



WEST SUSSEX COUNTY COUNCIL

# SUMMERLEA C.P. SCHOOL



WINDSOR DRIVE, RUSTINGTON

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*'Growing thoughtful learners and independent thinkers'*



**NEWSLETTER 16: 22 May 2017**

**Year 6 are away on their residential visit this week, having an exciting new adventure at the YHA Alex Rider Spy Academy in the Wye Valley!**

## Marvellous Marathon News

Just a quick update about our two parents, Ria Larkins and Matt Wadey, who both successfully completed the Brighton Marathon on Sunday 9<sup>th</sup> April. In weather conditions which were not great for running (one of the hottest days of the year so far!) both managed to cross the finishing line. Ria finished in 4:05:08 and Matt finished in 5:16:55 after getting cramp at the halfway point. From then on he had to walk and run. Disappointed, after the 6 months training, but the thought of dropping out wasn't going to happen. Matt said on the day he would never run another marathon, but by the following day he had registered for next year's Brighton Marathon! Ria really enjoyed her first marathon experience, and has recently applied to take part in London in 2018. Both Ria's husband Tom and children Jack and Brody, and Matt's wife Lea and daughter Freya were cheering them on which gave them the inspiration to finish and complete this challenge for FOSS. **We are 'over the moon' that they have raised an incredible £1,178.50!** This huge sum of money was presented to the school in a whole school assembly. We can't thank Ria and Matt enough for going the extra mile (quite literally!) to show their support for the school. As a result, blackout blinds and curtains will be being fitted during half term, just in time for our Year 6 production! A massive thank you to them and their sponsors.



## Week beginning 22<sup>nd</sup> May:

Year 6 Residential Week

**Mon 22<sup>nd</sup>:** Year 4 swimming

**Fri 26<sup>th</sup>:** FOSS Non-uniform Day - £1 donation  
Year 1 trip to Arundel Castle



## Half term week: Mon 29<sup>th</sup> - Friday 2<sup>nd</sup>

**Tue 30<sup>th</sup> May:** Wild Wood Learning - Whittle and Weave Day

**Wed 31<sup>st</sup> May:** Wild Wood Learning - Dens and Games Day  
Mini Medics Course

## Week beginning 5<sup>th</sup> June:

**Mon 5<sup>th</sup>:** INSET Day – school closed  
Mini Medics Course (am only)

**Tue 6<sup>th</sup>:** start of summer term 2

**Thurs 8<sup>th</sup>:** Polling Day – school open

**Fri 9<sup>th</sup>:** Year 4 visit to Hindu Temple  
Year 5/6 Top-up swimming

**Sat 10<sup>th</sup>:** Year 5 'Wonder' Exhibition launch at the Littlehampton Museum – all welcome

**Please see the previously issued calendar for key dates and events this summer term.**



### School Angel

Do you shop online? Why not raise money for the school at the same time? As you will have read in previous newsletters, we are registered with School Angel – a charity that helps us raise money for our school through online shopping.

**An amazing £297.12 has already been raised; thank you!** Examples of online shopping sites that can be used through School Angel are: Amazon, M&S, Next, John Lewis, Sainsbury's, Argos, B&Q, The National Trust, The Body Shop, Boots, Expedia, Lastminute.com, British Airways and many, many more! School Angel is really easy to use and our school has its own charity page, which you can visit, using this link:

<http://www.schoolangel.org.uk/summerlea-community-primary-school.html>

You can also visit via our own school website, where we have an icon set up called 'School Angel' which can be found under: Our School > Fundraising > School Angel.



### National Clean Air Day

The UK's first-ever National Clean Air Day is on June 15<sup>th</sup>.

Our Eco and Travel Plan Team are promoting this by looking at simple things we can do to improve air quality and look after our own and other people's health. National Clean Air Day is a chance to find out about air pollution, share information and take action to make the air cleaner and healthier for everyone. Would you like to make a pledge to reduce the amount of pollution you create?

Please visit [www.cleanairstay.org.uk](http://www.cleanairstay.org.uk) for more information.



### Road Safety

If your child is in Upper Key Stage 2 (Year 5 or 6) and they walk to school and/or back on their own please remind them of the green cross code. As you will be aware, the Worthing Road in particular is very busy and dangerous. We are extremely fortunate to have Joan Rowland as our crossing patrol officer and it is important children use her and do not try to cross at other points or ahead of her say so. Please talk to your child about this to reinforce the road safety talks we also have with the children in school. Thank you.



### Parking Reminders

A reminder to all parents that our staff car park is for use by **disabled badge holders only**, or in other exceptional circumstances and previously agreed with the headteacher. If you are dropping your child off at school for an early morning club you may pull into our car park, but please do so **slowly and safely**, please keep to the end nearest Windsor Drive and **do not** park or stop in a bay as this means staff cannot then park.

A polite request to also not double park outside the layby on Windsor Drive, or park with your wheels on the pavement.

If you witness dangerous driving or parking this can be reported via operation crackdown website

[www.operationcrackdwon.org](http://www.operationcrackdwon.org) or to the police on 101.

Thank you for your support.



### Outstanding Kitchen Audit

We are delighted that our Chartwells hot school meals team achieved 100% in a recent West Sussex County Council Audit. Our school is one of the very few to achieve this and we congratulate the Chartwells staff on this great achievement.

If you would like your child to enjoy a nutritious hot school meal at lunchtime then please contact the office or visit

[www.westsussex.mealselector.co.uk](http://www.westsussex.mealselector.co.uk)

Further information is also available via our school website > School Information > School Meals



*FOR SIBLINGS OF  
SUMMERLEA SCHOOL*

# Songbirds

Suitable from  
6 months old



£3.00 per family  
50p going  
to FOSS

*An exciting and stimulating interactive music  
group for children and their carers.*

Mondays between 8:30 and 9:30

Tuesdays between 2:00 and 3:00

Term time only

**COME AND JOIN THE FUN**

*Spaces are limited, please call to book.*

**Helen 07879 827180**



## Summerlea School

### The Importance of Sleep

29<sup>th</sup> June 1.15-3pm

My Name is Evelyn Stewart and I am a Paediatric Sleep Practitioner and I work in one of only a handful of NHS Paediatric Sleep Centres in the UK. I also have my own private practice and I teach parents and professional on the subject of sleep.



I have been invited to come along to Summerlea School and talk to parents about sleep and sleep problems in younger children, as well as the link between sleep and learning. During the session I will talk about normal sleep patterns and what we can realistically expect from our children. We will discuss the impact of sleep deprivation on the child who is having difficulties and the family of that child. We will look at the link between behaviour and sleep, as well as looking at common sleep problems such as settling issues at bedtime, night time waking, early risers and we will also talk about night terrors, night mares, sleep walking and snoring. We will also discuss some of the latest research into memory consolidation, learning and sleep.

At the end of the afternoon I will be available to those wishing to chat one to one.

If your child is having sleep problems or you just want to learn more about how sleep affects every aspect of your child's life, including their education, then I hope you will be able to come along.

# **The Importance of Sleep.**

## **A workshop for parents**

**VENUE**      **Summerlea Primary School**

**DATE**        **29<sup>th</sup> June 2017**

**TIME**        **1.15-3.00pm**

**COST**        **Free**

If you are having sleep difficulties with your child, or if you just want to understand why sleep is so important to your child's learning, you may like to attend this workshop.

This is a 2 hour afternoon workshop in which we will look at common problems and we also look at the role of sleep on memory, development and learning.

The session will be led by Evelyn Stewart Senior Paediatric Sleep Practitioner.

To book a place please either contact the School Office:-  
email: [office@summerleaschool.co.uk](mailto:office@summerleaschool.co.uk) or tel: 01903 856783



Autism and Social Communication Team

# Anxiety through the Autism Lens



Thursday 19th October '17

Hawth Theatre, Crawley

Registration from 9.00 am

Start 9.30am – Finish 2.30pm

Exploring the reasons why children and young people with Autism experience anxiety, including support strategies for parents and professionals.

## Speakers:

- **Dr Sebastian Gaigg** – City University London
- **Dr Laura Cockburn**-Lorna Wing Centre for Autism
- **Dr Louise Neil** –Centre for Research in Autism and Education
- **Sarah Wild & students** - Limpsfield Grange School
- **Laura Kerby** - The Girl with the Curly Hair Project

Choice of sessions covering: Social Anxiety, Managing Anxiety, Developing Self-Resilience and more...

**£35 Parents £90 Professionals**  
**including Lunch**

For Bookings and Information Contact: Helen Cottell  
**[helen.cottell@westsussex.gov.uk](mailto:helen.cottell@westsussex.gov.uk)** or telephone  
**0330 2228525**





