

Weekly Bulletin



Diary Dates	
15 th – 17 th June	Y10 & Y12 College Residential
15 th June	Key Stage 3 Sports Day – 10am start
16 th June	Primary Sports Day 1 – 10am start (Mole, Rabbit, Owl, Fox)
17 th June	Primary Sports Day 2 – 10am start (Woodpecker, Otters, Squirrels, Hedgehog, Robins, Badger, Ocean)
22 nd – 26 th June	Functional Skills Assessment Week
23 rd June	Year 9 transition visit to college
26 th June	Year 11 last day of school
26 th June	College site reports to parents
26 th June	Leavers & Alumni BBQ
26 th June	Examination Season end
26 th June	Hurst community day

Letters sent this week
DoE Expedition 02.07.26
Year 9 Ocean Class Weekly Transition visits to Woodlands Meed College Site
Glacier Class – Trip to The Triangle Leisure Centre, Burgess Hill – 16.06.26
Hurst Community Day – 26.06.26 School Site
Save the Date – The Tempest Performance 02.07.26
Woodpecker Class trip to Washbrooks Farm – 07 th July 2026
Robin Class Friday walks into town and park
5CH trip to Burgess Hill Green Circle, Burgess Hill 17.06.26
5EM trip to McDonalds, Holmbush Centre Shoreham 26.06.26

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

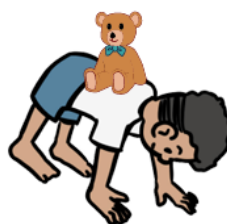
Transporter



What you need: two markers and an object to balance

How to play:

- Place two markers 5m apart.
- Begin next to one of the markers. The aim of the game is to transport your object from one marker to another without dropping it on the floor.
- Can you find a way to transport the object balancing it on your:
 - Stomach
 - Arm
 - Head
 - Back
- Playing against someone else? Race each time to see who can transport the object the quickest.



Well Being Weekly

School transitions can be stressful for children and young people.

Whether it's moving from an early years setting to primary school, changing year group, or starting at secondary school, transition periods are full of uncertainty and change.

During school transitions, children and young people can sometimes feel powerless and can experience increased feelings of stress and anxiety.

These emotions can sometimes lead to distressed behaviour, both at home and at school.

Parents, carers, and teachers can work together to identify the best support mechanisms during this time.

Signs of stress and anxiety around school transitions can vary widely from child to child. If a child or young person finds a school transition difficult, it can adversely affect their mental health and wellbeing, as well as their academic progress and attainment so it's important for us to offer time, support and care

How parents and carers can support It can be upsetting when your child is struggling with a school transition.

These suggestions can help you to support them during this sometimes-difficult time.

- **Reassure** Try to find time to listen to your child's worries, reassuring them that change can sometimes be difficult.
- **Collaborate** Work together with your child to decide what strategies might work best for them to allay their worries.
- **Validate** Let your child know that their feelings are valid and guide them to reflect on the positives of change.
- **Reach out** -Reach out to friends and family who have experienced transition points and find out what worked for them.
- **Be patient** Different children need different amounts of time to adjust to change, so try to approach with patience.
- **Keep routines** While life at school is changing, try to keep regular and consistent routines at home.
- **Don't forget: school transitions can be hard for everyone.**

Try to look after your own physical and mental wellbeing, so you can best support yourself and your child.

ANDREA'S ABSEIL CHALLENGE !



27TH
JUNE



**Andrea's Abseiling Challenge is now
on 27th June - There's still time to
sponsor her !**

Andrea is raising funds to provide a Protac Sensit Chair. This is a specialist sensory chair designed to gently wrap and support a child's body. The unique design provides a supportive, soothing space that helps to calm an overwhelmed sensory system. The chair will be used in school/college to support our young people to feel calm, regulated and ready to engage with the world around them.



DONATE



https://www.justgiving.com/page/andrea-parrott-sponsored-abseil?utm_medium=FR&utm_source=CL



https://www.justgiving.com/page/andrea-parrott-sponsored-abseil?utm_medium=FR&utm_source=CL

****This is an invitation for parents of neurodiverse young people aged 8-18 who may be interested in accessing clubs and holiday activities.****

These activities are open to young people aged 8-17 on the neurodevelopmental pathway (including but not limited to ASC, ADHD, SEMH – you do not have to have a diagnosis to participate)

Aspens Summer Holiday Programme is now open to [book here!](#)

We'll be in Chichester, Arun, Worthing and Mid Sussex between 27th July and 21st August. With 4 jam-packed weeks of camps, teens trips and hybrid days for young people and families, there's something for everyone to enjoy

We're thrilled to have added **Southdowns Amateur Boxing Club** as a special guest in our 2026 summer holiday programme. They're joining the Aspens team alongside a brilliant lineup of local experts, who are partnering with us to make this summer the best one yet:

- Luke Atfield Basketball Community
- Wellsprings Music, Drama and Circus Skills
- Dungeons + Dragons Playmaker Joe Banner
- Wintermoon Wellbeing
- Nadia Chalk (visual artist)
- JOLF Junior Golf
- Wakehurst
- The Skate Farm
- Figment Arts
- Active Reality VR Experience
- Continues Arcades
- Littlehampton Accessible Beach Huts
- Abyss Scuba School

Very soon, we'll be adding Hybrid Days – the young people and family day, where we invite parents + children to attend together. Part of the day will involve a breakout workshop just for young people, supported by Aspens staff. With parents close by, young people can access some independent time whilst parents mingle, have refreshments or just some quiet time to themselves.

We know that young people can feel anxious about attending summer camps, especially if it is their first time. To help them feel prepared, in the lead up to camp attendees will receive an info pack which includes:

- **A visual timetable for the day**
- **Images of the venue**
- **Photos and All About Me sheets from members of staff**
- **A checklist of items to bring along on the day**

If you have any queries, please be in touch.

Kind regards,

Izzy Elston - Youth Engagement Coordinator - West Sussex Children



Golf for EVERYONE, ANYWHERE

Just Turn Up & Play

Golf in your local Mid Sussex parks this summer.

Play with family and friends

Accessible for ALL – all equipment provided

COST FREE

WHEN Mondays & Thursdays 1pm–3pm in July & August

WHERE Local Mid Sussex Parks

Find dates & locations @JOLF.golf

For more info neil@JOLF.golf 07713646988



This summer's sessions will take place at:

- Monday 27th July – World's End, Burgess Hill
- Thursday 30th July – Ardingly Recreation Ground
- Monday 3rd August – Victoria Park, Haywards Heath
- Thursday 6th August – Mount Noddy, East Grinstead
- Monday 10th August – Leylands Park, Burgess Hill
- Thursday 13th August – Whiteman's Green, Haywards Heath
- Monday 17th August – St John's Park, Burgess Hill
- Thursday 20th August – East Court, East Grinstead
- Monday 24th August – Adastral Park, Hassocks
- Thursday 27th August – Lindfield Common, Haywards Heath

Disability Register Newsletter



K2 Crawley Disability Fun Day

FREE Disability Fun Day at **K2 Crawley**!

Join us for an exciting day packed with fun, inclusive activities for everyone to enjoy!

Sunday 21 June
10.00am – 3.00pm

Activities include:

-  Football Fun Factory
-  Face painting
-  Inflatables
-  Multi sports
-  DJ Workshop
-  Wheels for Wellbeing Cycling
- ✦ And much more

No need to book — just come along on the day

✗ No swimming available due to a gala

 For more information email daviddowney@everyoneactive.com



Out of Bounds

Make family memories this summer at **Out of Bounds** in Angmering, West Sussex. With SEND-friendly events, running throughout July and August, designed for children and young people with Special Educational Needs and Disabilities (SEND), alongside their families, siblings and carers.

Families can enjoy time together with activities including bowling, Clip 'n Climb, Soft Play, Adventure Golf and Adventure Nets in a relaxed, supportive environment. Sessions include reduced noise levels, no flashing lights, quiet breakout spaces and accessible facilities to help everyone feel comfortable and included.

Whether you're planning a fun family day out during the summer holidays or looking to connect with other families in a welcoming setting, Out of Bounds offers a safe and inclusive space where everyone can join in the fun together.

[SEND Activities and Events - Out of Bounds](#)



Reds For All

Crawley Town Community Foundation delivers a wide range of community-focused programmes that are designed to create positive, engaging opportunities for young people to stay active, grow in confidence, and feel genuinely part of a supportive and inclusive environment. Among these is **Reds For All**, a welcoming **multi-sport session** specifically designed for **children aged 8 - 13**, including those with additional needs or disabilities.

The aim of the session is to provide a relaxed, friendly, and encouraging space where every young person can take part at their own level, explore different sports, and enjoy being active without pressure. It is structured to help participants build confidence, develop social skills, make new friendships, and try new activities in a safe and supportive setting. All activities are adapted where necessary so that everyone feels included, comfortable, and able to fully engage throughout the session.

Reds For All runs every **Wednesday from 5.00 - 6.00pm** in the main hall at **K2 Crawley**, providing a consistent weekly opportunity for children to come together and take part in fun, inclusive sport.

For further information or any questions, please contact Martha Walsh at Marthawalsh@crawleytownfc.com



Dear Parent Carers,

We're inviting parent carers of children and young people in maintained special schools with complex physical, medical or profound needs to take part in this survey.

We know that families with the most complex needs often face challenges that go beyond education, including access to health services, equipment, transport and social care support. At the same time, we also know how much schools and families work together every day to support children in a system that is under significant pressure.

This survey is about your reality: whether your child can attend school safely, whether staff and services are there when needed, and what happens when they're not.

Your responses will be used to strengthen the voice of families like yours in commissioning, service planning and SEND reform discussions. We're here to make sure your experiences aren't just heard, they help shape better services and support in West Sussex, and beyond, for families navigating SEND.

[Parent Carer Survey - Maintained Special Schools – Fill in form](#)

If you're not part of WSPCF yet, we'd love to welcome you. This is your chance to be listened to, supported, and become part of our growing community working for real change.

✨ **Become a Member** - *Join our growing community of parent carers who are helping shape SEND services. Stay informed, have your say, and be part of the change.* [Sign up](#)

📖 **Tell Your Story** - *Your experience matters. Sharing it could support other families and help drive positive change.* [Share your story](#)

📅 **Join an Event** - *You don't have to navigate things alone. Come along to our events, connect with other parent carers, share ideas, and feel part of a supportive community.* [Upcoming events](#)

For any enquires or questions you have at all about our service or if you would like any further support, please email us on office@wspcf.uk. Thank you for everything you do every day.

Parent Carer Survey - Maintained Special Schools



Free Glow Wild lantern making workshops at Creative Crawley

Ever wondered how the glowing lanterns on the Wakehurst *Glow Wild* trail are created? This is your chance to find out.

Join us for a hands-on lantern-making workshop where you can explore the materials, techniques, and creative ideas that bring *Glow Wild* to life each winter. These informal sessions offer a unique opportunity to learn from the team behind the trail and get involved in the creative process.



Taking place in **Creative Crawley's space in Crawley Shopping Centre**, the workshops are open to anyone who would like to try something creative — whether you're an experienced maker or simply curious. You'll work with accessible materials and techniques to create your own small lantern to take home, as well as contribute to a larger collaborative lantern that will feature on the *Glow Wild* trail.

As a thank-you for taking part, you'll receive a free *Glow Wild* ticket, so you can return and see your work glowing as part of the trail.

Saturday 1st August 11am-12:30pm & 1:30am-3pm

Saturday 8th August 11am-12:30pm & 1:30am-3pm

Session details:

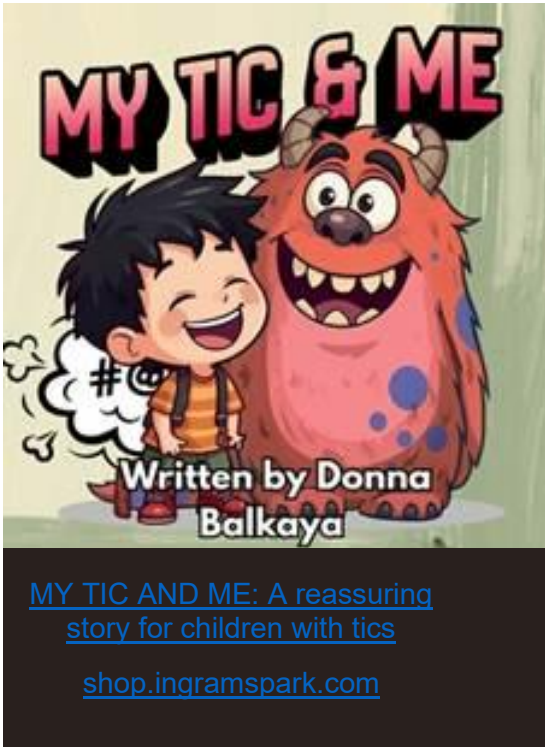
- Each session is limited to 20 participants
 - Open to everyone aged 5+
- Suitable for families, young people, and individuals
 - No previous experience needed
 - Free!
- **Aimed at people who may experience barriers to visiting Kew Wakehurst**

Drop in, get creative, and be part of bringing Wakehurst's *Glow Wild* to life.

Book here: [Glow Wild lantern making at Creative Crawley – Fill in form](#) if the sessions become oversubscribed, we will be in touch to offer an alternative session where possible.

My Tic & Me

Please see below a link to a book written by a Woodlands Meed Parent.



My Tic and Me is a reassuring children's picture book about tics and Tourettes.

My Tic is always with me. He is always there. He makes silly noises and sometimes makes me swear!

What's it like living with Tic?

A reassuring story for kids of all ages dealing with tics.

For more information on the author and other books she has written please click the link below:

www.donnabalkayabooks.com

**Sunday 21
June 2026**



Lingfield Circus

is coming to town!

Doors open: 12:30pm

Show starts: 1:30pm

Racecourse Road, Lingfield, RH7 6PQ

Ticket price: £15

Family price: £55

Join us for a spectacular family fun day.
Happy Circus brings its unique, accessible
non-animal show to Lingfield!
Expect laughter, acrobatics and
unforgettable entertainment for all ages.

**Come along,
enjoy the show & support
St Piers and Dormansland
Primary School**

Funds raised through ticket sales go
St Piers and Dormansland Primary School



**Scan me
to book**



Book Here: <https://www.stpiers.org.uk/circus2026>

We would love to offer your staff and families an exclusive 20% discount on tickets using the code:

DISCOUNT20

We're excited to invite you to book an upcoming event at the American Express Stadium.

On the 21st of June, we'll be hosting a special 3-course Father's Day Lunch 🍴 ⚽. It's a lovely opportunity to spend time with family and mark the occasion in a relaxed and friendly setting in one of our stadium lounges.

Why not join us at The Terrace for our Father's Day Fun Day! Upgrade for a discounted price when booked on our Father's Day Sunday Lunch, click here to view the sit-down menu: [Father's day menu](#)

We have a whole host of family friendly activities including mini golf, cornhole, axe-throwing (child-friendly), skittles, quizzes on the Big Screens, Video DJ Mike Pantelli and plenty more options to keep everyone entertained. Doors will be open from 11am - we will release an activities list for the day closer to the event. Food outlets will be available to purchase our famous Terrace food options.

And that's not all! We're continuing with our Summer on the Big Screens and will be sitting down to watch Big Daddy from 4:30pm. Snacks at the ready...

Please feel free to share this invitation with colleagues and parents, as we would love to welcome everyone to our events 😊: [Home](#) | [Events at the Amex](#) | [BHAFC](#)

Kind Regards,

The Events Team at American Express Stadium



FATHER'S DAY LUNCH

SUNDAY 21 JUNE
ADULT 3 COURSE £34 | CHILD 3 COURSE £18
[BUY TICKETS NOW](#)

UPGRADE AND ADD A TICKET TO OUR FATHER'S DAY PARTY DOWN AT THE TERRACE AND RECEIVE 50% OFF
ADULT £10 £5 | CHILD £7-£9 £3.75

 **AMERICAN EXPRESS STADIUM**

UMBRELLAS

Parent Support Groups

Summer Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

14th Apr / 5th May / 2nd Jun / 30th Jun

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

22nd Apr / 13th May / 3rd Jun / 1st Jul

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

21st Apr / 12th May / 16th Jun / 7th Jul

Umbrellas Online

Thursdays via Zoom

7.30 - 9pm

23rd Apr / 14th May / 11th Jun / 9th Jul

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

15th Apr / 20th May / 17th Jun / 15th Jul

Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

28th Apr / 19th May / 23rd Jun / 14th Jul

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

30th Apr / 21st May / 25th Jun / 16th Jul

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

outreach-training@reachingfamilies.org.uk



www.reachingfamilies.org.uk

Dove Lodge, 49 Beach Road,
Littlehampton, BN17 5JG

Registered Charity No: 1150906

Company Limited by Guarantee No: 8261096



Early Years Sessions

We're excited to have launched our new Early Years Session for children aged 0-5 years



SESSIONS:

£5 PER FAMILY

**STARTING 17TH APRIL,
ALTERNATE FRIDAYS**



TIME:

12:30-14:30



LOCATION:

**KANGAROOS, UNIT 7 & 8, MORE HOUSE FARM
BUSINESS CENTRE, DITCHLING ROAD,
HAYWARDS HEATH RH17 7RE**



For enquiries or to register your interest, please email:

info@kangaroos.org.uk



[@kangaroosussex](https://www.instagram.com/kangaroosussex) [@Kangaroos Sussex](https://www.facebook.com/KangaroosSussex)

www.kangaroos.org.uk

Registered Charity No: 1150202



COOL 4 SCHOOL SWIM SCHOOL

In Partnership with
SUSSEX SWIM SPECIALISTS

**BUILDING CONFIDENCE
FOR LIFE**

At Cool 4 School, everything we do is built around passion, experience and giving children
the very best opportunities to grow.

Before founding Cool 4 School Clubs, Rashid Moaddel spent years working as a swim instructor and personal trainer, teaching at respected institutions including Dulwich College Sports Club and Ardingly College. His passion for working with children through sport and development has always been at the heart of his journey.

To build Cool 4 School into what it is today, that chapter was put on hold – but the passion never left.

We are now proud to announce that Rashid has returned to swim teaching through an exciting collaboration with Sussex Swim Specialists, bringing together experience, energy, and a shared commitment to high-quality swimming provision.



LESSONS AVAILABLE

- ✓ Parent & Baby Sessions
- ✓ Pre-School / Tadpoles
- ✓ Beginners & Non-Swimmers
- ✓ Intermediate Stroke Development
- ✓ Advanced Technique Coaching
- ✓ Water Safety & Rescue Skills
- ✓ Pre-Competitive / Squad Preparation
- ✓ 1:1 & 2:1 Private Lessons

WHY CHOOSE COOL 4 SCHOOL SWIM SCHOOL?

- ✓ Confidence-building approach
- ✓ Small supportive group sizes
- ✓ Fun, engaging & energetic lessons
- ✓ Focus on safety, technique & enjoyment
- ✓ Experienced instructors who genuinely care
- 55+ ★★★★★ Google Reviews across Cool 4 School

MORE THAN JUST SWIMMING LESSONS

Our lessons are designed to help children progress at their own pace in a calm, encouraging and positive environment.

Whether your child is:

- nervous in the water,
- learning the basics,
- or refining advanced technique...

...we would love to support their swimming journey.

WE BELIEVE SWIMMING BUILDS



REFERRAL OFFER!

Recommend a friend
who joins and you'll
BOTH receive

**25% OFF
FOR 2 MONTHS!**



ENQUIRE TODAY!

07475 724576

info@cool4schoolclubs.co.uk

Follow us on social media for updates, photos and upcoming sessions!



55+ 5-STAR REVIEWS
from local parents who
trust and recommend us.

OPPORTUNITIES
for children to mix with
others across the local
community.

SMALL GROUP SIZES
so every child feels
seen and supported.

HIGHLY TRAINED,
CARING STAFF
who really get to know
each child as an individual.

FUN, VARIED ACTIVITIES,
SPECIAL EVENTS & TRIPS
that inspire creativity,
teamwork and confidence.

P.S. All our images and videos are of genuine moments captured at our clubs.

COOL 4 SCHOOL CLUBS CHILDMINDING & HOME-CARE Services

Ofsted



Our Services

✓ **Trusted Minders**

DBS Approved

Health & Safety

Paediatric First Aid

Food Hygiene Level 2

Safeguarding Qualified



Vouchers & Tax
Credits Accepted
Sibling Discount
Custom quotes &
times available
Pick up & Drop off



Mon - Sun 06:00am-11:00pm



Call Us Now
+44 07 475 724 576

More Information

www.cool4schoolclubs.co.uk
Info@cool4schoolclubs.co.uk



Community Orchestra

**FAMILY
CONCERT!**

**HEROES &
LEGENDS**

SUNDAY, 14TH JUNE: 3.30PM
OATHALL COMMUNITY COLLEGE, LINDFIELD

WWW.ENSEMBLEREZA.COM/EVENTS

BRING THE WHOLE FAMILY FOR A
FABULOUS AFTERNOON CONCERT
WITH OUR 80-STRONG ORCHESTRA
AND BE TRANSPORTED INTO THE
WORLD OF HEROES AND LEGENDS.

FEATURING EXCITING MUSIC
FROM 007, THUNDERBIRDS,
STUDIO GHIBLI AND MORE,
THIS FUN-FILLED FAMILY CONCERT
CELEBRATES COMMUNITY
MUSIC-MAKING AT ITS BEST!

POP!

ENSEMBLE REZA IS REGISTERED CHARITY NUMBER 1158708



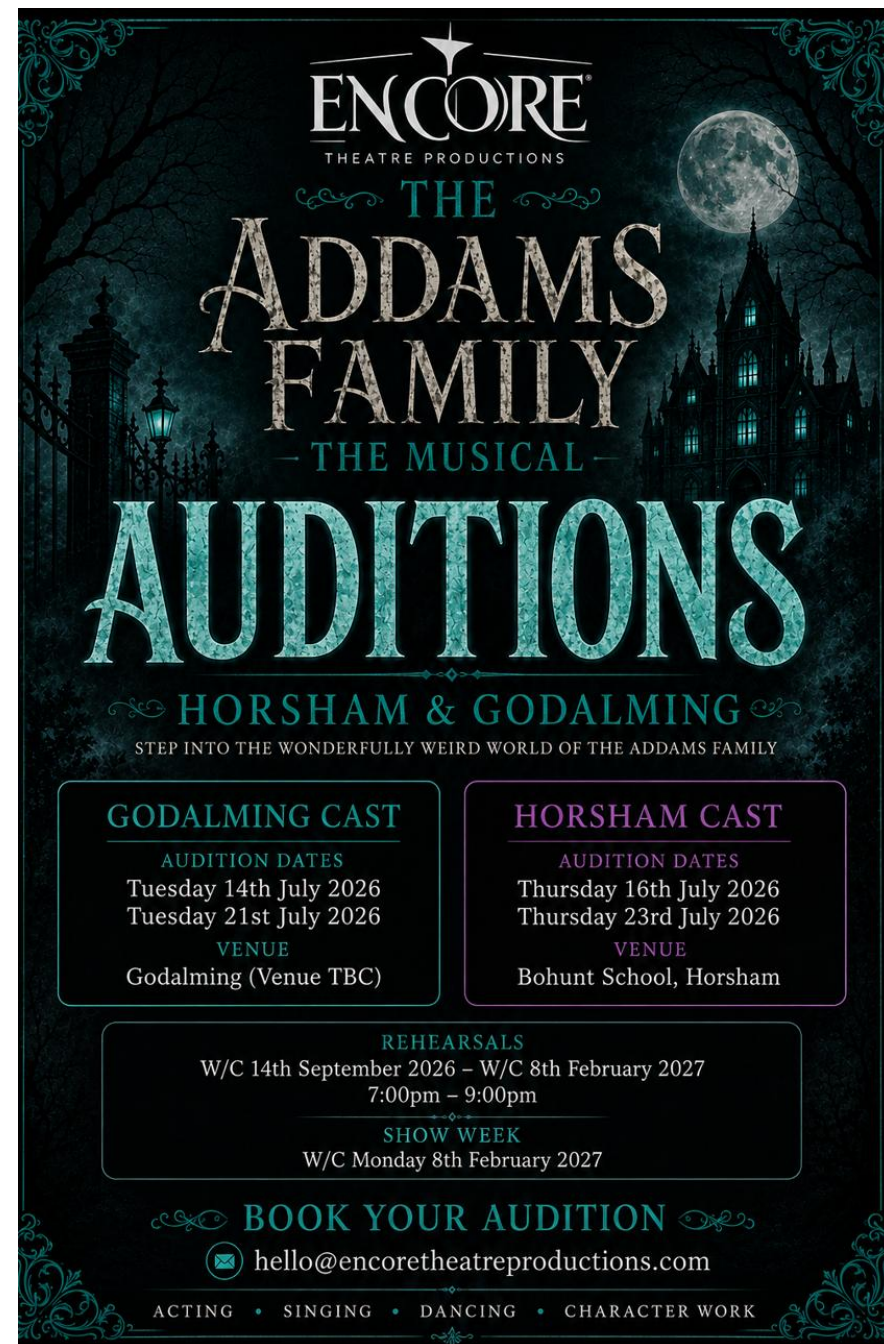
**SUMMER
FAYRE**

**SUNDAY
14 JUNE
11AM - 3PM
ST JOHN'S PARK**

Inflatables
STALLS
Falconry Displays
Parade
Entertainment

For more information scan the QR Code,
call 01444 247726 or email
communityteam@burgesshill.gov.uk

BurgessHill
Town Council



ENCORE
THEATRE PRODUCTIONS

**THE
ADDAMS
FAMILY
- THE MUSICAL -**

AUDITIONS

HORSHAM & GODALMING

STEP INTO THE WONDERFULLY WEIRD WORLD OF THE ADDAMS FAMILY

GODALMING CAST	HORSHAM CAST
AUDITION DATES Tuesday 14th July 2026 Tuesday 21st July 2026	AUDITION DATES Thursday 16th July 2026 Thursday 23rd July 2026
VENUE Godalming (Venue TBC)	VENUE Bohunt School, Horsham

REHEARSALS
W/C 14th September 2026 - W/C 8th February 2027
7:00pm - 9:00pm

SHOW WEEK
W/C Monday 8th February 2027

BOOK YOUR AUDITION
hello@encoretheatreproductions.com

ACTING • SINGING • DANCING • CHARACTER WORK