



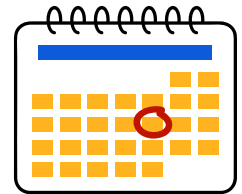
Arunside Announcements



Week Commencing
Monday 19th October 2026

Calendar Dates

Please do familiarise yourself with our INSET days, they are marked on the calendar at the back of this newsletter each week. They were updated a few weeks ago, so be sure you have the correct days in your diaries.



Year 5 Swimming Payments

A number of deposits are still outstanding, please ensure to check My Child At School to bring your account up-to-date.



Uniform Update

Arunside Uniform will change to active uniform (the current PE kit) from September 2027. A smart uniform will be required for school events/ photos etc. details to follow.



School hours



Reminder - school starts at 8.50am, after that children must be signed in via the office and recorded in the paper register at the desk.

Exiting school vehicle gate during teaching hours



Please use the pedestrian gate after 8.50am to ensure the vehicle gates can close. The sensor is very sensitive whilst in operation.

Safe Parking



The school is currently looking to develop an Active Travel Plan. Please ensure that if you are unable to walk your child to school, that you park in a safe and considerate manner. Nearby residents need constant access to their driveways, and zig zag markings are out-of-bounds at all times.



Dogs on the premises

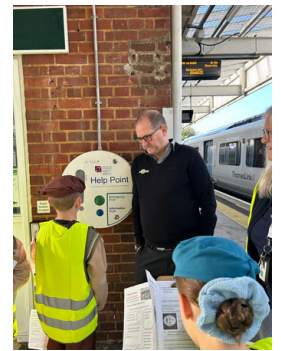


Please note that dogs are not allowed on the school premises. There have been complaints from the wider school community that some parents are choosing to ignore the signs and are bringing dogs onto site when collecting their children from after school clubs.



Year 6 Evacuee Days

This week, our Year 6 children were 'evacuated' to Billingshurst! We had a wonderful morning learning about rail safety and a train trip to Billingshurst, as part of our WW2 day. It was also lovely to receive an email from a member of the public, complimenting the behaviour of our children upon our return.

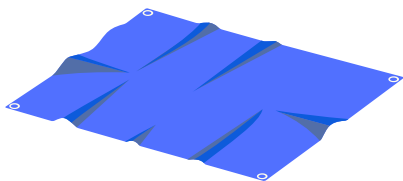


OPAL Updates

Please click on the link to view items on our [Arunside Amazon Wish List](#)

We have had some wonderful donations this week that will contribute to improving our play provision - thank you! This week, whilst we continue to collect wellies, waterproofs and tarpaulins, we would now like to ask for milk crates (see image).

OPAL is very much a journey and we really appreciate your support. If you have any feedback, positive or constructive, please feel free to contact the OPAL play team through the school.



Parents Evenings



Please note that Parent Consultations will be taking place on Monday 23rd and Tuesday 24th November, between 3.40pm and 6.30pm on both days. Bookings can be made via My Child At School from Tuesday 3rd November at 5.00pm. Only one appointment will be offered per child.

Y3 Ancient Egyptian Workshop

Thank you to those who have already made payments. Please do check My Child At School if you have not already paid. The date of the workshop has been **rescheduled to Tuesday 10th November**.



Y4 Lodge Hill Trip 2027

A letter has gone out to parents and payments are now being taken on MCAS.

Y6 Marchants Hill Trip 2027

Payments are now being taken on MCAS.

Y2 Walk to St Mary's Church on Wednesday 16th December

Thank you to the parents who kindly offered to assist us on this day. We were overwhelmed with offers. If you were not selected to join us this time, please know that there will be many other opportunities ahead.

Harvest Assemblies

Thank you to everyone who has brought donations in for Horsham District Foodbank. We are still taking items until the day of the assemblies, so please do have a rummage in your larders at home for any unwanted items.



**Horsham District Foodbank**
Together with Trussell

**HorshamMatters**
Meeting Needs and Improving Lives

Serving 20 years

Harvest Appeal

The Horsham District Foodbank is asking for donations of:

Custard	Tinned Meat
Rice Pudding	Tinned Veggie Meals
Coffee	Tinned Fruit
Long Life Milk	Tinned Vegetables
Fruit Juice	Soup
Ketchup / Mayo	Rice
Biscuits	Baked Beans
Crisps	Tinned Fish

Donate to the Harvest food collection at your local school

Scan the QR code to donate and help people in the Horsham District



For Help or information,
Either call or WhatsApp: 0300 124 0204
Or email support@horsham-matters.org.uk

Charity No. 1116253



Family Support

SUPPORTING PARENTS & CARERS

Mrs Lee and Mrs Roberts invite you to a Wellbeing coffee afternoon here at Arunside School. Drop-in, no need to book!



Wednesday 21st
October



2.30pm-3.15pm

It's a chance to chat with other parents, connect, share ideas, and hear about ways to support wellbeing at home and in school. Everyone is welcome — just drop in for a drink, a biscuit and a friendly conversation.



Sign-up to this parent workshop via the School Office. Mrs Lee will also be in attendance.

Parents learn share grow together

Supporting brighter tomorrows together

Parent Workshop

Supporting my child with their worries and managing our worries as parents

Practical advice • Useful strategies • Time to talk

Monday 9th November

2.15pm

Arunside Primary School

This workshop will explore:

- Understanding worries in children
- Practical ways to support your child
- Tips for managing your own worries as parents
- Time for questions and discussion

All parents and carers welcome!

Bigger confidence

Happier children

Calmer days

Stronger families

Small steps make a big difference

Workshop delivered by

Early Help DST Horsham

with West Sussex County Council

Children ♥ Families ♥ Brighter Futures

SEND support

westsussex.gov.uk



Family Learning

Our Adult Learning Service (ALS) offers a new free Family Learning programme focused on learning together. Family Learning helps adults understand how children learn and develop while building their own skills, confidence and knowledge. Some of the themes we deliver include;

- Early Years and starting school
- Supporting learning at home
- Understanding your child and family life
- Parenting teenagers
- Next steps: Understanding your learning and work journey

The Family Learning Programme deliver friendly, practical and enjoyable courses around West Sussex and online. Some of our sessions are for parents, grandparents, and carers only, while others give you the chance to learn alongside your child. Find out more about our upcoming courses by scanning the QR code below, or contacting:

- Website: [westsussex.gov.uk/als](https://www.westsussex.gov.uk/als)
- Email: familylearning@westsussex.gov.uk
- Phone: 0330 222 4400
- Instagram: @AdultEdWSCC
- Facebook: West Sussex Adult Learning

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Family Learning Curriculum

A range of fully funded courses and workshops for parents, carers and grandparents, supporting children's development, learning and family wellbeing.



Learning Through Play and Early Development

- Little Steps, Big Skills:

- An Introduction to Learning Through Play
- Roar and Explore: Learning Through Creativity
- Nature Explorers: Learning Through Nature
- Mini Movers: Learning Through Movement
- Sing, Say, Play: Learning Through Communication
- Once Upon a Playtime: Learning Through Stories
- Play, Taste, Create: Learning Through Food
- Starting School: Getting Ready for the Next Step

Supporting Your Child's Learning at School and Home

- Reading Together:

- Supporting Early Reading Skills
- Supporting Your Child with Phonics
- Supporting Your Child with Learning in Reception and KS1
- Supporting Your Child with KS2 Literacy
- Supporting Your Child with KS2 Numeracy
- Starting School: Preparing Your Child for Primary School

Understanding Your Child and Family Life

- Understanding Your

- Child: Supporting Feelings, Behaviour and Boundaries
- Understanding Boundaries in Family Life
- Understanding Routines in Family Life
- Managing Screen Time

Parenting Teens

- Raising Teens: An Introduction to the Teenage Brain
- Raising Teens: Navigating the Teenage Brain

Family Wellbeing and Resilience

- Supporting Wellbeing in Family Life
- Supporting Children with Anxiety and Developing Resilience
- Supporting Your Child to Build Resilience
- Supporting Your Child to Build Confidence and Self-Belief

Next Steps: Your Learning and Work Journey

- Getting into a Career

in Childcare

Find out more

Visit: www.westsussex.gov.uk
Email: familylearning@westsussex.gov.uk
Facebook: Adult Learning Service - West Sussex County Council
Instagram: @adultedwsc



All Family Learning courses are fully funded for eligible learners.

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Reaching Families

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



EMPOWER

INFORM

SUPPORT

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, 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 in-person and online

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, PIP & 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

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 / 18th 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

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

Email: admin@reachingfamilies.org.uk
Telephone: 01903 366 360

Reg Charity No 1150906



www.reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

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

Registered Charity No: 1150906
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TRAINING AUTUMN TERM 2026



WORKSHOPS

Understanding Attention Deficit Hyperactivity Disorder (ADHD)

Thursday 5th November 10.30 am - 12.30 pm

Making Sense of Anxiety in Adolescence (11 years +)

Tuesday 10th November 7.30 - 9.30 pm

Understanding Demand Avoidance

Friday 13th November 10.30 am - 12.30 pm

Understanding Avoidant Restrictive Food Intake Disorder (ARFID)

Monday 16th November 7.30 - 9.30 pm

Making Sense of Wellbeing: Communication skills for parents and carers

Tuesday 24th November 10.30 am - 12 pm

Understanding Autism

Wednesday 25th November 7.30 - 9.30 pm

Making Sense of Disability Living Allowance (DLA)

Thursday 26th November 10.30 am - 12.30 pm

Making Sense of Adult Life - Supporting Adolescents (11 years +)

Wednesday 2nd December 7.30 - 9.30 pm

Making Sense of Annual Reviews

Thursday 3rd December 7.30 - 9.30 pm

Making Sense of Sleep (for children age 2 - 11 years)

Wednesday 9th 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



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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: 1150906
Company Limited by Guarantee No: 8261096



Key Dates for The Diary

Date	Details
Tuesday 20th October 2026	Harvest Festival Assemblies Y3 + 4: 9.30am, Y1 + 2: 2.45pm
Tuesday 20th October 2026	PTA AGM 7.30pm
Wednesday 21st October 2026	Wellbeing drop-in coffee 2.30pm - 3.15pm
Wednesday 21st October 2026	Athletics Festival Year 1 + 2 (selected students only)
Monday 26th - Friday 30th October 2026	Half Term
Monday 2nd November 2026	Inset Day
Thursday 5th November 2026	Year 2 - Visit from the Fire and Rescue Service
Friday 6th November 2026	Remembrance Assembly Year 5 + 6 9.15am
Monday 9th November 2026	Early Help Workshop on Worries 2.15pm - 3.00pm
Tuesday 10th November 2026	Year 3 Ancient Egyptians Workshop
Monday 23rd November 2026	Parents Evening - bookings can be made via My Child at School from 5pm on 3rd November
Tuesday 24th November 2026	Parents Evening - bookings can be made via My Child at School from 5pm on 3rd November
Wednesday 25th November 2026	Year 3+4 Team Games Festival (selected students only)
Monday 7th December 2026	Year 1 Christmas Production 2.30pm
Tuesday 8th December 2026	Year 2 Christmas Production 2.30pm
Thursday 10th December 2026	EYFS Nativity 2.30pm
Friday 11th December 2026	Rocksteady Concert 9.30am
Tuesday 15th December 2026	Year 3 + 4 Carols at St Mary's Church 2.00pm
Wednesday 16th December 2026	Year 2 Walk to St Mary's Church 1.00pm - 3.00pm
Thursday 17th December 2026	Year 5 + 6 Carols at St Mary's Church 2.00pm
Monday 21st December 2026 - Friday 1st January 2027	Christmas Break



Key Dates for The Diary

Date	Details
Friday 29th January 2027	PTA School Disco (details TBC)
Wednesday 20th January 2027	Zones of Regulation Parent Workshop 2.15pm - 3.00pm
Friday 29th January 2027	PTA School Disco (details TBC)
Wednesday 10th February 2027	Young Voices
Monday 15th - 19th February 2027	Half Term
Monday 22nd February 2027	Inset Day
Monday 8th March 2027	Early Help workshop on healthy eating, sleep and dental hygiene 2.15pm - 3.00pm
Friday 26th March - Friday 9th April 2027	Easter Break
Tuesday 27th April 2027	Workshop on friendships 9.00am - 10.00am
Monday 31st May - Friday 4th June 2027	Half Term
Tuesday 8th June 2027	EYFS Zoolab Visit
Monday 21st June - Friday 25th June 2027	Year 6 PGL to Marchants Hill
Wednesday 30th June 2027	Wellbeing drop-in coffee 2.30pm - 3.15pm
Tuesday 20th July 2027	Inset Day
Wednesday 21st July 2027	Inset Day