

Weekly Bulletin



Diary Dates

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
30 th June	INSET DAY
01 st July	Bump up morning (College Site)
01 st July	Bump up afternoon (School Site) 1:30pm – 3:00pm

Letters sent this week

4DS & 4RA – trip to Kings Weald Café, Burgess Hill – 01.07.26
Sports Day Write up
5CH trip to Seaford Beach, Seaford 08.07.26
Hot Weather Arrangements – College Site
Hurst Community Day – College Site 26.06.26
Orange Pathway – End of Year Celebration Day 15.07.26
Fox & Owl Class – Shoreham Beach Day – 13.07.26

Lunch Menu



Copies of letters



Term Dates



Annual Family Survey

Every year we invite all families to take part in an anonymous survey, which is used to help us understand how we can improve and what is working well. Please try to spare five minutes to complete the survey. <https://uk.surveymonkey.com/r/WMfamily>



Glacier Gets Active: Students Shine During an Afternoon of Sporting Challenges and New Experiences

On **Tuesday 16th June**, Glacier travelled the short distance to **The Triangle Leisure Centre in Burgess Hill** to take part in the annual **Get Active Event**.

Students had the opportunity to take part in a range of inclusive, sport-themed activities, with some taking place outside on the courts and others in the sports hall. Each school had 20 minutes at each activity, giving everyone the chance to try something new, develop skills and get involved. The activities on offer were **Pickleball** – led by Places Leisure, **Boxing** – led by South Downs Amateur Boxing Club, **Tennis** – led by The Weald Tennis Club, **Football** – led by Football Fun Factory and **Boccia** – led by Active Sussex.

Everyone participated with great enthusiasm, demonstrating excellent sportsmanship, teamwork and a willingness to challenge themselves throughout the afternoon. The overall favourite activity was **football**, with **pickleball** a very close second.

A huge thank you to all the organisations who supported the event and helped make it such an enjoyable and memorable sporting experience for everyone involved.

Also a massive well done to every member of Glacier class who attended; representing Woodlands Mead with such outstanding effort, enthusiasm and conduct.



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.

Skipping Challenges



Get Set 4
Education

What you need: a skipping rope or a dressing gown rope (tie two together to make it longer)

Challenge 1:

How many skips can you complete in a row?

Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:

Can you skip with high knees, one foot and then the other?

Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:

Can you skip backwards?



www.getset4education.co.uk

Constant correction
can teach a child
what **not** to do.
It doesn't always
teach them
what to do instead.



TIPS, TRICKS & TOOLS FOR Dysregulation

WholeHearted School Counseling



STILL LEARNING... How to pause before reacting when emotions get big • How to name what's bothering them without yelling or shutting down • How to notice body signals so he or she can do something to self-regulate	
CAN LOOK OR SOUND LIKE • Sudden crying, yelling, or slamming objects when frustrated • Meltdowns over small changes or corrections • Inability to calm down after an emotional moment • Emotional "shut down" or storming off • Saying things like "I hate this!" or "This is the worst day ever!"	MIGHT BE COMMUNICATING <i>I want to stop, but my body is going too fast.</i> <i>I don't even know why I'm so upset—it just happened.</i> <i>I can't think right now.</i> <i>This isn't fair, and I don't know how to say it without yelling.</i> <i>I just need everyone to back off for a minute.</i>
SOME TOOLS YOU CAN TRY ☐ Step In Early – Watch for signs like fidgeting, heavy breathing, or pacing, and step in with a calm prompt before escalation. ☐ Use a Calm, Kind and Steady Voice – Keep your tone even and clear—your voice and energy can model and even help inspire calm. Also, fewer the words, the easier to process. ☐ Give Physical Outlets – Provide safe options like stress balls, putty, or movement breaks to channel energy. ☐ Create a Calm Space – Have a designated spot in the room where a student can reset without stigma. ☐ Model the Pause – Show the skill yourself by pausing before responding, especially in tense moments. ☐ Stay Near without Hovering – Proximity can help students feel safe without making them feel trapped. ☐ Use Storybooks or Cartoons to Teach Different Ways to Find Calm – Read or watch characters who "flip their lid" and talk about how they deal with big emotions (or the stress response). ☐ Use Predictable Transitions – Preview what's coming, then use a countdown or visual timer to reduce surprises that can trigger bigger emotions.	

CO-REGULATION

When they can do it alone - and when they need you.

SELF-REGULATION



- Taking deep breaths when frustrated.
- Asking for a break
- Walking away from conflict
- Using a calming tool or strategy without being reminded

CO-REGULATION



- Sitting close or quietly beside them
- Speaking softly
- Offering a hug (if wanted)
- Naming the feeling
- Guiding them through a calming strategy

THE DO'S OF CO-REGULATION

1 STAY CALM, EVEN WHEN THEY CAN'T

Your nervous system is their anchor — when you stay steady, their brain begins to feel safe again.



2 LOWER YOUR VOICE, NOT RAISE IT

Soft tones signal safety. The quieter you are, the more likely they are to tune in.



3 OFFER PRESENCE BEFORE WORDS

Sit nearby, breathe slowly, and let them feel your calm before you try to talk or teach.



4 VALIDATE THEIR FEELINGS

"I can see that was really hard for you."
Feeling understood helps their body release tension and move towards regulation.



5 FOCUS ON SAFETY, NOT SOLUTIONS

In the heat of dysregulation, your goal isn't to fix — it's to help them feel secure enough to come back to calm.



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.

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

DONATE



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

ONE SCHOOL • ONE ITEM • ONE MOUNTAIN

WOODLANDS MEED MAYONNAISE MOUNTAIN

Let's
build a
mountain of
kindness!

♥ Challenge! ♥

Thank you for helping local families
through the Burgess Hill & District Pantry.

Your challenge: collect as many
MAYONNAISE donations as you
can before the end of term!



WE'LL VISIT YOUR SCHOOL,
celebrate your mountain and
collect your donations.



EVERY PARTICIPATING SCHOOL
will be featured in our Food
Mountain community celebration
and press release.



TOGETHER WE'RE MAKING
A MOUNTAIN OF DIFFERENCE.
Thank you for being part of
something amazing.



Small items. Big impact. Stronger community.



Burgess Hill
& District
PANTRY

Helping local people in crisis

TOGETHER, WE CAN BUILD SOMETHING AMAZING.

≡ Thank you! ♥ ≡

For more information about the Pantry visit:

www.burgesshillpantry.org.uk



@BurgessHillPantry

Registered Charity No. 1159604



Please take any donations of Mayonnaise to the office at either the school or college site

****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



Accessible music
for all!

KIDENZA

orchestral concerts for kids

Saturday 24th October

All tickets are £5

Pick from three
sessions throughout
the day

at Chailey Heritage Foundation

Kidenza offers a unique, accessible
orchestral experience for children and
their families, especially those with higher
sensory needs. It's an interactive, relaxed,
and enjoyable adventure where kids can
engage freely!

There are multiple workshops available,
and the café is open! All proceeds go to
support Chailey Heritage Foundation.

Scan for tickets!



fundraising@chf.org.uk
Registered Charity 1075837

Company limited by guarantee 3769775 (England)
Chailey Heritage Foundation, North Chailey, BN8 4EF

Dear local families and carers,

We are delighted to invite you to a very special accessible musical experience at Chailey Heritage Foundation this October, as the incredible Kidenza return for a full day of immersive orchestral concerts and interactive workshops.

For many years, Kidenza have been a huge success with the children and young people at Chailey Heritage Foundation. This year, for the first time, we are opening the experience up to the wider SEND community in Sussex because we know how difficult it can be to find entertainment experiences that feel genuinely welcoming, accessible and inclusive for the whole family.

Taking place on Saturday 24 October 2026, the day will feature three concert slots, each including:

- A fully accessible and immersive live orchestral concert
- Interactive musical workshops around the site
- Opportunities for children to explore, move freely and engage with music in their own way — audience members are encouraged to move between the players, feel the instruments and express themselves however they would like

Kidenza concerts are specially designed for children and young people of all abilities. Families are encouraged to relax and enjoy the music without the pressures that can sometimes come with traditional performances. Children can move amongst the orchestra, experience vibrations through resonance boards, and engage with musicians in a relaxed and welcoming environment. And if they need a break, they are welcome to take that too.

These concerts are interactive, sensory-friendly and joyful — creating a truly unforgettable experience for the whole family, for just £5 a ticket.

Have a look at Kidenza's work with SEND groups [here](https://www.kidenza.co.uk/kidenza-for-schools/send/): <https://www.kidenza.co.uk/kidenza-for-schools/send/>

This is what our head teacher, Richard Green, had to say about a previous Kidenza concert:

"Kidenza were the best performers I have EVER seen at Chailey Heritage. Wonderful with our very complex children, superb to listen to, I have never seen such engagement from the children with people from an external organisation. HIGHLY recommended, we hope to see them back soon."

We are keeping ticket prices affordable because our priority is making this experience accessible to as many families as possible. All funds raised will go directly towards creating a thriving community of support and services for the children and young people at Chailey Heritage Foundation, who live with complex disabilities. These services include the hydrotherapy pool, sensory studio, horse-riding therapy and the wonderful Patchwork Farm, which help young people to develop their communication, expression and individuality.

Event Details:

Saturday 24 October 2026

Three two-hour sessions available throughout the day

Tickets £5 each

The DREAM Centre, Chailey Heritage Foundation, BN8 4EF

Families can book tickets [here](https://chf.org.uk/support-us/fundraise-your-way/fundraising-events/kidenza/): <https://chf.org.uk/support-us/fundraise-your-way/fundraising-events/kidenza/>

Places are limited, so we encourage families to book early to avoid disappointment. We truly believe this will be a wonderful day out for families who often face barriers to entertainment and community events due to additional needs, and we would love to welcome you to Chailey Heritage Foundation this October.



Registered Charity 1075837
Company limited by guarantee 3769775 (England)
Chailey Heritage Foundation, North Chailey, BN8 4EF

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-£8 £3.75

 **AMERICAN EXPRESS STADIUM**



JOLF in the Park

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 e:neil@JOLF.golf m:07713 646 988