

Weekly Bulletin



Diary Dates

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
02 nd July	KS4 and KS5 Performance Amphitheatre
02 nd – 03 rd July	DofE Expedition/Camp
07 th July	Parents Evening at School & College Site (Meet your new teacher 4pm or 6pm)
07 th July	New Parents Welcome Meeting (School Site) 5pm
09 th July	College Prom (Kings Church) 7pm – 10pm
10 th July	School Site report to parents
15 th July	Orange Pathway End of Year Celebration Day (School Site)

Letters sent this week

The Tempest Performance – 02.07.26
5EM Trip to Hollywood Bowl & Nando's, Crawley – 20.07.26
Primary Enrichment, trip to Heath Vets, Burgess Hill – 02.07.26
Prom Letter Attending Parents – 09.07.26
Prom Letter Pupils only 09.07.26
5RW trip to Bills, Horsham – 17.07.26
5CH trip to Woods Mill Nature Reserve, Henfield 01.07.26

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>



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.

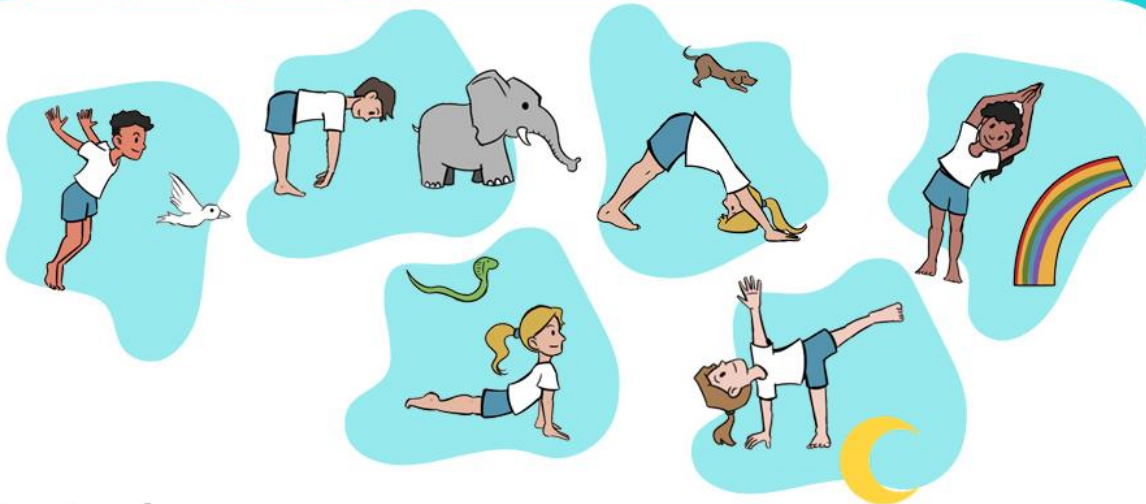
Your Flow



Get Set 4
Education

What you need: a flat space

Yoga poses often take inspiration from animals and nature.
Like the ones here:



How to play:

- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5-6 of poses together.
- You could also use the poses shown above.

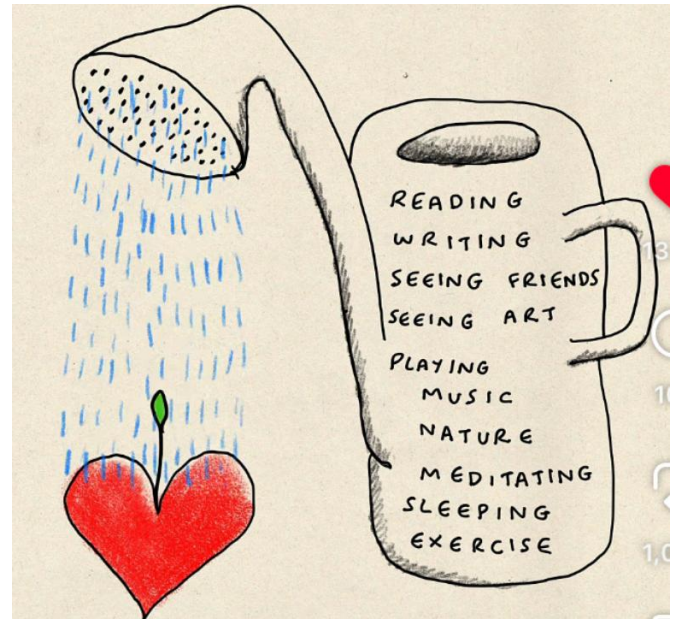
Remember to move slowly and breathe deeply.

www.getset4education.co.uk

Well Being Weekly

Natural dopamine for kids:

Wash your face with cold water
Play with Legos
Learn a new skill
Go for a walk
Free play
Family dinners
Biking, Climbing, Swimming
Achieve small goals
Music and singing
Protein rich foods
Adequate sleep
Bedtime stories before bed



Spend-Free Summer Activities for Kids

@thebabychick

- Backyard camping night
- Family bike rides
- Picnic at the park
- Nature scavenger hunt
- Sidewalk chalk obstacle course
- Splash pad adventures
- Build a blanket fort
- Backyard movie night
- Visit a local playground you've never tried
- Water balloon games
- DIY car wash for bikes and scooters
- Collect rocks and paint them
- Go on a bug hunt
- Read together
- Create a family talent show
- Explore hiking trails
- Visit free community events or concerts
- Make a time capsule
- Make paper airplanes and have contests
- Play flashlight hide-and-seek
- Go fishing at a free public spot
- Visit a farmers' market just to explore
- Make an obstacle course
- Have a karaoke night
- Have a beach/lake day
- Do random acts of kindness together
- Freeze small toys in ice and "rescue them"
- Practice yoga together outside
- Have a "tiny chef" cooking day
- Visit a pet store/ animal shelter just to visit animals
- Create a summer bucket list
- Take funny family photos outdoors
- Write and mail letters to family
- Make a gratitude jar together
- Watch the sunrise together
- Have a movie-themed dinner night
- Let kids have a "yes" day and plan the entire day's activities
- Create a summer playlist together
- Make paper boats and float them in water
- Practice photography with a phone or old camera
- Create kindness rocks and hide them around town
- Have a "lazy day" with no agenda at all
- Build LEGO challenges together
- Make shadow puppets
- Make and decorate cookies
- Volunteer together as a family
- Explore free museum days



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

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

West Sussex Parent Carer Forums Specialist School Survey

Please see below a QR & link to the West Sussex Parent Carer Forums Specialist School Survey, if you have a few minutes to complete this, they would appreciate your input. – Many thanks

[Parent Carer Survey - Maintained Special Schools](#)

Parent Carer Survey - Maintained Special Schools



Sponsored by



Family Fun Sessions

-Holiday sessions for families of children and young people SEND*

*Special Educational Needs and Disabilities

**The King's Church
Wednesday 29 July**

12.30-2pm and 2.30-4pm
aimed at ages 3-18

FREE ADMISSION

Tickets must be pre-booked from 29 June
via TicketSource, by calling
The Help Point on 01444 247726 or
in person at 96 Church Walk

Arts and crafts,
activities, and
information services!



Co-organised by



BurgessHill
Town Council

Any questions contact the Community Team on 01444 238206
or email communityteam@burgesshill.gov.uk



Are you a parent carer of a child with additional developmental needs?

This might mean your child has a learning disability, developmental delay or has developmental delays but does not yet have a diagnosis.

- Do you live in England?
- Is your child aged between 2 – 11 years?

You might like to take part in the Digital Family Support study – DAISY

We are exploring whether a digital parent support program called Stepping Stones Online can help improve behaviour and emotional difficulties in children with a learning disability or developmental delay and support the wellbeing of parent carers.

Stepping Stones Online is an online program for parent carers of a child with a learning disability. It covers:

- Learning strategies to make everyday life easier
- Supporting communication and everyday skills for children
- Positive ways to support behaviours that challenge
- Building your confidence in parenting

Parent carers can receive up to £90 worth of vouchers for completing questionnaires.

If you would like to find out more about how you can take part, please go to the project webpage:

<https://nativveresearch.com/participate/daisy> or scan the QR code. Or you can call Dr Emma Scripps on 07483123993 or Rován Bahnassy on 07483656342, or email us at daisy-online@contacts.bham.ac.uk

SCAN ME



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



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