

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
4LH, 4AR, 4DS, 4JW trip to Cineworld, Brighton Marina 18.11.26
KS4 Uniform Letter 30.09.26
5CH trip to Woods Mill Nature Reserve, Henfield 07.10.26
Primary Classes Harvest Celebration – 22.10.26
School Photographs are now ready
Orange Pathway trip to Amberley Museum, Amberley 21.10.26
4DS & 4JW Trip to Haywards Heath Mosque 08.10.26
KS5 Trip to Burgess Hill Library, Burgess Hill 05.10.26
Enrichment Travel Training Group to Wyvern Way Park, Burgess Hill 06.10.26
Fox & Owl – Pumpkin Picking Sompting – 05.10.26 – updated letter

<u>Lunch Menu</u> 	<u>Copies of letters</u> 	<u>Term Dates</u> 
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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.

Blindfold Obstacle Course



Get Set 4
Education

What you need: A blindfold which could be a tea towel or jumper. Two or more people.

How to play:

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.



www.getset4education.co.uk

Well Being Weekly



In October we are thinking about world mental health day, let's talk, listen and support better mental health together.

World mental Health Day takes place every year on 10th October.

It reminds us why good mental health is so important, and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.

Our top tips to listen better How to support someone's mental health through listening well.

- **FIND A GOOD TIME AND SPACE** If you're worried about someone, choose a time to talk when you won't be rushed, and a space where you won't be interrupted or distracted.
- **LISTEN TO UNDERSTAND** Focus on listening to understand, not to respond. This can make a big difference to making someone feel heard.
- **ACTIVELY LISTEN** Show them that you're listening by facing them, making eye contact, and not interrupting. If you ask questions, keep them open and aimed at clarifying.
- **CHECK IN** Keep checking in so that they know they can come to you again. If you're worried that they need more support, you can encourage them to talk to their GP or contact a mental health service: www.mentalhealth.org.uk/get-help
- **ASK, DON'T TELL** Don't rush to offer a solution. Instead, try to ask what you can do to help. They might want practical support, like help contacting their GP. Or they may simply want a listening ear.

Everyone deserves good mental health. For more tips and information visit www.mentalhealth.org.uk/wmhd

The well-being Team

Carly, Debbie, Helen and Sue



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!



College Open Days

Please see below a list of various upcoming College Open Days

Crawley College – Thursday 08th October and Saturday 07th November

[Open events | Crawley College](#)

Plumpton College – Saturday 10th October and Saturday 21st November

[Upcoming Events - Plumpton College](#)

Brighton Metropolitan College – Wednesday 14th October & Saturday 21st November

[Open events | Brighton Metropolitan College](#)

Brinsbury College – Saturday 10th October

[Open events | Brinsbury College](#)

Supajam, Brighton – Thursday 08th October

[Open Evenings | SupaJam Education | Swanley, Canterbury and Brighton](#)

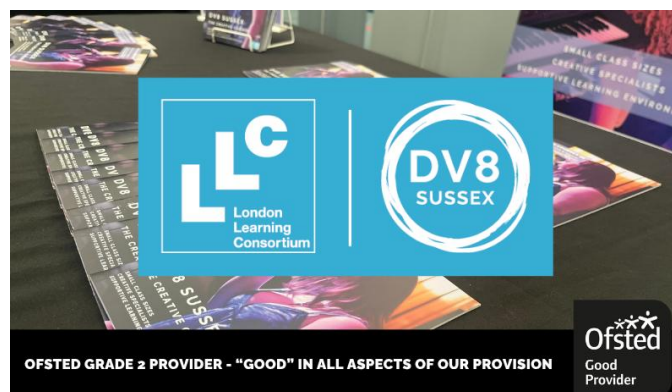
East Sussex College

[Open Events | East Sussex College](#)

Lewes – Thursday 15th October

Hastings – Tuesday 13th October

Eastbourne – Wednesday 14th October



YEAR 11

OPEN
EVENTS

LC
London Learning Consortium

DV8
SUSSEX

OFSTED
Good Provider

SMALL CLASS SIZES
CREATIVE SPECIALISTS
SUPPORTIVE LEARNING ENVIRONMENT

OFSTED GRADE 2 PROVIDER - GOOD IN ALL ASPECTS OF OUR PROVISION

BRIGHTON & BEXHILL

WEDNESDAY 7TH OCTOBER

17:00 - 19:00

SATURDAY 10TH OCTOBER

10:00 - 12:00

RSVP: DV8ADMISSIONS@LONDONLC.ORG.UK

Our Open Events are happening next week at both our Brighton and Bexhill sites. These are on Wednesday 7 October 5.00pm - 7.00pm and then again on Saturday 10 October 10.00am - 12.00pm. Further details can be found here: [Open Events - Dv8 Sussex](#)

**WE WANT TO HEAR FROM
YOU!**



**Your experiences will help show what is
working well, what is missing, and
what could be improved.**



- 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

PREMIER LEAGUE KICKS

FREE Inclusive Football for for 8-18 years



Monday

5-6pm
Maidenbower Park

Wednesday

5-6pm
K2 - Pan disability
Multisports

Thursday

4-6pm
Bewbush

Friday

5-6pm (GIRLS)
6-7pm (8-13)
7-9pm(14-18)
Broadfield Stadium

Ages
8-18

FREE
All Sessions
are free

Mixed boys &
girls sessions

Complete the form to play



 ctcommunityfoundation  crawleytowncf
www.ctcommunityfoundation.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 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)



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

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



5%
WEEKLY &
SIBLING
DISCOUNT

FOR AGES 5 - 12

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



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WWW.BEDESHOLIDAYCLUB.ORG



OCTOBER 2026

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Cool Milk **Boost their Hydration & Development**

**Our school works with Cool Milk
to provide fresh school milk**

**Free for under 5's
Subsidised for over 5's***

- ▶ Calcium for strong bones and teeth
- ▶ Protein for muscle repair and growth
- ▶ Vitamin B12 to boost the immune system
- ▶ Vitamin B2 to aid energy release
- ▶ Potassium to regulate fluid and blood pressure
- ▶ Phosphorus to strengthen bones and generate energy in the cells
- ▶ Iodine to support healthy cells and metabolism



Don't let your child miss out!
Register online today at www.coolmilk.com

Free milk for under 5s is funded by the Department of Health and milk for over 5s is subsidised by DEFRA. *Over 5s in receipt of benefits-based free school meals are eligible for free school milk. Please speak to the school for details.



Family Fun Sessions

-Holiday sessions for families of children and young people SEND*
*Special Educational Needs and Disabilities

**The King's Church
Monday 26 October**

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

FREE ADMISSION

Tickets must be pre-booked from 28 September
via TicketSource, by calling
The Help Point on 01444 247726 or
in person at 96 Church Walk

Arts and crafts,
activities, and
information services!



Sponsored by



Any questions contact the Community
Team on 01444 247726 or email
communityteam@burgesshill.gov.uk

Co-organised by



Get more out of what you're into!

Dungeons & Dragons

For
ages
14-17



Join us at the library this autumn for Dungeons & Dragons sessions led by an expert Dungeon Master. Suitable for young people aged 14-17 years.

All the resources will be provided, or bring your own.

Free, but places are limited.

Each week must be booked separately online.

6 sessions!



Scan to find
out more!

2 - 4pm Haywards Heath Library
Saturdays fortnightly from 19 Sep - 23 Nov
34 Boltro Road, Haywards Heath, RH16 1BN

**GO
ALL
IN.**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Get more out of what you're into!

Crafternoon

For
ages
11-17



Join us for some relaxed crafts and activities including making badges, keyrings, bracelets, crochet, cross stitch, Lego, games and more.

Free, but places are limited.
Please book your place online.



Scan to find
out more!

Burgess Hill Library
Saturday 14 November 2026 | 1.30 - 3.00pm
15-19 The Martlets, Burgess Hill, RH15 9NN

**GO
ALL
IN.**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

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Crafternoon

For
ages
11-17



Join us for some relaxed crafts and activities including making badges, keyrings, bracelets, crochet, cross stitch, Lego, games and more.

Free, but places are limited.
Please book your place online.



Scan to find
out more!

Haywards Heath Library
Thursday 29 October 2026 | 2.30 - 4.00pm
34 Boltro Road, Haywards Heath, RH16 1BN

**GO
ALL
IN.**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Get more out of what you're into!

Manga Workshops

For
ages
11-14
&
15-18



Join bestselling cartoonist James Parsons from Comic Club for a fun and creative comic art workshop this autumn.

Unleash your imagination and learn secret drawing tricks used by the professionals in this fast-moving cartooning session.

Free, but places are limited.
Please book your place online.



Scan to find
out more!

Burgess Hill Library
15-19 The Martlets, Burgess Hill, RH15 9NN
Saturday 17 October
Age 11-14: 11.30am-1pm | Age 15-18: 2-3.30pm

**GO
ALL
IN.**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

OCTOBER HALF TERM



Holiday CLUBS AT LODGE HILL

9AM –
4PM



TUESDAY 27TH & THURSDAY 29TH

£32

PER CHILD

LOOKING FOR THE PERFECT SCHOOL HOLIDAY EXPERIENCE FOR YOUR CHILD? OUR FUN-FILLED HOLIDAY CLUBS ARE DESIGNED FOR CHILDREN AGED 8-12 YEARS, OFFERING EXCITING OUTDOOR ADVENTURES IN A SAFE, SUPPORTIVE ENVIRONMENT.

FOR MORE INFORMATION AND TO BOOK, VISIT OUR WEBSITE:

LODGEHILL.ORG.UK



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!**