



# FRIDAY FLYER

THE WEEKLY REVIEW | REWARD POINTS | CYCLING TO SCHOOL | CHOIR | FIVE WAYS TO WELL BEING | REMEMBRANCE | PARENTS EVENINGS | XMAS LUNCH



Welcome back to the second half of the Autumn Term! I love the period in school leading up to Christmas. This year will be no exception with lots of exciting things to look forward to. Starting next week, we have our first ever School Remembrance Service in the church led by Rev Marcus. Following on from that we have Children in Need Day, Book Fair Week, the Year 1 and 2 Christmas Performance, the Reception Nativity, the School

Carol Service in Church followed mulled wine and mince pies for parents back at school and then of course the panto which takes pride of place in Christmas Fun Day on the last day of term. What a term it's going to be!

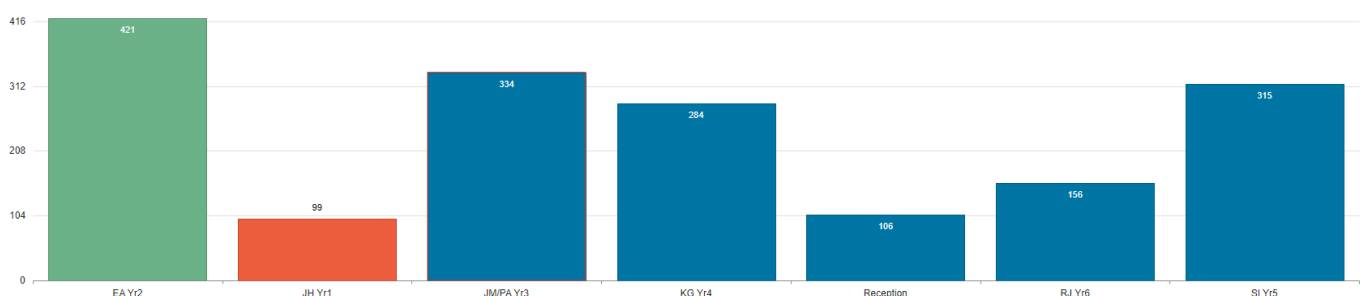
Can I thank you all for engaging with Bromcom My Child at School MCAS our new parent system replacing Teachers2Parents. Bromcom can show you information regarding your child, on assessment, homework, attendance, behaviour and more. Overtime, as we integrate Bromcom MCAS more into school, these systems will begin to appear, improve and develop.

With every best wish

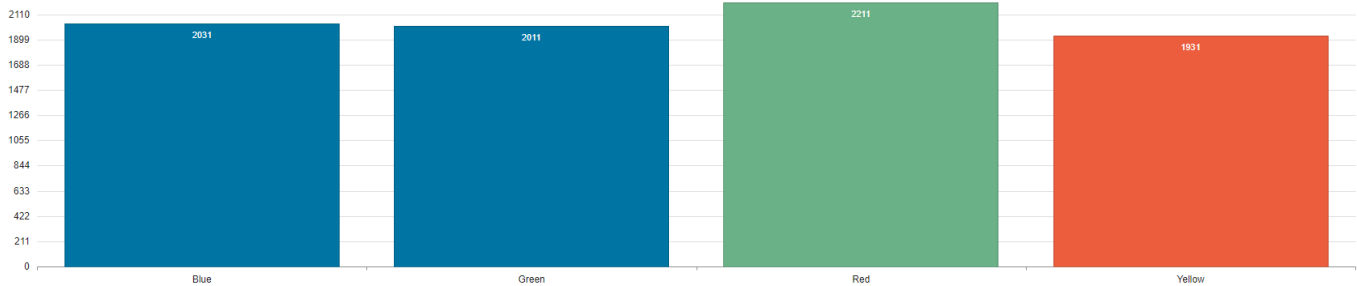
Mark

## REWARD POINTS

And congratulations to Year 2, Mrs Alden's class, for gaining the most Reward Points this week with 421 points. Go Year 3!



Congratulations also to Red House who are back in the lead with 2211 points!



## CYCLING TO SCHOOL – THE RULES!

If your child cycles or uses a scooter to school I would like to remind you of some rules that will keep your child safe on their journey. We are beginning to see children arriving at school without helmets and we have received some complaints from members of the public relating to children riding unsafely on pavements and nearly hitting pedestrians. If I feel that a child is unsafe when riding to school either because of the lack of safety equipment or they have been reported as riding in a way that endangers their own and others lives I will ban them from bringing bikes to school. I think it also prudent to remind everyone that the use of cycles and scooters on the school site is not allowed. When arriving at school bikes are to be pushed to the cycle rack and not ridden.

### Wearing the right clothing

Other road users must be able to see cyclists. There are items of clothing and equipment your child can use to help them keep safe:

- get your child to wear fluorescent or light-coloured clothing if they are riding during the day or in poor light
- after dark, children should wear reflective clothing, as fluorescent or light-coloured clothing will not be visible

### Protective helmets

On average half of the road injuries received by cyclists are to the face and the head. Make sure your child always wears a correctly-fitted helmet to protect against head injuries should they fall. It should be worn correctly, which means it:

- is positioned squarely on their head, sitting just above the eyebrows and not tilted back or tipped forwards
- must be a snug fit
- should not stop them seeing clearly or cover their ears
- has its straps securely fastened and not twisted, with only enough room for two fingers between their chin and the strap

## Getting your child's bike ready

Make sure your child's bike is the right size and well-maintained:

- it's an offence to ride at night without a front white light, back red light and back red reflector
- remind your child that if they have a dynamo on their bike the lights will go out when they stop
- mark the bicycle frame with your postcode
- remind your child to always use a cycle lock, and to use the school's cycle rack to park their bike

## CHOIR PERFORM AT YOUTH FESTIVAL OF MUSIC



Yesterday evening the choir took part in the Midhurst & Petworth Rotary Clubs' YOUTH FESTIVAL OF MUSIC at Midhurst Rother College. This was tremendous evening with your children representing the school beautifully. They sang two numbers *Viva La Vida* by Coldplay and *Happier* by Marshmello before joining in a joint encore with all schools taking part, *Wonder* by Emele Sandé. I was extremely proud of all of our singers. Well done!

## FIVE WAYS TO WELL-BEING WORKSHOP



Year 5 enjoyed a fantastic afternoon with Debbie and Amanda as part of the Well Being Workshop.

You've heard about 5 A Day where everyone is encouraged to eat 5 portions of fruit and vegetables every day to keep your body fit and healthy...well, The Five Ways to Wellbeing are a

great way to remind yourself, every day, what you can do to look after your emotional wellbeing and mental health.

So, what are the 5 ways to wellbeing?

- Connect
- Get Moving
- Find Time for You!
- Stop and Take Notice
- Give to Others

## REMEMBRANCE - POPPIES

We now have Poppies and other Remembrance Day items on sale in school each day. Year 6 are taking our Poppy boxes round the classes each day and children are welcome to bring some money in to buy a Poppy if they would like to support this good cause. Thank you in advance.

## PARENTS EVENING

### Next week Tuesday & Thursday evenings – Years 1 – 6

Many thanks to parents who have sent slips back to request an appointment to see class teachers next week. Slips will be coming back home today with the times allocated by teachers – please look out for them in book bags. If you have yet to send in a slip and would like an appointment, please contact the school office, and ask as we will always do our best to make an appointment and fit you in.

## SCHOOL CHRISTMAS LUNCH

We will be serving our school Christmas lunch on Thursday 14<sup>th</sup> December. If your child would like a Christmas lunch you will need to book this through your ParentPay App. If you have not used this system before and need reminding of your login details, please contact the school office and they will supply this for you. All children in Reception, Year 1 & 2 classes alongside children eligible for

free school meals will receive this free of charge but you do still need to book this through the ParentPay App.

## DATES FOR THE DIARY

Date	Event /Activity	Details
Monday 6 <sup>th</sup> Nov	Year 1 & 3 PE today Dance club Hockey club	Don't forget your PE kit 3.30 - 4.30pm 3.30 - 4.30pm
Tuesday 7 <sup>th</sup> Nov	Years 2, 4, 5 & 6 PE today Aspire football club Parents evening	Don't forget your PE kit 3.30 - 4.30pm 5 – 8pm
Wednesday 8 <sup>th</sup> Nov	Year 1 & 2 PE today Remembrance Service for Years 1 – 6 at the church (School Only)	Don't forget your PE kit 2pm
Thursday 9 <sup>th</sup> Nov	Years 3 & 6 PE today Little woods forest schools  Big woods forest schools Dance club Parents evening	Don't forget your PE kit Year 1 Group 2 (please wear kit and bring uniform) Year 6 Group 1 (please bring kit in) 3.30 - 4.30pm 4 – 7pm
Friday 10 <sup>th</sup> Nov	Year 4 & 5 PE today Rocksteady in school Big woods forest schools	Don't forget your PE kit  Year 6 Group 2 (please bring kit in)
Monday 13 <sup>th</sup> Nov	Year 1 & 3 PE today Dance club Hockey club	Don't forget your PE kit 3.30 - 4.30pm 3.30 - 4.30pm
Tuesday 14 <sup>th</sup> Nov	Years 2, 4, 5 & 6 PE today Aspire football club	Don't forget your PE kit 3.30 - 4.30pm
Wednesday 15 <sup>th</sup> Nov	Year 1 & 2 PE today	Don't forget your PE kit
Thursday 16 <sup>th</sup> Nov	Years 3 & 6 PE today Little woods forest schools  Big woods forest schools Friendship Tea	Don't forget your PE kit Year 1 Group 2 (please wear kit and bring uniform) Year 6 Group 1 (please bring kit in) 3.15pm-5pm – some Yr6 children involved

	Dance club	3.30 - 4.30pm
Friday 17 <sup>th</sup> Nov	Children in need Year 4 & 5 PE today Big woods forest schools	More details to follow Don't forget your PE kit Year 6 Group 2 (please bring kit in)



Day	Mondays	Day	Thursdays
Class	Street Dance	Class	Dynamic Dance
Times	3:30-4:30	Times	3:30-4:40
Years	All	Years	All
Start Date	6 <sup>th</sup> Nov	Start Date	2 <sup>nd</sup> Nov
Finish Date	4 <sup>th</sup> Dec	Finish Date	30 <sup>th</sup> Nov
Price per child	£8	Price per child	£8
Price for this term (5 weeks)	£40.00	Price for this term (5 weeks)	£40.00
Maximum of Participants	20	Maximum of Participants	20
10% off 2 class deal!! (Mon & Thur) (Applies to siblings)	£72.00	10% off 2 class deal!! (Mon & Thur) (Applies to siblings)	£72.00

- No child can participate without pre booking and paying for a slot.
- All children should wear appropriate gym clothing, (not their uniform) with trainers or bare feet.
- Classes will be held on school premises where children will need to be collected.
- We advise children to bring water to have during the class.
- We must be made aware of any health conditions or injuries of any children who take part in our classes. (Via Email - [Figure23dance@gmail.com](mailto:Figure23dance@gmail.com))
- F.23 coaches are enhanced DBS checked, first aid trained and carry liability insurance .

## Booking and payment

Enter the Link into your user browser for the online booking system, where you will find the name of your required class and payment details.

[https://www.calengoo.com/booking/figure\\_23\\_dance/](https://www.calengoo.com/booking/figure_23_dance/)  
**Class required**

You will need to click on the 6th or 2nd of Sep  
 (Or both for the 2 class deal)15:00,

fill in the details and click book, you will only need to do this for the first date of this term.

Please use the payment details to make the bank transfer of £40.00/£72.00in order to secure your place.

**No refunds are given unless class has to be cancelled by F.23 Dance**



MIDHURST PRIMARY  
AFTER SCHOOL  
FOOTBALL CLUB



Day	Tuesdays
Times	3:30pm – 4:30pm
Years	Year 1 to Year 6
Start Date	12th September
Finish Date	28th November
Half Term Date (no club)	24th October
Full Term Price (11 weeks)	£40
Sibling Full Term Price	£35
Half Term Price	£24 Half Term 1 (6 weeks) or £20 Half Term 2 (5 weeks)
Per Sibling Half Term Price	£22 Half Term 1 (6 weeks) or £19 Half Term 2 (5 weeks)

### Information on Attending the Club

- For safeguarding reasons - No child can attend without prior booking and payment until such time it is received. They will be returned to school office.
- Every child should wear suitable clothing for the time of year and activity – warm clothes for cold weather and sun protection for hot weather
- All sessions will be held on or near the school premises where children will need to be collected unless otherwise stated
- Children should bring a drink to stay hydrated
- Shin pads must be worn for football courses
- If the weather is bad, a session may be cancelled. A later session will either be added or credit given
- Aspire Coaches are NGB qualified, have enhanced DBS's, emergency aid and safeguarding qualifications

### How to Book & Pay

- Bookings and payments can be made via our website [www.aspirecoaching.org.uk](http://www.aspirecoaching.org.uk). Fill in the booking form for After School Clubs [www.aspirecoaching.org.uk/after-school-clubs](http://www.aspirecoaching.org.uk/after-school-clubs) and you will be taken to the payments page to complete your order either by bank transfer, Stripe, or via PayPal
- **BANK TRANSFERS** can be made with child's school & surname as reference, but please book first.
- **Account Number 46372537 and Sort Code 09-01-28**
- All places are accepted once booking and payment has been received, unless you hear otherwise
- For full terms and conditions please visit our website
- **NO REGISTRATION & PAYMENT = NO ATTENDANCE**

## WEBINARS FOR PARENTS/CARERS

### SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- 19<sup>TH</sup> OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8<sup>TH</sup> NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13<sup>TH</sup> DECEMBER DEPRESSION
- 17<sup>TH</sup> JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)

Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health

Each webinar will take place at 10am and 7pm and will run for 90-120 minutes

SCAN  
HERE



## WANT TO BOOK YOUR TICKETS?

Or visit:

<https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/>



# Raise funds by collecting reusable clothes



**WE ACCEPT CLEAN,  
GOOD QUALITY, DRY,  
REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website  
[www.rags2riches4schools.co.uk](http://www.rags2riches4schools.co.uk)

## **WE DO NOT ACCEPT**

**POOR QUALITY ITEMS SUCH AS  
DIRTY, WET, RIPPED OR SOILED  
CLOTHES.  
PILLOWS, DUVETS, CURTAINS,  
BOOKS CDs OR ANY UNIFORM**

If you are unsure what to put in the bags

**STOP AND THINK  
WOULD YOU WEAR IT?**

Please use the clothing bag provided.  
You can also use any additional bag if required.

Collection Date:



**Please remember - NO UNIFORM**

MRC Parents Presents

# FIREWORKS NIGHT

## 2023



Tickets on  
Eventbrite

Search for MRC  
PARENTS

Friday 3rd  
November

Gates open 6.00pm



- Hot food & snacks
- Licensed Bar
- Raffle to start the display
- No parking onsite (disabled parking available if booked)



**ADMISSION**

Family of 4 - £20/£16 adv

Adult - £7/£6 adv

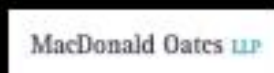
Child - £4/£3.50 adv

OUR SPONSORS: Midhurst Town - in conjunction with CDC



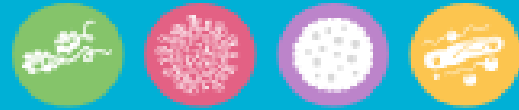
**Midhurst Rother College**

North Street, Midhurst



SUSSEX  
**IMMUNISATION**  
SERVICE

**NHS**  
Sussex Community  
NHS Foundation Trust



## THE INFLUENZA NASAL SPRAY VACCINATIONS

**ARE BOOKED TO TAKE PLACE AT:**

**Midhurst CofE Primary School**

**ON:**

**Friday 01/12/2023**

Please display this school information booklet for the flu nasal spray in your school office and publish the date on your school website to encourage attendance.

Email [SC-TR.fluvacc@nhs.net](mailto:SC-TR.fluvacc@nhs.net) for any queries regarding the vaccination session.



## Introducing TouchBase: A Therapy Practice Dedicated to Trauma Recovery.

**At TouchBase, our primary focus is on helping individuals recover from traumatic experiences. While our main clientele consists of children and young adults aged 5 to 25, we also offer therapy to adults seeking support.**

**Our team of skilled and experienced therapists is fully equipped to provide the help you need. We have recently increased our capacity so have space for new clients now, so don't hesitate to reach out to us.**

**We look forward to hearing from you.**

**Please email  
[info@touchbase.org.uk](mailto:info@touchbase.org.uk)  
for more information**

