



WEST SUSSEX COUNTY COUNCIL

SUMMERLEA C.P. SCHOOL



WINDSOR DRIVE, RUSTINGTON

WEST SUSSEX, BN16 3SW

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'Growing thoughtful learners and independent thinkers'



NEWSLETTER 11: 25 February 2019



**Welcome back to the school following the half term break.
We are starting to enjoy some signs of spring and the lighter days.**



EYFS outdoor area

Some of you will remember that last year we successfully applied for the Tesco Bags of Help local grant scheme. This is where the money raised from the government's bag charge is used to fund a large number of local projects to create or improve green spaces in communities across England, Scotland and Wales. Not only was our application successful but we also received the most votes and were awarded £4,000! Thank you to everyone who supported us directly or by spreading the word. Work has now started to improve and develop a section of the EYFS outdoor area. Research shows that children would choose to have the following in their outdoor play spaces: vegetation, water, mud, dirt, sand, creatures and insects, wildness, natural colour, diversity, change, loose parts, different levels, nooks and crannies and rocks, logs and stumps. Our plan for the area aims to incorporate as many of these features as possible in order to create a useable and inspiring area, so watch this space!



Week beginning 25th February

Dragons' Den Week

Mon 25th: Year 3 swimming

Tues 26th: 3.15-6pm Parent/teacher consultation meetings (no teacher led clubs)

Thurs 28th: Rainbow Theatre visiting Year 2
3.15-6pm Parent/teacher consultation meetings (no teacher led clubs)

Fri 1st: 3-3.45pm Summerlea Market

Week beginning 4th March

British Science Week

Mon 4th: Year 3 swimming

Wed 6th: 4-7pm Parent/teacher consultation meetings (no teacher led clubs)

Thurs 7th: World Book Day – dress as a book character



*Please see the previously issued calendar of key dates and events for the spring term.
Please also see our website calendar, as well as separate letters, for more information.*

French phrase of the fortnight

This week our phrase of the fortnight is:
Parlez-vous anglais? (Do you speak English?)

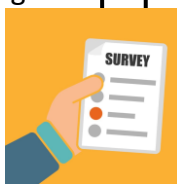


Parent Survey

With parent/teacher consultation meetings taking place over the next two weeks, we will be conducting our usual spring term survey.

This year we would like to get your feedback about our curriculum having recently undertaken some exciting work around curriculum design and reviewed our whole school long-term curriculum map. If you can spare a few minutes after meeting with your child's class teacher then we would be very grateful. Mrs Morris and governors will be positioned in the main entrance with our iPads and look forward to seeing you. Your views will help us to reflect on what we do well and what we might do to improve further.

Thank you in advance for your interest and time.



ASCC staffing update

We are pleased that we have been able to put some interim staffing arrangements in place for ASCC (After School Care Club) for this half term, following Mrs Barton's departure.

Mrs Hills (LSA and ASCC assistant) will be acting Deputy Manager and Mrs Turvey (LSA) will be acting assistant. Thank you to both of these members of staff for taking on these roles whilst we complete the recruitment process. What a team!



Safeguarding at Summerlea

You may well be aware of the debate around screen time that has been in the media recently. The Chief Medical Officer for the UK published guidance on screen time for parents and carers – please see the attached document.

The constantly evolving digital world means a steady influx of new apps and games can be hard for parents to keep track of. We have been made aware of the 'Momo' challenge that encourages children to harm themselves. The game takes place on social media platforms.

The NSPCC publishes advice and guidance for parents on discussing online safety with their children, as well as Net Aware – the UK's only parental guide to social media and gaming apps.



Clothing Bank

We are pleased to be working with Astra Recycling and have recently received a clothing bank – sited near the gated entrance to the KS1 playground. Our school will receive money in return for donations.

Items that can go in are:

- Men's wear and women's wear
- Children's wear and babies wear
- Sportswear
- Military clothing and footwear
- Paired shoes
- Handbags and bags
- Wallets and purses
- Belts and accessories
- Bed sheets, pillow cases, duvet covers
- Table cloths
- Towels
- Soft toys

Items that cannot go in are duvets, quilts, pillows, cushions, curtains, books, CDs and DVDs.

Thank you for your support.



UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Source: United Kingdom Chief Medical Officers' commentary on 'Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews' (February 2019)



National
Online
Safety

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3



PLAY AGAIN?
YES NO

How does this game/app work?
Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS. BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD. FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



4

5



Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

Mid Day Meals Supervisors (MDMS) Grade 2 £8.62 - £8.74 per hour

5 hours per week, 1 hour daily Monday-Friday

Term Time Only

The successful candidates will be able to engage with children, support and care for them and ensure that their school experience is a positive, safe and happy one.

We encourage our MDMS to have a sense of belonging to an important team of staff. The MDMS are responsible for supervising the children, ensuring that they have a calm and positive lunchtime experience that is sociable and fun.

All MDMS are then expected to supervise and engage the children in play on the playground, once lunch has been eaten, and liaise with the staff about pupils' individual needs.

Summerlea School is an equal opportunities employer. We are committed to safeguarding and promoting the welfare of children and this post is subject to DBS and pre-employment checks.

West Sussex County Council meets the requirements in respect of exempted questions under the Rehabilitation of Offenders Act 1974. Please note, because of the nature of this job, if you are successful in your application you will be subject to an Enhanced Disclosure and Barring Service check. This will be done by means of applying for an "Enhanced Disclosure". Disclosures include details of cautions, reprimands or final warnings as well as convictions, spent or unspent.

Candidates invited to interview should be informed in writing that relevant criminal convictions and other associated information will be discussed at the interview in order to assess job-related risks. They should also be informed that this information would only be used to assess suitability for employment in so far as it is relevant to the job to which they have applied. Having a criminal conviction will not necessarily bar someone from employment, this will depend on the circumstances and background to the offence

Visits to our school are most welcome.

Please download and complete an application and shortlisted candidate form and email them to sbm@summerleaschool.co.uk or post to Summerlea CP School, Windsor Drive, Rustington, West Sussex, BN16 3SW. Enquiries 01903 856783

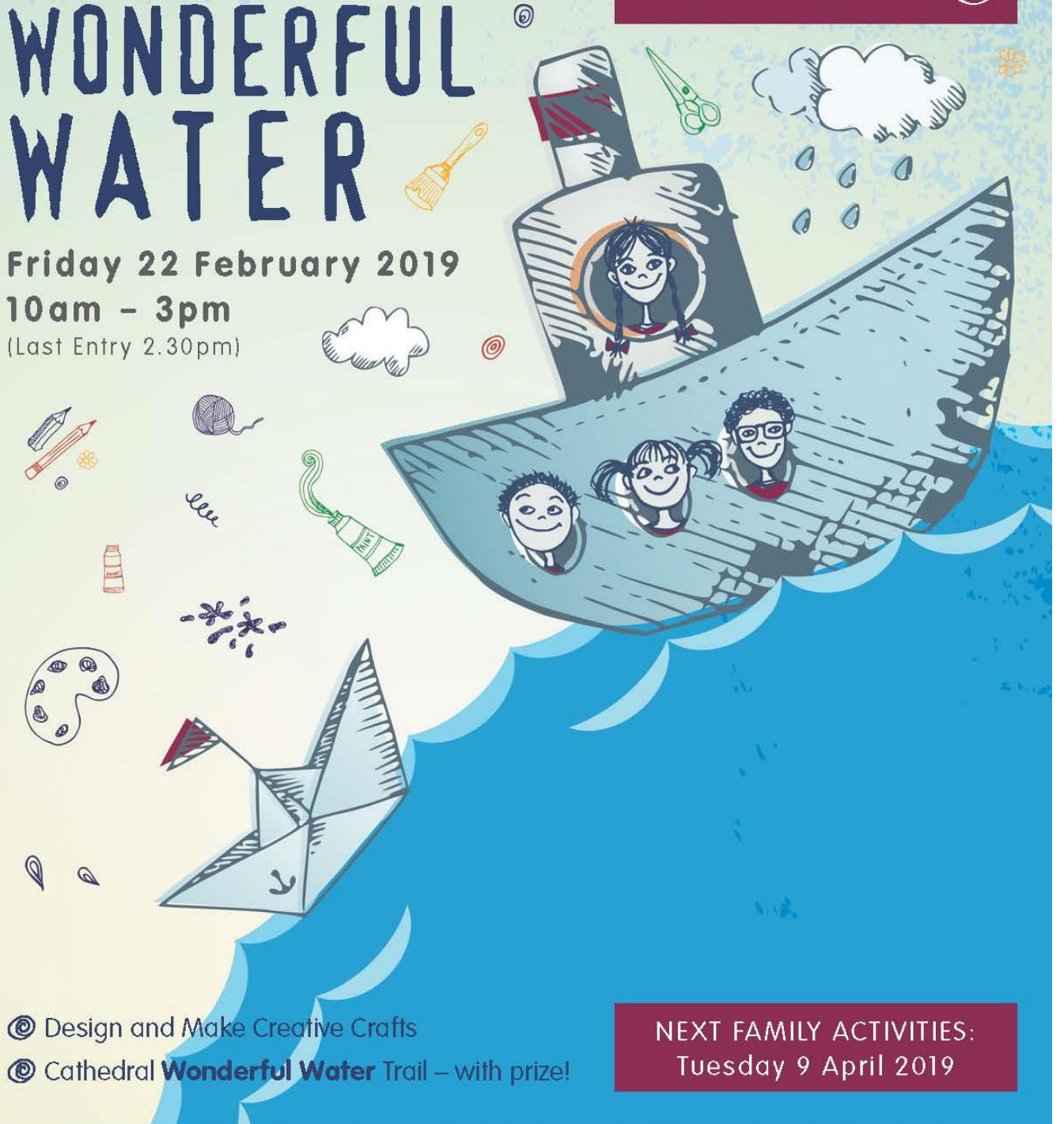
Closing date Friday 2nd January 2019

WONDERFUL WATER

Friday 22 February 2019

10am – 3pm

(Last Entry 2.30pm)



© Design and Make Creative Crafts

© Cathedral **Wonderful Water** Trail – with prize!

NEXT FAMILY ACTIVITIES:
Tuesday 9 April 2019

Family Activities - A fun filled day at Chichester Cathedral

No need to book just drop in - £2.50 per child.

Ages 3 – 11 years - accompanied by an adult.

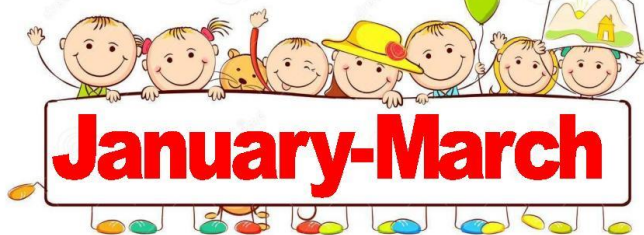
Toddlers' toy area.

£1.50 child's meal offer with a valid voucher (terms and conditions apply)

For further details contact Luna on 01243 812986
or email luna.russell@chichestercathedral.org.uk

 ChichesterCathedral  @ChiCathedral
www.chichestercathedral.org.uk

Discover... Arun



FELPHAM
Pennfields, Felpham,
Bognor Regis, West Sussex,
PO22 6BN
Tues - 9.00am - 4.00pm
Fri - Open 9.00 - 3.00pm
01243 642882
Email: felpham.c&f@westsussex.gov.uk



THE VILLAGES
Main Road, Yapton,
West Sussex, BN18 0ET
Tues - 9.00am - 2.00pm
Wed - 9.00am - 3.00pm
Thurs - 9.00am - 3.00pm
01243 642858
Email: thevillages.c&f@westsussex.gov.uk

What's On in your local Children & Family Centre



TREEHOUSE
Laburnum Grove, Bersted,
Bognor Regis,
West Sussex, PO22 9HT
Mon - 9.00am - 4.00pm
Tues - 9.00am - 4.00pm
Wed - 9.00am - 2.00pm
Thurs - 9.00am - 4.00pm
Fri - 9.00am - 1.30pm
01243 642917
Email: treehouse.c&f@westsussex.gov.uk



BOGNOR REGIS
85 Victoria Drive, Bognor Regis,
West Sussex, PO21 2TB
Mon 9.00am - 4.00pm
Tues 9.00am - 12.30pm
Wed - Fri 9.00am - 4.00pm
01243 642924
Email: BognorRegis.c&f@westsussex.gov.uk



Discover... Arun



EAST PRESTON
92 St. Mary's Drive, East Preston,
West Sussex, BN16 1JB
Monday - 9.00am - 12.00pm
Tuesday - 9.00am - 4.00pm
Thurs - 9.00am - 4.00pm
01903 270470
Email: eastprestonc&f@westsussex.gov.uk



ANGMERING
Angmering Library, Arundel
Road, Angmering BN16 4JS
Thurs 10.00am - 12.30pm
01903 276840
Email
Angmering.c&f@westsussex.gov.uk



LITTLEHAMPTON
The Wickbourne Centre,
Clun Road, Littlehampton
BN17 7DZ
Mon to Fri 9.00am - 4.00pm
01903 276840
Email: Littlehampton.c&f@westsussex.gov.uk



EAST PRESTON
92 St. Mary's Drive, East Preston,
West Sussex, BN16 1JB
Monday - 9.00am - 12.00pm
Tuesday - 9.00am - 4.00pm
Thurs - 9.00am - 4.00pm
01903 270470
Email: eastprestonc&f@westsussex.gov.uk



ANGMERING
Angmering Library, Arundel
Road, Angmering BN16 4JS
Thurs 10.00am - 12.30pm
01903 276840
Email
Angmering.c&f@westsussex.gov.uk



LITTLEHAMPTON
The Wickbourne Centre,
Clun Road, Littlehampton
BN17 7DZ
Mon to Fri 9.00am - 4.00pm
01903 276840
Email: Littlehampton.c&f@westsussex.gov.uk



Centre Services Health Services Other Services

LITTLEHAMPTON CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00am-12.30pm)	
10.00am-11.30am	TICKLEMETOO (Come & Play) - Play session with the Ticklemetoo team. For ages 0-5 years. 1st child £2 Subsequent children £1.
10.30am-12noon	ENJOY YOUR BABY - Families in Mind —Supportive sessions which will help parents with mental health problems to make positive changes. Call Tracey on 07918643208 to book a place.
12noon-2.00pm	PLAY & CHAT - Families in Mind —Drop-in Play session for parents with mental health issues. Help and advice available
2.00pm-2.30pm	SUPPORT & ADVICE SESSIONS—Families in Mind —Chat about your mental health in a private place
TUESDAY (9.00am-4.00pm)	
9.30am-11.00am	SPEECH & LANGUAGE ADVICE SESSION— 15th January 2019
1.00pm-2.30pm	HOME START —Fun & Information with the Home Start Team. Ask at reception.
1.30pm-2.30pm	AMAZING BABIES —Play & learn for babies aged 0-24 months. FREE
WEDNESDAY (9.00am-4.00pm)	
9.30am-12.30pm	ENABLING FAMILIES —Supporting families to find solutions in order to help themselves with everyday parenting/family situations. 2nd & 4th Wed of month.
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS) - Drop in Back on 9/1/19
10.30am-11.15am	HARTBEEPS—BABY BEEPS (SITTING-WALKING) - Drop in Back on 9/1/19
11.30pm-12.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) - Drop in Back on 9/1/19
11.30am-1.30pm	BABY MATTERS —Lots of support for bringing baby home—Ask Midwife to book
12.30pm-2.30pm	BUMPS2BABES SUPPORT GROUP —Antenatal support workshops for parents/parents to be aged 13-21.
1.00pm-2.00pm	YOUNG PARENTS (UNDER 21'S) "Lets Play & Learn Together" —A chance for parents and children to enjoy some quality play time together.
1.30pm-3.00pm	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor
4.00pm-5.30pm	KICKSTART —primary school age faith based after school group, run by Arun Church.
THURSDAY (9.00am-4.00pm)	
10.00am-11.30am	SPARKS —Parent, baby & toddler group for 0-5 years run by Arun Church. 50p Donation per Family
10.00-11.30AM	UMBRELLAS —Support group for parents of children with Special Needs who are in mainstream school. 10th January, 7th February & 7th March
10.30am-12.00pm	MILK! —Breastfeeding Support Drop-in
12.30pm-2.00pm	Discover Baby —Programme full of information & support for parents/carers of babies aged 0-12 months. For further details and to book please call 01903 276840
1.30pm-4.30pm	SEXUAL HEALTH DROP-IN
FRIDAY (9.00am-4.00pm)	
10.00am-12noon	CHILDMINDER DROP-IN —Weekly get together for childminders
10.00am-11.30am	INFORMAL FAMILY CARE —First Friday of the month. Monthly drop-ins providing opportunities to meet other Family Carers, have a chat & talk through any concerns.
1.30pm - 2.15pm	LITTLE MOVERS —Music & Movement group, walking-5 years—£2 per family Term time only

Centre Services Health Services Other Services

TREEHOUSE CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00am-4.00pm)	
9.30am-11.30am	HOME START —Fun & Information with the Home Start Team. Ask at reception for details
9.30am-11.00am	LITTLE PACSO - Parent and toddler group for children with additional needs led by the PACSO team—term time only
1.00pm-3.00pm	SPRINGBOARD —Fun group for families with deaf and hearing impaired children
TUESDAY (9.00am-4.00pm)	
1.30pm-3.00pm	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor.
WEDNESDAY (9.00am-2.00pm)	
9.00am-11.30am	CHILDMINDER DROP-IN —Weekly get together for Childminders.
10.30am-12noon	ENJOY YOUR BABY - Families in Mind —Supportive sessions which will help parents with mental health problems to make positive changes. Call Tracey on 07918643208 to book a place.
12noon-2.00pm	PLAY & CHAT - Families in Mind —Drop-in Play session for parents with mental health issues. Help and advice available
1.00pm-3.00pm	WEIGHT MANAGEMENT IN PREGNANCY —Run by the Midwife Team. Healthy eating & advice for expectant mothers.
THURSDAY (9.00am-12 noon)	
9.30am-11.00am	PLAY & LEARN TOGETHER —Fun play session for children aged 0-5 years. Term time only—Room still available for parents & children to drop in and play.
9.30am-10.30am	SPEECH & LANGUAGE ADVICE SESSION —7th February, 7th March and 4th April
FRIDAY (9.00am-1.30pm)	
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-4 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
10.30am-11.15am	HARTBEEPS—HAPPY HOUSE (WALKING-4 YEARS) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
11.30am-12.15pm	HARTBEEPS—BABY BEEPS (SITTING-WALKING) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
12.30pm-1.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) Songs, nursery rhymes, lullabies and puppets. £4 per family. - Term time only
11.30am-1.00pm	YOUNG PARENTS (UNDER 21'S) "Lets Play & Learn Together" —A chance for parents and children to enjoy some quality play time together.

MILK!

Support Group for Breastfeeding Mums
Littlehampton Children & Family Centre
Thursdays 10.30am-12.00noon
Bognor Children & Family Centre
Thursdays 11.00am-12.30pm
The Villages Children & Family Centre
Thursdays 10.30am-12.30pm



Centre Services Health Services Other Services

BOGNOR REGIS CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (9.00am-4.00pm)	
TUESDAY (9.00am-12.30pm)	
9.30am-12.30pm	ENABLING FAMILIES —helping families to find solutions with everyday parenting/family situations. 1st & 3rd Tuesday of month. Book at Reception.
9.30am-12.00noon	CHILDMINDER DROP-IN —Every Week. Term time only
WEDNESDAY (9.00am-4.00pm)	
11.00am-12.30pm	YOUNG PARENT GROUP —10 week support workshops for parents/parents to be aged under 20 years.
1.00pm-2.30pm	DISCOVER BABY —Programme full of information & support for parents/carers of babies aged 0-12months. For further details please call 01243 642924. No need to book.
THURSDAY (9.00am-4.00pm)	
9.15am-11.30am	BABY MATTERS — Lots of support for bringing baby home-Ask Midwife to book.
9.30am-11.00am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor. Please arrive before 10.45am.
11.00am-12.30pm	MILK! BREASTFEEDING SUPPORT —Breastfeeding support from an Infant Feeding Advisor and a chance to meet other Breastfeeding mums.
3.00pm-4.30pm	MATRYOSHKA DOLLS —Group for Russian speaking families and children 0-5 years
FRIDAY (9.00am-4.00pm)	
10.00am-11.15am	PLAY & LEARN TOGETHER —Fun group for children aged 0-5 years. FREE!! - Term time only—Room still available to drop in and play during the holidays.

Informal Family Care Group

@ Littlehampton C&FC - 1st Friday of every month
10.00am-11.30am

@ Bognor Regis C&FC - 3rd Thursday of every month
(Victoria Drive) 9.30am-11.00am

Monthly drop-in providing opportunities to meet other Family Carers, have a chat and talk through any concerns. Issues could include—Behavioural challenges, Parental Responsibility, Anger Management, Contact, Practical Issues, Feeling Isolated.

For further information please call Pam Herrington on 07889203515.

Centre Services Health Services Other Services

EAST PRESTON CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (10.00am-12noon)	
10.00am-11.30am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor.
TUESDAY (9.00am-4.00pm)	
10.00am-11.15am	PLAY & LEARN TOGETHER —Fun activities for children aged 0-4 years. FREE!! - Term Time only.
WEDNESDAY - Centre closed except for the groups below	
10.00am-11.30am	TWINS GROUP —A chance to get together with other parents of twins in the local area. 1st & 3rd Wednesday of the month. Back on 16/1/19
THURSDAY (9.00am-4.00pm)	
FRIDAY - - Centre closed except for the groups below	
FRIDAYS 10.00am-11.15am	AMAZING BABIES—PLAY & LEARN TOGETHER —Help develop your child's development through play at our fun play & Learn. For children aged 0-24 months. -Term time only

ANGMERING CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed)	
TUESDAY (Closed)	
9.30am-10.30am	LITTLE MOVERS @ Angmering Community Centre —For children walking—around 2 1/2 years. £3 per family. Call Clair on 07837 547130 for further Details
10.00am-11.00am	LITTLE MOVERS @ Angmering Community Centre —For children around 2 1/2 years—5 years. £3 per family. Call Clair on 07837 547130 for further Details
WEDNESDAY (Out in the Community)	
9.00am-10.30am	INFORMATION DROP-IN & PLAY , Georgian Gardens Primary School, 1 Guildford Rd, Rustington, Littlehampton BN16 3JJ— Last Wednesday of the month. Support & Information to make life easier for you and your family. -Term time only.
THURSDAY (10.00am-12.00noon)	
10.00am-12noon	INFORMATION, ADVICE AND SUPPORT @ Angmering Children & Family Centre
10.15am-10.45am	TODDLER TIME @ THE LIBRARY —Songs & Rhymes
FRIDAY (Out in the Community)	
10.00am-11.30am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ St Peters & St Pauls Church Hall, The Street, Rustington —Get your baby weighed or have a chat with a Health Visitor

Centre Services Health Services Other Services

FELPHAM CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed except for Foster Carers)	
12.00noon-2.00pm	FOSTER CARERS SUPPORT GROUP —First Monday of the month (second Monday if there is a bank holiday)
TUESDAY (9.00am-4.00pm)	
9.15am-10.45am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed or have a chat with a Health Visitor
WEDNESDAY (Closed)	
THURSDAY (Closed) Open only for Speech & Language	
11.00am-11.30am	SPEECH & LANGUAGE ADVICE SESSION —7th February, 7th March & 4th April 2019
FRIDAY (9.00am-4.00pm)	
9.00am-12.00noon	CHILDMINDER DROP-IN —Weekly get together for childminders
1.45pm-2.15pm	BABY MOVERS/ON THE MOVERS —Music & Movement group for babies—walking/crawling (Newborn—18 months) - £2 per family. Check Facebook for updates.
2.15pm-2.45pm	LITTLE MOVERS —Music & Movement group for children (18 months—5 years) — £2 per family. Check Facebook for updates



Visit our Facebook pages for regular information and updates:

Arun Children and Family Centres

ENABLING FAMILIES

Supporting families to find Solutions
In order to help themselves with
Everyday parenting/family situations

"I can usually find a solution myself or with a little direction I can"

I need some guidance to help me solve the problem for myself"

2nd and 4th Wednesday of the month
@Littlehampton C&FC
1st and 3rd Tuesday of Month
@ Bognor C&FC

Families please call your local C&FC for further information and to book an appointment.

Sensory Toy Library

The Sensory Toy Library has moved location to Bognor Regis Children and Family Centre. We are excited the sensory resources can support the Play and Learn Plus and Little PACSO groups as well as being accessible Monday - Friday

Sexual Health Drop-ins

Bognor War Memorial Hospital
outpatients department
Mondays 17.30pm-19.00pm

Bognor War Memorial Hospital
Shripney unit
Wednesdays 14.00pm-19.00pm

Littlehampton Children & Family Centre
Thursdays 1.30pm-4.30pm

Speech & Language Advice Session

Sessions are held at the following venues

Felpham Children & Family Centre
Held within our Play & Learn Session
Thursday 7th February 2019
& 4th April 2019
11.00-11.30am

Treehouse Children & Family Centre
Held within our Play & Learn Session
Thursday 7th February 2019
& 4th April 2019
Thursdays 9.00am-10.30am

The Villages Children & Family Centre
To be confirmed
Thursdays 1.00pm-1.30pm

Littlehampton Children & Family Centre
Tuesday 15th January 2019
9.30am - 11.00am

For further information please call
01273 265953

USEFUL LINKS

Childcare and Family Information
www.westsussex.gov.uk/fis
Family Information Service
01243 777807

Free Entitlement, Early Years Provision
www.westsussex.gov.uk/freechildcare
Jobs in Childcare
www.westsussex.gov.uk/childcarejobs
Children and Family Centres
www.westsussex.gov.uk/cfc
West Sussex Parent Carer Forum
www.wspcf.org.uk

Free Childcare for 2 Year Olds

Could you be entitled to **15 hours** free childcare each term?

To apply go to:-
www.westsussex.gov.uk/Freechildcare

You never know until you apply...

Play & Learn Plus



"Bubbles"
Play & Learn Plus
@ Footprints Children
& Family Centre
Mondays
1.00pm-2.30pm

and "Little PACSO"
@ Treehouse Children & Family Centre
Mondays
9.30am-11.00am

Check Facebook for updates

Centre Services Health Services Other Services

THE VILLAGES CHILDREN & FAMILY CENTRE

Time	Groups/Courses
MONDAY (Closed to public)	
9.30am-11.00am (1st & 3rd Monday of the month)	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ Barnham Community Centre, Yapton Road, Barnham, Bognor Regis PO22 0AY Get your baby weighed or have a chat with a Health Visitor.
12.30pm-2.30pm	HOME START —Fun & Information with the Home Start Team. By referral only.
TUESDAY (9.00am-2.00pm)	
9.30am-11.00am	PLAY & LEARN TOGETHER —Fun play session for children aged 0-5 years.— Term time only—Room still available for Parents & children to drop in and play.
1.30pm-3.00pm	DISCOVER BABY —Programme full of information & support for parents/carers of babies aged 0-12 months. 8/1/19-26/3/19
WEDNESDAY (9.00am-3.00pm)	
9.30am-11.00am (2nd & 4th Wednesday of the month)	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS @ Arundel Surgery, Green Lane Close, Arundel, West Sussex BN18 9HG Get your baby weighed or have a chat with a Health Visitor.
9.30am-10.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS)
10.30am-11.15am	HARTBEEPS—HAPPY HOUSE (WALKING-5 YEARS)
11.30am-12.15pm	HARTBEEPS—BABY BEEPS (SITTING-WALKING)
12.30am-1.15pm	HARTBEEPS—BABY BELLS (NEWBORN-SITTING) Songs, nursery rhymes, lullabies and puppets. £4 per family
THURSDAYS (9.00am-3.00pm)	
9.30am-11.00am	CHILD HEALTH CLINIC WITH THE HEALTH VISITORS Get your baby weighed. If you would like to have a chat with a Health Visitor, please arrive by 10.30am.
10.30am-12.30pm	MILK! BREASTFEEDING SUPPORT —Breastfeeding support from an Infant Feeding Advisor and a chance to meet other Breastfeeding mums.
12.30pm-3.00pm	CHILDMINDER DROP-IN —Weekly get together for Childminders
1.00pm-3.00pm	BABY MATTERS —Single ante-natal advice session held on 2nd Thursday of each month, to be booked through your Midwife. 10/1, 14/2, 14/3 & 11/4/2019
1.00pm-1.30pm	SPEECH & LANGUAGE ADVICE SESSION—To be confirmed
FRIDAY (Closed)	

pacso
Parents And Carers Support Organisation

Tel: 01243 533553
Email: admin@pacso.org.uk

Mondays 9.30am-11.00am
@ Treehouse Children & Family Centre

LITTLE PACSO - Parent and toddler group for children with additional needs led by the PACSO team. Term time only

Families in Mind  **Coastal West Sussex**

Mondays 12.00noon-2.00pm
@ Littlehampton Children & Family Centre

Wednesdays 12.00noon-2.00pm
@ Treehouse Children & Family Centre

The Families in Mind services are working in partnership with Children and Family centre staff and health teams to improve the mental health and well-being of parents of young children. Please come to our **Play & Chat Sessions** and meet our team Ashcroft, from Families in Mind, to find out about our services and the support we plan to offer.....

Contact Details: Tracy Ashcroft Please contact me, leave a message or text on 07918643208 Coastal West Sussex Mind Website - <http://www.coastalwestsussexmind.org/> Facebook page - Supporting Mum and Dad - Postnatal Support Project

Young Parents Group

Wednesdays 11.00am-12.30pm
@ Bognor Regis Children & Family Centre

10 week support workshops for parents/parents to be, aged under 20 years.

Bumps2Babes

Wednesdays 12.30pm-2.30pm
@ Littlehampton Children & Family Centre

Antenatal Support Group for Young Parents.

An opportunity for you to meet new friends and learn To be the best parent you can be.....

Discover Baby

Thursdays 12.30-2.00pm @ Littlehampton Children & Family Centre Tel: 01903 276840	Tuesdays 1.30-3.00pm @ The Villages Children & Family Centre Tel: 01243 642958	Wednesdays 1.00-2.30pm @ Bognor Regis Children & Family Centre Tel: 01243 642924
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Programme full of information & support for parents/carers of babies aged 0-12 months. For further details please call relevant Children & Family Centre.

Midwife

Bognor Regis Children & Family Centre
Please call your midwife to book an appointment for the following clinics:
Monday
9.10am - 12.00pm

East Preston Children & Family Centre
Please visit this website to book your appointment
<http://www.westsussexhospitals.nhs.uk/services/maternity/pregnancy/booking-birth/>

Felpham Children & Family Centre
Please call your midwife to book an appointment for the following clinics:
Tuesday
1.00pm - 3.00pm
Friday
9.00am - 2.00pm

Littlehampton Children & Family Centre
Please make an appointment via your Midwife

Treehouse Children & Family Centre
Please make an appointment via your midwife

Toy Safety Tips

We treat all children & families with dignity and respect, recognising that everyone is different and individual. All services are developed and delivered to ensure equality of access for all. We are always interested in receiving feedback about our services; please send us an email or telephone us if you have any comments. Thank you.

TOY SAFETY

Toy Safety Tips

- CHECK THE AGE LEVEL OF THE TOY BEFORE PURCHASING
- AVOID TOYS WITH SMALL PARTS OR MAGNETS
- ONLY PURCHASE QUALITY, STURDY TOYS
- INSPECT TOYS OFTEN
- BE CAREFUL OF TOYS WITH SHARP EDGES
- DO NOT GIVE TOYS WITH DANGLING STRANDS TO CHILDREN
- ENSURE YOUR CHILD CANNOT GET TO ANY BATTERIES

Understanding Your Child - Solihull Approach

This course is a 10 week parenting course for families with an Early Help Plan. Please call your local Children and Family Centre and speak to a member of staff about access to this course

Twins Group

1st & 3rd Wednesday of the month 10am-11.30am

@ East Preston Children & Family Centre
For further information please call
01903 270470

OTHER INFORMATION...

Public Access Computers

Computers are available for the public to use to search various internet sites, complete job applications, 2 year funding applications etc. Please come and speak to our Hub Support Assistants for further support and guidance.

Please call your local Children & Family Centre for availability

Toy Library

Join our Toy Library where you can borrow some of our fantastic toys to play with at home. For parents, carers and practitioners. Joining fee is £2 for families and £5 for practitioners.

We also hold a Sensory Toy Library based at Bognor Regis Children and Family Centre.

Please note there is a Toy Library available from the following centres during centre opening hours:

- Felpham Children & Family Centre
- Treehouse Children & Family Centre
- The Villages, Children & Family Centre

Other Toy Libraries are located at local West Sussex Libraries;

- Angmering Library, Littlehampton Library, Rustington Library, East Preston Library, Bognor Regis Library, Arundel Library and Willowdale Library.

THE FREEDOM PROGRAMME

The Freedom Programme is a completely free, 12 week programme open to any women over the age of 16 who wants to learn more about the reality of domestic violence and abuse in relationships. The programme looks at all the different characteristics and controlling behaviours of the abuser, using the character of The Dominator, comparing it to the character of The Friend. The different faces or types of abuse are all aspects of The Dominator's personality, which he uses to control his partner.

For further information please ask at your local Children & Family Centre or call 01903 276840

HEALTHY START VITAMINS

Our Children & Family Centres are a registration and distribution point for Healthy Start Vitamins. Please present your voucher at Reception to collect the vitamins you need. Blank application forms available at Reception.



COMMUNITY SHOP

We sell a range of oral health products at very competitive prices. These products are available at Children & Family Centres. **Please note stock may vary at different centres.**

- Tommee Tippee cups - £1.20
- Doidy cups - £2.50
- Branded Toothbrushes
- 0-2 years - £1.00
- 2-6 years - £1.35
- 6 years + - £1.00
- Unbranded Toothbrushes
- 0-2 years - 40p
- 2-6 years - 40p
- 6 years + - 40p
- Toothpaste - 60p

VOLUNTEERING

Discover Volunteering

Do you want to share your skills and gain new ones, explore back to work opportunities and career ideas?

Please call your local centre to arrange to meet with our Volunteer Coordinator to speak about current opportunities. Alternatively visit: www.westsussex.gov.uk/leisure-recreation-and-community/volunteering

HEALTH VISITING TEAMS

The Bognor Central Health Visiting Team

are based at The Treehouse Children & Family Centre. You can contact them on 01243 642884. Alternatively, you can speak to a Health Visitor at any Child Health Clinics, please remember your red Book!

The Rural West Health Visiting Team

are based at The Lodge Arundel & District Hospital Chichester Road Arundel BN18 0AB

You can contact them on 01903 276999.

Littlehampton Health Visiting Team

are based at Zachary Merton Hospital You can contact them on 01903 858129

Alternatively, you can speak to a Health Visitor at any Child Health Clinics, please remember your Red Book!

ABOUT THE TRAINERS

Dr Shoshanah Lyons  is the clinical director and founder of Beacon House. As a clinical psychologist she feels huge passion for understanding mental health and relationships through a developmental trauma lens. She is a promoter and advocate for trauma-informed health, education, social care and criminal justice.

Kate Levy is an Educational Psychologist and offers a unique perspective which involves facilitating a shared understanding of the child's social, emotional and educational needs across a range of complex environments at school and home. Kate views her role as an advocate for the child and specialises in working with traumatised children. 

HOW TO BOOK

Book online to secure your place:

www.beaconhouse.org.uk/training

Please read our terms & conditions before booking a place

PARENT SEMINARS

Parenting a troubled child can be a very stressful experience. There is an overwhelming need to understand what is going on for your child, and most importantly, how to support them in the best ways possible. Whilst there are no 'magic answers', often knowing a little more about the difficulty your child is facing, and exploring different strategies to support them can be incredibly helpful.

In this Parent Seminar Series, a Clinical Psychologist or an Educational Psychologist will walk you through how to understand the difficulty; and how to support your child in ways that can create change and hope. These are very much 'how to' seminars – you will leave with some practical strategies that you can try the moment you get home!

COURSE REQUIREMENTS

This seminar is suitable for all (ages 18+). Parents do not need to attend every session, please book on to the individual seminars that are of interest to you.

IMPORTANT INFORMATION

Refreshments are provided. Please bring a packed lunch if your seminar is during lunch time.

PAYMENT FOR THIS COURSE IS MADE UNDER THE FOLLOWING TERMS & CONDITIONS:

Courses are refundable up to 30 days prior to the date of the course. Any cancellation with less than 30 days notice are NON-REFUNDABLE. You may send a substitute delegate providing s/he meets the course criteria. We reserve the right to cancel the course date, in this case we will notify you by email as early as possible, and advise you of an alternative date or provide you with a full refund. In the event of a course cancellation under 7 days' notice, a new course date or refund will be organised for you. Under no circumstances are Beacon House are liable for any travel expenses, childcare, potential loss of income or any associated costs.

HOW TO PROMOTE YOUR CHILD'S SELF-ESTEEM | DR SHOSHANAH LYONS | 15TH NOV 2019 | 10.30AM - 12PM

This seminar explores parenting approaches which particularly support the development of your child's self-esteem. We look at the importance of having a close and open relationship with your child, and we discuss communication strategies that build confidence.

HOW TO REDUCE YOUR CHILD'S ANXIETY | DR SHOSHANAH LYONS | 24TH SEPT 2019 | 10.30AM - 12PM

Anxiety is the most common emotional difficulty affecting children and young people. This seminar looks at the different signs and symptoms of anxiety to help parents identify it in their child; and we explore a variety of strategies that can aid the reduction of anxiety.

HOW TO COMBAT LOW MOOD IN YOUR CHILD | DR SHOSHANAH LYONS | 26TH MARCH 2019 | 10AM - 11.30AM

Children as young as 5 or 6 can experience low mood, and in adolescents persistent low mood is increasingly an obstacle to becoming a happy, thriving young adult. We take a fresh look at mood difficulties across childhood, and discuss ways that parents can help their child to combat low mood.

HOW TO HELP YOUR CHILD WITH SELF-HARM | DR SHOSHANAH LYONS | 22ND FEB 2019 | 10AM - 11.30AM

Self-harm can start in the toddler years. For some children, it is a way of coping with their big feelings; and for others it is a way of communicating their needs. We look at the emotive topic of self-harm to help parents understand why their child may be hurting themselves. We explore and discuss how you can support your child with their self-harm, and what to do if you are concerned about your child's safety.

HELPING YOUR CHILD WITH LOSS AND BEREAVEMENT | DR SHOSHANAH LYONS | 5TH APRIL 2019 | 10AM - 11.30AM

It is natural for children to experience loss, transition and bereavement in their life. Some children find this very tough, and can become 'stuck' in their grief. This seminar looks at the stages of grief, and how parents can show their children that they are right by their side, walking through the process together.

STRENGTHENING YOUR CHILD'S ATTACHMENT | DR SHOSHANAH LYONS | 17TH APRIL 2019 | 10.30AM - 12PM

Babies and toddlers are shaped by the world around them. Early experiences of family, health and life events enables them to adapt and learn ways to cope with stress and the unexpected. Often, these children develop behaviour which can be challenging for the adults around them (e.g. 'too needy' or 'too withdrawn') and it can be helpful to understand this behaviour in terms of 'attachment'. We explain the nuts & bolts of what attachment is, why it's important and how to build on your child's secure attachment.

UNDERSTANDING TRAUMA IN YOUR CHILD | DR SHOSHANAH LYONS | 10TH MAY 2019 | 10.30AM - 12PM

It is common for children and teenagers to survive traumatic life events, from domestic abuse to car accidents; serious ill health to parental conflict. Whilst children are brilliant copers, big life experiences at any age can lead to post-traumatic stress (PTSD) and other difficulties. We explain what trauma is, and most importantly, how you can support a child who is still living in fear even though the danger has passed.

GETTING YOUR CHILD SETTLED TO LEARN | KATE LEVY | 15TH MARCH 2019 | 10.30AM - 12PM

Many children don't feel able to settle to learn at school. Difficulties can vary – from school refusal, to learning struggles to behaviour problems and more. This parent seminar will help you to understand the needs of your child in those moments of stress; and will explore a range of strategies and ideas about how to improve the home/school relationship; and how support your child's learning.

CREATIVE CONVERSATIONS | HELEN TOWNSEND | 22ND NOVEMBER 2019 | 10.30AM - 12PM

Vulnerable, troubled children and young people are easily triggered into feelings that are overwhelming. By exploring different ways of communicating about big feelings, difficult questions and worrying behaviours, we can support and empower our children to express themselves in a more positive and safer way.

2019

Horsham Wheels for ALL

Why not come along and join in the fun at our all inclusive cycling sessions. Open to all ages and abilities offering a wide range of adapted cycles.

Sessions take place on the athletics track at The Bridge Leisure Centre on Fridays at 4.30pm-6pm.

Running from: **26 April to 19 July**,
(excluding 31 May and 14 June).
and **6 September to 25 October**.

Sessions cost £5 or £4 with a Leisure Access Card or Compass Card payable on the day.

Sponsored bike ride will take place on Wednesday 29 May on the Downs Link.



For more information please contact:
Paul Taylor on 07764 146339 or email paul.taylor@horsham.gov.uk



Making cycling
accessible to all.



Horsham District
**Sports
Development**



**Horsham
District
Council**