

West Green Primary School

Newsletter October 2026



Upcoming Events

2nd Nov – INSET day

3rd Nov – All children return to school

4th Nov – Reception Phonics & Reading Workshop.

5th Nov – Jubilee Day – celebrating at the Charis Centre.

6th Nov – Diwali Dress to Impress Day.

10th & 12th Nov – parent evenings, 3:45–6:15p.m.

25th Nov – Year 5 class assembly.

26th Nov – Flu vaccinations (only for children whose parents have given consent online).

27th Nov – Year 3 ukulele concert to parents/carers.

4th Dec – Pantomime in school for students only.

7th Dec – Last week of after school clubs.

9th Dec – EYFS/KS1 Christmas performance, 2:00p.m.

10th Dec – EYFS/KS1 Christmas performance, 9:30a.m.

11th Dec – Festive Clothing Day.

14th Dec – EYFS/KS1 Christmas disco.

15th Dec – KS2 Christmas disco.

16th Dec – Carol Concert at Crawley Baptist Church, 10:00a.m.

18th Dec – Last day of term.

4th Jan – INSET day.

5th Jan – All children to return to school today.

Welcome back to school!

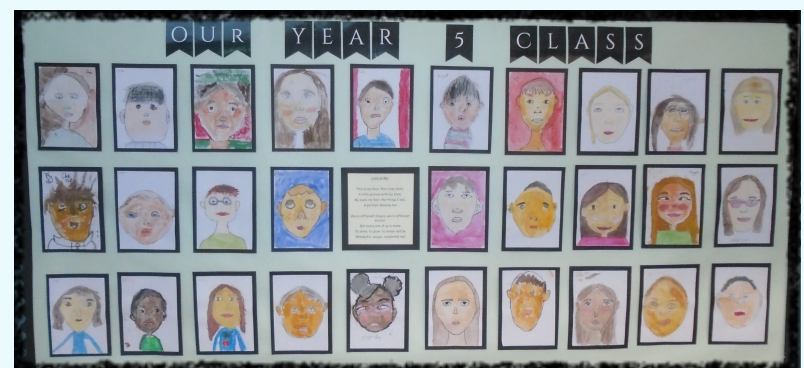
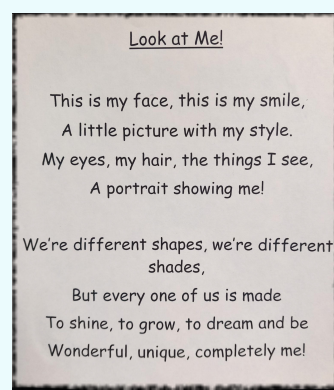
Welcome back. Summer seems a long time away. We have had such a busy start to the term and it is hard to believe that we have managed to fit it all in over the last 7 weeks. We have had Harvest Festival and our school photos, as well as welcoming our new Reception Children. Year 6 have attended the Junior Citizen event at the Hawth and performed their assembly. Year 3 have started their ukelele lessons which makes our Friday afternoons something to look forward to. Luna the Therapy Dog visits us now on Wednesdays and the children who get to meet her adore her. We have enjoyed our start to this new academic year and are looking forward to the second half of this term as the run up to Christmas is always an exciting time in school.

We hope you all have a lovely half term break and we look forward to seeing the children back at school on Tuesday, 3rd November 2026 (2nd November 2026 is an INSET day so the school is closed to all children on that day).

West Green Team

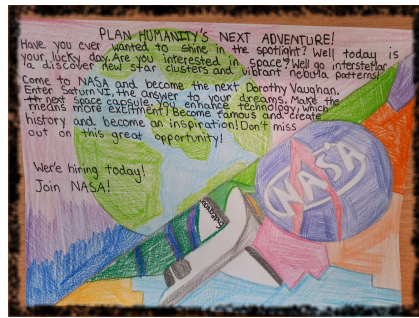
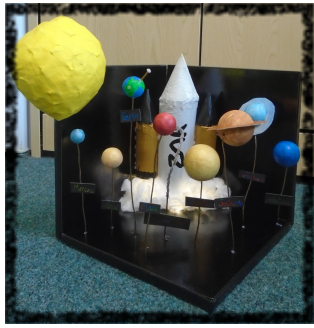
Year 5 Display

Our Year 5 class have created a lovely display outside their classroom. We are proud of our school as we believe education should be built on the abilities and talents presented by each individual and unique child, respecting the values and traditions of our diverse community. Well done Year 5, you have created a very powerful piece of art



Outstanding effort

The children have been very creative so far this term. Here are some examples of their work. A lot of effort has been put in so well done everyone.



Harvest Festival

We had our annual Harvest Festival assembly this term and the children brought in items to be donated to a local food bank Crawley FreeShop. The food bank were delighted with the donations as, on the day we took the items to the food bank, their shelves were relatively empty. They asked us to pass on their thanks to all those that were able to donate. Thank you for your support every year, it makes a huge difference to helping those in our community who are in need.



School Council

Our new school council are busy coming up with ideas for the coming months. We will update you in the next newsletter with their news.

Year 3 Ukulele Lessons

Our Year 3 class have been receiving ukulele lessons this term. They are thoroughly enjoying themselves and they are looking forward to showing their parents/carers what they have learned at the ukulele concert for parents, which will take place on 27th November 2026, at 1:15p.m.



Reminder for Year 6 Parents

A reminder that all parents/carers of Year 6 children need to apply for a place at secondary school for their child. It is extremely important that you apply for a secondary school place for your child before the deadline. If you do not apply for a secondary school place for your child then your application will be of lower priority, and may result in your child being offered a school place a long distance from your home. The deadline for secondary school applications is 31st October 2026.

School Photos

The individual school photos have been taken, and by now you will all have received the proof of your children's photos. It is entirely your choice whether you purchase a copy of the photos. Please do not feel obliged to buy a copy, only purchase one if you really want one.

Year 6 Assembly

Year 6 treated us to a lovely assembly this term, and we were joined by many of their parents/carers. This is what their class teacher had to say...

"This term Year 6 performed their class assembly, where they retold 3 stories from the book, 'The sister who ate her brothers.' They acted out the stories whilst sharing some of the gruesome and terrifying writing that they have produced this term. Well done Year 6!"

Mr Wretham – Year 6 Teacher



Rugby Day

A small group of children were invited to attend a day of rugby this term. This is what the class teacher had to say...

"The children were immaculately behaved and represented our school so well. From listening to the sports leaders from Oriel, to implementing the skills they learnt in their friendly games, our children had smiles on their faces throughout the day. A real highlight was watching West Green play as a team and making sure every one had a turn to 'hook' the ball out from the scrum. Superstars!"

Miss Jeffrey – PE Lead



Therapy Dog



This term we have welcomed Luna the therapy dog into our school. We were given the chance for a volunteer and her dog, from the charity 'Pets as Therapy', to come in and read with some of the younger children. This is very exciting as there is a great deal of evidence to show that interaction with dogs for children, especially those with SEN, is extremely positive. It can help with regulation, builds confidence and encourages communication and interaction skills. Reading to the dog also takes all the pressure out of reading aloud, and schools who use the programme have found it to be hugely motivating for all children.

The children who have met Luna have discovered she is extremely calm and friendly and they do not need to be nervous.

If your child is particularly nervous of dogs, or allergic to them, and you want us to ensure they do not have any contact with Luna, please let us know so we can make sure everyone feels safe and comfortable with a dog being in school. (Luna is a poodle cross, so is less likely to cause an allergic reaction than many other breeds. This is one reason why these dogs are popular as therapy dogs. She has also been assessed thoroughly by the charity to ensure she is well trained and calm in all situations).

All children who have met with Luna have signed parental permission. No child would be able to meet Luna, or read to her, unless their parent/carers had been informed (and their permission given).



Nursery Update

The nursery is now open and is run by Little Explorers. They held an open day on 10th October 2026, which went well. The nursery offer the following:

- Childcare for children aged between 2-5 years.
- Open Mon-Fri between 8:00am-5:00pm.
- All year round care.
- 15 & 30 hours funded childcare accepted.
- Purpose designed learning environments.

If you would like to find out more about the nursery the contact details are:

enquiries@littleexplorersnurseryandpreschool.co.uk

www.littleexplorersnurseryandpreschool.co.uk

Half Termly Attendance Winners

There has been some friendly class rivalry in school this half of the term for the class who has the best attendance each week. Here is the list of weekly winners:

Week 1: Year 2 - 97.5%
Week 2: Year 6 - 98.57%
Week 3: Year 6 - 99.21%
Week 4: Year 2 - 95.67%
Week 5: Year 2 - 94.00%
Week 6: Year 4 - 96.67%
Week 7: Year 5 - 91.91%

The overall winner for this half term is: Year 2 with an average attendance of 94.14%.

We are very pleased with the effort the children have made with their attendance this term, and well done to their parents too!

As you are likely aware, one of the education areas that the government is focusing on is school attendance. This is due to an increase in poor attendance since the pandemic. The following is an extract from 'working together to improve school attendance' DFE 2024

The law on school attendance and right to a full-time education

The law entitles every child of compulsory school age to an efficient, full-time education suitable to their age, aptitude, and any special educational need they may have. It is the legal responsibility of every parent to make sure their child receives that education either by attendance at a school or by education otherwise than at a school.

Where parents decide to have their child registered at school, they have an additional legal duty to ensure their child attends that school regularly. This means their child must attend every day that the school is open, except in a small number of allowable circumstances such as being too ill to attend or being given permission for an absence in advance from the school.

This is essential for pupils to get the most out of their school experience, including their attainment, wellbeing, and wider life chances. The pupils with the highest attainment at the end of key stage 2 and key stage 4 have higher rates of attendance over the key stage compared to those with the lowest attainment.

Requirements for School volunteers

We love welcoming parent volunteers to help with our school activities, trips, and classroom support. Volunteers play a wonderful role in enriching our pupils' learning experiences.

To keep our children safe, our school follows strict safeguarding guidelines. When you volunteer at school a Disclosure and Barring Service check, known as a DBS check, will be required.

When is a DBS check needed?

- Regular helpers: If you volunteer regularly (such as once a week or multiple times a month) to listen to readers or help in classrooms.
- One-off events: If you are attending a one-off daytime school trip or event.

Volunteer DBS checks are free of charge through our processing provider. You will be asked to provide 3 forms of identification, one must be a photo ID. Acceptable forms of ID include the following:

- passport;
 - driver's license;
 - birth certificate;
 - bank statement;
 - utility bill.
-
- You will also need a national insurance number.

How to get involved

If you would like to join our volunteer helper pool, please collect a form from the school office. We will then send you the next steps for completing your application form and verifying your identity documents. You may already have a DBS for another establishment, however to be able to volunteer for the school you must have a DSB specifically for West Green Primary School.

Thank you for your continued support and dedication to our school

Fundraising Events Autumn Term

OCTOBER 2026

PTA Firework Display Art Competition

Start 12/10/26-23/10/2026]

£1 entry. We are inviting children to create their very colourful firework display picture.

Name the Halloween Fluffy

Start 12/10/26 - 22/10/26

£0.50p entry, winner to be announced on 23/10/26 at the school assembly.

Colourful Clothes Day

Friday 23/10/2026

Voluntary £1 donation to PTA.

NOVEMBER 2026

Jubilee Day at the Charis Centre
05/11/2026. As a part of our 75th

anniversary celebration, our children are invited to a special session to discover the history of our school and learn how school life has changed over the past 75 years. To celebrate our school's 75th anniversary, we will be taking orders for special commemorative pins at £4.99 each.

DECEMBER 2026

KS1 Christmas Disco

Monday 14/12/2026

Time: 4:15- 5:30 pm

School Hall

Tickets £5.00 per child- drinks will be provided along with a special goodie bag!

KS2 Christmas Disco

Tuesday 15/12/2026

Time: 4:15- 5:30 pm

School Hall

Tickets £5.00 per child- drinks will be provided along with a special goodie bag!



West Green Primary School PTA Newsletter Autumn 2026

With a new school year underway, you might be hearing a lot about the PTA (Parent Teacher Association). Whether you are a brand-new family or have been with us for years, we wanted to share a quick reminder of who we are, what we do, and how we support our school.

In short, the PTA is a team of volunteer parents, carers, and teachers working together to make our school the best it can be for our children. There are often a few misconceptions about how we operate! To help clear things up, here is a quick guide to what the PTA is and what it is not:

What we ARE:

- A fundraising powerhouse: We raise money for the "extras" that the main school budget can't cover—like playground equipment, subsidized school trips, workshops, and classroom technology.
- A community builder: We organize fun events (like summer fairs, school discos, and uniform sales) to bring families together and create lasting memories.
- An open door: Every single parent, carer, and staff member is automatically a part of our community. You can volunteer for an hour at a stall, join the committee, or simply support our events.

What we ARE NOT:

- The school management: We are a separate, independent group. We have no say over school policy, the curriculum, staff hiring, or day-to-day school operations.
- A complaints department: The PTA isn't the place to resolve personal issues regarding your child or school staff. Those matters should always go directly to the school staff or headteacher.
- An exclusive club: We aren't a closed group of cliques! We need diverse voices, fresh ideas, and different skills. Everyone is welcome, no matter how much or how little time you have to give.

Want to get involved?

We would love to have you! Whether you want to bake cakes, help plan an event, or offer a professional skill, your time makes a massive difference to our pupils. You will need a DBS certificate specifically for the school which the school will apply for on your behalf. Please ask at the school office for further details.

Look out for details of our next meeting in the upcoming calendar, or get in touch with us directly at westgreenprimaryschoolpta@gmail.com.

West Green Primary School PTA team

Important Safeguarding Notice

How to talk to children about racism

Children and young people may have seen images and stories in the news about race and racism. Some children might not fully understand the stories and they may have questions. It's important to encourage positive and open conversations about race and racism with children and young people.

- Have conversations about this often, not just when it's in the news.
- Keep the conversation going and let children know it's OK to ask questions.
- Encourage children to understand the lived experience of ethnically minoritised groups better.

Speak About Racism

When people talk about being anti-racist, it includes:

- Listening to people who have experienced racism and accepting what they say as truth.
- Calling out racism and discrimination wherever you see it and using your own privilege to draw attention to it.
- Continuing to learn about inequality and how it affects others.
- Regularly assessing your own thoughts about racism and discrimination.
- Passing on what you learn to those around you, including family, friends and colleagues.

Have Age Appropriate Conversations Regularly

Under five years

- Talk about fairness, being kind and accepting others for who they are.
- Celebrate difference.

For primary school age children

- Discuss social media, read books or watch shows together that deal with racism or stereotypes.
- Let them ask questions.
- Let them know they can come to you if they're confused about anything or have particular worries.

For older children and teenagers

- Let them lead the conversation so they feel confident sharing their ideas or experiences.
- Provide a safe and comfortable environment for them to express themselves.
- Listen and ask questions without judging them.

Educational Resources

There are many free educational resources available for parents and children. Here are a few that you may find of interest. If you know of any that are not listed below, and feel they would be beneficial to parents and/or children, then please let the school know.

- <https://learnenglish.britishcouncil.org/> - Learn English, songs, and stories.
- <https://www.phonicsplay.co.uk/> - Good site with some free phonics games.
- <https://www.funwithspot.com/> - Try creating your own spot story.
- <http://www.crickweb.co.uk/> - Lots of maths and literacy games.
- <https://www.topmarks.co.uk/> - Games of varying quality to support different areas of learning.
- <https://www.bbc.co.uk/bitesize> - Great learning resources.
- <https://www.oxfordowl.co.uk/> - Interactive books and reading resources to share with children.
- <https://urbrainy.com/> - The 'Daily Challenge' covers maths, mental arithmetic skills for all primary schools
- <https://ictgames.com/> - Great numeracy and literacy resources.

500 Words Competition

500 Words, the UK's largest story writing competition for 5-11 year-olds, is now open for entries! If your child would like to take part their story must be submitted before the deadline of 9pm on Friday, 6 November 2026.

The competition celebrates children's creativity and imagination, encouraging children from across the UK to create an original story in 500 words or fewer. There are two age categories:
5-7 years and
8-11 years.

Spelling, punctuation and grammar are not marked - it's all about creativity!

Next year the grand final of 500 Words will come from the very heart of the BBC. It will all begin with six young authors, bronze, silver and gold in each age category, receiving a royal invitation to have tea with Her Majesty The Queen. This will be followed by a special 500 Words programme with The One Show in early March, supported by Radio 2, where the winning stories will be revealed and read out by celebrities in a truly magical celebration of the imagination and talent of young writers across the UK.

There are brilliant prizes to be won, including a framed illustrated cover of their story. You can have a look at the amazing stories from the finalists of the 2025/26 competition as inspiration for your child. Please see the BBC website for more details.

Cost of Living Crisis

Where to find help if you need it:

www.turn2us.org.uk
Tel: 0808 802 2000
How to get help with your energy bills and other utility bills, and grants that may be available.

www.stepchange.org
Tel: 0800 138 1111
Free advice for people worried about debt.

Food Bank Services
[Crawley FreeShop](#)
E-mail:
info@freeshopcrawley.com
Tel: 07861 907133

[Easter Team](#)
Tel: 07940 900948

[Crawley Open House](#)
Tel: 01293 447702

[Government Resources](#)
www.gov.uk/check-benefits-financial-support
An online tool to help people check the benefits and financial support they might be entitled to.
www.crawley.gov.uk/moneyworries
Help available from your local council

[Community Hub](#)
Tel: 033 022 27980
Where people can access the Household Support Fund.

Change of Details

If any of your contact details change (address, home phone, mobile etc), please inform the school office so they can update the school records accordingly.

Medication

From time to time we will sometimes administer paracetamol to a child if they are feeling unwell, but it is not necessary to send them home. The brand we use is Calpol paracetamol infant and 6+. For this to be administered to your child you will have needed to have signed a form giving your permission. We will always telephone you to get your permission before we administer any paracetamol, but without the signed consent form we cannot administer it in any event. This is also relevant for antihistamine's. We use Piriton, but only if the parent has provided written consent and also verbal consent just before it is administered. No child is allowed to carry their own medication in school. Please speak to the school office for further advice.

Trim Trail and Tyre Trail

At the end of the school day it has been noted that parents are allowing their children to play on the trim trail outside the classrooms. If you do allow your child to use the trim trail (or tyres) at drop off/collection time it is your responsibility to ensure they use it safely. Please keep an eye on your children at all times during drop off/collection to/from school to ensure their safety.

Uniform

You can order uniform with the school logo from: www.myclothing.com or buy it without a logo from a local supermarket/shop.

Mobile Phones and Smart Watches

Government Legislation states that all schools should be a mobile phone free environment for children. Therefore, all children must turn their phones off before they enter the school grounds. Children should then hand their phones to their class teacher when they enter their classroom. All phones will be kept safely secured and returned to children at the end of the school day. Also, please note that no children are permitted to wear smart watches whilst in school.

Birthdays and Treats

We love birthdays, and we love celebrating them even more! From April 2026, we ask that parents/carers no longer provide sweet treats to be shared with their child's class. Instead we will celebrate children's birthdays within the school as per the letter on the school website. Children can wear non-uniform to school on their birthday if they want to, it is not compulsory. All sweet treats can be shared at a child's birthday party or similar event.

Asthma Inhalers/Auto Injectors

If we hold an asthma inhaler or auto injector for your child, when that item is out of date we will contact you and ask you to provide us ones that are in date. Please make sure that you provide us in date items as a matter of priority. It is for your child's safety and must be acted upon immediately.

Films at Christmas and Easter (and throughout the school year)

Mainly at Christmas and Easter time we will sometimes arrange for the children to watch a film as an end of term treat. The films will either be a 'U' or 'PG' certificate. We would never show a film that we judged to be inappropriate. However, if you do not wish your child to watch a 'PG' certificate film then please let the school office know so that a different film can be chosen for your child's class to watch.

No Nuts Reminder

Please remember that we are a 'No Nuts' school. This means that no food brought into school by either children or staff should contain nuts. This includes Nutella (there are other alternative chocolate spreads available that do not contain nuts).

First Aid

We have trained First Aid staff at our school setting. If you do not wish for your child to receive First Aid (non emergency) then the onus is on you as a parent/carer to inform the school of your decision.



Play tennis at Crawley Parks Tennis this autumn

Exclusive offer for you

This autumn, why not hit the courts at Maidenbower, Southgate, and West Green Park? It's the perfect way to stay active and have fun!

An annual household season ticket covering all courts costs Crawley residents just **£48.20** for the year per household. A household season ticket covers up to five people and can be used for a maximum of five hours of tennis per week and a maximum of two hours of tennis per day. – That's just 19p a game!

Or Pay and Play sessions on our award winning courts – cost from just £4. An additional fee of £2.10 for members or £4.30 for non-members will be payable for the use of floodlights at West Green Park.

Where to play

Here are the Crawley Parks Tennis venues where you can play:

- Maidenbower Park**
Maidenbower Drive, Crawley RH10 7HG
- Southgate Park**
Southgate Avenue, Crawley RH10 6HG
- West Green Park**
Ifield Avenue, West Green, Crawley RH11 7AJ

Fancy Joining Crawley Parks Tennis?

We've got an exclusive treat for you—£5 off your annual seasonal membership at Crawley Parks Tennis!

To activate this offer – Please email parks.tennis@crawley.gov.uk quoting **SCHOOLOFFER**. We will then be in touch with a link to set up your discounted annual seasonal membership. For more information on the Crawley Parks tennis see: clubspark.lta.org.uk/Crawley

£5 Voucher

Free tennis programmes

Free, social tennis sessions. You can sign up to a session at **West Green Park** – no matter your age, background or ability – and play tennis for free on select Saturdays at 11am.

- any child can attend Free Park Tennis
- under 12 need to be accompanied throughout the session by an adult
- 13+ can come on their own but should be picked up and dropped off by an adult

See: clubspark.lta.org.uk/westgreen/coaching

LTA TENNIS FOR BRITAIN **clubspark** *crawley wellbeing* **Crawley Borough Council**

SUMMIT TENNIS CRAWLEY PARKS





TENNIS TOTS Walking to 6 yrs

TENNIS TITANS 5.5 yrs to 9 yrs

TENNIS TROOPERS 8.5 yrs to 13.5 yrs

SUMMIT TENNIS Tennis for all

Free trial sessions! Beginners welcome
WWW.SUMMIT-TENNIS.COM



FREE Language Cafes in Crawley

Come along and learn English, make friends and enjoy a cup of tea or coffee!

Address: Broadfield Community Centre, RH11 9BA

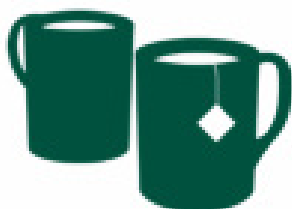
Thursdays: 12:45pm - 3:15pm

Wednesdays: 12:45pm - 2:15pm

Want to find out more?

www.advicewestsussex.org.uk

If you have questions, you can email us at: community.engagement@westsussexcab.org.uk



citizens advice in West Sussex North South East

www.advicewestsussex.org.uk

Family Learning Online courses & workshops

How to Help Your Child with Anxiety & Resilience

📅 Wednesdays, 4th November - 25th November
🕒 1:00pm - 2:30pm

Starting School: Preparing Your Child for Primary School

📅 Thursday 5th November 🕒 1:00pm - 2:30pm

Understanding Your Child: Supporting Their Communication & Play

📅 Tuesdays, 10th November - 17th November
🕒 1:00pm - 2:30pm

How to Help Your Child with Learning in Reception & KS1

📅 Thursdays, 12th November - 10th December
🕒 1:00pm - 2:30pm

Managing Screen Time

📅 Wednesday 2nd December 🕒 1:00pm - 2:30pm

Understanding Your Child: Supporting Feelings, Behaviour & Boundaries

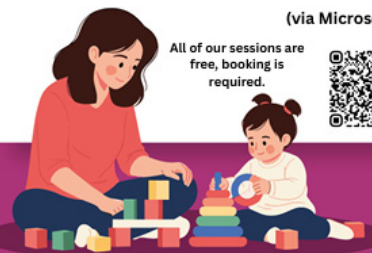
📅 Tuesday 8th December 🕒 1:00pm - 2:30pm

(via Microsoft Teams)

All of our sessions are free, booking is required.



Sign up here:
<https://www.webenrol.com/westsussex>
Or email
familylearning@westsussex.gov.uk
for more information

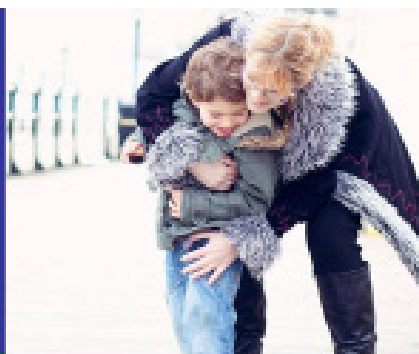


SKILLS FOR LIFE

west sussex county council

Reaching Families

Are you a parent or carer of a child or young person in West Sussex who has, or may have, special educational needs and disabilities?



Reaching Families is a parent-carer led charity which aims to empower parent-carers and families of children & young people with special educational needs and disabilities in West Sussex through the delivery of information, advice, training and peer support.

Making Sense of it All

In-depth parent-carer guide covering SEND issues from birth to adulthood

Umbrellas

Parent support groups based at locations across West Sussex and online, via Zoom

Training

Workshops and courses on a variety of issues delivered online, via Zoom

Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

Animations

Short animated films on a variety of subjects

Fact sheets

Covering a range of SEND issues localised to the needs of West Sussex families

Benefits Advice Service

1-2-1 advice & claim checking support for families applying for DLA, IIP & Carers Allowance

NDP Navigation Service

Support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway (via referral from a professional)

Facebook Group

An online parent support group providing news, information and peer support

TRAINING AUTUMN TERM 2026



WORKSHOPS

Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Thursday 5 th November	10.30 am - 12.30 pm
Making Sense of Anxiety in Adolescence (11 years +)	Tuesday 10 th November	7.30 - 9.30 pm
Understanding Demand Avoidance	Friday 12 th November	10.30 am - 12.30 pm
Understanding Avoidant Restrictive Food Intake Disorder (ARFID)	Monday 16 th November	7.30 - 9.30 pm
Making Sense of Wellbeing: Communication skills for parents and carers	Tuesday 24 th November	10.30 am - 12 pm
Understanding Autism	Wednesday 25 th November	7.30 - 9.30 pm
Making Sense of Disability Living Allowance (DLA)	Thursday 26 th November	10.30 am - 12.30 pm
Making Sense of Adult Life - Supporting Adolescents (11 years +)	Wednesday 2 nd December	7.30 - 9.30 pm
Making Sense of Annual Review	Thursday 3 rd December	7.30 - 9.30 pm
Making Sense of Sleep (for children age 2 - 11 years)	Wednesday 9 th December	10.30 am - 12.30 pm

All of the above training will be delivered on Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk

If you would like more information about how Reaching Families can help, please contact:

Email: advice@reachingfamilies.org.uk
Telephone: 01903 366 880

Reg Charity No 1150994



Reaching Families

www.reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

reachingfamilies.eventbrite.com



Reaching Families

www.reachingfamilies.org.uk

Registered Charity No 1150994
Company Limited by Guarantee No 6446096

UMBRELLAS

Parent Support Groups

Autumn Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
8th Sep / 6th Oct / 3rd Nov / 1st Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
9th Sep / 7th Oct / 4th Nov / 2nd Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
22nd Sep / 20th Oct / 17th Nov / 15th Dec

Umbrellas Online

Thursdays via Zoom
7.30 - 9pm
10th Sep / 8th Oct / 5th Nov / 10th Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub
16th Sep / 21st Oct / 16th Nov / 16th Dec

Shoreham Umbrellas

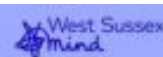
Tuesdays, 10 am - 11.30 am
Adur East Family Hub
15th Sep / 13th Oct / 10th Nov / 8th Dec

Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am
Arun West Family Hub
24th Sep / 22nd Oct / 19th Nov / 10th Dec

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

outreach-training@reachingfamilies.org.uk



PARENTING MENTAL HEALTH COURSE - CRAWLEY

FREE!

A 6 week course for parents/carers to gain knowledge and understanding around supporting your child/ren & young people's mental health, offering a safe space to reflect and gain peer support along the way.

Topics covered include; 5 ways to well-being, self esteem, anxiety, emotional regulation, communication, parenting styles, attachment, teenage brain re-wiring and parental self-compassion.

This course is open to any parent/carers of a child aged 5-18 living or attending school in West Sussex and able to commit to the 6 sessions.

DATES

Thursday 5th November
Thursday 12th November
Thursday 19th November
Thursday 26th November
Thursday 3rd December
Thursday 10th December

LOCATION

Crawley Community Action,
The Orchard,
1-2 Gleneagles Court
Brighton Road,
Crawley
RH10 6AD

TIME

10am - 12.30pm
weekly

Refreshments
provided



To secure your place or for more information, please email:
parentingsupport@westsussexmind.org



Reaching Families

www.reachingfamilies.org.uk

Dove Lodge, 49 Beach Road,
Littlehampton, BN17 5JG

Registered Charity No 1150994
Company Limited by Guarantee No 6446096



Family Learning School Support

Starting School: Preparing Your Child for Primary School

 Thursday 5th November

 1:00pm - 2:30pm

 Via Microsoft Teams

Get your child ready for a confident start at primary school and learn how to support them through this exciting transition.

How to Support Your Child with KS2 Maths

 Tuesdays, 10th November - 8th December

 10:00am - 11:30am

 Crawley Library

Discover simple and effective ways to help your child build confidence and develop their maths skills at home.

How to Help Your Child with Learning in Reception & KS1

 Thursdays, 12th November - 10th December

 1:00pm - 2:30pm

 Via Microsoft Teams

Learn practical strategies to support your child's learning, literacy and confidence during their early school years.

All of our sessions are
free, booking is
required.



Sign up here:

<https://www.webenrol.com/westsussex>

Or email

familylearning@westsussex.gov.uk
for more information

**SKILLS
FOR LIFE**



Family Learning Crawley

How to Support Your Child with KS2 Maths

 10:00am - 11:30am

 Tuesdays, 10th November - 8th December  Crawley Library

 Gain confidence in supporting your child with key KS2 maths skills.

Sing, Say, Play

 10:00am - 11:30am

 Thursdays, 5th November - 10th December  Tilgate Community Centre

 Join us for fun songs, rhymes, stories and play activities to help support your child's learning and development.

Roar and Explore

 10:00am - 11:30am

 Fridays, 6th November - 11th December  Broadfield Library

 Discover, play and learn together through fun activities, stories and adventures.

Supporting Wellbeing in Family Life

 1:00pm - 2:30pm

 Fridays, 6th November - 11th December  Broadfield Library

 Learn practical ways to strengthen emotional wellbeing, build resilience and create a positive, supportive home environment for your family.

All of our sessions are
free, booking is
required.



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FOR LIFE**

