

Weekly Bulletin



Diary Dates	
21 st September	Nasal Flu Vaccine Reception – Yr11
23 rd September	School Photos at School Site
24 th September	School Photos at College Site
22 nd October	Harvest Festival School Site (primary only)
26 th – 30 th October	Half Term
2 nd – 6 th November	KS3 Humanities Week
3 rd November	New Parents Meeting/Coffee at School Site - 9.30am
4 th November	M&M Productions – Robin Hood Pantomime (School Site) 09:30am
5 th November	Inset Day

Letters sent this week
Year 9 Class Trip to Brighton Racecourse, Brighton – 28.09.26
Reception – Y9 Flu Vaccination Session Reminder – 21.09.26
Free School Meal Packed Lunches – School Site – 15.09.26
5CG Weekly trip to the local area – Autumn Term
Otter & Woodpecker Class – Weekly Walks – Autumn Term
Brinsbury College Animal Care – Autumn Term

<u>Lunch Menu</u> 	<u>Copies of letters</u> 	<u>Term Dates</u> 
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Jeans for Genes Day

Thank you to all those who kindly contributed to Jeans for Genes day we have so far raised £85 if you still wish to donate this can be done via Scopay until Monday.



Sports' Leaders: 2026/27

Our sports leaders will be ready to impress, thanks once again to the generosity of The Friends of Woodlands Meed, who provide our leaders with t-shirts and jumpers each year. Our students are always thrilled to receive these items and wear them with pride throughout their time in Year 9. We can't wait to see you delivering sessions in your smart, professional kit!



Brand New Kit has arrived!



Sports' Leaders: 2026/27

Here are our leaders in their new kit...



Once again, a massive thank you to Anna and the Friends of Woodlands Meed for funding these beautiful pieces of kit for our leaders!



friends of woodlands meed



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.

Newspaper Dance



What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



www.getset4education.co.uk

Well Being Weekly

Being in nature to support our emotional wellbeing 🌳☀️🌸🌻🍁🌿🌻☁️🌈🌙🌱🌺🌀🌊🏡🌅🔄

Time spent outside can help calm the nervous system, reducing feelings of stress and anxiety. Natural environments encourage slower breathing, physical relaxation, and a break from overwhelming thoughts.

For children who experience anxious moments , stepping outside even if just for a few minutes. Can help reset emotions and provide a sense of relief . The change in scenary , fresh air, and sensory input from nature can create a much-needed pause when emotions feel a bit to big to manage .

Try this

When emotions are running high, take a 5 minute nature break together . Step outside , take deep breath's together , focus on what you see, hear and feel . Notice the colour of the trees or sky , listen to the sounds , or feel and notice the temperature of the air against your skin. This doesn't have to be limited to sunny and warm days . Stepping outside into the cold can be just as effective.

Nature naturally helps kids slow down and stay present. Try watching clouds move, listening to birds . Running fingers on the bark of a tree, shifts attention away from racing thoughts and back to there senses. This kind of mindfulness can be especially helpful for children who struggle with emotional regulation.

Everything feels less rushed, less Intense , and more peaceful when your in nature



These Natural Sounds Support Your Nervous System 🌿

- Birdsong — signals safety & reduces stress
- Ocean waves — regulate breathing & calm the mind
- Rain — promotes relaxation & better sleep
- Wind in trees — lowers mental fatigue
- Flowing water — enhances focus & emotional balance
- Crackling fire — induces deep relaxation
- Forest ambience — supports parasympathetic activation
- Night sounds (crickets) — prepare the body for rest



1,335



47



1811



767



LAURA DID IT!



13.1 miles completed!



The amazing Laura Hastings completed her first half marathon to raise funds for FOWM on Sunday. Huge congratulations on your amazing commitment and determination and helping FOWM.

**YOU CAN STILL SPONSOR LAURA AND HELP
FRIENDS OF WOODLANDS MEED**

www.justgiving.com/page/laura-hastings-1775141697400



Scan to Donate!



Laura says



friends of woodlands meed



**I'm running a Half Marathon for Friends of Woodlands Meed
(Powered by determination, chaos, and the promise of wine!)**

**I'm raising money for Friends of Woodlands Meed, a charity that
makes a huge difference to our SEN students every single day.**

What Friends of Woodlands Meed actually do. They help provide:

- Specialist communication tools that give students a voice
- Mobility and sensory equipment that supports independence and emotional regulation
- Enrichment activities and trips that build confidence, joy, and real-world experiences
- Resources for families, helping them feel supported, connected, and empowered
- Funding for projects and improvements that the school simply couldn't achieve alone

**For children and young people with special educational needs, these
aren't "nice extras."**

**They're essential. They open doors, build confidence, reduce anxiety,
and help our young people experience the world in ways that are
meaningful, accessible, and joyful.**

How you can help...

**If you're able to donate — even a small amount — you'll be
supporting a charity that genuinely changes lives and I get to see
first hand the impact that has. You'll also be giving me the motivation
I need to keep running instead of dramatically throwing myself into a
grapevine and declaring myself a woodland creature.**

www.justgiving.com/page/laura-hastings-1775141697400

Scan to Donate!





- [Parent Carer Survey - Maintained Special Schools 2026-2027 – Fill in form](#)

The survey is for parent carers of children and young people attending maintained special schools, particularly those with complex physical, medical or profound needs. We know that the experiences of these families are not always heard as widely, and we really want to make sure their voices are included.

We're keen to hear about families' experiences across education, health, social care and transport, what is working well, where there are gaps or difficulties, and the impact this can have on children and family life.

The feedback will help us make sure parent carer experiences are reflected in service planning, commissioning and SEND reform discussions, both locally and beyond.

All responses are anonymous and the survey is quick to complete, with the option to share more if they wish.

Thank you for your continued support.



West Sussex Parent Carer Forum

Lodge Hill Residential Centre, London Road, Watersfield, West Sussex RH20 1LZ |
Office: 07341 183449 www.wspcf.org.uk

Wakehurst

Royal
Botanic
Gardens **Kew**



Fungi Walks at Wakehurst!

Join us for our autumnal fungi walks.

Spend time in our landscape and be guided round our gardens as you search for the fungi growing beneath your feet.

You will learn about the types of fungi we have at Wakehurst, as well as how to identify the different types that grow around Sussex, looking at their shape, growth formations and colour.

It is a great opportunity to get outside in nature and learn something new.

Who it's for?

Whether you are a fanatic or new to the weird and wonderful world of fungi, you are all welcome. These sessions are for anyone who is interested in learning more about the Wakehurst landscape, wants to spend more time in nature and pick up a new skill.

When and where?

10:30 am and 1:30 pm

20th, 21st, 23rd, 31st October

Wakehurst, Selsfield Rd, Haywards Heath RH17 6TN

Free entry and parking .

Spaces are limited to 20 per session, so secure your spot today! For more information or to book, email us at wakehurstcommunity@kew.org

We'd love to see you there





Free football sessions return this September

Premier League Kicks - 32 free sessions across Sussex

Our free Premier League Kicks sessions are returning for September!

What is Premier League Kicks?

A free football programme aimed at supporting families living in high-need communities, particularly for children at risk of youth violence or anti-social behaviour.

The sessions consist of fun football activities and games as well as mentorship and occasional workshops or talks.

All children who live locally to a Premier League Kicks group are welcome to attend, but you **must** sign up through our website prior to your child's first session with us. You only have to do this once per school year.

We currently run more than 30 groups across East and West Sussex - click the buttons below to find your nearest group.

Which session is right for me?

We have three main categories for our regular PL Kicks sessions:

Premier League Kicks - normally for young people aged 12-18, boys and girls welcome.

Premier League Kicks (Girls) - normally for girls aged 8-18.

Mini Kicks - normally for younger children aged 8-12, boys and girls welcome (you will find these sessions listed on our website within the two above categories).

We also run special groups with exciting new formats, including:

Baller Series - a weekly league where teams compete to win, with exciting rule changes.

(TBC) Beach Soccer - football sessions played on sand.

If you have any questions, please email us at premierleaguekicks@bhafcfoundation.org.uk

PREMIER LEAGUE KICKS

[BOOK HERE](#)



PREMIER LEAGUE KICKS (GIRLS)

[BOOK HERE](#)

BALLER SERIES

[BOOK HERE](#)



★ — AN EVENING OF — ★ **MUSIC & FUN**



**MUSIC ROUND THE
BUSINESS TABLE**

*Join us for a fantastic evening of
LIVE MUSIC, ENTERTAINMENT AND FUN,
featuring **SPARKLING SINGERS**, including:*

-  **SUSAN FLEET MBE** – our local soprano
-  **VICKI LEE** – multi-talented musician from New Zealand
-  **MATT COWLING** – star and founder of Jumbo Ensemble
-  **LUCA BRUGNOLI** – award-winning vocalist

CHARLOTTE HODDELL • DARREN STREET • ALAN SEILER • IRA THOMAS • MITCHELL HAWKINS



**SATURDAY
31ST OCTOBER
7:00 PM**
THE HASSOCKS HOTEL



**£10
PER PERSON**

ALL PROCEEDS WILL HELP
RAISE FUNDS FOR LOCAL CHARITIES

FOR TICKETS AND FURTHER INFORMATION:



**MICHAEL STRATFORD
07837 916087**



stratfordm69@gmail.com

JOIN US FOR OUR FAMILY FRIENDLY
HALLOWEEN EXPERIENCE...

LODGE HILL'S SPOOKY STROLL

 **24th – 26th October 2026**

 **5pm – 8:30pm (last entry at 8pm)**

 **£15 per child | £6 per adult**

Enjoy spooky fun for the whole family!

Halloween Light-Up Trail

Pumpkin Carving

Biscuit Decorating

Marshmallow Toasting

Face Painting

Sno-tubing

Raffle & Tombola

Food & Refreshments (charges apply)

 **Book now via our website!**

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

ENSEMBLE
CREZA
Family Concert
UNDER THE SEA



Saturday 10th October, 3.30pm
All Saints Church, Lindfield

PAY WHAT YOU CAN TICKETS AVAILABLE ONLINE NOW
WWW.ENSEMBLEREZA.COM/EVENTS
ENSEMBLE REZA IS A REGISTERED CHARITY NO. 1158708

QR code

savills