



Sackville School

TOGETHER WE ACHIEVE



Families' Bulletin

Monday 22 July 2024 to Friday 26 July 2024

HEADTEACHER'S MESSAGE

Dear Families,

It has been an incredibly busy week this week with over 40 residential trips, visits and outdoor activities taking place, plus amazing in school activities that both students and staff have thrown themselves into. It has been an absolute delight to see how well the students have engaged in their activities, with new friendships formed, new skills developed and new confidence building. You will be able to read more about our Curriculum Enhancement Days in the Sackville News next week along with some photos. You can also see a lot of our updates through our Instagram account (@sackville_eg).

On Tuesday, we had a fantastic sports day and even the rain shower was not enough to deter our students from getting involved. The tug-of-war was a usual crowd pleaser with some of our Community Leaders (Mr Pearson in particular), getting very excited by the competition. As expected, the sporting talent on show by many of the runners, jumpers, throwers (and pullers!) was incredible, as was the mass participation and 'Community' spirit.

As we move into next week, all students will need to be back in full school uniform for the last two days of term. There will be normal timetabled lessons taking place on Monday and Tuesday morning, with our graduation and end of year assemblies mixed in to celebrate all of their hard work from the year.

Students will have an early finish at 12.00 pm on Tuesday to start their summer holiday.

Have a lovely weekend.

Ms Jo Meloni
Headteacher

Week: B

Timetable: 3 + 2

Safeguarding Notice Board

As always, if you are aware or have any worries regarding the safety of our students then contact our safeguarding team. Contact details below:

Mr Millican – amillican@sackvilleschool.org.uk

Mr Street - pstreet@sackvilleschool.org.uk

Mrs Steer - asteer@sackvilleschool.org.uk

Mrs Flude - dflude@sackvilleschool.org.uk



Safeguarding at Sackville
PRIORITISING SAFETY & WELLBEING



Keeping our students safe is everybody's responsibility

If you need to talk to someone about an issue that is worrying you, you can speak to your form tutor, Community Team, or a member of your Safeguarding Team which includes Ms Meloni (Headteacher).



Mr Millican -
Lead DSL



Mr Street - Deputy DSL



Mrs Steer - Deputy DSL
and Welfare officer



Mrs Flude - Welfare
officer (Oct 23)

Additional members of our Safeguarding Team



Mr Embarsay - CL
Atterborough



Mrs Hunt - SENCO



Mr Dupuy - Deputy
Head of 6th form



Mrs Bull - 6th form
Pastoral Support



Mrs Valentine -
Head of 8th form



Key Dates

Monday 22 July 2024

Tuesday 23 July 2024

Thursday 15 August 2024

Thursday 22 August 2024

Monday 2 September 2024

Tuesday 3 September 2024

Wednesday 4 September 2024

Thursday 5 September 2024

Thursday 19 September 2024

Thursday 19 September 2024

Friday 20 September 2024

Monday 28 October – Friday 1 November 2024

Graduation Assemblies

Last day of Term – (12.00pm finish)

A Level Results Day – from 8.00am

GCSE Results Day – from 9.00am

Inset Day 1

Year 7 and 11 only. Year 12 enrolment.

Years 7-11 and Year 13 back to school

Year 12 start

Early Closure (12.30pm)

Open Evening for Prospective Families (5.30-8.30pm)

9.25am start

HALF TERM

Current Vacancies

We have a number of non-teaching roles available at the moment. If you would be interested in any of the following please call Katie Dawson for more information, or apply directly following these links:

- [Cleaners](#)
- [Clerk to the Governors](#)
- [Catering Assistant](#)
- [Cover Supervisor](#)

Spotlight on Online Safety

Our next school year at Sackville is bursting with exciting updates, especially for our tech-loving students!

Here is a quick download on what is new:

- **Ditch the Login Juggle!** Students will have a single username and password for ALL their IT adventures. This magic trick, called Single Sign On (SSO), means blasting off into learning apps will be faster than ever!
- **Phone-Free Zones for Focus & Fun!** To keep our young minds sharp and safeguard their well-being, phones will be chilling in backpacks from the moment they enter school gates until dismissal. This means more face-to-face interaction and awesome classroom experiences!
- **Level Up on Learning!** Get ready for some seriously cool upgrades! Over the summer, we've invested in a supercharged network, brand new classroom screens, and enhanced teaching spaces. Buckle up, because learning at Sackville is about to become an epic adventure!



We can't wait to see what 2024/2025 brings!

Mr Vallally-Godfrey

Sackville News

For all the latest news here at Sackville, follow the link below:

[Sackville News](#)



Wellbeing

Jump Back Up July 2024

MONDAY

1 Take a small step to help overcome a problem or worry

TUESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

WEDNESDAY

3 Be willing to ask for help when you need it

THURSDAY

4 Find something to look forward to today

FRIDAY

5 Get the basics right: eat well, exercise and go to bed on time

SATURDAY

6 Pause, breathe and feel your feet firmly on the ground

SUNDAY

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together

Message From The Music Department

Our musical instrument cupboard has a number of instruments in it which we believe are no longer in use. In order to keep this area clear and tidy for next year, please could students ensure that their instruments are taken home over the summer holidays.

We will send out full details of our instrumental teachers, as always, at the start of the next academic year. However, if your child is keen to start lessons then please get in touch with Mr Webb and get your name on the waiting list as soon as possible!

Please email for further details or any questions - awebb@mysackville.co.uk

Thanks

Mr A Webb
CTL of Music

Ukraine Drive

Following the hugely successful clothes drive that we did a while ago for Ukraine we have been asked if we could gather donations for backpacks for children who are victims of the ongoing war in Ukraine.

It seems so long ago now that this distressing event began but we need to remember that people are still living through this and trying to overcome the difficulties of living in a country at war or maybe having been displaced into a foreign land and being away from loved ones.

We have been asked for backpacks with items inside but we realise that this may be a little too much in the current economic climate so our lovely Futures Leader, Helen Smith is going to make some cloth Tote bags to put items in. If you are able to provide a backpack as well that would be amazing but any of the items to go inside would be greatly appreciated.

If you can please send items in and students can bring them to me in T01 and we will be forwarding them to the people from The White Eagle Ukraine Appeal. Items can also be left at reception and we will pop over and collect them.

You can also email directly to the charity to arrange a collection or drop off.

Thank you in anticipation of your kindness and generosity.

Michele Abel
Leader of Alternative Provisions

For more info please email:
marythoreau@yahoo.co.uk

The White Eagle Appeal in Balham have tried to regularly update and prioritise the donations they request in line with current and urgent need, they are now asking for help with one special priority... backpacks for children filled with some special items.

These are needed for both the Ukrainian children living here and for those remaining in the Ukraine.

Receiving a bag just for them is so very important and makes them feel happy to have these personal items – all theirs!

Some suggestions of items you can include in a backpack:

Girls – age appropriate Bath bombe Hand cream Hair slides / bands Purse Bracelet – plastic or string	Both – age appropriate Colouring books Colouring pencils Pencils Pens Rubbers Tennis or rubber ball Soft toy Haribo sweets Playing cards Pair of socks Stickers Fidget toys Toothbrush	Boys – age appropriate Lego Plastic cars / trucks Football cards
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Please attach a tag to the bag stating age and gender

Anything you could do to help will be so much appreciated by the children. In the madness or war and displacement, these 'little' things can really have a beneficial impact for the children.

For more information and to arrange to drop off your donations please email:
marythoreau@yahoo.co.uk

Thank you!

Uniform

We recently changed uniform supplier and the link for this new company can be found here - [Taylor Made Uniforms](#). Orders are placed through them directly and they will attend school on the first Thursday of every month, every Thursday throughout August, or at big events in school, such as Open Evenings etc.



Second Hand School Uniform - We are always in need of second hand uniform at Sackville, it is used regularly when students forget jumpers or ties.

If you have any school uniform or PE kit that is no longer needed feel free to donate them to our second hand shop. It can be dropped off at Reception.

PE Kits - Any second hand PE kits not needed from Year 11 students would be thankfully received in the PE department, these can also be left at Reception.

Medication, Illness and Vaccines

Medication

To ensure that we continue to support students when they are unwell, we need to make sure our records are up-to-date. As a school we will continue to administer ad-hoc medication as per the consent slip you have completed. If you wish for this to change, please contact the relevant year team. Should your child be diagnosed with any new medical condition please contact us. In addition, should your child's medical condition change (i.e., they no longer need to use their inhaler) please contact their community team.

We will continue to provide the support and medical assistance you have already agreed to unless we hear from you.

Illness

In order to keep the more vulnerable members of our school community safe, a reminder to inform the school if your child contracts any of the following: Chickenpox, Shingles, Measles or Mumps. Please call the relevant community office, thank you in advance.

Vaccinations

On the 11 November 2024 our year 7 to 11 students will be having their flu spray vaccinations. Please be vigilant as reminders will be sent out in September and October with instructions and details of how to consent.



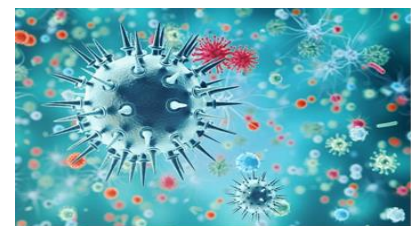
Also

On the 3 February 2025 our year 9 students will be having their Td/IPV and Meningitis ACWY vaccinations. Please be vigilant as reminders will be sent out in December 2024 and January 2025 with instructions and details of how to consent.

Sent on behalf of the vaccination team.

Warmer Weather Precautions

As the weather warms up, please ensure your child has a water bottle with them. There is water available that they can refill with cool water from the many water dispensers placed around school.



Autism and Social Communication Courses



Autism and Social Communication Advisory Team

Exploring Autism for Parents and Carers

A new and updated programme offering up to date thinking and links to research-based evidence for parent carers of autistic children

and young people.



Sessions to explore Autism and strategies to support acceptance, empowerment, and relationships in family life.

Are you a parent/carer of a child or young person, aged 8-16 years, who is autistic or on the social communication pathway and have not attended this course before?

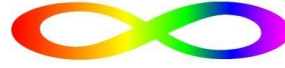
This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme is free of charge to families of children in West Sussex maintained schools and academies, at this time.

Course aims:

- to give a broad and balanced and positive view of how autism and social communication differences may impact on the child/young person's life and that of the family.
- to explore key practical strategies that can support autistic children.
- to provide a forum for families to share their experiences and expertise together.

Course outline:

The six sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. These recorded sessions can be watched when convenient to the family, followed by the one hour weekly group meeting. This provides opportunity to participate in discussions and ask questions via an online platform. We ask that parents attend each of these weekly online discussion groups.



In order for participants to fully benefit from this course we ask that they attend all sessions.

Topics covered by session:

Session 1: Autism Acceptance

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families.

Session 2: Communication

Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person.

Session 3: Sensory Needs

Consider how sensory information and experiences may be processed differently by those who are autistic, share strategies to help with sensory differences.

Session 4: Anxiety

Improve understanding of the signs of distress that autistic young people may display and consider approaches to support self-regulation.

Session 5: Social Thinking and Masking

Explore the differences autistic young people may have with socialising and developing relationships. Look at ways to develop social thinking, explore the idea and impact of masking.

Session 6: Adolescence and Independence

Consider ways to encourage independence and manage adolescence challenges including puberty, sensory impact and social differences.

<https://youtu.be/JgGPImJH8Ms>

Summer Holidays:
6.30pm – 7.30pm Dates TBC.

ASCT@westsussex.gov.uk

Please note there are a limited number of places on this course.

Family First

Family First
FREE | SUMMER 2024

KIDS EAT FREE THIS SUMMER

CLIMATE CHANGE challenges with The DadLab

Sizzling summer recipes from Annabel Karmel

Visit Dubai A magical family holiday

BEAR GRYLLS
on outdoor adventures, play and learning

Building a happier, healthier family lifestyle

Kids Eat FREE this Summer | Interview with Bear Grylls | A Magical Trip to Dubai | Mumsnet Q&A | Plus More!

[CLICK HERE To Read Our Latest Edition](#)

familyfirst.co.uk

@familyfirstuk

Teaching Opportunities



UNIVERSITY OF CHICHESTER
Ofsted Outstanding Provider

Want to make a real difference and inspire the next generation?

STUDY A PGCE AND BECOME A TEACHER

- Qualify as a primary or secondary teacher in just one year and start fulfilling your career.
- Gain the skills and experience to secure your first teaching job with qualified teacher status (QTS)
- We work with a range of excellent partnership schools across West and East Sussex, Hampshire, Isle of Wight and Surrey
- It's a well respected, varied and challenging career, where you can have a positive impact on the lives of young people
- It is not as expensive as you might think, and in some subjects, you can even get a bursary of up to £28,000
- Earn a qualification for life, where you are always in demand

To find out more contact:
+44 (0)1243 816090 | primaryPGCE@chi.ac.uk | secondaryPGCE@chi.ac.uk
#chiuni

TEF 2023 Teaching Excellence Framework

If you are interested in teaching, please come along to one of our Open Days:


- Saturday 22 June 2024
- Saturday 12 October 2024
- Friday 01 November 2024
- Saturday 23 November 2024

All the above events will run from 9.30 am - 3pm

You can also email Debs Wilkinson (d.wilkinson@chi.ac.uk) to talk about the primary courses and Jeremy Smith (j.smith@chi.ac.uk) to discuss the secondary route.

Mental Health Courses

Mind – West Sussex




West Sussex Mind

Did you know . . .

Our parenting support team offers a range of free training webinars to help parents and carers support their young person's mental health

Topics include:

- The adolescent brain.
- Support for parents and carers with children or young people that are self-harming.
- Emotionally based school avoidance.
- Supporting parents or carers with children and young people presenting with aggressive behaviour.
- Understanding anxiety in young people.
- Attachment: developing secure relationships between a child or young person and their primary care-giver.
- Self-soothing for children and young people.



We are here to help . . .

The Training Team at West Sussex Mind are here to help with all your training needs, whether you are a parent/carer or an organisation.

From free online sessions to bespoke training solutions on a variety of topics.

West Sussex Mind

[Click here to watch our Webinars](#)

Self-Harm Learning Network



We are pleased to be able to run this 1-hour webinar again in 2024, having provided an invaluable resource for professionals in 2022/23.

Do you want to increase your knowledge and feel more confident in the subject of self-harm?

West Sussex Mind and YMCA Downslink will be delivering a series of FREE self-harm webinars for professionals and volunteers who support children and young people who self-harm. These webinars are continuing from the previous self-harm learning networks'

The webinar will cover:

- The basics of self-harm knowledge
- What it means and who it affects
- The impact for workers
- Strategies, resources and signposting'

The course is delivered by an experienced facilitator and practitioner from YMCA Downslink Group in partnership with West Sussex MIND.

Whether you attended before and would like a refresher, or are joining for the first time, for course dates and to sign up



Self-Harm Learning Network

Self Harm, Eating Disorders and Body Dysmorphia

It is terrifying to discover that as well as having an eating disorder, the person you are supporting is also self harming. Self harm is very common alongside an eating disorder as it can be such an effective and immediate way of coping with overwhelming emotions that come with an eating disorder. Self harm can appear at any stage of treatment or recovery. Very often it is at transition stages due to the distress of the eating disorder voice fighting back. This might be at diagnosis, shortly after admission to in patient care, or in the later stages of recovery. Whenever it appears there is no doubt that it is very distressing for all those in a supporting role to witness. Body dysmorphia can also be a crippling feature of an eating disorder that can also trigger self harm

We will run the same session twice this year.



Tuesday 8 October 10.00am – 1.00pm



HAF Sessions and Activities



HAF SESSIONS

Summer 2024

SUMMER is sorted!
The Juno Project is running wellbeing workshops for girls!

Where - Horsham Park Barn

When - The 1st/8th/15th and 20th of August

Dive into a world of creativity, relaxation, and self-discovery with activities like making your own self care box or pampering yourself with DIY face packs. It's all about you, friends, and having a blast while boosting your wellbeing....

Ask your parent/carer to book on the WSCC HAF booking system or contact us on the details below!

100% free to children in receipt of benefits related free school meals
OR
£35 per session
Contact - 07838 607155/admin@thejunoproject.co.uk



"Nothing much happens around here..."

"Finally, something fun that is just for girls!"

SUMMER HAF Adventures  **FREE!** for children aged 6-16 on benefit related free school meals



**#Fun
#Friendship
#Adventure**

Adventure activities from Archery to Zorb with some climbing in the middle.

SAC SummerAdventureCamp.co.uk

BOOK NOW

- Cardinal Newman School in Hove
- East Grinstead Sports Club
- The Mill Academy Crawley

SUMMER JUNIOR Adventures  For children aged 6-16 with parents paying by CHILDREN'S VOUCHERS / card / bacs.



**#Fun
#Friendship
#Adventure**

Adventure activities from Archery to Zorb with some climbing in the middle.

SAC SummerAdventureCamp.co.uk

BOOK NOW

- Cardinal Newman School in Hove
- East Grinstead Sports Club
- The Mill Academy Crawley

Sixth Form and Higher Education Opportunities

Job Vacancies

We're Hiring

Full-time jobs available in the Easter and Summer holidays on our multi-activity camps

APPLY ONLINE



Scan me to apply!

 **PIED PIPER HOLIDAY ACTIVITIES**

Creating wonderful childhood memories...

piedpiperactivities.co.uk

LIFEGUARD VACANCIES £15.00 an hour
16yrs+, Full Training Paid
 Required Sundays 12:00-16:00
 & adhoc in School Holidays



We require lifeguards 16yrs+ for our enclosed pool.
 The pool is 15m x 4.5m and can accommodate up to 20 bathers.
 All training paid.

Please call us on 01342 892219
 or email varter@ststephens.surrey.sch.uk

Want to be a lifeguard?
 Please call us on 01342 892219 or email varter@ststephens.surrey.sch.uk

Already a qualified lifeguard?
 ALL lifeguard qualifications are deemed acceptable to be a lifeguard at our pool.
 Please call us on 01342 892219 or email varter@ststephens.surrey.sch.uk

External Clubs and Services

Girls Rugby and Cricket

JOIN US FOR SUMMER SESSIONS
GIRLS@EGRFC.COM
girls non-contact rugby training

LEARN THE GAME!

U6 - U16
FITNESS & FUN

EVERY WEDNESDAY @ 6.30 - 7.30 PM
EAST GRINSTEAD RUGBY FOOTBALL CLUB

email for info: juniors@eastgrinsteadcc.co.uk

Girls Cricket U9-U14s
starts Wed 17th April 5-6:30pm
at East Grinstead Sports Club

U12s Football

UNDER 12's - 24/25 SEASON CALL FOR PLAYERS.
CURRENT AGE - SCHOOL YEAR 6 (GOING INTO YEAR 7)

Would your child like to be part of a mixed football team dedicated to achieving the best results in an established league?

Since founding in 2022, East Grinstead Town FC U12s have grown to be able to field 2 teams for the 24/25 season and are looking for players with a good understanding of the game and commitment to strengthen their Black and Amber teams.

The Ambers are preparing for a 3rd season following previous successful campaigns in both league and cup competitions.

The Blacks are looking to build on their experience and commitment in readiness for success in their first season.

With both teams playing 9 a-side football in the Horsham and District Youth Football League, we are actively encouraging new players to join us for training sessions ahead of pre-season trials for the upcoming season for both teams.

Training is currently held on Thursday at 5:30pm at Kings Centre, Moat Road, East Grinstead.

If your child is interested or you would like further information, please contact:

- Ted Symes (Ambers Manager) Tel: 07903 491818
- Tom Butcher (Blacks Manager) Tel: 07514 575378

<https://www.egtfc.co.uk>

U14s Football

FOREST ROW JFC
UNDER 14S

PLAYERS WANTED

LOOKING FOR PLAYERS TO JOIN US FOR THE COMING 2024 - 2025 SEASON.

ALL POSITIONS & ABILITIES ARE WELCOME.

FA QUALIFIED COACHES

FOR MORE INFORMATION

ANDERSON2445@ICLOUD.COM

07508535541

Shalesbrook Ln, Forest Row RH18 5LS

U16s Football



U16 PLAYERS NEEDED FOR 2024/25

Cuckfield Cosmos FC are looking for confident, talented and reliable U16 players for the 2024/25 season.

We play in Division 2 of the Mid Sussex Sunday Youth League with matches on Sundays and training on Saturday mornings.

Perhaps your current team is folding? Are you not getting much match time? Have you recently moved to the area?

If you are looking for a new challenge, please get in touch with Graeme.

Tel: 07821 759804

Email: cuckfieldcosmosgm@gmail.com

TC1 Coaching Ltd

TOMCOLLINS
TC1
FOOTBALL SCHOOL

SUMMER CAMPS

SUSSEX- TRAIN LIKE A PRO FOR THE DAY!!

WORTHING-

St Oscar Romero Catholic School

- Thursday 1st August
- Thursday 29th August

PRICE-
£20 per day
£30 early drop off

TIMINGS-
9:30am-3pm (normal)
8:30am-3pm (early drop off)

AGES-
5-16

SECURE YOUR SLOT NOW-

admin@tc1coaching.com

PROFESSIONAL GOALKEEPER SESSIONS

LOCATION
St Oscar Romero Catholic School Field, BN12 5AF

TOMCOLLINS
TC1
FOOTBALL SCHOOL

Come and train with professional goalkeeper and coach Brad House.

Goalkeeping is a specialised position, to succeed in the position you need to be doing the extras that others aren't prepared to do. Get in contact to take your first steps to success!!

admin@tc1coaching.com [tc1coaching_sussex](https://www.instagram.com/tc1coaching_sussex)

TOMCOLLINS
TC1
FOOTBALL SCHOOL

WORTHING GK GROUP SESSIONS

COACH- BRAD HOUSE
LOCATION- ST OSCAR ROMERO CATHOLIC SCHOOL
NIGHT- MONDAY NIGHTS
AGE GROUPS- 6-10 years (5-5:45pm)
11-16 years (6:30-7:15pm)
GROUP SIZES- 8 PER COACH

COME AND TRAIN WITH OUR PROFESSIONAL COACHING STAFF AT TC1. TAKE YOUR GAME TO THE NEXT LEVEL BY WORKING IN DEPTH ON YOUR GAME WITH A STRUCTURED SESSION BLOCK TO HIT ALL AREAS. FROM PITCH BASED WORK TO VISUAL TRAINING, WE COVER IT ALL.

GET IN CONTACT TO GAIN THAT EXTRA 1% EACH WEEK. FINE MARGINS TO DRIVE HIGHER STANDARDS.

[tc1coaching_sussex](https://www.instagram.com/tc1coaching_sussex)
admin@tc1coaching.com

TAKE THE FIRST STEPS TO SUCCESS

Hockey



EAST GRINSTEAD HOCKEY CLUB

01 ELITE COACHING FROM PREMIER LEAGUE AND INTERNATIONAL PLAYERS

02 SPECIALIZED GOALKEEPER PROGRAM WITH KAI ZAOUI

03 NEW INDOOR HOCKEY PROGRAM

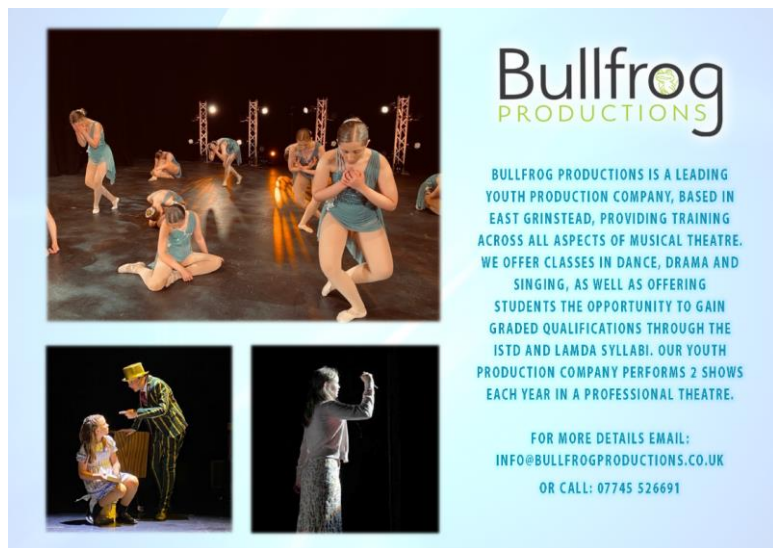
04 INNOVATIVE COACHING PROGRAMS AND SYLLABUS

05 FUN, TEAMWORK & COMMITMENT

COME JOIN US

please contact juniors@eghockey.co.uk

Youth Production and Dance Lessons



Bullfrog PRODUCTIONS

BULLFROG PRODUCTIONS IS A LEADING YOUTH PRODUCTION COMPANY, BASED IN EAST GRINSTEAD, PROVIDING TRAINING ACROSS ALL ASPECTS OF MUSICAL THEATRE. WE OFFER CLASSES IN DANCE, DRAMA AND SINGING, AS WELL AS OFFERING STUDENTS THE OPPORTUNITY TO GAIN GRADED QUALIFICATIONS THROUGH THE ISTD AND LAMDA SYLLABI. OUR YOUTH PRODUCTION COMPANY PERFORMS 2 SHOWS EACH YEAR IN A PROFESSIONAL THEATRE.

FOR MORE DETAILS EMAIL:
INFO@BULLFROGPRODUCTIONS.CO.UK
 OR CALL: 07745 526691



STAGE COACH

SUMMER WORKSHOP

STAGECOACH EAST GRINSTEAD

5 - 9 AUGUST

IMBERHORNE UPPER SCHOOL
 IMBERHORNE LANE
 EAST GRINSTEAD
 WEST SUSSEX, RH10 1NY

Our summer holiday workshop is perfect for children aged 7-18 years who love to sing, dance and act!

As well as focusing on a performance for family and friends, our students make new friends, gain confidence, and learn lots of new skills.

Age: 7- 18 years
 Time: Mon - Fri, 09.45 - 15.45 Performance: Fri, 15.00
 Cost: £180 (£160 Sibling)

FIND OUT MORE



TRAFALGAR

Stagecoach Performing Arts Schools are operated under licence and are independent of the Trafalgar Group. All other trademarks are the registered trademarks of Trafalgar Performing Arts Centre.

@ ln fb X

Youth Club – East Grinstead



SUNNYSIDE YOUTH CLUB

FROM SEPTEMBER 12TH EVERY THURSDAY 6:30PM-8:30PM

10-13 YEAR OLDS

SUNNYSIDE BARN DUNNINGSD ROAD

FREE!

For more information contact youthclub@eastgrinstead.gov.uk

Self Defence Classes



Annabel Larkin
PROVIDING A COMPLETE PERSONAL
SAFETY EDUCATION
ActivelySafe

Phone: 07738007841

Website: www.activelysafe.co.uk

“ My son recently attended Annabel’s self defence workshop and he thoroughly enjoyed it. She supported the children with their confidence and gave them the tools and knowledge of how to defend themselves. Excellent workshop, very professional and highly recommend. ”

External Events



Kids and Youth’s

Summer Holiday club

29th July to 2nd August and 19th to 23rd August

Martial arts focus training

Kinetics fight academy are offering two (5 day) holiday clubs at the beginning and end of the summer holidays. Great way

to keep your kids and youth’s active over the summer with

Martial arts focus training including Boxing, Thai boxing,

MMA and Jiu-Jitsu as well as lots of fun and games.

Open to members and Non-Members 4-15 year olds

£40 a day 9am-3pm or £25 for half a day 9am-12pm

Any enquiries or to book email - Donna@kfagym.com



Summer Fun Day and Classic Car Display

📅 21 JULY

🕒 11am - 4pm

📍 United Kingdom Cat Centre
Chelwood Gate
RH17 7DE (A275)

A great family day out with FREE entry!
Classic car display. Tractor trailer rides.
Craft stalls. Bar. Live Band. Food. Behind
the scenes tour of the cattery. Fun Games.
Entertainment. Raffle. Dog show.
Fairground and much more!

Find out more by scanning the QR code
or by visiting <https://cats.org.uk/ncac>



United Kingdom Cat Centre
cats.org.uk | cats.org.uk/ncac
01825 572850 | cattery.reception@cats.org.uk
🇬🇧 UK Cat Centre 📷 @catsprotectionUK 📺 @CatCentreUK



Cats Protection is a registered charity 202844 (England and Wales) 4020771 (Scotland) and is listed as a Section 162 enterprise by the Charity Commission of Northern Ireland. | RFL 2563

**AUDIOACTIVE
RAP CYPHER TOUR**

BURGESS HILL
FAIRFIELD REC
WEDNESDAYS
24th July - 7th August
1.30-3.30PM

HAYWARDS HEATH
VICTORIA PARK
THURSDAYS
1st, 8th, 28th August
1.30-3.30PM

EAST GRINSTEAD
KINGS PLAYING FIELD
THURSDAYS
15th, 22nd, 29th August

MID SUSSEX PARTNERSHIP
Working together
for a better future

west sussex county council

Volunteers Needed

We are looking for volunteers aged 14+ to help us run the Summer Reading Challenge in libraries:

- Help families sign up online to take part.
- Listen to children talk about books they have read.
- Hand out rewards and encourage children to keep reading.

If you're interested, we'd love to hear from you!
Find out more and apply online at
www.westsussex.gov.uk/src

West Sussex Library Service

THE READING AGENCY

<https://arena.westsussex.gov.uk>

We are looking for volunteers aged 14+ to support the Summer Reading Challenge 2024.

This role involves registering families to take part, listening to the children talk about the books they have been reading and handing out rewards. Induction training will be provided, as well as continuing support from staff at East Grinstead library. If you are interested more information and details on how to apply can be found here: <https://www.westsussex.gov.uk/src>.

It's a great way for students to build confidence and meet new people, as well as looking excellent on university and job applications.

Host Families

My name is Rhianne Newton, and I am the local coordinator in Lingfield for LEC, a French company that has been organising language stays for students for over 50 years. These programs are not only financially rewarding for host families but also offer a rich cultural exchange for their own family.

This summer, we are excited to welcome 30 French students, aged 11 to 17, to our area. We are currently seeking local families who are interested in hosting these students. Hosting provides a wonderful opportunity to engage in a cultural exchange that benefits both the student and the host family, allowing for the sharing of language skills and cultural insights.

If you would be interested in taking part in this experience, please contact me for more information. I look forward to any support you can provide.

I look forward to hearing from you.

Rhianne Newton

Lingfield LEC Local Coordination

Phone: 07951288673

Facebook: @languagehomestaykent



Sea Cadet Unit – East Grinstead

There is a new Sea Cadet unit that has recently opened in East Grinstead and is looking for new children to join as cadets.

Below is some information about Sea Cadets and how students can benefit from the experiences that we provide outside the classroom environment.

What We Do:

Sea Cadets provides children aged 9-18 a huge variety of activities based on the themes and customs of today's Royal Navy. From STEM, first aid and navigation to water activities such as sailing, kayaking and powerboating. Today 14,000 young people based in over 400 units across the UK are being developed into resourceful and independent young adults outside the classroom environment supported by 9,000 dedicated volunteers.

Below is our Outcomes Framework that will give you a bit more of idea about the instant and long-term benefits young people can get from joining Sea Cadets. There is also a more detailed [overview](#) of Sea Cadets as well as a [leaflet](#).

For more information, please follow the link to our website:

www.sea-cadets.org

Freya Peachey

Growth & Development Worker

Marine Society & Sea Cadets

