

## Arunside Announcements

### Week Commencing Monday 22<sup>nd</sup> September 2025

**School Clubs** – Both internal and external clubs are now available to view on the school website.

<https://arunside.school/parents/clubs-and-enrichment/>

**Year 6 Message from Tanbridge House School** – The School Tour booking system is now live on our website. It can be found by clicking on the link below. <https://www.tanbridge-house-sch.co.uk/Visit-the-School/>

**Year 3 RE Trip Monday 29<sup>th</sup> September 2025** – We are still in need of parent volunteers to accompany us. Please email the school office if you are available from 9.00am – 12.30pm.

**Harvest Festival Food Donations:** Please see flyer below - This year we are collecting for Horsham Matters and Horsham District Foodbank. We shall be taking donations from 13<sup>th</sup>- 21<sup>st</sup> October 2025.



**October 2<sup>nd</sup> Census Day Menu – Help us to help your children** – West Sussex School Meals Funding Guidance Census Day is an important day in the Primary School calendar, as the Government will use the numbers of those who eat school meals on this day to identify the level of funding each school receives.

Put simply, the more children eating a school meal on this day, the more funding Arunside can access. We have included the Easy lunch meal for this day for you to see, and hopefully book for your child.

**Free Parent Webinar 30<sup>th</sup> September** - 'Sleep, Screens & Stressed-Out Kids' delivered by Consultant Clinical Psychologist, Dr Daniel Weisberg – **Sign up link:** <https://ro.am/events/cayp>

**Marvellous Me** - Please be advised we will no longer be using the Marvellous Me parent app in school. The platform has had a large upgrade over the summer holidays with features that do not align with the previous version, so we will be taking time to review this year.

**West Sussex Music** – Please find their poster attached. They offer a wide range of opportunities, from starter groups for absolute beginners, right through to the Youth Orchestra for advanced students, and even rock bands for budding pop stars.

**Update on School Funding** - As you are all aware swimming is a compulsory part of the curriculum and we must provide it to our students. We as a school have to hire the local swimming pool and 3 professional swimming teachers as our own teachers are not qualified to teach swimming. When your child has the opportunity to participate in the swimming lessons we do ask for money contributions, which we are grateful to receive. As you may or may not be aware, last year we were able to offer other experiences to children across the school free of charge such as Royal Courts of Justice, Writing & Maths workshops and a trip to the Knepp Estate. If we didn't receive contributions for certain curriculum lessons and workshops, we would not be in a position to offer these ad-hoc trips to children. We would like to take this opportunity to thank you all for your continued support.



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**Road Safety** –We have been alerted to the fact that parents are using the zebra crossing as a drop-off point. This is very dangerous and inconsiderate to pedestrians and other drivers. Please allow yourself ample time to find a suitable place to park when on the school run.

**Roald Dahl Day** - Thursday and Friday last week the children spent some time in the outdoor reading area and shared some Roald Dahl stories to celebrate Roald Dahl Day. The children listened to their teacher read, read in pairs and groups and on their own



### Key Dates for the Diary

Friday 10 <sup>th</sup> October – Non-School Uniform Day
Tuesday 14 <sup>th</sup> October – Open Morning – book via office
Thursday 16 <sup>th</sup> October – Open Afternoon – book via office
Monday 8 <sup>th</sup> December – Flu Vaccines
Monday 5th January 2026 – Inset Day
Monday 23rd February 2026 – Inset Day
Monday 13th April 2026 – Inset Day
Monday 1st June 2026 – Inset Day

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## Tasting Lunch

On Thursday 2nd October, The Easy Lunch Company will be providing a tasting lunch for all children.

### Menu

Cheese and tomato pizza slice  
and  
Cheesy tomato and basil pasta shells  
with  
Mixed salad

\*\*\* Orange Polenta Cake \*\*\*

PLEASE CONTACT EASY LUNCH IF YOU INTEND TO SEND YOUR CHILD IN FOR THE TASTING LUNCH IF THEY DO NOT USUALLY HAVE A HOT LUNCH AND THEY HAVE A SPECIAL DIETARY REQUIREMENT NOT CURRENTLY REGISTERED WITH US.

All registered special diet children will be catered for accordingly.

A jacket potato option with baked beans is also available to order as usual.

All main and meat free option lunches will be supplied as the tasting menu.

KS2 lunches please book online

[www.theeasy lunchcompany.co.uk](http://www.theeasy lunchcompany.co.uk)

If you require any further information about the Tasting lunch, please call Emma at The Easy Lunch Company 01403 741177 or email [emma@theeasy lunchcompany.co.uk](mailto:emma@theeasy lunchcompany.co.uk)



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### SUPPORTING PARENTS & CARERS

Would you like to support your child with emotional regulation? Would you like a toolkit to support the whole family?

BLUE ZONE   GREEN ZONE   YELLOW ZONE  
RED ZONE

Come along and learn more about Zones of Regulation in a short presentation and workshop with Mrs Lee & Mrs Roberts.

Arunside School  
Thursday 16th October  
9.00-10.00am  
To book a space please call or visit the school office.



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# HARVEST FESTIVAL

**This Harvest Festival, the Horsham District Foodbank is asking for donations of surplus home grown produce and our much needed general items:**

- **Tinned meat**
- **Long life milk**
- **Coffee**
- **Toilet rolls**
- **Long life custard**
- **Hot chocolate**
- **Jar cooking sauces**
- **Long life fruit juice**
- **Tinned vegetables**
- **Savoury snacks**

**If you wish to make a financial donation to the Foodbank, please scan the code below.**



**HorshamMatters**  
Meeting Needs and Improving Lives



Horsham District  
**Foodbank**  
Together with Trussell

**Telephone: 0300 124 0204**

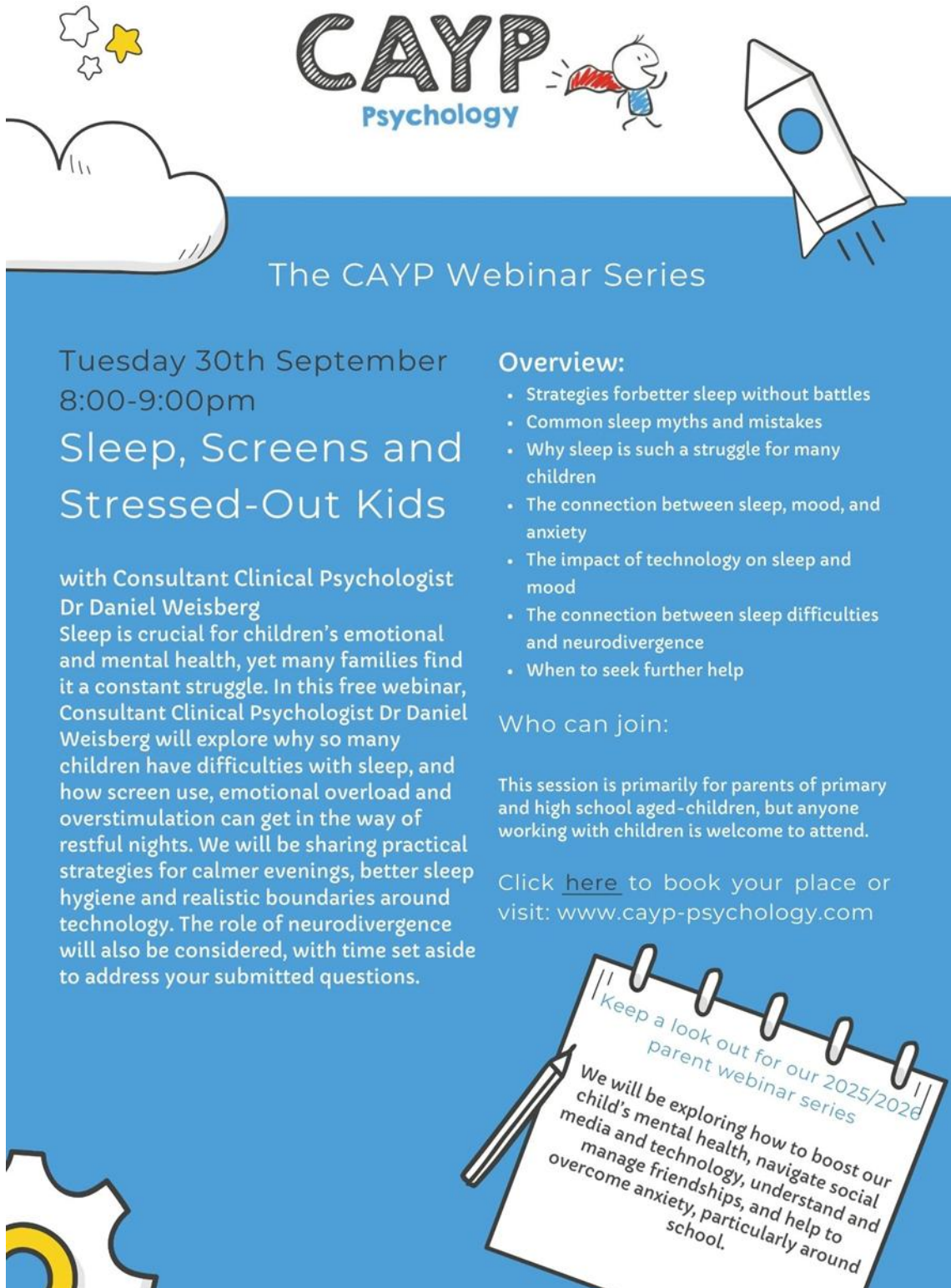
**Email: [info@horsham-matters.org.uk](mailto:info@horsham-matters.org.uk)**



**Charity Number: 1116253**

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**CAYP**  
Psychology

### The CAYP Webinar Series

**Tuesday 30th September**  
**8:00-9:00pm**

## Sleep, Screens and Stressed-Out Kids

with Consultant Clinical Psychologist  
Dr Daniel Weisberg

Sleep is crucial for children's emotional and mental health, yet many families find it a constant struggle. In this free webinar, Consultant Clinical Psychologist Dr Daniel Weisberg will explore why so many children have difficulties with sleep, and how screen use, emotional overload and overstimulation can get in the way of restful nights. We will be sharing practical strategies for calmer evenings, better sleep hygiene and realistic boundaries around technology. The role of neurodivergence will also be considered, with time set aside to address your submitted questions.

**Overview:**

- Strategies for better sleep without battles
- Common sleep myths and mistakes
- Why sleep is such a struggle for many children
- The connection between sleep, mood, and anxiety
- The impact of technology on sleep and mood
- The connection between sleep difficulties and neurodivergence
- When to seek further help

**Who can join:**

This session is primarily for parents of primary and high school aged-children, but anyone working with children is welcome to attend.

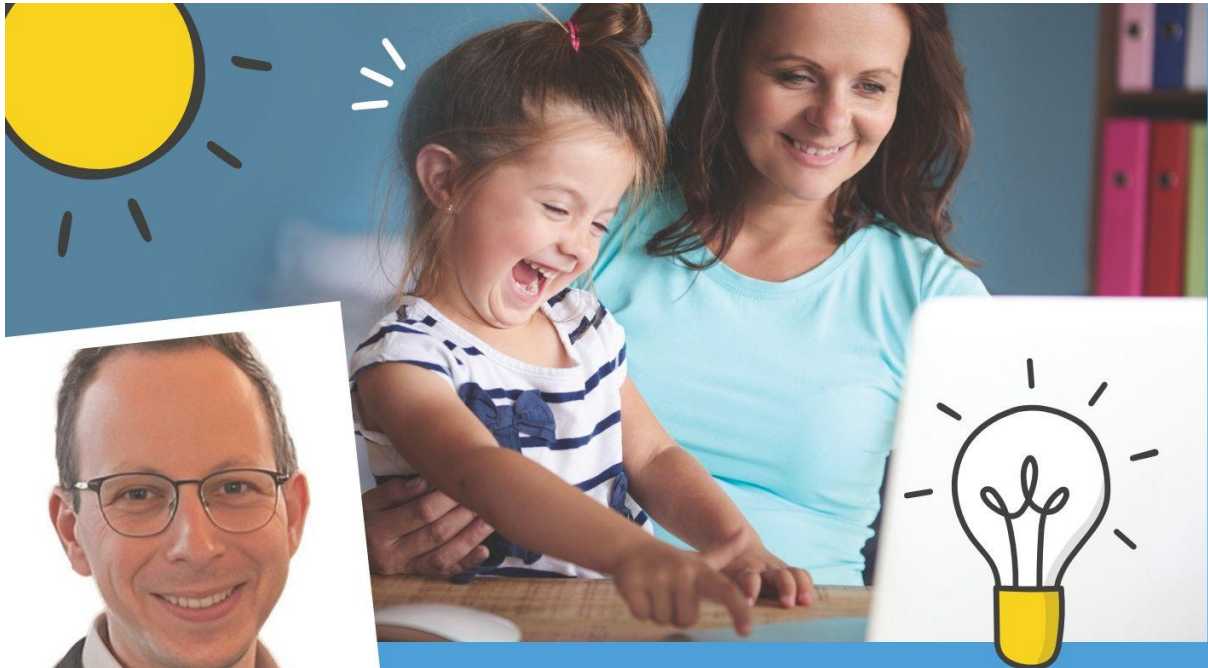
Click [here](https://www.cayp-psychology.com) to book your place or visit: [www.cayp-psychology.com](https://www.cayp-psychology.com)

Keep a look out for our 2025/2026 parent webinar series

We will be exploring how to boost our child's mental health, navigate social media and technology, understand and manage friendships, and help to overcome anxiety, particularly around school.

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#### About Dr Daniel Weisberg

Dr Daniel Weisberg is a Consultant Clinical Psychologist and the Managing Director of CAYP Psychology, an award-winning psychological healthcare service for Children, Adolescents, and Young People across the UK and online. Daniel has over a decade of experience working in NHS children's services and specialises in paediatric neuropsychology. Daniel completed his PhD in children's emotional development and later trained as a Clinical Psychologist at the University of Manchester. His work has contributed to national and international research into child development, rare genetic and developmental differences, and paediatric neuropsychology. Daniel's psychological knowledge and understanding has been shared in social, local and national media. He founded CAYP Psychology in 2016 to ensure that children and families can access timely, high-quality independent psychological healthcare. CAYP has since grown into a team of over 100 clinicians, across 40 UK-wide clinics and online.

#### About CAYP Psychology

CAYP Psychology (pronounced "cape") is an independent, clinical psychology-led service offering expert therapy and assessments for children and young people aged 0–18 (or up to 25 for autism assessments). We support a wide range of emotional, behavioural, developmental, and learning needs, and provide outstanding specialist assessments for autism, ADHD, dyslexia, and intellectual disabilities.

We work closely with both schools and parents, and our reports are frequently used in EHCP applications and education tribunals. With nearly 100 highly qualified clinicians across more than 40 UK locations and online, we are proud to deliver thoughtful, values-driven support for children, families, and schools.

For all CAYP updates,  
join our WhatsApp  
newsletter, by  
sending "CAYPnews"  
via WhatsApp to  
07446502690

[www.cayp-psychology.com](http://www.cayp-psychology.com)  
[enquiries@cayp-psychology.com](mailto:enquiries@cayp-psychology.com)

