

Weekly Bulletin



Diary Dates

15 th July	Orange Pathway End of Year Celebration Day (School Site)
20 th July	Orange Pathway Leavers & Awards Ceremony (families welcome) 09:30am
21 st July	KS5 Leavers & Awards Ceremony (KS5 leavers families welcome) 10:00am
21 st July	KS4 Leavers & Awards Ceremony (Year 11 families welcome) 2:00pm
22 nd July	LAST DAY OF TERM
01 st September	Inset Day – School and College shut to pupils
02 nd September	Inset Day – School and College shut to pupils
03 rd September	Welcome sessions for NEW pupils at college site only – 10am – 12pm
03 rd September	Welcome sessions for NEW pupils at school site only – 1pm to 3pm
04 th September	School site first day of term for all pupils
04 th September	College site first day of term for all pupils

Letters sent this week

KS4 Leavers Award Ceremony 21.07.26
KS5 Leavers Award Ceremony 21.07.26
Ocean Class trip to Washbrook Farm – 20 th July 2026
Ocean & Otter Class trip to The Orion Cinema, Burgess Hill – 21.07.26
5CH, 5EM & 5RW – trip to The Orion Cinema, Burgess Hill – 21.07.26
5CG Class trip to The Orion Cinema, Burgess Hill – 21.07.26
School Site Menu Change – Wednesday 08 th & Friday 17 th July
Future Red Heat Warnings

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>



Taking Flight!

Owls Soar at St Pauls' Inclusive Sports' Festival

On Tuesday 7th July, Owls class took part in the annual Inclusive Sports' Festival hosted by St Paul's in Burgess Hill.



Throughout the morning, the students enjoyed a carousel of different activities, giving them the opportunity to try a range of sports and challenges, some of which were completely new to them! Activities included dribbling a hockey ball, relay races, running with a rugby ball, and a variety of other fun, inclusive games.

Each activity was led by fantastic sports' leaders from St. Wilfrid's in Burgess Hill and Harlands in Haywards Heath, who did an excellent job of explaining the activities, encouraging participation, and supporting our students throughout the event.

It was a brilliant morning filled with fun, teamwork and enthusiasm, providing another wonderful opportunity for one of our classes to represent Woodlands Mead at an external sporting event. The students were a credit to the school, demonstrating excellent behaviour, determination throughout.

We are incredibly proud of everyone who took part. Well done, Owls!



BECOME A GOVERNOR

SHARE, LEARN, INSPIRE



Can you spare 1 - 2 days a month to help us make a difference in SEND Education at Woodlands Meed?

We need your help to find volunteer Governors to bring their skills, experience, dedication and enthusiasm to join our Governing Body.

Woodlands Meed School caters for children with special educational needs aged between 2 - 19 years old. Based in in Burgess Hill, we support 275 children.

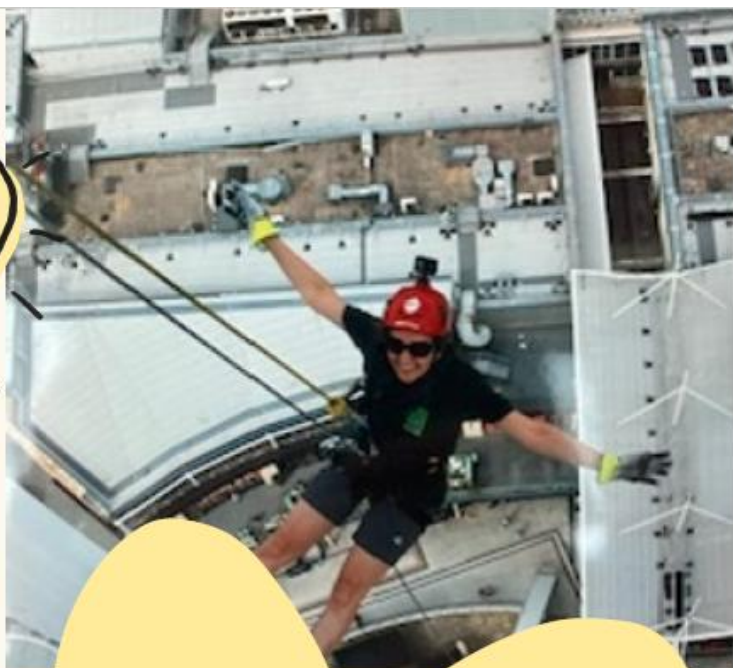
As a governor, you'll play a vital role in shaping the strategic direction of our school, ensuring we provide the best possible support and opportunities for our pupils. No prior governance experience is required—we welcome individuals from diverse backgrounds who can bring fresh perspectives, skills, and a commitment to making a difference.

**CONTACT
LRYDON@WOODLANDSMEED.CO.UK
FOR MORE INFORMATION**

WWW.WOODLANDSMEED.CO.UK



ANDREA DID IT!



HUGE CONGRATULATIONS to Andrea who abseiled down the Spink Tower at the weekend to raise funds for a Sensit chair for Woodlands Meed

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

There's still time to donate to help Andrea reach her target - £400 raised already!



DONATE



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.

Bumble Bee Breath



Get Set 4
Education

What you need: a quiet space

Breathing techniques help our bodies to relax, slow our heart rate and feel calmer.

How to play:

- Keep your lips lightly sealed.
- Breathe in through your nose and then breathe out making a 'mmmmm' sound until you need to breathe in again.
- The longer your 'bee hum', the more relaxed you are likely to be.



Try this breath before school or after lunchtime.



www.getset4education.co.uk

Well Being Weekly

Advice around managing Anxiety

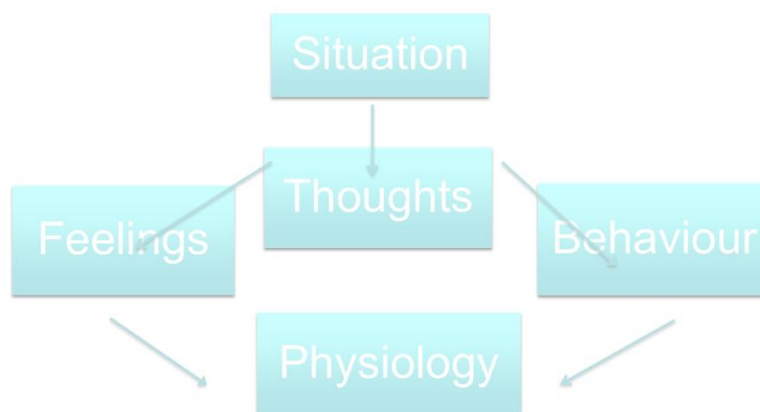
Managing Worry

- Listening
- Problem solving
- Behavioural experiments
- Distraction
- Scheduled 'worry time'
-

Relaxation & Mindfulness

- Both these states can calm and sooth the reactivity of the system
- Mindfulness is being present in the moment with awareness and acceptance. (Kabat Zinn)
- Create chill out time, visualisations such as those in 'relax kids'.
- Mirror the child's body posture and action and slow your breathing, this may help the child to slow his breathing in attunement.

CBT Model of thoughts, feelings and behaviour



NHS Guidance- Advice around managing Anxiety in Young people

ANXIETY MANAGEMENT FOR YOUNG PEOPLE

When a child is anxious they tend to seek a lot of reassurance from the adults around them and they can also try to change routines of the household in order to minimise their anxiety. Examples of this can be not going out socially to restaurants or avoiding parties.

The child is trying to control their anxiety by controlling the world around them. Unfortunately the more they do this, the more anxious they get and the more isolated they become.

As parents what we want to do is reassure the child that they are ok. This is great in the first instance but unfortunately what often happens is that more you reassure someone, the more they come back for further reassurance and then this becomes counter productive. In fact it increases their anxiety.

Therefore in order to counter act this, the adults around the child need to provide a good role model of confidence and help the child to see that the world is really a safe place to be in.

Here are some tips for helping your child to feel more confident: -

- As parents you need to show that you are confident and not worried about your child and their abilities. – This can be really hard to do if you are actually worried about their anxiety but it is ESSENTIAL!
- Keep reassurance to a minimum –ONE reassurance and then move onto a distracting activity. After this refuse to give anymore reassurance with the comment, for instance that “we have already talked about that and I don't need to say anymore”.
- Use distracting activities at times you notice your child becoming anxious.
- If a child keeps coming back to anxious thoughts you can name this for them “This are your worried thoughts making you feel like this” – and then help them to move onto to another activity.
- DO NOT change family routines to accommodate the anxiety – you may have to be quite firm with your child about this.
- If your child says they need to share worried thoughts with you, you can set a specific time when they can do this. This could be for 20 minutes after tea each day when they can review their worries through the day with you. DO NOT agree to do this at bedtime and if they try to talk at other times refer them to their worry talk time and move away from the subject.
- If a child has a specific worry such as going into town shopping set small goals with a view to increasing this activity as they begin to feel more comfortable. For instance initially you may plan to go into town to just one shop and then come home. After this, do two shops and so on.
- Praise all confident behaviour and attempts at managing their own anxiety behaviour.
- If your child asks for a detailed agenda of what you are doing or where you will be when they are at school, resist giving them too much detail. This is just a way of increasing the reassurance that they get from you and will only increase anxiety in the long run.
- Do not phone or text your child on their mobile phone at school at regular times to check that they are ok or for them to check that you are ok. This is again a way of increasing the reassurance they get from you.
- It is okay and normal for your child to experience some anxiety in life – anxiety is a normal part of life and can be managed.
- Advise school staff of the way you are managing things at home so that they can support you by doing similar strategies at school.
- If your child frequently gets sent home from school feeling unwell and then recovers at home, liaise with school staff to help him to stay there at these times.
- It is important to remember that if you start to use these strategies that things may appear to get WORSE before they get better. This is because your child will want you to change back to the reassuring behaviour that they have been seeking in the past – this however only increased the anxious behaviour. If you stick with these strategies the anxiety will then start to reduce and the behaviour will get BETTER.

REMEMBER YOU HAVE TO BE CONFIDENT, FIRM AND KIND TO HELP YOUR CHILD TO FEEL LESS ANXIOUS.

YOU HAVE TO SHOW THEM THAT YOU ARE NOT ANXIOUS ABOUT THEM.

YOU HAVE TO SHOW THEM THAT THE WORLD IS A SAFE PLACE TO LIVE IN!

Disability Register Newsletter



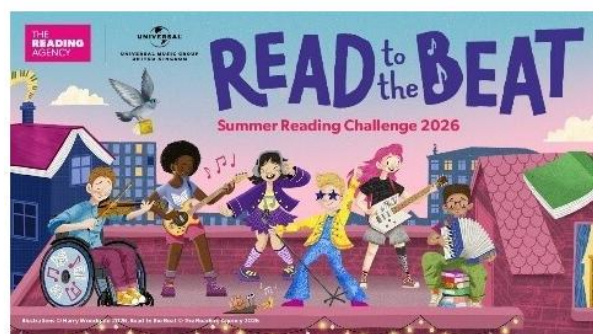
Read to the Beat with West Sussex Libraries

Spark your creativity this summer as part of the [Summer Reading Challenge 2026, Read to the Beat!](#)

The **Library SEND team** will be hosting **SEND-friendly Construction Club** sessions, **SEND Drop-in and Play** sessions and **multi-sensory Storytime and craft** activities.

These are all **free** but **pre-booking is essential** for Construction Club and multi-sensory Storytime and craft sessions due to limited spaces.

Attending a SEND-friendly event also counts towards your child's Summer Reading Challenge target! Other challenge goals include listening to an audiobook, reading with a family member, finding out about your favourite hobby, or visiting your local library at least six times!



[Library Event Search Results | West Sussex Libraries](#)



The Library SEND team have been busy preparing for the Summer Reading Challenge by visiting a number of specialist schools across the county.

During visits to Ingfield Manor School, New Barn School, Palatine School, and Woodlands Meed School and College (plus we'll be visiting St Anthony's School in the coming weeks!) we have been using multi-sensory packs to bring stories to life.

We have enjoyed talking with pupils about how sharing and enjoying stories can mean more than just reading books! 🏡



303 young people attending these settings are members of the Disability Register, with Palatine School accounting for **28% of members**, closely followed by St Anthony's with **25%**.

66% of members from these schools use supportive communication aids and **22%** record having a visual or hearing condition. Our multi-sensory story packs, filled with tactile props and objects that engage all the senses, are ideal for sharing stories in an alternative format to traditional printed texts.

[Sensory Stories | West Sussex Libraries](#)

Explore summer activities with Local Offer



Looking for inclusive summer holiday activities around West Sussex?

Visit the **SEND Local Offer** [events](#) page to find out about 'stay and plays' in our **Best Start Family Hubs** and ideas for inclusive family activities across the county during July and August.

We'll be updating this information as we find out about new events throughout the summer holidays. Follow us on [Facebook](#) to stay in touch!

Summer SEND Stay and Play session



Come and join us at **Horsham and Chichester Best Start in Life Family Hubs** for a warm, safe space for play, development and meeting other families.

These events are open to families with children with Special Educational Needs (SEND) up to 11 years, and their siblings.

Sessions at both hubs include **sensory and messy play** and they are a great place to meet other families and ask for **Information, Advice and Guidance** on any queries you may have.

Places are bookable, so please call to reserve your place today.

[Horsham Best Start in Life Family Hub](#)

Tuesday 4 August, 10.00-11.30am or 1.00-2.30pm

Call 01403 213590 to book your place

[Chichester Best Start in Life Family Hub](#)

Monday 17 August, 10.00-11.30am or 1.30-3.00pm

Call 01243 642950 to book your place



Aspens Summer Holiday Programme

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

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

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).

We're thrilled to be working with **a 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
- Southdowns Amateur Boxing Club



The poster is a colorful grid titled 'West Sussex Young People's Service Summer Holiday Activities 2026'. It lists activities for young people aged 8-17 across four weeks. The activities include camps, trips, and hybrid days. The poster also includes contact information for the service.

Week	Activity	Location	Age Group
Monday 27 July	Hybrid Day	Hybrid Day	Young people 8-17
Tuesday 28 July	Continues	Hybrid Day	Young people 8-17
Wednesday 29 July	Continues	Hybrid Day	Young people 8-17
Thursday 30 July	Continues	Hybrid Day	Young people 8-17
Friday 31 July	Continues	Hybrid Day	Young people 8-17
Monday 3 August	Hybrid Day	Hybrid Day	Young people 8-17
Tuesday 4 August	Hybrid Day	Hybrid Day	Young people 8-17
Wednesday 5 August	Hybrid Day	Hybrid Day	Young people 8-17
Thursday 6 August	Hybrid Day	Hybrid Day	Young people 8-17
Friday 7 August	Hybrid Day	Hybrid Day	Young people 8-17
Monday 10 August	Hybrid Day	Hybrid Day	Young people 8-17
Tuesday 11 August	Hybrid Day	Hybrid Day	Young people 8-17
Wednesday 12 August	Hybrid Day	Hybrid Day	Young people 8-17
Thursday 13 August	Hybrid Day	Hybrid Day	Young people 8-17
Friday 14 August	Hybrid Day	Hybrid Day	Young people 8-17
Monday 17 August	Hybrid Day	Hybrid Day	Young people 8-17
Tuesday 18 August	Hybrid Day	Hybrid Day	Young people 8-17
Wednesday 19 August	Hybrid Day	Hybrid Day	Young people 8-17
Thursday 20 August	Hybrid Day	Hybrid Day	Young people 8-17
Friday 21 August	Hybrid Day	Hybrid Day	Young people 8-17

We've also added **Hybrid Days** – the young people and family day, where we invite parents and 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.

Dates for Hybrid Days are

- Monday 3 August with Abyss Scuba School
- Monday 10 August with Figment Arts
- Friday 21 August at Wakehurst

We know that young people can feel anxious about attending summer camps, especially if it is their first time. **To help feel prepared in the lead up to camp** they 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

Please head to our booking page to book now! <https://wsxshortbreaks.aspens.org.uk/bookings/>

If you have any questions please contact childrenreferrals@aspens.org.uk

Horsham Wheels for ALL

Horsham Wheels for ALL will be running a **Summer Holiday special Inclusive Cycling** session on **Wednesday 12 August**.

The session is for **children and young people with additional needs** and takes place on the athletics track at **The Bridge Leisure Centre in Broadbridge Heath** from **1.30 – 3.00pm**.

Tickets must be booked at least 24 hours in advance and cost £5 or £4 for people with a Leisure Access Card.

Parents, carers and siblings can take part for **FREE**. The session ticket allows you to attend all or part of the session and you can arrive at any time and stay as long as you like.

There is a Changing Places toilet at The Bridge Leisure Centre and plenty of parking.

We have a **wide range of adapted trikes and cycles** including hand cycles, tandems and wheelchair bikes with trained, experienced leaders on hand to offer help and support to get you riding.

For further information and to book a ticket for this session, please visit

<https://www.horsham.gov.uk/sport-and-leisure/accessible-and-inclusive-activities/horsham-wheels-for-all>

Or contact Paul Taylor, Sports Development Officer at Horsham District Council on 07764 146339 or paul.taylor@horsham.gov.uk



Springboard SEND Stay & Play

Join us at **Springboard** in Horsham for fun **SEND Stay and Play sessions**.

There is lots to do and a range of play spaces to explore and enjoy, including soft play, a sensory room, a spacious garden with inclusive, adapted play equipment, and lots of opportunities for imaginative play.

SEND supported sessions run with reduced capacity and no music.

Weekdays

Monday – Friday during term time

Monday – Wednesday during school holidays

1.15 – 2.45pm

Saturdays

23 May

15 August

22 August

26 September

28 November

9.15 – 10.45am or 1.15 – 2.25pm

For more information

<https://www.springboardsupport.org>

hello@springboardproject.com

**Springboard
SEND STAY AND
PLAY SESSIONS**

- Affordable and inclusive
- Soft play
- Sensory Room
- Spacious Garden
- Imaginative Play
- Accessible Changing

Based in Horsham, West Sussex our play centre is affordable and inclusive, welcoming everyone for stay and play. Our SEND supported sessions run at a reduced capacity with no music.

Week Days	Saturday
Monday-Friday during Term Time Monday- Wednesday School Holidays	• 23rd May • 15th August • 22nd August • 26 th September • 28th November
Time 13:15-14:45	Time 09:15-10:45 13:15-14:45

No Diagnosis Needed

01403 218888 | www.springboardsupport.org | @springboardproject

Reg Charity No. 1014270

Make Family Memories This Summer at Out of Bounds



Looking for a fun, inclusive day out this summer?

Out of Bounds in Angmering is hosting a series of SEND-friendly events throughout **July and August**, specially designed for children and young people with Special Educational Needs and Disabilities (SEND), alongside their families, siblings and carers.

These relaxed sessions provide the opportunity to enjoy a range of exciting activities together, including **Bowling, Clip 'n Climb, Soft Play, Adventure Golf and Adventure Nets**, all within a welcoming and supportive environment.

To help everyone feel comfortable, sessions feature **reduced noise levels, no flashing lights, quiet breakout spaces and accessible facilities**.

Whether you're looking for a memorable family day out during the summer holidays or hoping to connect with other local SEND families, Out of Bounds offers a **safe and inclusive space** where everyone can take part and have fun at their own pace.

Upcoming SEND events will take place throughout July and August, with additional SEND-friendly sessions planned later in the year.

Check the Out of Bounds website for the latest dates and booking information:

<https://out-of-bounds.co.uk/offers-events/send-event/>

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





Would you like support with information and advice on Carers Allowance, Disability Living Allowance or Personal Independence Payment?

Reaching Families Benefits Advice Service can help you!

A flyer for the Benefits Advice Service. The background is purple. On the right side, there is a circular inset image showing a person's hand writing on a clipboard. The text on the flyer is white. At the top, it says 'Benefits Advice Service'. Below that, it says 'Information, advice and training for parent carers applying for Carers Support, DLA and PIP, including:-'. Then there is a bulleted list of services: 'Factsheets and chapter content on benefits and other money matters', 'Online benefits calculator', 'Workshops on applying for DLA and PIP', '1-2-1 advice from our benefits advisors', 'Help checking over claims before they are submitted', and 'Benefits Roadshow at locations across West Sussex'. At the bottom left is the Reaching Families logo. At the bottom right, it says 'For more information please visit: reachingfamilies.org.uk/benefits-advice'.

We can offer [1-2-1 advice sessions](#) to provide you with information around making a claim and answer any questions you have about eligibility, the application process, evidence needed or other concerns you may have.

We can also support you with our [claim checking service](#) if you have already drafted an application, by providing suggestions to help you in submitting a strong claim.

Our next Roadshow offering short 1-2-1 appointments is being held **online via Zoom** on **Tuesday 7th July** - book a slot with one of our advisors [here](#)

For further information about our service and how we can support you with accessing benefits please visit our website here:

[Reaching Families Benefits Advice Service](#)

We look forward to being able to help and support you!

Reaching Families



Enjoy **free** **delivery!**

Hurry limited time only!

***on all orders over £50.**
Offer starts 13th July and ends 19th July.

With code: **FREDEL**

Get set for the new term! Make back-to-school shopping simple, shop with confidence and enjoy free delivery on orders **over £50** when you use code **FREDEL** at checkout.

It's the perfect time to get organised ahead of the term. Don't miss out- this offer ends soon!

Shop with confidence at monkhouse.com

Confidence
starts here.



Walk together

WALK
5K OR
15K!

Help local children with
cerebral palsy and other
motor learning impairments
live their best life!



DAME VERA LYNN
Children's Charity

Saturday 5 September 10:30am
Victoria Park, Haywards Heath

Entry includes a medal and BBQ. Adults £20 & under 12s £5
Sign up at www.dvlcc.org.uk or call 01444 473274



Registered charity no. 1089657

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



SUNBEAM SWIMMING CLUB HORSHAM

An inclusive club for swimmers with
additional needs and disabilities

We welcome swimmers from age 8 and up, plus family and friends. Swim either or both sessions with us where we have volunteers in and out of the water.

Swimming together keeps us fit and if you want to join in with more, we also host fun sessions, socials, challenges, events and celebrations where we recognise achievements big and small throughout the year.

For more information about our club, including membership and fees please come and chat with us poolside or scan the QR code here to visit our website.



Please email us if you would like
to try a session for free.

Sessions are on Saturdays
12.30pm - 1.15pm
1.15pm - 2.00pm

The Pavilions in the Park
Hurst Road
Horsham
RH12 2DF



Email: info@sunbeamswimming.co.uk
Web: sunbeamswimming.co.uk
Follow us: [Facebook.com/SunbeamSC](https://www.facebook.com/SunbeamSC)



*galas and
medals*



volunteers



socials



friends



challenges



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



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



Call Us Now
+44 07 475 724 576

More Information
www.cool4schoolclubs.co.uk
Info@cool4schoolclubs.co.uk



Enrichment Beyond The Classroom COOL 4 SCHOOL SUMMER CAMP JULY 23RD - AUGUST 7TH



Holiday Activities

- ✓ Creative Arts & Drama Games
- ✓ Play - Led environment
- ✓ Drama Play & Party Games
- ✓ Outdoor Quest
- ✓ Sports: Dodgeball, Football, Cricket, & More.

- ✓ Hot / Cold Lunch/ Tea available
- ✓ Drop off service available
- We Accept Vouchers & Tax Credits

9am - 6pm
FROM £16.99



4 Quick Bookings



Holiday Location
BIRCHWOOD GROVE PRIMARY
SCHOOL RH15 ODP

C: 07475724576

BOOK NOW

info@cool4schoolclubs.co.uk
www.cool4schoolclubs.co.uk



COOL 4 SCHOOL CLUBS

**THE TOP RATED AFTER SCHOOL CLUB
IN WEST SUSSEX**

Proud providers of wrap around care services and enriching experiences for your children.

Inquire today on how you can be a part of our epic adventures!

CLUB FEATURES:

- ✓ Experienced coaches & minders
- ✓ Progressive & enriching curriculum
- ✓ Fun & safety-focused

REGISTER TODAY

www.cool4schoolclubs.co.uk



OUR CLUBS OFFERINGS & WRAP AROUND CARE



✨ Elevate Your School Experience with Cool 4 School Clubs! ✨

Dear reader,

Are you looking to enhance your school's offerings and provide a comprehensive solution for parents' childcare needs? Look no further than Cool 4 School Wrap Around Care! We're excited to introduce our innovative program designed to benefit both your school and the families you serve.

Here's why partnering with Cool 4 School can be a game-changer for your school community:

1. **Convenience:** Our wrap around care services extend beyond the traditional school day, providing parents with peace of mind knowing their children are in safe and engaging hands before and after school hours.
2. **Enrichment:** We offer a diverse range of activities and clubs that complement the academic curriculum, fostering holistic development in areas such as sports, arts, STEM, and more. From non-contact boxing to classical singing, we have something for every child's interests and talents.
3. **Flexibility:** Our flexible scheduling options accommodate the varied needs of families, offering both full-time and part-time care solutions. Parents can customise their child's care schedule to align with their busy lifestyles.
4. **Professionalism:** With experienced staff members who are passionate about providing exceptional care and support, Cool 4 School maintains high standards of professionalism and safety at all times.
5. **Community Engagement:** By partnering with Cool 4 School, your school can strengthen its ties with the local community, offering a valuable service that enhances the overall educational experience for students and families.

Ready to take your school's offerings to the next level? Let's collaborate to provide top-notch clubs & wrap around care that sets your school apart! Get in touch with us today to explore how Cool 4 School can benefit your school community. You only have to check out our reviews!

Best regards,

Rashid Moaddel
Cool 4 School Clubs Director



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.



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.

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

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.

Kids' Nutrition & Breathing Workshop



Fussy Eating



Airway Health & Snoring



Concentration & Behaviour



Healthy Snacks

July 30th @ 7-8 PM
July 31st @ 11 AM
Online

Registration Fee
£15

The session will be practical, easy to understand and focused on real-life implementation

To register, please follow our Eventbrite LINK

By Suzannah & Anna
Registered Nutritionists & Breathing Coach



EYES UP

SLOW DOWN

CROSS SAFELY

THINK!

SAFE
ADVENTURES

ARE YOU READY FOR YOUR SAFE ADVENTURES?

START HERE

It's your first solo journey to secondary school! You've done the practice walk, you've got this!

Explore the scenarios to see if you're ready to take on independent journeys to school and beyond!

If you reach a dead-end, go back and think again!

1

You've waved goodbye and you're on your way. You're a bit late this morning and need to make up time. There are two routes you can take. You....

TRY AGAIN

Take the shortcut and cross in-between parked cars.

Walk down the street to use the crossing.

2

You're about to cross the road when your phone buzzes. You...

TRY AGAIN

Wait until you have safely crossed the road.

Look at it straight away - it could be important!

3

You've reached a pedestrian crossing and pressed the button. You...

TRY AGAIN

Stop and wait for the green man and then check traffic has stopped in both directions.

Run across the road as soon as there's a gap.

5

You're waiting to cross a road. You stand...

TRY AGAIN

On the edge of the kerb - so it's quicker to get across the road.

On the pavement behind the kerb, avoiding bends or the top of hills where you can't see clearly.

4

Before you cross the road, you stop and...

TRY AGAIN

Look one way then start across the road.

Look right, look left, and look right again to double check that it's clear before you cross.

6

You see a car coming towards you, but you think there's enough time to cross. You...

TRY AGAIN

Wait - it's not worth the risk.

Sprint across the road - you're pretty fast.

7

Outside the school, a bus stopped at the bus stop is blocking your view. You...

TRY AGAIN

Cross in front of the bus.

Wait until the bus leaves and you can see the whole road - remember Eyes Up, Slow Down and Cross Safely!

WELL DONE YOU'VE MADE IT!

Use these skills on every journey to school and look forward to lots of Safe Adventures...

FREE FUN-FILLED

PLAY DAYS

Tuesday 28th July

Victoria Park, Haywards Heath, RH16 4LR

Wednesday 29th July

Haven Rec, Crawley Down, RH10 4LJ

Tuesday 4th August

Adastra Park, Hassocks, BN6 8QH

Wednesday 5th August

Haywards Heath Rugby Club, Whiteman's Green, RH17 5HX

Tuesday 11th August

Mount Noddy, East Grinstead, RH19 3HP

Wednesday 12th August

Ardingly Rec, Ardingly, RH17 6TB

Tuesday 18th August

Court Bushes, Hurstpierpoint, BN6 9TH

Wednesday 19th August

Handcross Rec, Handcross, RH17 6DU

Tuesday 25th August

Worlds End Rec, Burgess Hill, RH15 0QJ

Wednesday 26th August

Batchelors Field, Bolney, RH17 5PF

All events are 2 – 4 pm

Aimed at under 10's but all ages welcome

No need to book! Just turn up and join in. Equipment provided

www.midsussex.gov.uk/playdays



SENfriends

Coffee morning

Petals cafe
Garden Thyme
Hassocks

Thursdays from 9.30

Drop in and join us for a
cuppa, slice of cake and a
chance to meet other SEN parents.

Children welcome

We hope to see you there

