

## I. Dates &amp; Events

Event	Yr	Date	Time
<b>Bikeability</b>	Y6	Mon 14 <sup>th</sup> – Fri 18 <sup>th</sup> Oct	All week
<b>Tour for prospective parents/carers (2)</b>		Monday 14 <sup>th</sup> October	9.15–10.15am
<b>Flu Vaccinations</b>	YR-6	Tuesday 15 <sup>th</sup> October	Am
<b>Tour for prospective parents/carers (3)</b>		Thursday 17 <sup>th</sup> October	1.30–2.30pm
<b>Parent/Carer consultations</b>	YR – 6	Thursday 17 <sup>th</sup> October	5.20 – 8pm
<b>Parent/Carer consultations</b>	YR – 6	Monday 21 <sup>st</sup> October	3.40 – 6pm
<b>Drama4ALL workshops</b>	EY/KSI	Tuesday 22 <sup>nd</sup> October	All day
<b>Y1 SD trip to Library – <i>parents/carers to pick up from the library at 2.45pm</i></b>	Y1 SD	Wednesday 23 <sup>rd</sup> October	1 – 2.45pm
<b>Tour for prospective parents/carers (4)</b>		Wednesday 23 <sup>rd</sup> October	6.45 – 8pm
<b>Y1 DD trip to Library – <i>parents/carers to pick up from the library at 2.45pm</i></b>	Y1 DD	Thursday 24 <sup>th</sup> October	1 – 2.45pm
<b>YR (pm) &amp; Y2 (am) Open Box Theatre Workshops</b>	YR & Y2	Thursday 24 <sup>th</sup> October	All day
<b>PTA Cake Sale</b>	All	Thursday 24 <sup>th</sup> October	3 – 3.30pm
<b>Y5 visit from Rainbow Theatre – Child in Ancient Greece</b>	Y5	Friday 25 <sup>th</sup> October	9.15–11.45am

***Don't forget to check the dates for the whole term on the website!***

2. **NEW DATES / AMENDMENTS TO DATES:**

- The PTA have lots of exciting events coming up – please see the list on the next page!

**INFORMATION ABOUT UPCOMING EVENTS**

- Parent & Carer Consultations:** Please do not bring your children with you as there is no supervision available and no room for them in the hall. School is open and insecure during this time.
- Bikeability Week:** Please ensure all Year 6 pupils bring their bikes and helmets in next week together with a pair of leggings/joggers etc, trainers and a coat. Bikes must be taken home each day unless prior arrangements have been made with school.

3. **Letters sent home this week:** Click on the link to see past letters <http://www.stnicolasmary.w-sussex.sch.uk/page/?title=Letters+Sent+Home&pid=56>

- NSPCC follow-up letter (em)

4. **Clubs:** There will be no netball club for Y5/6 on Thursday 17<sup>th</sup> due to parent consultations. To check if clubs are running, please go to the Extra-curricular Activities page on the website [Extra-Curricular Activities](#)5. **Worship & Ethos:** *And do not forget to do good and to share with others, for with such sacrifices God is pleased ' Hebrews 13:16*

This week we have reflecting how we can keep ourselves safe including how we can learn from stories and messages in the bible.

**Messy Church:** The Church of the Good Shepherd, Kings Walk, Shoreham Beach. Saturday 19<sup>th</sup> October 2019 from 3pm – 5pm. Craft, story, song, games, food, family and celebration. This month's theme is 'Let your light shine'. Suggested donation £2-£5 per family.

6. **Octopus & Starfish Clubs**

- Little Octopus & Little Starfish Club:** bookings for the 2<sup>nd</sup> half of the autumn term will be available shortly – apologies for the delay, we have had some technical hitches!

- **Cancellations:** Please remember that any cancellations require a week's notice (a refund will be issued for these sessions). We are unable to refund any cancelled sessions where we have not received a week's notice.
7. **Parent & Carer forums Feedback:** A big thank you to our parents that were able to attend our recent forums and/or have sent in email thoughts around the new proposed school vision and other areas of discussion. Although the numbers were low, we do appreciate your thoughts and feedback. Two of the areas we discussed were:
- **Charitable giving:** as a school community we are very generous with our giving to good causes, however at times it may appear that these events come and go so quickly that the children perhaps do not get the time to know about the charities. We feel that this is an area we would like to explore further and with our School Council and Dream Team we will be deciding which charities to support in 2020 and how we can spend more time learning about the amazing work these organisations undertake.
  - **Forest Schools:** we are very fortunate to have some amazing grounds at the school (I have recently worked in a number of schools in Brighton that do not even have trees let alone grass/wooded areas) and we have looked, over the years to make sure we are making use of these areas. Reception have been excellent in having a designated day to get out and explore the grounds in a 'forest school' day. We however have not yet taken this on regularly for other children in the school. We agree that potentially we could do more with this and over the next few months we will explore our options as to how we could ensure a greater number of children get to enjoy a 'forest school' type experience.
7. **Teaching Assistant Job Vacancy:** we are currently recruiting for a Teaching Assistant to start after half-term. Please see the advert at the end of this bulletin. Application packs can be collected from the school office or click on the link: [www.westsussex.gov.uk/living/jobs/working\\_for\\_us/teacher\\_recruitment/school\\_job\\_search.aspx](http://www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx)

8. **PTA:** please click on the attached link to see the minutes from the meeting held on 24<sup>th</sup> September: [PTA Minutes - 24th September 2019](#)



Message from the PTA: "We are sad to have to announce that both the kids and adults glow discos are cancelled on the 18<sup>th</sup> October. We are very sorry for any disappointment caused. We will be rescheduling both discos in the new year so keep an eye out for dates. For anyone who has already ordered tickets you will be refunded. Thank you for your continued support, it means the world to us."

- Wreath Making – Monday 25<sup>th</sup> November, 7.30–9.30pm
- Cake Sale – Thursday 24<sup>th</sup> October, after school
- KS1 Film Night – Friday 15<sup>th</sup> November, 3.10 – 5pm
- Christmas Fayre – Friday 29<sup>th</sup> November, 3 – 6pm
- KS2 Christmas Film Night – Friday 6<sup>th</sup> December. 3.15 – 5.30pm
- Breakfast with Santa – Saturday 7<sup>th</sup> December
- Little Fishes & Reception Christmas Party – Thursday 12<sup>th</sup> December

9. **Reaching Families Workshop – Making Sense of Challenging Behaviour in Adolescence (11+):** Monday 21<sup>st</sup> October 2019, 6.45 – 9.30pm at John de Bohun Hall, The Woodlands Centre, 34 Woodlands Avenue, Rustington BN16 3HB, Reaching Families is a West Sussex-based organisation which aims to empower, care for and inform parents and families of children/young people with special needs in West Sussex. We are achieving this through the delivery of high quality services that include training workshops, parent guides and our localised Factsheets. To book a place please go to: <https://www.eventbrite.co.uk/e/making-sense-of-challenging-behaviour-in-adolescence-11-evening-workshop-tickets-65643422243>

10. **Applying for a school place for September 2020:** parents & carers applying for a place need to:
- Complete the County Admissions Form (online) by Wednesday 15<sup>th</sup> January 2020 (compulsory). [www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions)
  - Complete and return the Supplementary Information Form to school by 4pm on Wednesday 15<sup>th</sup> January 2020.
  - If you are a regular worshipper, please ask your Minister / Priest to complete the Church Support Form, and ask him/her to return the form to the school by 4pm on Wednesday 15<sup>th</sup> January 2020.

11. **Requests & Reminders**

- **Individual School Photos:** Please note that orders must be made online by Thursday 17<sup>th</sup> October 2019.
- **Birthday sweets:** We all love to celebrate children's birthdays! However, to promote healthy eating (and to save costs for parents), please do not send birthday treats to school.


- **Are your contact details correct?** Don't forget to let the office know if you, or any of the named contacts for your child, change your mobile number, address etc. The school relies on these contact details to get in touch with you.
- **Has your child's medical information changed?** Please let us know if your child's medical needs have changed – the information we hold on the system is used on a daily basis when checking for allergies, permission to administer paracetamol, special dietary requirements etc.

**12. West Sussex Consultation – future of small schools:** This consultation is aimed at drawing the views of a wide range of interested parties including the broader community as well as parents and staff that may be affected by any changes. The consultation includes the public meetings already arranged along with an opportunity to contribute to an online consultation survey: [www.westsussex.gov.uk/smallschools](http://www.westsussex.gov.uk/smallschools)

Dates of events as follows:

- Clapham & Patching C of E Primary School\* Tuesday 8 October 2019 at 18:30 \*
- Compton & Up Marden CE School, Monday 11 November 2019 at 18:30
- Rumboldswyke C of E Infant School, Thursday 7 November at 18:30
- Stedham Primary School, Thursday 24 October at 18:30
- Warninglid Primary School, Wednesday 9 October 2019 at 19:30

\* To be held at the Angmering School, Station Road, Angmering, Littlehampton, West Sussex, BN16 4HH.



**St Nicolas and St Mary Church of England  
Voluntary Aided Primary School**  
 Eastern Avenue, Shoreham-by-Sea, West Sussex, BN43 6PE  
 Tel: 01273 454470 Email: [office@stnm.org.uk](mailto:office@stnm.org.uk)  
 Web: <http://www.stnicolasmary.w-sussex.sch.uk/>  
 Headteacher Mr D Etherton B.Ed Hons. NPQH  
 Associate Headteacher Mr A Lincoln BA Hons.

**ADVERT – Teaching Assistant**

St Nicolas and St Mary C.E. Primary School is an award winning school and an excellent place to work. We have a very friendly, dedicated staff team and well-behaved children. Our classrooms are large and we have spacious grounds. The school has a brand new teaching block, refurbished classrooms and an extended school hall.

Ofsted inspected the school in March 2017 and recognised that the school continues to offer a GOOD quality of education and safeguarding is effective. The inspection noted children's good behaviour and excellent attitudes to learning. In December 2016 the school, as a Church of England school in the Diocese of Chichester, received a 'SIAMS' inspection and was judged to be "outstanding".

We are seeking to recruit an additional Teaching Assistant to work in our school from November 2019 (or sooner if available). We have some limited flexibility in the hours we can offer.

**Teaching Assistant**

Location: St Nicolas and St Mary C.E. Primary School, Shoreham-by-Sea  
 Required from: November 2019 or sooner if available  
 Contract: Temporary (until July 2020), Full-time, Term time only  
 (Possibility of becoming permanent)  
 Hours per week: Minimum of 25 hours (**Ideally 30 hours**) (these include some Midday Meals Supervisor duties)  
 Salary: Grade 3 Point 3 (£9.36 per hour)

Please refer to the Job/Person Specification in your supporting statement and indicate which days you are available for work.

It is desirable, but not essential, to have experience of:

- > Experience of working in Key Stage 1 and 2
- > Experience of working with SEND pupils

Relevant qualifications or training an advantage but not essential.

The closing date for all applications is **12 noon on Monday 21<sup>st</sup> October 2019** (email to [office@stnm.org.uk](mailto:office@stnm.org.uk) or post to above address).  
 Interviews are scheduled to take place **Thursday 24<sup>th</sup> October 2019**

Please contact the office for an application pack or visit:  
[www.westsussex.gov.uk/living/jobs/working\\_for\\_us/teacher\\_recruitment/school\\_job\\_search.aspx](http://www.westsussex.gov.uk/living/jobs/working_for_us/teacher_recruitment/school_job_search.aspx)

The successful applicant will need to undertake an Enhanced Disclosure via the Disclosure and Barring Service (DBS) and references will be checked prior to interview. This school is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment.

[www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions)



Was your child born between  
1 September 2015 and 31 August 2016?

If so they are eligible to start  
school in September 2020.

### Apply online!

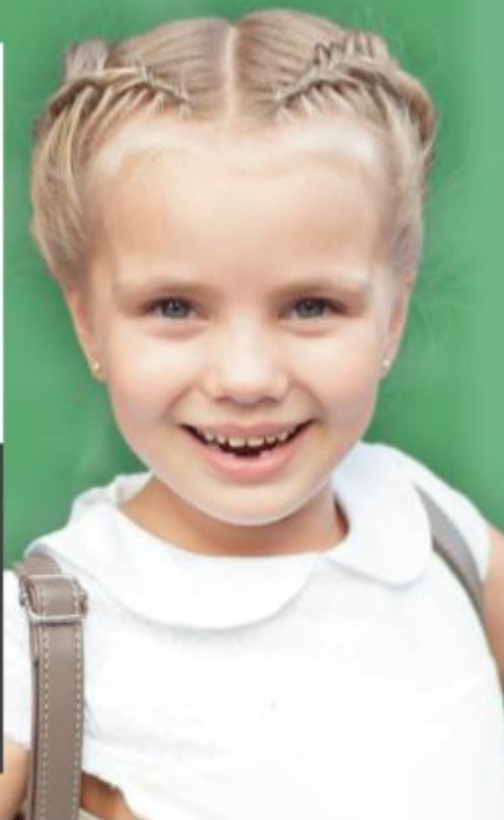
It's simple, convenient  
and timesaving. If your  
application is received after  
the deadline of Wednesday  
15 January 2020 your chance  
of securing a place at one of  
your preference schools could  
be seriously affected.

You can apply online from Monday  
7 October 2019. If you would like  
further advice or information contact:

☎ 03330 142 903

Free internet access to apply  
online is available at all:

- West Sussex libraries
- Children and Family Centres



WS11880 08.2019

Apply online at:

□ [www.westsussex.gov.uk/admissions](http://www.westsussex.gov.uk/admissions)

Deadline: Wednesday 15 January 2020



*have  
your  
cake*  
AND EAT IT TOO

**CAKE SALE**  
**OCTOBER 24TH**

Donate cakes

Buy cakes

Eat cakes

Support St Nic's PTA in helping  
to improve our schools facilities

All Cakes gratefully recieved... baked or bought we don't care!  
Please leave all cake donations at School office from the 23rd.



**ST NICOLAS AND ST MARY**  
CE PRIMARY SCHOOL





# OCTOBER 1/2 TERM HOLIDAY CLUBS



@ VICTORIA PARK WORTHING & BUCKINGHAM PARK SHOREHAM

Adventure Filled holiday fun for 5-12 years old. Each day is different with games and adventure alongside the listed activities, enabling children to have fantastic outdoor adventures, learn new skills and make great friends...



**5 FOR 4 SPECIAL OFFER**  
BOOK 4 DAYS AND GET THE 5TH FREE!

100% of parents who answered our survey would recommend The Outdoors Project to other parents

Cannot recommend The Outdoors Project enough! My son loved it and asked if he can go on weekend as well!?

Ofsted Registered. We accept childcare vouchers

- MON 28TH - VICTORIA PARK - POKEMON WILD ADVENTURES
- MON 28TH - BUCKINGHAM PARK - MINECRAFT VS WILDCRAFT - Back by popular demand!
- TUE 29TH - VICTORIA PARK - HALLOWEEN ZOMBIE RUN AND BODY PART SCAVENGER HUNT (not as scary as it sounds!) →
- TUE 29TH - BUCKINGHAM PARK - HALLOWEEN ZOMBIE NERF & FORTNITE SPECIAL
- WED 30TH - VICTORIA PARK - HARRY POTTER WIZARD WANDS & QUIDDITCH
- WED 30TH - BUCKINGHAM PARK - POKEMON WILD ADVENTURES
- THURS 31ST - VICTORIA PARK - HALLOWEEN ZOMBIE NERF & FORTNITE SPECIAL
- THURS 31ST - BUCKINGHAM PARK - HALLOWEEN ZOMBIE RUN AND BODY PART SCAVENGER HUNT (not as scary as it sounds!) ←
- FRI 1ST NOV - VICTORIA PARK - MINECRAFT VS WILDCRAFT - back by popular demand!
- FRI 1ST NOV - BUCKINGHAM PARK - HARRY POTTER WIZARD WANDS & QUIDDITCH

FOR MORE INFO & TO BOOK: [WWW.THEOUTDOORSPROJECT.CO.UK](http://WWW.THEOUTDOORSPROJECT.CO.UK)  
EARLY BIRD DISCOUNT IF BOOKED BEFORE 20TH SEPTEMBER

# 2019 DONKEY TALES



FOR ALL THE FAMILY!

Includes: puppets, storytelling, songs, craft & cake

**3.30 – 4.30pm**  
Shoreham Baptist Church  
Western Road

[www.shorehambaptist.co.uk](http://www.shorehambaptist.co.uk)  
Charity no: 1148191

THIS IS A **FREE EVENT!**

**SUNDAYS**

10th Feb	18th Aug
28th April	13th Oct
9th June	8th Dec

# ADUR

OUTDOOR ACTIVITIES CENTRE



**Ages 8 – 13 and 13 – 15 group**

**School holiday clubs at the Adur Centre**

**28 October – 1 November 8:30 - 17:00 (or 18:00 extended)**

**£42 for the day or £180 for whole week, discounted Early Bird Rates for £30**

**Find out more and book your adventure**

**0333 340 7100**

**[info@adurcentre.org.uk](mailto:info@adurcentre.org.uk)**

**[www.adurcentre.org.uk](http://www.adurcentre.org.uk)**

## October Half Term Adventure Clubs (8 – 13 Years Old)

*Note: Due to the dynamic nature of outdoor education, programmes may change at short notice. Lunch times might also vary to allow for tides*

Timings	Monday 28 <sup>th</sup> October	Tuesday 29 <sup>th</sup> October	Wednesday 30 <sup>th</sup> October	Thursday 31 <sup>st</sup> October	Friday 1 <sup>st</sup> November
0830-0900hrs	Drop off				
0900 – 1230hrs	Paddle Sports (kayaking, canoeing or SUP boards)	Bush Craft  Paddle Sports (kayaking, canoeing or SUP boards)	Low ropes  Paddle Sports (kayaking, canoeing or SUP boards) OR Bushcraft	Mountain biking  Paddle Sports (kayaking, canoeing or SUP boards)	Mountain Biking
1230 – 1300hrs	Lunch				
1300 – 1630hrs	Low Ropes  Mountain Biking	Climbing	Problem Solving  Rock Pooling	Team Building  Air Rifle Shooting	Paddle Sports (kayaking, canoeing or SUP boards)
1630 – 1700hrs	Pick Up				
1700 – 1800hrs	Optional Extended Day				

## October Half Term Adventure Clubs (13-15 years old)

Timings	Monday 28 <sup>th</sup> October	Tuesday 29 <sup>th</sup> October	Wednesday 30 <sup>th</sup> October	Thursday 31 <sup>st</sup> October	Friday 1 <sup>st</sup> November
0830-0900hrs	Drop off				
0900 – 1230hrs		Paddle Sports (kayaking, canoeing or SUP boards)		Air Rifle  Raft Building	
1230 – 1300hrs	Lunch				
1300 – 1630hrs		Mountain Biking on the South Downs		Raft Race and Paddle Sports (kayaking, canoeing or SUP boards)  Indoor Climbing	
1630 – 1700hrs	Pick Up				
1700 – 1800hrs	Optional Extended Day				

*Neither the Governors nor West Sussex County Council support or recommend the advice, products or services offered nor the organisations offering them. Individuals should satisfy themselves on the suitability of any of the advice, products or services and on the nature and standing of these organisations (or any mentioned in this bulletin or any other publication).*

# SCREENAGERS



## GROWING UP IN THE DIGITAL AGE

Screenagers is a thought-provoking, award winning film that probes into the vulnerable corners of family life. It depicts our ongoing struggles over screen time, social media and gaming, and includes insights from psychologists, scientists and academics. The film offers solutions about how we and our children can better navigate the digital world.

Following the film, there will be a chance to discuss our thoughts in groups, aided by a team of helpers.

Bring your children along and watch the film together. Screenagers doesn't promise all the answers, but it's a great conversation starter!

**Buy your tickets today.....**

Ticket link: <http://bit.ly/2n3sv5u>

A group of Shoreham mums brings you

## SCREENAGERS

Monday and Tuesday, 14th/15th  
October, 6.30-9.00pm

Film time 60 mins with time after for discussion (optional)

Sussex Yacht Club, 85/89 Brighton Road  
Shoreham-by-Sea, BN43 6RF

Bar available

Tickets £4 adults/£3 (ages 10-18)

Book tickets via Eventbrite  
(search Screenagers in Shoreham)

**TWO NIGHTS ONLY**



## FREE Bikeability Level 3 courses

**OCTOBER HALF TERM 2019**

The West Sussex Road Safety Team are offering **FREE** Level 3 Bikeability courses during the October Half Term break.

The Bikeability [Level 3](#) course aims to develop riders' skills and confidence so they can ride in diverse road environments, including complex, often busy roads and junctions, sometimes with speed limits above 30 mph.

**Successful demonstration of National Standard assessment criteria in Bikeability Level 2 is a prerequisite for participation in Bikeability Level 3.**

Courses will run at the following locations and dates:

*(Trainees only need to attend one session/2 hours)*

### The Arena Sports Centre, Westloats Lane, Bognor Regis, PO21 5JD

Monday 28 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Tuesday 29 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Wednesday 30 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Thursday 31 <sup>st</sup> October	9.00 – 11.00 and 11.15 – 13.15

### Littlehampton Wave, Sea Road, Littlehampton, BN16 2NA

Monday 28 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Tuesday 29 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Wednesday 30 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Thursday 31 <sup>st</sup> October	9.00 – 11.00 and 11.15 – 13.15

### The Bridge Leisure Centre, Wickhurst Lane, Broadbridge Heath, Horsham, RH12 3YS

Monday 28 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Tuesday 29 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Wednesday 30 <sup>th</sup> October	9.00 – 11.00 and 11.15 – 13.15
Thursday 31 <sup>st</sup> October	9.00 – 11.00 and 11.15 – 13.15

To book your session, please follow the link below and complete the online application form, adding the code **'OCTOBER 19'** in the comments section:

<https://www.westsussex.gov.uk/roads-and-travel/road-safety/cycle-safety-courses-for-schoolchildren/#level-3-course>

Places are booked on a first come first served basis.

Trainees will need a roadworthy bike and a cycle helmet to take part.

If you have any questions please call 03302228651 or 03302226260

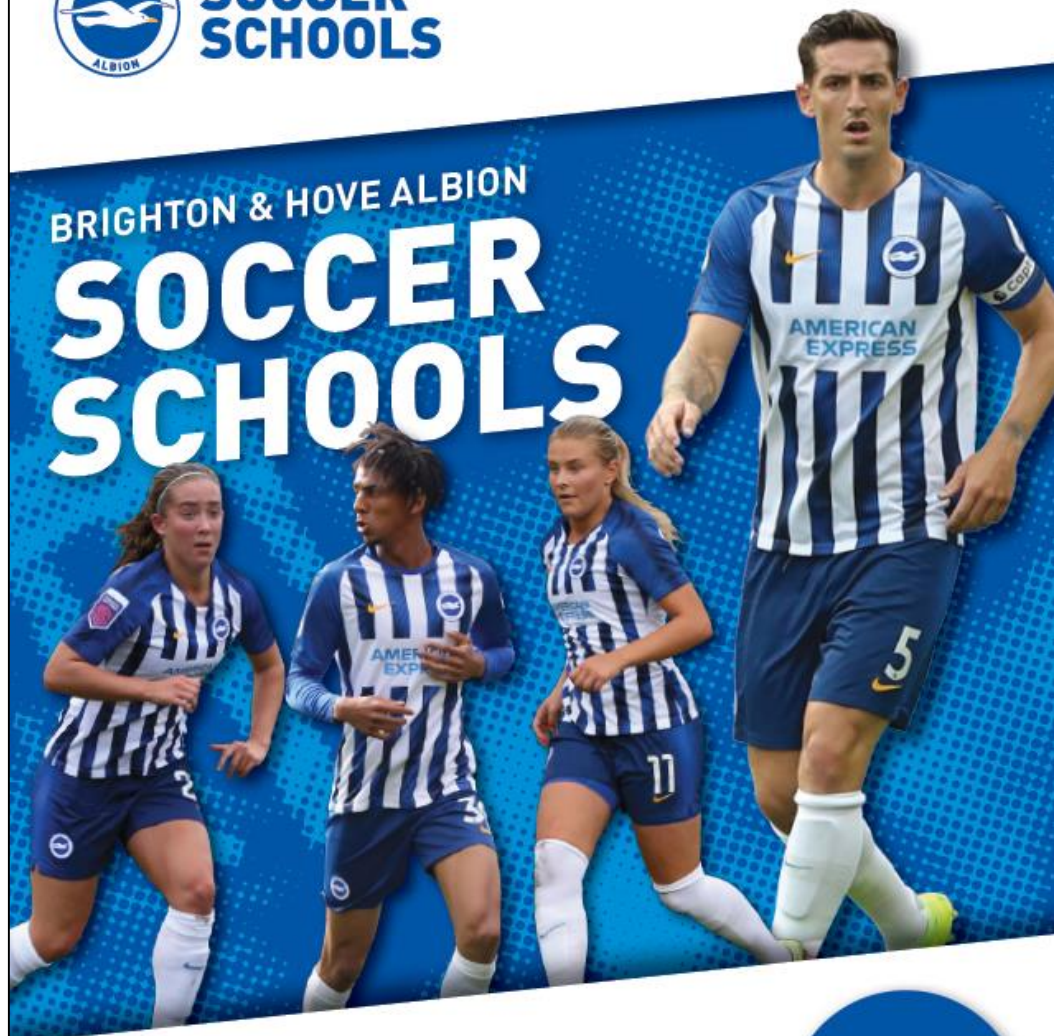




**SOCCER  
SCHOOLS**

BRIGHTON & HOVE ALBION

**SOCCER  
SCHOOLS**



**BOOK  
ONLINE  
NOW**

Holiday and weekly football courses for boys and girls of all abilities, age 4-13.

Brighton, Eastbourne, Worthing, Billingshurst, Burgess Hill, Hassocks, Lancing, Shoreham, Steyning and Uckfield.

[www.albioninthecommunity.org.uk](http://www.albioninthecommunity.org.uk)

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL Tel: 01273 878265.  
Company limited by guarantee in England and Wales (No. 5122343). Registered charity in England and Wales (No. 1110978).



**SOCCER  
SCHOOLS**

**October half term 2019**

Location	Dates	Times	Venue	Cost
Billingshurst	31 Oct-1 Nov	9.45am-3pm	Plaistow & Kirdford Primary School, RH14 0PX.	£40
Brighton	28-30 Oct	9am-3pm	Dorothy Stringer School, BN1 6PZ.	£55
Eastbourne	31 Oct-1 Nov	9am-3pm	Heron Park Primary Academy, BN22 9EE.	£40
Hassocks	31 Oct-1 Nov	9.45am-3pm	Hassocks Sports Centre, BN6 8LP.	£40
Shoreham	31 Oct-1 Nov	9.45am-3pm	St Nicholas and St Mary CE Primary School, BN43 6PE.	£40
Steyning	31 Oct-1 Nov	9.45am-3pm	Steyning Primary School, BN44 3RQ.	£40
Uckfield	28-30 Oct	9am-3pm	Uckfield College, TN22 3DJ.	£55
Worthing	28-30 Oct	9am-3pm	Thomas A Becket Junior School, BN14 7PR.	£55

**Courses for 4-5 year olds**

Brighton	28-30 Oct	9am-12pm	Dorothy Stringer School, BN1 6PZ.	£36
Eastbourne	31 Oct-1 Nov	9am-12pm	Heron Park Primary Academy, BN22 9EE.	£24
Uckfield	28-30 Oct	9am-12pm	Uckfield College, TN22 3DJ.	£36
Worthing	28-30 Oct	9am-12pm	Thomas A Becket Junior School, BN14 7PR.	£36

**Christmas 2019**

Location	Dates	Times	Venue	Cost
Hassocks	23 Dec	9.45am-3pm	Hassocks Sports Centre, BN6 8LP.	£24
Uckfield	23 Dec	9am-3pm	Uckfield College, TN22 3DJ.	£24
Worthing	23-24 Dec	9am-3pm	Thomas A Becket Junior School, BN14 7PR.	£40

**Courses for 4-5 year olds**

Uckfield	23 Dec	9am-12pm	Uckfield College, TN22 3DJ.	£12
Worthing	23-24 Dec	9am-12pm	Thomas A Becket Junior School, BN14 7PR.	£12

Single full-day bookings are available priced at £24 for 5-13 year olds.  
Single half-day bookings are available priced at £12 for 4-5 year olds.

Children aged 5 years can attend courses of either age category.

⚽ – Goalkeepers included. Goalkeepers will receive individual specialised training during the mornings, followed by integrated team sessions in the afternoons. Goalkeeper courses can be booked separately online.

Places must be booked online in advance. Full terms and conditions can be found on our website.

[www.albioninthecommunity.org.uk](http://www.albioninthecommunity.org.uk)

## Exam Invigilators

Required to start ASAP  
£9.00 Per Hour



CARITAS EXCELLENCE TOGETHER

Brighton & Hove, East Sussex

11 – 18 Voluntary aided, Catholic Comprehensive School

The Governors are looking to extend our team of exam invigilators who supervise students and ensure an appropriate environment is maintained during examination periods.

We are seeking diligent Exam Invigilators who will relate positively to all students, be extremely reliable and adaptable, with good verbal communication skills and the confidence, on occasions, to address large groups of students.

Hours are flexible and successful applicants will be employed on a casual basis, with hours and days of work dependant on the examination timetable. No experience is necessary as full training will be provided.

## APPLY NOW

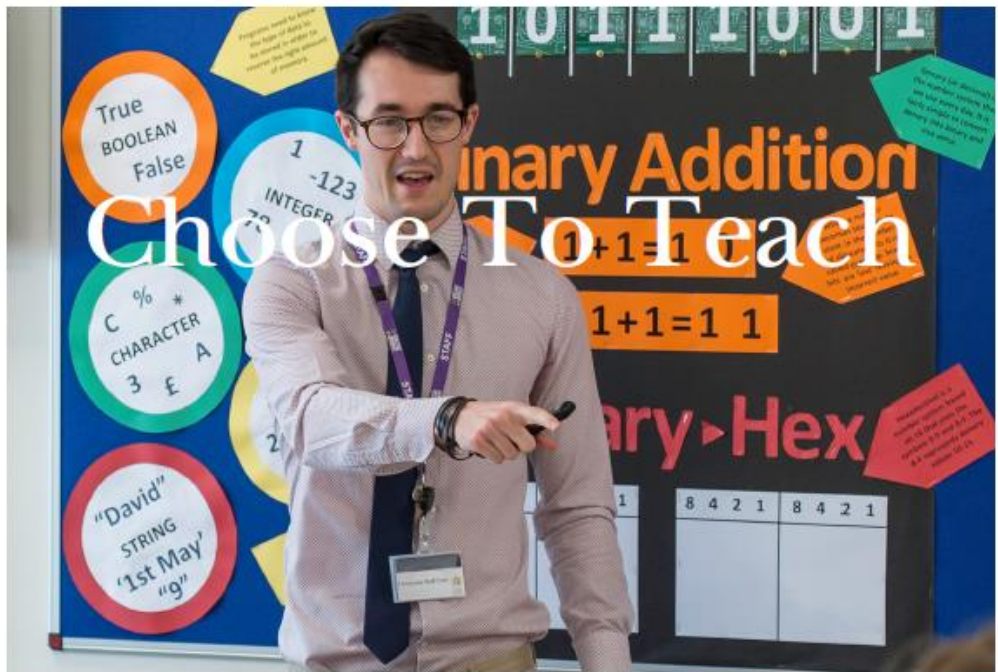
Closing date for applications: 14 October 2019

Interviews due to take place: To Be Confirmed

Application forms are available at [www.cncs.co.uk](http://www.cncs.co.uk)

or contact our HR Dept: [hroffice@cncs.co.uk](mailto:hroffice@cncs.co.uk) Tel: 01273 558551

Cardinal Newman Catholic School is committed to safeguarding and promoting the welfare of children and young people. An enhanced DBS check will be required. Applications are encouraged from black and ethnic minority candidates, as these groups are under-represented on the school's staff. (Race Relations Act sections 35-38 apply)



## Are you a graduate - or soon to graduate - with a good degree?

The University of Sussex offers a range of exciting routes into teaching in partnership with schools, colleges and nurseries across the South East.

Full and part-time postgraduate PGCE and School Direct courses are available in a range of subjects and phases for September 2019 start:

**PRIMARY PHASE:** Primary, Early Years and Primary with Maths.

**SECONDARY PHASE:** Maths, Chemistry, Physics, Biology, Computer Science, Economics, Business Studies, English (also English and Media & English and Drama), Geography, History, Modern Foreign Languages (MFL), Music, Media Studies, Design Technology, Drama, Religious Education (RE) and Social Science.

Free Subject Knowledge Enhancement courses are also available prior to training in Maths, Biology, Chemistry, Physics, MFL, Geography, English, Religious Education (RE) and Design Technology.

We also offer an innovative Early Years Education MA (with Early Years Teacher Status) at no cost to Home/EU students.

Postgraduates could be eligible for a tax-free bursary or scholarship of up to £28k, or a training salary of up to £25k depending on subject, qualification and location, while training to teach.

Come and find out more about how you could make a difference to young people's futures:

**Teaching Information Evening**  
Wednesday 23 October 2019  
6-8pm / Foyer, Jubilee Building,  
University of Sussex, Falmer, Brighton

- Book your place at [www.sussex.ac.uk/education/ite/meetus/bookingform](http://www.sussex.ac.uk/education/ite/meetus/bookingform)
- For more information about our courses, visit [www.sussex.ac.uk/education/ite](http://www.sussex.ac.uk/education/ite)
- For enquiries, contact [iteadmissions@sussex.ac.uk](mailto:iteadmissions@sussex.ac.uk)

**US**  
UNIVERSITY  
OF SUSSEX

## The United Benefice of Old Shoreham and Kingston Buci



**FREE LUNCH CLUB**

**FOR THE YOUNG AND YOUNG AT HEART,  
6 MONTHS TO 99 YEARS**

**TUESDAY 29TH AND WEDNESDAY 30TH OCTOBER**

**12 PM - 1PM**

**ST JULIAN'S CHURCH HALL  
RECTORY ROAD,  
SHOREHAM BY SEA  
WEST SUSSEX  
BN43 6EB**



**DONATIONS TOWARDS COSTS WELCOME  
CONTACT FR. JAMES GRANT ON 01273 593167 TO BOOK**

## Caring for your child at home & / or on discharge from hospital

- Clean any wound with tap water.
- If the area is swollen or bleeding, apply pressure for 5-10 minutes. If continues to bleed, keep applying pressure or seek medical advice.
- If in pain give paracetamol or ibuprofen. Always follow the manufacturers' instructions for the correct dose and form.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- It is OK to allow your child to sleep, but observe them regularly and check they respond normally to touch and that their breathing and position in bed is normal.
- Give your child plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- Following a head injury, do NOT play ANY contact sport (for example football) for at least 3 weeks without talking to your doctor first.
- You know your child best. If you are concerned about them you should seek further advice.

**Do not worry unduly - these things are expected after a head injury and may last up to two weeks:**

- Intermittent headache especially whilst watching TV or computer games
- Being off their food or feeling sick (without vomiting)
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration

## Useful numbers

### Hospitals with Emergency Departments:

#### Royal Alexandra Children's Hospital

Eastern Road, Brighton BN2 5BE

#### Princess Royal Hospital

Lewes Road, Haywards Heath RH16 4EX

#### Surrey and Sussex Healthcare NHS Trust

East Surrey Hospital, Canada Ave, Redhill, Surrey RH1 5RH

#### Western Sussex Hospitals NHS Foundation Trust

including:

St Richards Hospital, Spitalfield Lane, Chichester PO19 6SE

Worthing Hospital, Lyndhurst Rd, Worthing BN11 2DH

### Minor Injuries Units (MIU) or Urgent Care Centres

#### Bognor Regis War Memorial Hospital - Minor Injuries Unit, Shrippey Road, Bognor Regis, PO22 9PP

Open 9am- 5pm, Monday – Friday (excluding bank holidays)

#### Crawley Urgent Treatment Centre

Crawley Hospital, West Green Drive, Crawley RH11 7DH

Open 24 hours, 7 days a week

#### Horsham Minor Injuries Unit

Horsham Hospital, Hurst Rd, Horsham RH12 2DR

Open 9am- 5pm, Monday – Friday (excluding bank holidays)

#### Queen Victoria Hospital Minor Injuries Unit (MIU), East Grinstead

Holtye Road, East Grinstead RH19 3DZ

Open 8am- 10pm, 7 days a week

#### West Sussex - Family Information Service

Tel: 01243 777807 [www.westsussex.gov.uk/family](http://www.westsussex.gov.uk/family)

For more copies of this document, for more information and to feedback, please email us:

Chichester/Worthing area: [contactus.coastal@nhs.net](mailto:contactus.coastal@nhs.net)

Crawley area: [CCCG.contactus-crawleyccg@nhs.net](mailto:CCCG.contactus-crawleyccg@nhs.net)

Horsham/Mid Sussex area:

[HSCCG.contactus-horshamandmidsussexccg@nhs.net](mailto:HSCCG.contactus-horshamandmidsussexccg@nhs.net)



# Head Injury in Children and Young People

**2014 UPDATED**

**Advice for Parents and Carers**

Child/Young Person's Name .....

Advice Given By .....

Location of Injury .....

Date ..... Time .....

# Head Injury - Advice for Parents and Carers

This leaflet is to help to advise on how best to care for a child who has a bump / injury to the head. Please use the "Caring for your child at home" advice section (see overleaf) and the traffic light advice below to help you. **Most children can be managed according to the green guidance below especially if they are alert and interacting with you.** It is important to watch the child for the next 2-3 days to ensure that they are responding to you as usual.

## Traffic light advice:

### Green: Low Risk

#### If your child:

- Cried immediately (after head injury) but returns to their normal behaviour in a short time
- Is alert and interacts with you
- Has not been unconscious / "knocked out"
- Has minor bruising, swelling or cuts to their head

**ACTION:** If all the above have been met then **manage at home.**

Follow the advice overleaf or, if you are concerned, contact your GP when they are open or call 111 when your GP surgery is not open

### Amber: Intermediate Risk

#### If your child:

- Is under one year old
- Has vomited once or twice
- Has a continuous headache
- Has continued irritation or unusual behaviour
- Is under the influence of drugs or alcohol
- Has been deliberately harmed and in need of medical attention

**ACTION:** Take your child to the nearest **Hospital Emergency department** if ANY of these features are present

### Red: High Risk

#### If your child:

- Has been involved in a high speed road traffic accident or fallen from a height over 1 metre or been hit by a high speed object or involved in a diving accident
- Has been unconscious / "knocked out" at any time
- Is sleepy and you cannot wake them
- Has a convulsion or a fit
- Has neck pain
- Has difficulty speaking or understanding what you are saying
- Has weakness in their arms and legs or are losing their balance
- Cannot remember events around or before the accident
- Has had clear or bloody fluid dribbling from their nose, ears or both since the injury
- Has 3 or more separate bouts of vomiting

**ACTION: Phone 999** for an ambulance if ANY of these symptoms are present

Head wounds rarely need stitches and can normally be glued by a health professional. This can be done in Minor Injury Units or Urgent Treatment Centres and some GP practices offer a minor injuries service. To find a local service see overleaf.