</sup> Apr

April

1<sup>st</sup> Easter Bonnet making and parade

9<sup>th</sup> Rock up and Ride

10<sup>th</sup> Easter Trail finishes

30<sup>th</sup> Spring Tea Party

Easter holidays  
30<sup>th</sup> Mar-10<sup>th</sup> Apr

May

4<sup>th</sup> Mid Sussex Marathon

26<sup>th</sup> Young Carers Fun Day

27<sup>th</sup> Wowzer Wednesday

Half Term  
25<sup>th</sup>-29<sup>th</sup>

June

14<sup>th</sup> Summer Fayre and parade

July

6<sup>th</sup> Teddy Bears Picnic

6<sup>th</sup> In Conversation with Jasper Fforde

17<sup>th</sup> Boogie at the Bandstand

28<sup>th</sup> Young Carers Fun Day

29<sup>th</sup> Family Fun Sessions

Summer holidays  
23<sup>rd</sup> Jul-31<sup>st</sup> Aug

August

3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> and 24<sup>th</sup> Move it Mondays

5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> and 26<sup>th</sup> Wowzer Wednesday

4<sup>th</sup> Rock up and Ride

Summer holidays  
23<sup>rd</sup> Jul-31<sup>st</sup> Aug

September

21<sup>st</sup> World Peace Day

Event Planning for 2027!

October

1<sup>st</sup> Silver Sunday Tea Party

26<sup>th</sup>-30<sup>th</sup> Halloween Trail

26<sup>th</sup> Family Fun Sessions

27<sup>th</sup> Young Carers Fun Day

28<sup>th</sup> Wowzer Wednesday

Half Term  
26<sup>th</sup>-30<sup>th</sup>

November

8<sup>th</sup> Remembrance Day Parade

11<sup>th</sup> Armistice Day

26<sup>th</sup>-29<sup>th</sup> The Christmas Festival

December and 2027

Christmas Hamper Project

10<sup>th</sup> Mayor's Civic Service

27<sup>th</sup> Jan 2027 Holocaust Memorial Day

13<sup>th</sup> Jun 2027 Summer Fayre

Christmas holidays  
18<sup>th</sup> Dec-4<sup>th</sup> Jan

Information on each event will be released as the year progresses, check our website or sign up to the mailing list to get emailed directly with information: [www.burgesshill.gov.uk](http://www.burgesshill.gov.uk)

**BurgessHill**  
Town Council



# ORCHESTRAS INC. SEND MUSIC GROUP SATURDAYS



## SEND music group

**Orchestras Inc.** is our inclusive SEND music group, open to children and young people with additional needs from 8 yrs to 25 yrs. No previous experience required. Free to join!



**SIGN UP  
HERE**

Supported using public funding by



ARTS COUNCIL  
ENGLAND



ADUR & WORTHING  
COUNCILS



Horsham  
District  
Council



## ORCHESTRAS INC.

**Orchestras Inc.** is our SEND music group that is open to children & young people from 8 years old to 25 years with a parent or carer for support. No previous experience required. Free to join.

Come and join us to explore music through a range of instruments in a fun and creative way and meet other families.

### Find your nearest Orchestras Inc. sessions

**Worthing Music Centre**, Bohunt School Worthing, 65a Broadwater Road  
Worthing BN14 8AH (A24)

**Horsham Music Centre**, Millais School, Depot Road, Horsham RH13 5HR

Go to [www.westsussexmusic.co.uk/orchestras-inc](http://www.westsussexmusic.co.uk/orchestras-inc) for more information and to apply

### MEET THE TEAM



Alison Sutton



Rania Rummery



Jo Eames



Anna Ryder

[westsussexmusic.co.uk/orchestras-inc](http://westsussexmusic.co.uk/orchestras-inc)  
[musiccentre@westsussexmusic.co.uk](mailto:musiccentre@westsussexmusic.co.uk)

# LITTLE STARTERS GROUP BURGESS HILL

PARENT CARERS AND CHILDREN 0 – 3 YEARS



Do you have a child or children under 3 years? Would you like to meet other parents in a small, friendly and nurturing environment? Then bring your baby and/or toddler(s) along to our Little Starters group where you can play together, make friends and find parenting advice and support.

When: Tuesday 10:00 – 11:30 – term time only

Where: Kings Church, 33-35 Victoria Road, Burgess Hill RH15 9LR.

Free entry – but £1 donation welcome. Light snack and drink provided for the children.

If you're thinking of coming along, or want to find out more, please call/message Emma on 07851 107005 or email EmmaS@homestartchams.org.uk

\*\* We aim to respond within 3 working days during term time \*\*

[WWW.HOMESTARTCHAMS.ORG.UK](http://WWW.HOMESTARTCHAMS.ORG.UK)

HOME START CRAWLEY, HORSHAM AND MID-SUSSEX IS A REGISTERED CHARITY IN ENGLAND (1132504)  
THE ORCHARD, 1-2 GLENEAGLES COURT, BRIGHTON ROAD, CRAWLEY, WEST SUSSEX, BN10 6AD

**HOME  
START**

Crawley, Horsham  
& Mid-Sussex



# Junior Cricket Camps

7-12 years of age -  
Boys and Girls

£125 for 3  
days or  
£50 per  
day

Kit provided!  
All coaches  
DBS checked

## CAMP 1

August 3rd + 4th + 5th

## CAMP 2

August 17th + 18th + 19th

Open to  
non  
Nomads  
players!

ALL - 9am - 2.45pm

BOOK YOUR PLACE NOW!



[pncccrickecamp@gmail.com](mailto:pncccrickecamp@gmail.com)  
07956776687

Location:

Preston Nomads Cricket Club  
Spen Cama Memorial Ground  
Clappers Lane, Full  
BNS 9ND





Saturdays  
10.45am-11.45am  
Only  
£2 a session



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Get in touch to book your  
first free taster session.  
Email: [cometsburgesshillfc@gmail.com](mailto:cometsburgesshillfc@gmail.com)  
Phone: 07738106464 (Emily)



Scan to book  
your child's  
place

**Blast off  
with Comets!**

A safe space for disabled children aged  
5 - 11 to kickstart their football journey



Burgess Hill Town Football Club  
Medical Travel Compared Stadium  
Maple Drive  
Burgess Hill  
RH15 8DL



[yourspacetherapies.org](http://yourspacetherapies.org)

## Mindfulness Pony Days For Kids

A magical day of ponies, riding, art, friendship and mindfulness

### What to expect :

- Mindfulness time with ponies
- Pony care
- Riding and Mounted games
- Connect with arts and nature
- Make new friends

### Dates:

28<sup>th</sup> and 29<sup>th</sup> of May 2026

Time: 9:30 am -2:00pm

📍 Hillcrest Farm Riding  
School, Horsham RH13 6NX

### Book Now

spaces limited to 10 children per day

£115 per child per day

By purchasing a ticket via eventbrite you are  
paying a £40 deposit. You will then be invoiced  
for the outstanding amount on the 15<sup>th</sup> of May

### Links for Booking

[mindfulness\\_pony\\_](#)  
[day\\_28th\\_of\\_May](#)

[mindfulness\\_pony\\_](#)  
[day\\_29th\\_of\\_May](#)

May half  
term fun



We are an inclusive team and warmly  
welcome children with special  
educational needs and disabilities (SEND)  
we celebrate diversity and are committed  
to providing a supportive environment  
where every child can thrive.

📞 07712 547901

# TICKETS ON SALE NOW



**27<sup>TH</sup> JUNE**  
AMEX STADIUM

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BRICK  
FESTIVAL**

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AVAILABLE  
NOW!**



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CHALLENGES**

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FOR ALL AGES**

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LOOSE BRICKS**

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MUCH MORE!!**



**27<sup>TH</sup> JUNE**  
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BRICK  
FESTIVAL**

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