




Weekly Bulletin



Diary Dates	
11 th – 14 th May	Bikeability Week Year 8 - School Site
18 th – 22 nd May	Key Stage 3 Activity Week
20 th May	Parallel Youth Games – K2 Crawley
20 th May	Year 9 parent presentation 9.30am (college site)
20 th – 22 nd May	ELDERFLOWER Fields Festival (Year 9)
21 st May	Blossoms and Brews KS4/5 Enterprise event
25 th – 29 th May	HALF TERM
01 st June	Year 8 HPV Vaccine Catch up session
01 st June	Year 9 Td/IPV and MenACWY Catch up session
02 nd June	Team picnics School & College Site - PM

Letters sent this week
KS5 RSE Letter – Summer 2026 5AR
4DS & 4RA trip to Plumpton College, Plumpton 06.07.26

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



26.2 Miles of Motivation: Tom Brown's Marathon Effort Gets Students on Their Feet!

At the heart of our Mid Sussex Marathon celebrations was an incredible achievement by our very own Deputy Head, Tom Brown. Taking on the full marathon distance of 26.2 miles in a single day, Tom began his challenge by running around Burgess Hill before heading over to our college site to run alongside students there.

From there, he made his way back to the school site, where the final—and perhaps most inspiring—stage of his journey took place. Joined by enthusiastic students, supportive staff, and Jump Start Jonny himself, Tom completed the remaining laps of his marathon on the school field.

The atmosphere was nothing short of inspiring. Students ran alongside him, cheered him on, and played their part in helping him reach that impressive 26.2-mile milestone. It was a powerful example of determination, resilience, and community spirit in action.

Burgess Hill Radio were also present, playing great tunes, with DJ Steve Bird offering words of encouragement—turning an already exciting day into a true celebration of perseverance and togetherness.

A huge congratulations to Tom—and to everyone who took part in making the day such a success.



Jump Start Jonny Brings the Energy... and the Entire School to Life!

After weeks of anticipation, Friday 1st May finally arrived—and with it, the one and only Jump Start Jonny. Expectations were already sky-high following last year's visit, but somehow this year managed to surpass them all. From the moment the sessions began, the energy was electric.



Jonny delivered two outstanding sessions, one for primary students and another for Key Stage 3, each packed with movement, music, and



infectious enthusiasm. His ability to engage every student, regardless of age or ability, was nothing short of remarkable. The sessions were inclusive, high-energy, and above all, great fun, filling the space with laughter and positivity.



Jump Start Jonny Brings the Energy... and the Entire School to Life!

It wasn't just the students who were thrilled. Many staff members were equally excited, with more than a few admitting they were completely starstruck meeting the face behind so many of their PE warm-ups! Jonny was incredibly generous with his time, interacting with students throughout and bringing encouragement and enthusiasm to every moment.

The entire morning became a shared celebration of movement and wellbeing, uniting the whole school community in a truly memorable way. It's safe to say the question on everyone's lips is already: same time next year?



Tomathon 2026



thanks to the
radio for
keeping us
motivated



[HTTPS://WWW.JUSTGIVING.COM/PAGE/TOMATHON-2026](https://www.justgiving.com/page/tomathon-2026)

Woodlands Meed moved on Friday and **EVERYONE** took part to enjoy the **TOMATHON** 26 miles marathon completed by Tom at the School & College. The Burgess Hill Mayor joined us at College and Jump Start Jonny joined us at the School! Please help us raise funds towards the over £20k Friends of Woodlands Meed contribute to School and College to make all the wonderful extras happen for the students. We've already raised £1.5k and now we're aiming to raise £3k - there's still time to sponsor



SCAN HERE >



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.

Hit it to Win it

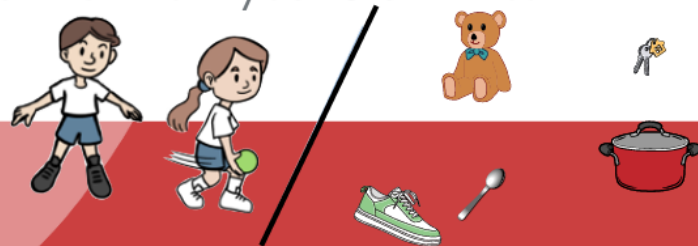


Get Set 4
Education

What you need: Household items, a ball or rolled up socks

How to play:

- Place the household items out at varying distances.
- Begin behind a line and roll or throw your ball to hit one of your items.
- When successful retrieve the item you hit.
- Playing against someone else? Who can collect the most items?
- Playing by yourself? How quickly can you retrieve all items?
- Make this harder by allocating 2 points for items that are smaller or placed further from your start line.



www.getset4education.co.uk

Well Being Weekly

FIVE WAYS TO WELLBEING



Mental Health Awareness Week Next week

11 - 17 May 2026

Raising awareness is vital, but real change comes when we take action too

5 steps to support and nurture our emotional and mental wellbeing

We talk and practice all the below with the children and YP at school and college every day. We try and build these 5 ways into daily routines and practice to become healthy daily habits. It makes us feel good. Have a go including into your day at home

Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

The **5 Ways to Wellbeing** are simple actions that help improve mental health and emotional wellbeing. They can also be adapted for children in fun and practical ways.

The 5 Ways to Wellbeing for Children

1. Connect

Helping children build positive relationships with family, friends, teachers, and their community.

Examples:

- Playing games with friends
 - Calling or video chatting with grandparents
 - Doing teamwork activities at school
 - Having family meals together
 - Writing kind notes to people you care about
 - Joining clubs or activities
-

2. Be Active

Physical activity helps children feel happier, healthier, and less stressed.

Examples:

- Riding a bike or scooter
 - Dancing to music
 - Playing football or tag
 - Walking the dog
 - Doing yoga or stretching
 - Hula hoping
 - Jump start Johnny
-

3. Take Notice

Encouraging mindfulness and awareness of feelings, surroundings, and experiences.

Examples:

- Nature walks and spotting birds or flowers
- Playing I spy
- Looking out of the window and noticing
- Looking up at clouds
- Keeping a feelings journal
- Drawing things, they notice outside
- Practicing breathing exercises
- Talking about "three good things" from the day
- Colouring
- Listening to a meditation or calming music

Use the "5-4-3-2-1" senses check

Ask them to notice:

- 5 things they can see
 - 4 things they can feel
 - 3 things they can hear
 - 2 things they can smell
 - 1 thing they can taste
- This gently brings their attention back to the present.

Mindful moments during routine activities

Turn everyday things into mindfulness practice:

- Eating: notice taste, texture, smell
- Walking: feel each step

Model it yourself- Co regulation

Children copy adults. Children see, children do. If you say things like "I'm feeling frustrated, I'm going to take a breath," they learn it naturally.

Short guided imagery

Ask them to imagine a calm place (like a beach or cloud) for 30–60 seconds. Keep it brief so it matches their attention span.

Gratitude check-ins

At the end of the day ask: "What's one nice thing from today?" This builds awareness of positive moments

4. Keep Learning

Trying new things builds confidence and curiosity.

Examples:

- Learning to cook simple recipes
 - Reading a new book
 - Trying arts and crafts
 - Learning a musical instrument
 - Doing puzzles or science experiments
 - Doing a word search
-

5. Give

Helping others increases kindness, empathy, and self-esteem.

Examples:

- Sharing toys or helping a friend
- Making cards for neighbours
- Donating old clothes or books
- Helping set the table at home
- watering plants at home giving back to nature
- giving someone you love a hug
- opening the door for someone
- Giving someone a smile or say hello



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, 10th 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 8th 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

27th Holocaust Memorial Day

February

17th Young Carers Fun Day

18th Crafts at the Hub

28th Health Check

Half Term
16th-20th

March

2nd Treat for Unpaid Carers

30th Easter Trail starts

30th Mega Move it Monday

31st Family Fun Sessions

Easter holidays
30th Mar-10th Apr

April

1st Easter Bonnet making and parade

9th Rock up and Ride

10th Easter Trail finishes

30th Spring Tea Party

Easter holidays
30th Mar-10th Apr

May

4th Mid Sussex Marathon

26th Young Carers Fun Day

27th Wowzer Wednesday

Half Term
25th-29th

June

14th Summer Fayre and parade

July

6th Teddy Bears Picnic

6th In Conversation with Jasper Fforde

17th Boogie at the Bandstand

28th Young Carers Fun Day

29th Family Fun Sessions

Summer holidays
23rd Jul-31st Aug

August

3rd 10th 17th and 24th Move it Mondays

5th 12th 19th and 26th Wowzer Wednesday

4th Rock up and Ride

Summer holidays
23rd Jul-31st Aug

September

21st World Peace Day

Event Planning for 2027!

October

1st Silver Sunday Tea Party

26th-30th Halloween Trail

26th Family Fun Sessions

27th Young Carers Fun Day

28th Wowzer Wednesday

Half Term
26th-30th

November

8th Remembrance Day Parade

11th Armistice Day

26th-29th The Christmas Festival

December and 2027

Christmas Hamper Project

10th Mayor's Civic Service

27th Jan 2027 Holocaust Memorial Day

13th Jun 2027 Summer Fayre

Christmas holidays
18th Dec-4th 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

BurgessHill
Town Council

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!



pneccricketcamp@gmail.com
07956776682

Location:

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



Teddy Bears Picnic

Friday 21st August 12pm-2pm
Beech Hurst Gardens, Haywards Heath

Bring your own picnic blanket and your teddy bears to the picnic
We will be providing a small packed lunch, free ice cream* and a small teddy bear for children up to the age of 10 years

Tickets will be released in waves to ensure they are available to more people.
Release dates- 3rd August at 9am, 4th August at 2pm and 5th August at 5pm.
Tickets must be booked via eventbrite*.

If you don't get a ticket, you're welcome to attend, but food will not be provided.

Emergency Services

Sensory Play

Miniature Railway

Fairground Rides

Magician

Soft Play

and more!



Organised by-



In partnership with-



HAYWARDS HEATH
TOWN COUNCIL

*Please note- Tickets are free but MUST be purchased in advance, tickets are required for children aged 0-10. Parents/ guardians do not require a ticket. One free ice cream per ticket booked.

On **Sunday the 24th May, from 11am-9pm, The Broadway in Haywards Heath** will come alive with an electrifying all-day festival. Enjoy a day packed with back-to-back entertainment, live music, performers, stalls, food, drinks and activities to keep all the family entertained.

All funds raised will help support **St Peter & St James Hospice**.

We look forward to seeing you all there to enjoy our exceptional line-up!

Tickets: Adult £25 | Child £10 | Family Ticket £74 (2 adults & up to 3 under 16's) | Under 2's Go Free

Get your tickets here: <https://www.tickettailor.com/events/stpeterstjameshospiceinchaileysussex/2057805>

BROADWAY LIVE 2026
THE BROADWAY, HAYWARDS HEATH
24TH MAY, 11AM - 9PM

Live Music

Dear Parents & Guardians,

Looking for an exciting activity for the end of May half-term to suit all the family?

On **Sunday the 24th May, from 11am-9pm, The Broadway in Haywards Heath** will come alive with an electrifying all-day festival. Enjoy a day packed with back-to-back entertainment, live music, performers, stalls, food, drinks and activities to keep all the family entertained.

All funds raised will help **support St Peter & St James Hospice**.

We look forward to seeing you all there to enjoy our exceptional line-up!

Tickets Prices

**ADULT: ONLINE - £25
ON THE DOOR - £28**

**CHILD: ONLINE - £10
ON THE DOOR - £12**

**FAMILY: ONLINE - £74
ON THE DOOR - £86**

Get Your Tickets

To book scan QR code
or visit:
stpjhospice.org/event



BROADWAY LIVE 2026
THE BROADWAY, HAYWARDS HEATH
24TH MAY, 11AM - 9PM

Live Music

MAINLYMADNESS

JUMP66 GLASSHOUSE

TAR BABIES DUST RAISERS

TOW RAG RHYTHM & BLISS

JAM MUSIC SCHOOL BANDS

ROK SKOOL BANDS

Plus

JACK THE LAD FROM MORE RADIO, 12-2PM

SUSSEX SHOW DANCERS WITH NASHVILLE NIGHTS

LINE DANCING

PLUS LOTS MORE INCLUDING ACTIVITIES FOR CHILDREN

Tickets

**ADULT: ONLINE - £25
ON THE DOOR - £28**

**CHILD: ONLINE - £10
ON THE DOOR - £12**

**FAMILY: ONLINE - £74
ON THE DOOR - £86**

To book scan QR code or visit:
stpjhospice.org/event

ALL PROCEEDS IN SUPPORT OF ST PETER & ST JAMES HOSPICE

In partnership with:

With thanks to our sponsors:

TICKETS ON SALE NOW

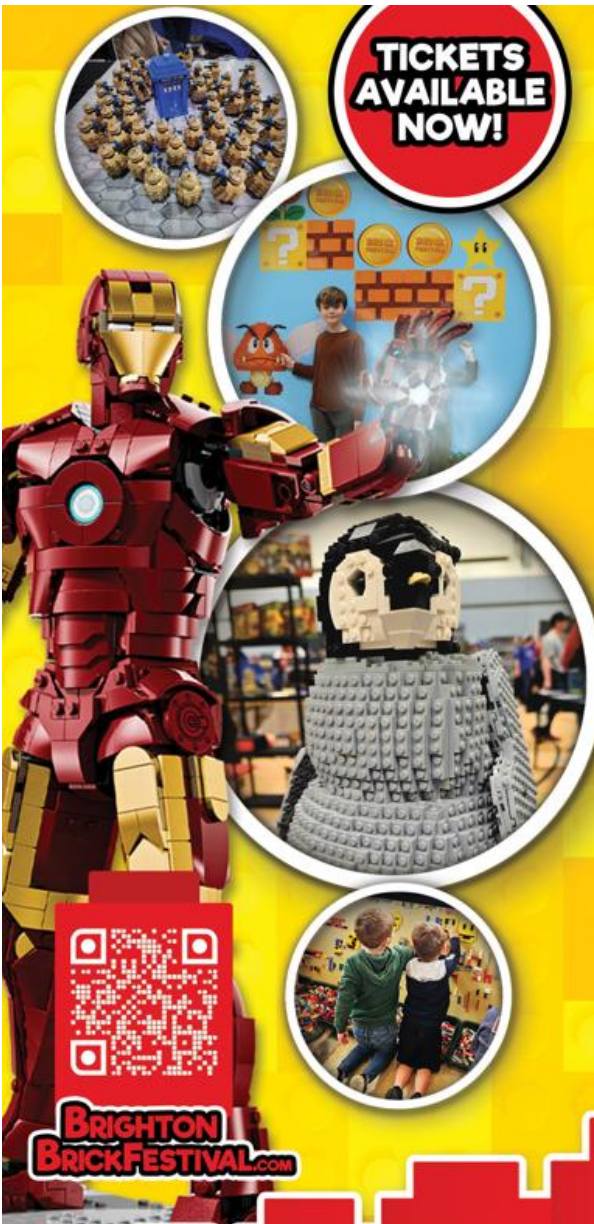


27TH JUNE
AMEX STADIUM

BRIGHTON BRICK FESTIVAL

MORE LEGO THAN YOU CAN DREAM OF

TICKETS AVAILABLE NOW!



AMAZING LEGO DISPLAYS

NEW & RETIRED LEGO SETS

BUILD CHALLENGES

ACTIVITIES FOR ALL AGES

CHARITY TOMBOLA

MILLIONS OF LOOSE BRICKS

PLUS SO MUCH MORE!!



BRIGHTON BRICKFESTIVAL.COM

27TH JUNE
AMEX STADIUM

BRIGHTON BRICK FESTIVAL

MORE LEGO[®] THAN YOU CAN DREAM OF