

NLS Newsletter

Spring term 02.02.2024

www.northlancing.w-sussex.sch.uk
twitter.com/nlancingprimary

Diary Dates 2023/2024



Autumn Term 2023- Monday 4th September-Friday 15th December

Spring Term 2024- Tuesday 2nd January-Thursday 28th March

Inset day Tuesday 2nd January 2024

Half term- Monday 12th-Friday 16th February

Summer Term 2024- Monday 15th April-Monday 22nd July

Half term- Monday 27th-Friday 31st May

Inset days Friday 24th May & Tuesday 23rd July



Cut off dates for booking meals via ParentPay

January Cut off Dates	February Cut off Dates
Thursday 5/1 for w/c Monday 16/1	Thursday 9/2 for w/c Monday 20/2
Thursday 12/1 for w/c Monday 23/1	Thursday 16/2 for w/c Monday 27/2
Thursday 19/1 for w/c Monday 30/1	Thursday 23/2 for w/c Monday 6/3
Thursday 26/1 for w/c Monday 6/2	
March Cut off Dates	April Cut off Dates
Thursday 2/3 for w/c Monday 13/3	Thursday 6/4 for w/c Monday 17/4
Thursday 9/3 for w/c Monday 20/3	Thursday 13/4 for w/c Monday 24/4
Thursday 16/3 for w/c Monday 27/3	Thursday 20/4 for w/c Tuesday 2/5
	Thursday 27/4 for w/c Monday 8/5

Please note when ordering meals for your child: DO NOT book a trips packed lunch. This is only for schools who offer a Chartwells packed lunch for day trips and does not mean that your child will get a packed lunch provided at school.



Attendance winners

Every week we celebrate attendance.

The class with the best attendance this week is 5RW. They had an amazing 98.2% attendance for this week!

Coming soon.....watch this space.....



Parent Workshop

As you may recall from a previous newsletter, Sarah de Silvo will be running another parent workshop, 'The Landscape of Parenting and Family Life'. It will run on Friday 23rd February 10-11am in the studio.

The workshop will cover how we as parents learn to parent and navigate through our children's lives. How we know what we know and how we as parents are changed by our children. The balance between being a parent and a person. Balancing all the challenges of family life; siblings, partners, adversity and things outside our control.

If you would like to attend please let the office staff know by next Friday 9th February. Thank you

Drama Club

Drama Kids who currently run an after-school club with us on a Tuesday will be changing their day after half term. The club will now run in the hall every Thursday. If your child already attends they should have already emailed you. Please see the poster at the end of the newsletter for more details if your child would like to take part in this club.

Reaching Families courses

Reaching Families is a parent-carer led charity that supports parents and families of children and young people with special educational needs and disabilities in West Sussex. They do this through a number of services including the delivery of information, training and peer support. You can find out more about them and details of all of their services here - [Reaching Families](#)

They have recently increased their training delivery and support groups and have a wide range of free workshops, courses and groups that some families may find helpful.

To help parents build networks of mutual support they currently run seven parent support groups in Shoreham, Burgess Hill, Horsham, Littlehampton, Chichester, Worthing, and online via Zoom. Known as Umbrellas, their groups provide an informative, supportive, relaxed and non-judgmental environment

within which parents can swap life experiences, share hints and tips, seek advice and share information and resources.

Click on the link for a short animation explaining everything on offer: <https://youtu.be/xuZkTgsRr5U> and see the flyers at the end of the newsletter.

Express Yourself Day

As you know from last week's newsletter we are supporting Children's Mental Health week (5th-11th February), & have decided to merge and re-brand Dare2B Different day into Express Yourself day! It will still be the same as before whereby the children can come into school in home clothes, with hair chalk, nail varnish, squash in water bottles etc, however this year we are also having the message tree. Our wonderful Christmas tree in the playground is having a second lease of life; becoming the message tree. The children will be able to leave messages on the tree; positive notes about what they love and things they are grateful for. More details to follow. Please see the poster below for more details.

PROUD TO SUPPORT CHILDREN'S MENTAL HEALTH WEEK 5-11 FEBRUARY 2024

Express Yourself!!

**Friday 9th
February 2024**

- Own clothes
- Nail varnish
- Temporary Tattoos
- Football shirts
- Hair chalk
- Squash in water bottles (no fizzy)
- Chocolate snacks (no nuts)
- Mismatched socks or funky tights
- Crisps as snacks

**COST:
Give what you wish**

Pay via Parent Pay or cash on the day

PTA Quiz night

Don't forget that the annual legendary PTA Quiz night is back! Put Friday 1st March in your diaries for this fantastic evening. See the poster below for more details.



**FRIDAY 1ST
MARCH**

**£6 PER PERSON
8 PEOPLE MAX PER TEAM
BRING YOUR OWN FOOD
BRING CASH FOR DRINKS**

DOORS OPEN AT : 7PM

MORE INFO:
*Pay via Parent Pay - please add team name and players in comments
Don't have a full team? No problem, we will put smaller teams together
Prize for best dressed table*

Thank you

Thank you so much for your kind donations of bottles of Calpol – we really do appreciate it!

Early Years Bikeability

Our Reception children have had a wonderful time taking part in the Early Years Bikeability course this week. They have had so much fun learning how to use a balance bike safely. We would like to say thank you to the lovely Bikeability team who came in and taught the children.

Changes to homework

You will have seen in the message sent out earlier about the changes to homework coming up after half term. If you have not already done so, please take a look!

Bee Ready for the Bees poster competition

Lower school children will have been given a 'Bee Ready for the Bees' Chartwells poster competition sheet. Children have the choice to enter this competition and design a colourful 3D flower garden for bumblebees to feast on when they come out of hibernation. We have already had some beautiful entries back so the kitchen staff will have a tough time judging them! If you have not already returned yours, the designs need to be handed to class teachers by February half term with your child's name and class clearly marked on them. Thank you.

Screen time challenge!

As part of the upcoming Children's Mental Health Week we will be taking part in a screen time challenge! Keep an eye out for more details next week.

Toy Cars

Do you have any toys cars that are no longer played with? We are on the lookout for some sturdy cars, tractors/farm vehicles, or digger toys. If you have any that you are able to donate then our children would love to play with them! Please bring any donations to the main office. Thank you.

Pupil Achievements

Betsie T-B earned her Sussex Mermaid School 10m swimming certificate.

Millie N earned her Level 2 wickers Gymnastics certificate.

Chloe L-H won a Blue Peter badge.

Ollie L won a trophy from his rugby club for teamwork, respect, enjoyment, discipline and sportsmanship.

Hot Chocolate Superstars

Jackson W, Etta T, Lucie H, Theo M, Chloe R, Finn G, Ashvini P, Harley W, Chiwetelu I, Kai D, Indi V-E, Ava L, Joshy C, Albie S, Eleanor J, Fyfe S, Chloe H, Danny P

Headteacher's Awards

Summer Y, Adam S, Jamie H, Hudson F, Cassius S, Georgia T, Henry B.

DRAMA
KIDS + DK YOUTH
THEATRE

TRIAL US!

GET IN ON THE ACT



WWW.DRAMAKIDSSUSSEX.CO.UK

Classes available for all ages!

sussex@dramakids.co.uk 07980 607139

NEW DAY!

Thursdays @ North Lancing P.S.

Find out more!

BOOK NOW! TRIAL CLASSES
special offer - £20 FOR 2 WEEKS



Spring Term CLASSES 2024

Starts 22 February

Join us for weekly afterschool drama!

FEBRUARY FOOTBALL CAMP

BOYS & GIRLS
5 - 14
Years Old

Half-Day Camps **£20**
Per Day

Full Day Camps

Shooting Clinics

13th - 14th February
9:30 AM - 12:30 PM

Full Two Days

£40

13th - 14th February
9:30 AM - 3:30 PM

Goalkeeper Clinics

13th - 14th February
9:30 AM - 12:30 PM

Individual Days

£25

13th - 14th February
9:30 AM - 3:30 PM



BUCKINGHAM PARK PRIMARY SCHOOL
SHOREHAM-BY-SEA,
BN43 5UD

What To Expect

Shooting wall of fame - Crossbar Challenge -
Lightning Strike - Football Tennis - Themed
Tournaments - Coaches Challenges - SAQ
Madness - Medals - Prizes and so much more!
Including our famous Winter Cup!



BOOK NOW

www.elitecoachingsocceracademy.co.uk

■ **BECOME MORE CONFIDENT WITH NUMBERS** ■

If you want to help your child with maths homework, and feel like you could do with a refresher then this is the course for you. Make maths fun and easy for the whole family!

This programme is for anybody 19+ years old who hold the following maths grades:

- **CSE** - 2, 3, 4, 5 or U
- **O-Level** - D, E or U
- **GCSE** - D, E, F, G or U
- **GCSE** - 3, 2, 1 or U



Programme Details:

- 16 hours over 8 weeks
- Online or in-person training sessions



After completing this short course you will receive a free Amazon Gift Card worth twenty pounds!

GET IN TOUCH TODAY TO LEARN MORE

 01323 411517
 enquiry@hts.ac.uk
 www.hts.ac.uk

SCAN ME



DON'T LET MATHS HOLD YOU BACK

■ **BECOME MORE CONFIDENT WITH NUMBERS** ■

From managing your bills to helping with your kid's homework, good numeracy skills can unlock opportunities to help you achieve more.

This programme is for anybody 19+ years old who hold the following maths grades:

- **CSE** - 2, 3, 4, 5 or U
- **O-Level** - D, E or U
- **GCSE** - D, E, F, G or U
- **GCSE** - 3, 2, 1 or U




Programme Details:

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£20

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SCAN ME



Umbrellas

Parent Support Group Spring Term 2024

Would you like to connect with other local parent carers?

If you are a parent or carer of a child or young person with special educational needs and disabilities in West Sussex, please join us at one of our local support groups or from the comfort of your own home.



Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am
Southwick Community Centre
9th Jan / 6th Feb / 5th Mar

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am
Creative Heart Community Hub (upstairs)
10th Jan / 7th Feb / 6th Mar

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am
Durrington Community Centre
16th Jan / 20th Feb / 12th Mar

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am
Horsham Family Hub (The Needles)
17th Jan / 21st Feb / 20th Mar

Chichester Umbrellas

Thursdays, 10 am - 11.30 am
Donnington Parish Hall
25th Jan / 29th Feb / 28th Mar

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am
The Cherry Tree Centre
23rd Jan / 27th Feb / 26th Mar

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact Hannah Delmar-Addy.

Email: hannah@reachingfamilies.org.uk
Telephone: 07951 794734



www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

4th Jan	7.30 pm - 9 pm
18th Jan	10 am - 11.30 am
1st Feb	7.30 pm - 9 pm
22nd Feb	10 am - 11.30am
7th Mar	7.30 pm - 9 pm
21st Mar	10 am - 11.30 am

Training

Spring 2024 (1st half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



Training Courses and Workshops

January

Making Sense of Masking	Wednesday 10th	7.30pm
Making Sense of Behaviours that Challenge in Adolescence (11 Years +)	Thursday 11th	10.30am
Making Sense of Wellbeing: Self Care and Managing Stress	Tuesday 16th	7.30pm
Making Sense of SEN Support at School	Wednesday 17th	10.30am
Understanding ADHD	Monday 22nd	7.30pm
Making Sense of Disability Living Allowance	Thursday 25th	7.30pm
Making Sense of Wellbeing: How to Manage Your Anxiety	Tuesday 30th	10.30am

February

Understanding Sensory Processing Differences	Friday 2nd	10.30am
Understanding Autism	Monday 5th	7.30pm
Making Sense of Adult Life - Supporting Adolescents (11 years+)	Wednesday 7th	7.30pm

The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 24th Jan / 31st Jan (2 part course)

Wednesdays 10am - 11.15pm

All training above will be delivered via Zoom



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.

<https://reachingfamilies.eventbrite.com>



Reaching Families

www.reachingfamilies.org.uk

Registered Charity No: 1150906
Company Limited by Guarantee No: 8261096

HAPPY EASTER

Easter Treat
Wednesday 27th March

Order now on
www.parentpay.com

MAINS

Roast Ham, Gravy and Roast Potatoes
Quorn Sausage, Gravy and Roast Potatoes
Jacket Potato with Cheese & Salad
Spring Vegetable Mix

DESSERT

Lemon Easter Cupcake

Scan QR code to order

No later than Thursday 14th March

*Special diets will remain in place.

