



Sackville School

TOGETHER WE ACHIEVE



Families Bulletin

Monday 3 February to Friday 7 February 2025

HEADTEACHER'S MESSAGE

Dear Families

It was a pleasure to speak with so many parents and carers of Year 9 students this week at their Consultation Evening. This is a crucial stage in their education as they approach the end of Key Stage 3 and begin considering their options for the next two years. That process is now well underway, and we look forward to supporting them through this exciting transition.

Year 11 students in Performing Arts and Food Technology have been sitting practical exams over the past couple of weeks, and they should be incredibly proud of their efforts. Their hard work and dedication will no doubt pay off in the summer term.

You may have heard the buzz around one of our exciting new Community Competitions this week, as students from each Community have been battling it out on the Bench Ball pitch. At the time of writing, the winners are still unknown, but as we all know, it is the participation that truly matters (though do not tell the Community Leaders this!) Seeing the students' enthusiasm, teamwork, and camaraderie has been fantastic. Our new Community Competitions and Events Coordinator, Mrs Richards, will be providing regular updates on how each Community is performing, so watch this space for news as the year unfolds.

Finally, I am excited to say that tickets are now on sale for our school show which this year is Footloose. The students and staff have been working incredibly hard on what I know will be yet another outstanding show. See below for further details and how to get your hands on tickets before they all sell out.

Have a wonderful weekend

Jo Meloni
Headteacher

Week: B

Timetable: 3 + 2

Hot Choc With The Head

It was a pleasure to stand in for Ms Meloni this week and have hot chocolate with the Holmes community and strangely two members of our Sixth form from the Turing community (Spys I think!). It was great to hear about their achievements and the great work they had done for their community charity. Well done to all!

Mr Paul Street
Deputy Headteacher



Key Dates

Tuesday 4 February 2025

Thursday 6 February 2025

Thursday 6 February - Saturday 8 February 2025

Wednesday 12, Thursday 13 and Friday 14 February 2025

Thursday 13 February 2025

Friday 14 February - Saturday 22 February 2025

Monday 17 February - 21 February 2025

Thursday 27 February 2025

Friday 28 February 2025

Thursday 6 March 2025

Year 11 Art Trip to the Tate Modern

Autism in School Forum 7.30-8.30pm - **Online**

Find It Out Thursday - [Construction](#)

Year 10 History and German Trip to Berlin

SCHOOL SHOW - Footloose

Find It Out Thursday - [Engineering](#)

Ski Trip to Tonale, Italy

HALF TERM

Year 7 Consultation Evening

Year 12 Trip to Pinewood Studios

Year 9 Options Evening - **Revised Date from 30 January 2025**

School Show - Footloose



Tickets for this year's show are now on sale, they can be booked here. It is proving very popular and a lot of tickets have already gone, so do not miss out....

Tickets can be purchased [here](#).

Safeguarding

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

Safeguarding Leads:

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 Team:

Mr Endersby - jendersby@sackvilleschool.org.uk

Mrs Hunt - shunt@sackvilleschool.org.uk

Mr Pearson - jpearson@sackvilleschool.org.uk

Mrs Valentine - hvalentine@sackvilleschool.org.uk

Mr Dupoy - jdupoy@sackvilleschool.org.uk

Mr Cowlin - pcowlin@sackvilleschool.org.uk

Mrs Bull - sbull@sackvilleschool.org.uk

Mr Vallally-Godfrey - avallallygodfrey@sackvilleschool.org.uk

MAMHET

MULTI-AGENCY MENTAL HEALTH EDUCATION TRIAGE (MAMHET) The MAMHET brings together professionals to help identify and respond to presentations of children in mainstream secondary schools and Alternative Provision Colleges (WSAPC) where the school are concerned about the child's emotional health and the potential risk of suicide.

Please follow the link to read about the referral pathway: [MAMHET](#)



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 CP Officer	 Mrs Flude - Welfare Officer
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Additional members of our Safeguarding Team

 Mr Endersby CTL PE	 Mrs Hunt SENCO	 Mr Pearson - CL Bursar/PA	 Mrs Valentine Head of 6th form
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...you feel down or sad

...something is bothering you

Talk to one of your Safeguarding team or email: safeguarding@sackvilleschool.org.uk if...

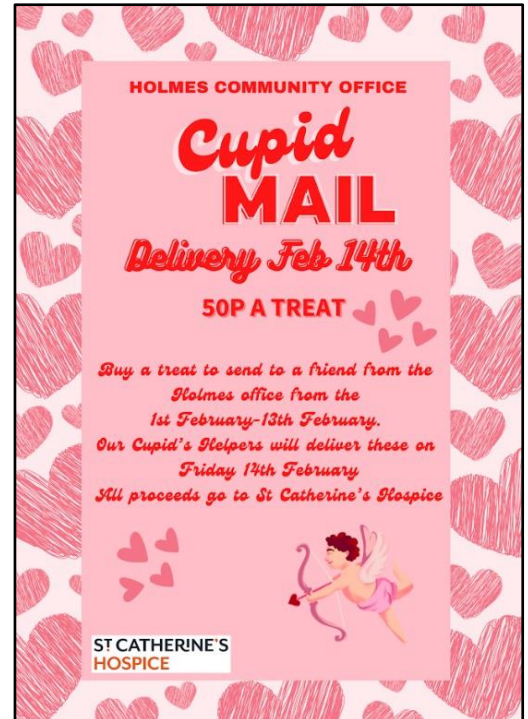
...you are worried about a friend

 Mr Dupoy - Deputy Head of 6th form	 Mr Cowlin Deputy Head	 Mrs Bull - 6th form Pastoral Support	 Mr Vallally-Godfrey CTL Computing
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...you are worrying about something at home

Notice Board

- **Holmes Fundraising** - We will be holding our next fundraising event this term in the last two weeks of term, with all money raised going to St Catherine's Hospice.
- **Community Hub** - Those children and families that are not eligible for FSM will be able to access urgent support for food via the West Sussex County Council Community Hub. The Community Hub can be contacted on **0330 222 7980** and is open 09.00am – 5.00pm, seven days a week (except bank holidays, when they are open between 10.00am – 2.00pm).



Current Vacancies

We have two support staff roles available at the moment. If you would be interested in any of the following or know anyone else who may be, please call Katie Dawson, Headteacher's PA for more information, or apply directly following these links:

- [Exam Invigilators](#)
- [Cover Supervisor](#)

Extra Curricular Activities

[Spring 2025 Term](#)

Sackville News

For all the latest news here at Sackville, follow the link below to the news section of our website -

[Sackville News](#)

We also publish a half termly newsletter and the latest edition can be seen here [Sackville Newsletter Part 1](#) and [Part 2](#). Next publication date: **W/B 14 February, 2025**.

Year 11 and 13 Exam Information

Please find the schedule for our upcoming Year 11 and 13 mocks below.

Year 13 - February 2025					
TIME	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
08:45	Business 1 - 2hrs	Economics - 2 hours	Business 2 - 2hrs	Core Maths 1 - 1hr 45mins	Geography - 2hr 15mins
	Chemistry 1 - 1hr 45mins	English Language 1 - 2hr 30mins	Chemistry 2 - 1hr 45mins	English Language 2 - 2hr 30mins	Physics - 2hrs
	English Literature 1 - 2hr 30mins	T&T 1 - 1hr 30mins	English Literature 2 - 3hrs	T&T (yr12) - 1hr 30mins	PE 2 - 2hr
	DT 1 - 2hr 30mins	Philosophy 1 - 3hrs	DT 2 - 1hr 30mins	Philosophy 2 - 3hrs	Film Studies - 2hr 30 mins
	Spanish/French listening & reading - 2hrs				Criminology - 1hr
	YR 12 English Language - 1hr 45min			Spanish/French writing - 2hr 40mins	
13:00	Biology 1 - 2hr 15mins	Psychology 1 - 2hr	Biology 2 - 1hr 30mins	Psychology 2 - 2hr	Applied Science (yr12) - 1hr 30mins
	Law 1 - 1hr 30mins	Politics 1 - 2hrs	Law 2 - 1hr 30mins	Politics 2 - 2hrs	Further maths 3 - 1hr 30mins
	Maths 1 - 2hrs	PE 1 - 2hr		Maths 2 - 1hr 30mins	HSC - 1hr 30mins
	Further maths 1 - 1hr 30mins	Yr12 HSC - 1hr 30mins	Further maths 2 - 1hr 30mins	Yr12 Child Dev - level 2 1hr 30mins	Law 3 - 1hr 30mins
	History 1 - 1hr 30mins		History 2 - 2hr 30mins		Core Maths 2 - 1hr 45mins

Resolved clashes will be confirmed on students individual timetables
Monday 9th February 2025 - Catch up session B01

Year 11- February/March 2025					
TIME	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
08:45	English Literature - 1hr 45mins	Maths 1 - non calc - 1hr 30mins	Physics	English Language - 1hr 45mins	Chemistry
			Foundation/higher - 1hr 15mins		Foundation/higher 1hr 15mins
			Triple Physics - 1hr 45mins		Triple Chemistry 1hr 45mins
13:00	MFL writing	History 1 - 1hr 20mins	Catering & Hospitality - 1hr 20mins	Computer Science 1 - 1hr	Geography - 1hr 30mins
	Foundation - 1hr 15mins		Sociology - 1h 45mins	PE 1 - 1hr 15mins	
	Higher - 1hr 20 mins				Timetabled clash students

TIME	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
08:45	DT - 2hrs	Maths 2 - calc - 1hr 30mins	Health & Social Care - 2hrs	Biology	Maths 3 - calc - 1hr 30mins
	Drama - 1hr 45mins		Imedia - 1hr 30mins	Foundation/higher - 1hr 15mins	
	Film Studies - 1hr 30mins		PE 2 - 1hr 15mins	Triple Biology - 1hr 45mins	
13:00	History 2 - 1hr 30mins	MFL reading	Business - 1hr 45mins	B&V - 1hr 20mins	Computer Science 2 - 1hr
		Foundation - 45mins			
		Higher - 1hr			Timetabled clash students

Resolved clashes will be confirmed on students individual timetables
Monday 10th March 2025 - catch up session - prioritise core subjects

If you have any questions or concerns, please email the exam team - examsstaff@mysackville.co.uk.

Sixth Form News

Year 13 embarks next week upon their final set of Sixth Form mock exams. We wish all our Year 13 students the best of luck. The exams will run from Monday 3 February - Friday 7 February. As a result of these mock examinations, the school day will run on 3+2 timings.

We want to congratulate our Year 13 students on submitting their high quality UCAS applications. Thanks go to Mrs Bush (UCAS Leader) and all Year 13 form tutors involved in this rewarding yet time consuming process of submitting 90 applications. Students are already excited by their offers coming in and working hard to secure the grades.

This is a chance for students to explore different professions and learn from people that are in that industry.

Each week a different professional comes in to talk to students about the different aspects of their job, how they entered that industry, the skills and qualifications required and the different routes available to students thinking of joining that sector. Students have the opportunity to ask those in the know and get first hand information.

Students are able to sign up for one talk each half term so please encourage them to sign up using the google form shared with them and take advantage of this opportunity. [Link](#)



Time table for next half term

Next half term we are lucky enough to have the following people coming in to speak to students

- | | | |
|------------------|---|---|
| 6 February 2025 | - | Construction
Learn about the opportunities that are open to you in the construction industry. A representative from Morgan Sindal is coming in to explain what the construction industry encompasses and the huge range of roles that it covers . |
| 13 February 2025 | - | Engineering
Hamilton Jet are a local company that produces one of the most innovative and advanced marine propulsion system. Come and find out what opportunities could be for you. |

If you or someone you know would be willing to come in and speak to students about your profession, how you joined it, what qualifications and routes there are open to people. Hearing from people that are doing it day to day is invaluable to students while they explore options open to them. If you would be willing to come in and inspire the younger generation please contact Helen Smith on hsmith@sackvilleschool.org.uk.

This hands-on event is open to students aged 14 and over and offers a fantastic opportunity to experience life on a land-based campus. From getting up close with our animals to exploring the world of agriculture and environmental studies, this day is designed to inspire and inform students about the diverse and rewarding careers in the land-based industries.

Our sessions include: Agriculture, Animal Care, Blacksmithing, Equine, Furniture Making, Upholstery, Gardening and Landscaping (Horticulture) and Tree Surgery (Arboriculture)



Thales January 2025 Newsletter can be found [here](#)

CAREERS IN CONSERVATION

WHO WE ARE

Operation Wallacea has run biodiversity research expeditions for the last 30 years to a series of biodiversity hotspots worldwide. Since 1995 we have been helping university students from around the world gain valuable experience and get their hands dirty with real biodiversity research! We work with a network of over 200 academics leading cutting edge research projects that help to inform local conservation management strategies. Over the 30 years that Opwall have been running expeditions, volunteers have contributed to:

- the discovery of 61 species new to science
- published over 670+ academic papers in peer-review journals
- helped to create 6 Protected Areas and National Parks all over the world

Join our free talk on 27th January at 6pm to gain a comprehensive guide on the various routes into a career in wildlife conservation and the different jobs available in the sector:

The talk is a great chance to hear all about why you might want to consider a future in the field of wildlife conservation or research, if you're unsure of what you want to do. The talk will also cover the skills needed and how to go about getting as much experience as possible. After the short talk, we will open the floor to questions for our amazing panel of experts.

For more information on Operation Wallacea, you can visit the website at: opwall.com
 You can also sign up for any other online talk at: opwall.com/free-webinar

Many thanks and we hope to see you soon!
 The Opwall Team

Click [here](#) to register

An Opportunity for Year 9 and 10 students

Routes into STEM Virtual Experience 2024/25

The Routes into STEM Virtual course gives young people access to key information on different STEM pathways including STEM education, STEM careers and apprenticeships.

Who is it for?

Students in Year 9 or 10 / S3 or S4 / equivalent who are interested in exploring a career in STEM

What's involved?

- Approximately 20 hours of study virtually at a pace that suits you
- Hear from current and previous students about what studying STEM at college and university is like
- Hear from hiring managers what they look for in applications and interviews
- In our interactive live sessions, you will get the chance to ask questions of a variety of STEM professionals from those who have just been through the early careers process as apprentices, interns and graduates to those who have an established STEM careers and what their journey has been.

What do you get out of it?

- A chance to find out about different Routes into STEM careers from industry experts, college and university leaders as well as young people who are currently on that path
- Projects include: a Biopharm challenge from GSK, a Design challenge from Balfour Beatty, a sustainable lab challenge from Avantor and many more exciting challenges in all aspects of STEM
- You will learn about your career skills and how you could write about this in your CV/ Personal Statement and/or Application form
- Once completed you will receive an Industrial Cadets Bronze Award


When is it?

The course will run over 4 weeks (4th– 25th April 2025) with live sessions during the Easter break (14th– 17th April 2025)


Cost

The total cost for this programme is £80. Bursaries are also available to those students who may not otherwise be able to apply. Please indicate on your application form if you are interested in a Bursary

To apply, please visit our website [here](#) or scan the QR code.



EDT Industrial Cadets www.etrust.org.uk



Open Event Details

East Surrey College


Tuesday 25 February from 5:00 - 7:30pm
 Thursday 26 June from 5:00 - 7:30pm

On the day you can:

- Attend presentations including: The Principal's Welcome Talk, Apprenticeships, T Levels and Higher Education
- Chat 1:1 with our tutors across a range of Full-time and Part-time courses
- Enjoy a guided tour of our state-of-the-art facilities
- Discover more about Apprenticeships, Higher Education and T Levels
- Speak to specialist advisers to discuss Additional Learning Support
- Talk to our finance and bursary advisers for up-to-date advice on Financial Support
- Find out more about our exciting new GCSE re-sit programme and Animal Management Level 1 course.

Please use this [link](#) to book a ticket for 25 February
 Please use this [link](#) to book a ticket for 26 June

Thales - Crawley




Invitation to Thales Crawley Insight Event – 12 February 2025

Would you like to learn more about the Thales apprenticeships? If so, join us for the Crawley Insight Event on Wednesday 12 February.

The Crawley Thales UK Insight evening will give you the opportunity to learn about our different business areas and what our apprenticeship programmes can offer you. Come and meet some of our current apprentices and find out what it is really like to be an apprentice at Thales. Our Early Careers team will also be there to give you advice on the application process and assessment centres and answer any questions you may have. Representatives from Warwick University and Crawley College will also be on hand to offer advice and answer questions.

This event is for anyone interested in an apprenticeship with Thales, either ready to apply now for our September 2025 intake, or for future years.

Entrance is by invitation only, and we are only able to accept ticket requests from a school email address.



The following time slots will be available:

- Session One 17.00 – 17.45
- Session Two 18.00 – 18.45
- Session Three 19.00 – 19.45

To register for tickets please follow the link: <https://www.eventbrite.co.uk/e/thales-crawley-apprenticeship-insight-event-12-february-2025-tickets-1153258068929?aff=oddid:creator> or scan the QR code above.

This event is by invitation only. Spaces are restricted so tickets will be issued on a first come first served basis. For any enquiries please contact support@car@uk.thalesgroup.com

Due to our strict security requirements, all attendees must be registered in advance, have photo ID, only arrive during the designated time slot and only register for one slot. We will also be operating a no bags policy on the night.

We have a range of apprenticeship roles available, for more details and to apply, please follow the link <https://careers.thalesgroup.com/global/en/search-results?keywords=2025%20apprentice>

For more information about roles this year or future years, we have a graduate and apprentice future talent platform, where our future talent can engage with digital buddies and access information about Thales. Buddies will be able to offer insights on our roles, share information on what it's like to work at Thales and help develop their skills and knowledge on how to make a good application, as well as how to best perform at an assessment centre. To register scan the QR code



Welcome to Thales Future Talent Connect platform.



Homework In Science - Year 7-11 Students

Homework in Science for Y7-11 is now being set using an online platform called Carousel Learning. Your child's Science teacher(s) will be setting regular Carousel Learning homework, and may also set other homework in addition to this (e.g. past paper exam questions).

Your child will be set homework viewable on the MCAS and student app, with a link to click to take them through to their Carousel Learning homework task.

They do not require a username or password to access the website, they simply log in using their name.

Below is a guide on how best to support your child with getting the most from this platform. Please note we endeavour to leave a reasonable period of time between homework being set and due, but in some cases this may be less than a week, in which case the suggested schedule below will need to be shortened.

The QR code will take you to this website [Boost Your Memory and Improve Results: an introduction to Carousel for students](#)

Five ways to support your child with their Carousel homework

Carousel is an online quizzing platform that we use for homework. Students have access to question and answer flashcards which they use independently to learn important knowledge and then complete a quiz to test their knowledge.

Flashcard revise → Take quiz → Student mark → Teacher mark

As time goes on, students will learn more and more in school. In order to make sure they don't forget all this information, Carousel uses evidence-based strategies to help strengthen their memories over the long term.

- 1** The best way to use Carousel is over time, not just all in one evening. Instead of doing all the work the night before it is due, make sure students do one short round of flashcards on one day, another round of flashcards on another day and the quiz on a third day. As much as possible, they should spread it out. For example:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teacher sets homework	5-10 mins flashcards	10-15 mins flashcards	Quiz + mark	5-10 mins flashcards	Retake quiz	Homework due
- 2** When they are doing the flashcards, make sure they are speaking out or writing down their answers, rather than just thinking about it in their heads.
- 3** Ask them some questions from the flashcards and make sure that their answers are the same (or very similar to) the flashcard answers.
- 4** Mark their quiz with them and make sure they are being honest about what they got right and wrong.
- 5** Make sure that if they get less than 80% on the quiz, they go back to the flashcards first, and then retake the quiz.

SCAN FOR VIDEO

Carousel Learning Ltd • Co. No. 12802855 • www.carousel-learning.com • hello@carousel-learning.com

Andy Blackmore

Curriculum Team Leader for Science

ablackmore@sackvilleschool.org.uk

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

Just a reminder of the following vaccination dates for this year as below:

Monday 3 February 2025 - Meningitis ACWY and Td/Pv for Year 9 (x2 vaccinations one in each arm)

Friday 11 July 2025 - HPV vaccination for Year 8

The consent will be online and details will be sent out 4-6 weeks prior to these dates. If you have any queries please contact the immunisation team on 01273 696011 ext 2043.

Lost Property



Please could you ensure that all items of school uniform, PE kits and pencil cases are labelled. This will make reuniting property a lot faster, easier and more successful.

We are trialling a new system to help get unlabelled lost property back to students, we have a google document that is updated regularly with any garments that find their way to the lost property, if you believe an item is something you are looking for, please contact Mrs Hill (shill@sackvilleschool.org.uk).

[Lost Property Itinerary](#) - as of Friday 31 January 2025.

We advise that if students ever lose any uniform or property then they should visit their community office after they have checked with Mrs Hill if their property has been handed in.

Job Opportunities

COME AND JOIN OUR COACHING TRAINING PROGRAM

WANT TO LEARN TO COACH?

AVAILABLE TO...

- ✓ Those who love working with kids
- ✓ Individuals who are committed and dedicated
- ✓ Anyone aged 13+ eager to learn coaching skills
- ✓ People looking to build leadership and communication skills
- ✓ Anyone passionate about inspiring and motivating others

OUR LOCATIONS:

- HALSTEAD
- SHIRLEY
- EDENBRIDGE
- EAST GRINSTEAD
- TUNBRIDGE WELLS
- CRYSTAL PALACE

OUR GYMSTAR PROGRAM FEATURES THREE EXCITING LEVELS: BRONZE, SILVER, AND GOLD!

To progress through each level, you'll need to earn 350 points by completing tasks outlined in your personalised booklet.

The best part? You get to choose your own reward, with the value increasing as you advance through the levels. Get ready to challenge yourself and celebrate your achievements!

GYMSPiRE Academy

SCAN ME

and find the 'careers' page Email: jo@gymspireacademy.com for more information

External Clubs, Services and Events

Mind Parenting Course - West Sussex

Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.

West Sussex  **Parenting Peer Support Drop-ins Winter/Spring Timetable**

Come and join us in:

Worthing
The Gateway, 8-10 Durrington Lane, Worthing, BN13 2QG
13:00 - 14:00
• Tues 18th Feb
• Tues 18th March

Bognor Regis
Arun West Family Hub, Laburnum Grove, Bognor Regis PO22 9HT
11:00-12:00
• Thurs 12th Feb
• Thurs 13th March

Crawley
Bewbush Family Centre, Dorsten Square, Crawley RH11 8XW
10:00-11:00
• Tues 11th Feb

Horsham
iRock, Hurst Cafe, Hurst Road, Horsham RH12 2DN
13:00 - 14:00
• Tues 4th Feb
• Tues 4th March

Lancing
Lancing Parish Hall, South Street, Lancing BN15 8AJ
13:30-14:30
• Wed 5th Feb
• Wed 5th March

Please feel free to drop-in where we can chat and get you registered with the service.

Or to register yourself, please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5692 or email helppoint@westsussexmind.org

If you are a parent or carer to a child or young person who needs some support with their mental health, you may not know where to start and may need some support of your own.

We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.

The Parenting Support Service at West Sussex Mind has a lot to offer:

- Peer Support Groups- both during the day (in person) and in the evening (on-line)
- Monthly 'Expert by Experience' Guest Speaker Zoom evening sessions, covering topics such as Self-Harm, EBSA, Autism and mental health, Masking and more...
- 1:1 sessions with a Peer Support Worker
- Closed Facebook group; regular newsletters and access to training- e-learning and webinars (on the West Sussex Mind website).
- 5 week Parenting Mental Health Course

NEW  **FREE**

PARENTING MENTAL HEALTH COURSE

A 5 WEEK COURSE FOR PARENTS AND CARERS TO GAIN KNOWLEDGE AND UNDERSTANDING AROUND SUPPORTING CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH, OFFERING A SAFE SPACE TO REFLECT AND FIND PEER SUPPORT.

TOPICS INCLUDE SELF-ESTEEM, ANXIETY & EMOTIONS, COMMUNICATION AND MORE!

WORTHING - 24TH APRIL - 5TH JUNE (WEEKLY)
10AM-12NOON
8 -10 DURRINGTON LN, WORTHING BN13 2QG

CRAWLEY - 19TH JUNE - 17TH JULY (WEEKLY)
12:30-14:30
BEWBUSH CHILDREN & FAMILY CENTRE, DORSTEN SQUARE, CRAWLEY RH11 8XW

BOGNOR REGIS - 18TH SEP - 16TH OCT (WEEKLY)
10AM-12NOON
ARUN WEST FAMILY HUB, LABURNUM GROVE, BOGNOR REGIS PO22 9HT

REFRESHMENTS PROVIDED!

TO SECURE YOUR PLACE OR FOR MORE INFORMATION, PLEASE EMAIL:
[PARENTINGSUPPORT@WESTSUSSEXMIND.ORG](mailto:parentingsupport@westsussexmind.org)



FACE February Newsletter

Please find a [newsletter](#) here from FACE family advice, including dates for some support sessions.

Candlelit Concert

 **Ensemble REZA**

Candlelit Concert

"The superb music of Ensemble Reza wraps around you, leaving you in a better place."

Join us for an enchanting evening of classical music bathed in the warm glow of candlelight, featuring a glorious sextet arrangement of Haydn's Cello Concerto in C Major.

Ensemble Reza are a group of professional musicians based in Sussex with the shared ethos of bringing people of different ages and backgrounds together, changing lives through music.

Our popular candlelit concerts always sell out. To avoid disappointment we strongly advise you book your tickets well in advance.

MOZART STRING QUINTET in Bb MAJOR K. 174
HAYDN CELLO CONCERTO No. 1 in C MAJOR
BRAHMS STRING SEXTET No. 1 Op. 18

with soloist **Pavlos Carvalho**

SATURDAY 8TH FEBRUARY, 7PM
ST SWITHUN'S CHURCH, EAST GRINSTEAD
WWW.ENSEMBLEREZA.COM/EVENTS

Tickets: Full price: £20, £5 (18 & Under)

To avoid disappointment we strongly advise you book your tickets well in advance. Scan this QR code or visit us online.

WWW.ENSEMBLEREZA.COM
ENSEMBLE REZA - REGISTERED CHARITY NUMBER 1158708



Inter School Equestrian Event

Please find the link [here](#) for the poster offering information for this event on Sunday 23 March 2025 at Felbridge Showground, RH19 2NU

Kings Centre

BIG SISTER

A programme designed by girls, for girls to help them discover the journey of getting active together.

Free* or discounted membership at any Places Leisure centre for girls aged 9-15
*Proof of eligibility required

Want to join us? Here's what's included...

- Unlimited gym use during Junior Gym hours
- 1:1 gym induction (11-15 year olds)
- Unlimited swimming
- Age-appropriate classes including We Move classes every Monday 4.00pm - 5.00pm
- Free access to Places Leisure App and Virtual Studio which includes a Big Sister channel

[Click here to find out more](#)

BIG SISTER | **IN SPORT** SUPPORTED BY **Places for People**

WSCC Drop In Clinic

allsorts youth project 

Free LGBT+ online drop-in clinics for West Sussex School Staff

Allsorts is offering free drop in clinics for any West Sussex school staff to attend and is an opportunity to ask questions and/or seek LGBT+ related support

Mon 2nd Dec Thu 16th Jan
Mon 10th Feb Thu 13th Mar Mon 28th Apr
Thu 22nd May Mon 23rd Jun
All 3.30 - 4.30pm

For more details alice@allsortsyouth.org.uk

Unite Fitness Gym

"TOGETHER WE ACHIEVE"

10% OFF

FOR ALL SACKVILLE STUDENTS, PARENTS AND TEACHERS!

UNITE FITNESS

TeamForge Fair

T TeamForge: Teamwork Through Gaming

What is TeamForge?

A pilot project developed by the SEND Commissioning Team West Sussex County Council and Quest Mentoring. It's designed for young people with Special Educational Needs and Disabilities (SEND), aged 13-18. All sessions promote teamwork in a fun way.

There will be two pilot projects, the first starts in the week beginning 13th of January 2025 and the second starts in the week beginning 21st of April. In these 12 week pilots participants will play Valheim, a Viking-themed online game. They will play with other young people and take part in workshops and develop teamwork skills.

How TeamForge Works

1. We promote the benefits with community organisations and parents/carers. We invite young people with SEND aged 13 - 18 to join TeamForge. Through applications and selection we ensure the right mix of committed participants, with an appropriate gaming setup, who are available two evenings a week.
2. Upon successful application, parents and carers will be sent a range of information: a project overview, a timeline, tech setup guides, an online safety guide and links to the Skills Builder Teamwork benchmarking. All designed to help prepare participants.
3. The first week starts with an online introduction webinar and Q & A as well as a tech support session. Weeks 2 through to 11 each contain a skills workshop and a gaming session both led by professional mentors. The project culminates in week 12 with a fun in-person activity. These two sessions will start at 6pm on two evenings a week.

What are the benefits?

TeamForge helps young people gain confidence, work effectively in teams, and develop life skills. TeamForge offers a unique opportunity for growth.

Get Involved!

TeamForge has achieved Skills Builder Impact Level 4. Visit www.questmentoring.com/teamforge to apply and get more information.

Scan for the TeamForge webpage   Scan for the Disability Register webpage 

Visit www.questmentoring.com/teamforge to apply and get more information.

Here is the [link](http://www.questmentoring.com/teamforge) for more information on this event.

East Grinstead Volunteer

Learn, Grow, and Give Back

East Grinstead Community Volunteer Fair 2025

Do you need a volunteer opportunity? Come to the Community Volunteer Fair and you can find one!

Saturday 1st February 2025
11am - 1pm
Chequer Mead Theatre, De La Warr Road, RH19 3BS
Everyone is invited - come and enjoy some free food!

For more information visit:
www.communitypeople.org.uk/what-we-do/volunteering

This event is proudly organised by Community People Mid Sussex (Registered Charity no. 1158760) and sponsored by HSBC, united by a shared goal of supporting and strengthening local communities.

External Sports Clubs and Events

Cricket

LINGFIELD CRICKET CLUB

INDOOR WINTER CRICKET COACHING

BOYS and GIRLS - RECEPTION TO YEAR 10 INCLUSIVE
SUNDAYS

GIRLS ONLY SESSION - YEARS 5 TO 10 INCLUSIVE
SUNDAYS 1645 TO 1805 HOURS

JANUARY to APRIL 2025

For further information please contact Jan
WhatsApp: 07779 251854
Email: stewart_robertshaw@hotmail.com





East Grinstead CC 

are pleased to welcome new junior members

- Age appropriate training sessions run by our fully-qualified, professional coach on Mon/Wed/Fri (summer) & Tues/Fri (winter)
- 1 to 1 coaching available
- Access to facilities at East Grinstead Sports Club

To book a free taster session please contact juniors@eastgrinsteadcc.co.uk

www.eastgrinsteadcc.co.uk   

4 CFC - Girls Elite Academy Horsham
Physical, Technical, Psychological & Social development in Football

4 CORNER FOOTBALL COACHING

4 CFC - Girls Elite Academy Training
5-14 years old welcome
Trail Date - Wednesday 19th February
Venue - Horsham Rugby Club 4G Pitch - RH13 6PJ
5.00-6.00pm
BOOK NOW - www.4cfc.co.uk
Email - info@4cfc.co.uk

CHILD CARE VOUCHERS ACCEPTED  



Art of the Week



Cat Drawing

by Emily Black (8ZHS) (Holmes)