

Weekly Bulletin



Diary Dates	
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
10 th November	Parents' Evening at School & College Site
10 th November	Time 4 Transition Careers event for Year 9, KS4 and KS5 pupils and families
W/C 16 th November	Anti – Bullying Week (Well-being teams)
17 th November	Odd Socks Day – School & College

Letters sent this week
Ocean Class PE Trip to College Site – Autumn Term
Woodpecker Class – Weekly Walks – Autumn Term
KS3 Travel Club Enrichment – Autumn Term 2026
Letter from NHS – Clinic information for missed Flu Vaccination
KS3 Broadcasting Enrichment - Autumn Term 2026
RSE Policy – Parent & Carer Letter
Fox & Owl Class – Pumpkin Picking, Sompting – 05.10.26
College Swimming Friday Group – Autumn Term 09.10.26 – 06.11.26
College Swimming Monday Group – Autumn Term 05.10.26 – 02.11.26
Message from the NHS Immunisation Service

<u>Lunch Menu</u> 	<u>Copies of letters</u> 	<u>Term Dates</u> 
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Woodlands Meed were delighted to win the Future Talent and Skills Champion Award at the Burgess Hill Business Park Association Business Awards on Thursday night, held at Pangdean Barn.

The Supported Internship Programme launched in September 2026 in partnership with Growing West Sussex and the team have been working hard to settle everyone in to the new programme, based in Burgess Hill town centre.

The current co-hort are a few weeks into their 7-week induction programme before they start their work placement supported by a job coach. The young people also spend 1 day a week in a classroom setting to learn job skills and work on English and Maths if needed. The programme is built to give young people 16 -25 with an EHCP real workplace experience and a route into paid employment.

From September 2027, the programme is expanding its partnership with Building West Sussex, doubling from 10 to 24 places. The hopes are to branch into new sectors, with new employer partners and work experience providers coming on board across Mid Sussex.

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.

Kick, Roll, Throw



Get Set 4
Education

What you need: a ball, a target object

How to play:

- Players stand 3m away from a target object.
- Players explore hitting the target with a kicking, rolling and throwing.

Challenge:

How many times does it take for you to hit your target with kicking, rolling and throwing?

Play the game again, can you beat your score?



www.getset4education.co.uk

Well Being Weekly

The importance of outside play, time and connection to nature and how it helps emotional well-being for all
Enjoy the wellbeing team



For children who struggle with focus, hyperactivity, or emotional regulation. Outdoor movement can be especially helpful. Physical activity helps burn off excess energy while improving concentration and mood . Even a few minutes of movement outside can provide reset, making it easier for children to transition into routines.

Try this

If a child has trouble focusing or feels restless, head outside for a movement break. A quick game of tag, a nature scavenger hunt, or a race to a nearby tree to help release tension. If they prefer a calmer activity, try walking and chatting, playing balancing , collecting small natural objects like leaves or rocks. Even small movements skipping, walking create feelings that lift our mood and help us regulate. Also creates connection time adults and a child 1.1

Time outside strengthens parent- child connections nature offers a great way to spend time together without distractions



Nature

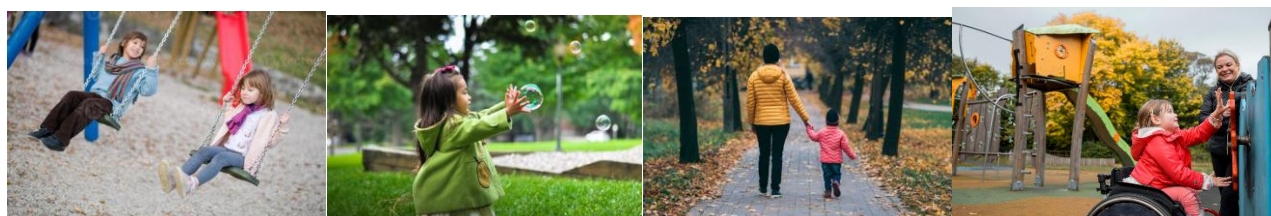
supports better sleep



Fresh air and natural light play an important role in regulating the body's sleep cycle, making it easier to fall asleep and stay asleep. Exposure to day light, especially in the morning, helps reset the body's internal clock. Signalling when its time to be alert and when its time to wind down. Regular outdoor time can lead to deeper , more restful sleep, which is essential for emotional wellbeing. When children sleep better , their better able to manage their emotions, handle stress , and stay focused throughout the day.



Try putting outdoor time into your child's routine, in a way that feels natural for the family, A short morning walk can help set the internal clock for the day, while an after-school park visit can give them healthy energy release before evening routines. Even simple activities like reading outside, eating dinner outside , can support healthier sleep patterns, The key is consistency, over time these small moments outside can have a big impact on the Childs ability to rest and recharge,





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

FREE FUNFAIR

For families of children with special educational needs

Sat 26th September
1pm - 3pm

Dodgems, Big Wheel,
Waltzer, Twister, Frogit,
House of fun, and loads
more all for FREE!

No need to book, Just turn up! -
For more info email
mid-sussex@roundtable.org.uk

Fairfield Rec, RH15 8PB
Approach via Downs Road,
opposite Jupp's Fish and
Chips

**SEE TEAM ON ARRIVAL FOR
DIRECTIONS TO FREE ON-
STREET PARKING**



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

ENSEMBLE
REZA

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



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

BEDE'S HOLIDAY CLUB

OUR PROGRAMME:

Join Bede's Holiday Club for an action-packed multi-activity programme designed for children aged 5-12. Whether your child attends Bede's or another local school, everyone is welcome!

DATES:

- Week 1 (19th - 23rd October): Burgess Hill
- Week 2 (26th - 30th October): Burgess Hill | Eastbourne | Upper Dicker
- Week 3 (2nd - 6th November): Eastbourne

OCTOBER 2026



5%
WEEKLY &
SIBLING
DISCOUNT

LOCATIONS:

Now running across three venues: Eastbourne (Bede's Prep School), Upper Dicker (Bede's Senior School), and our brand-new site in Burgess Hill (Burgess Hill Girls School)!

BOOK NOW

PHONE: 01323 356983

EMAIL: PARTNERSHIPS@BEDES.ORG

WWW.BEDESHOLIDAYCLUB.ORG



FOR AGES 5 - 12

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 also other additional workshops
available, and the café is open! All
proceeds support Chailey Heritage
Foundation.

fundraising@chf.org.uk

Registered Charity 1075837

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

Scan for more
information and
tickets!



wingsyouththeatre.co.uk
WINGS YOUTH THEATRE
PRESENT

30th Oct - 1st Nov 2026
(October Half Term)

HONK!

SCAN ME
Grab your tickets!

**Croft Theatre,
Burgess Hill Girls School**

£13.50 Adult | £9.50 Child/Concession

Friday 30th October - 7:30pm
Saturday 31st October - 2:30pm
Saturday 31st October - 7:30pm
Sunday 1st November - 2:30pm

ticketsource.co.uk/wingsyouththeatre
or email hello@wingsyouththeatre.co.uk

This amateur production is presented by arrangement with Music Theatre International.
All authorised performance materials are also supplied by MTI.
www.mtishows.co.uk



2h · 🌐

What's happening in our Mid Sussex Drop Ins next week...(beginning 28th September)

📍 The Cherry Tree Centre - Mid Sussex
Voluntary Action, Burgess Hill, RH15 8QB

📅 Monday 28th AM, 9.30am - 11.45am

☕ Craft and chat: Fimo fun / felt craft, ideas given.

📍 Centenary Hall, Haywards Heath, RH16 3QY

📅 Wednesday 30th AM, 9.30am - 11.45am

💬 'Helping to Build your child's self esteem'
Chance to Chat

📍 The Melting Pot, Hurstpierpoint, BN6 9TH

📅 Thursday 1st October AM, 10am - 11.45am

😊 Chatting and Carpet Curling

Come as you are, stay for as long or as little as you'd like. The kettle will be on, there is always biscuits or homemade cake to enjoy and a friendly person to talk to.

We look forward to seeing you there 🧡💙💜