



We have now reached the end of our first full week and it has been a fantastic start to the year- well done to all our children.

A special mention and very warm welcome to our new Reception children and families

Next week on Monday is International Democracy Day and as the quote states, children are what matters...

Have a wonderful weekend

Mr Lincoln and the Senior Leadership Team

1. COMMUNICATION

- **Website:** please check the website for answers to queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- **Email:** office@stnm.org.uk - please do not email staff directly (unless agreed previously).
- **Calendar:** Follow the link for instructions on how to [use](#) or [subscribe](#) to the calendar.
- **Language of the Month:** English
- **Sign of the Week:** Welcome
- **Facebook page:** facebook.com/stnmschool

2. DATES AND EVENTS: click [here](#) for the dates list.

- Monday 15 September - **Year 4 and Year 2 Storyteller Visit**
- Thursday 2 October - **SEND Coffee Morning:** We would like to invite any parents and carers to a coffee morning at the school. An outreach worker from Reaching Families will join us to speak about their service & how they support families with children that have educational needs & disabilities. Please do let the office know if your able to attend. Thank you.

3. REQUESTS, REMINDERS AND GENERAL NOTES

- **Earrings in school policy:** *No earring studs are worn on swimming days. (As freshly pierced ears take several weeks to heal, piercing should not take place in the two months prior to swimming lessons starting). No jewellery is worn for PE by the child including earrings. Covering earrings with micropore tape or plasters is not sufficient. Staff should not accept a disclaimer from a parent giving permission for earrings to be worn or covered up by tape or plasters. Members of staff are not permitted to remove or insert earrings and cannot accept responsibility for the safe keeping of such items.*
- **Flat Screen TV Donation:** Little Fishes Nursery are currently in need of a flat screen television. If you happen to have one or know anyone who is looking to get rid of theirs, we would great appreciate your assistance. Thank you.

4. Regular Travel Home Permission Arrangements: Please email the school office at office@stnm.org.uk with any updates to your child's going home arrangements.

- **Ad-hoc Pickups:** If someone other than yourself is collecting your child on a one-off basis, please provide their full name, their relationship to your child and the date they have permission to collect.
- **Regular Pickups:** If someone else will be regularly collecting your child, please let us know their full name, relationship to your child, and the specific day(s) they are authorised to collect.
- **Year 5 & Year 6 – Walking Home:** If your child has permission to walk home alone, please confirm the days they are allowed to do so.
- **Year 5 & Year 6 – Walking Home After Clubs:** If your child has permission to walk home alone after attending a club, please include the club name and the day(s) they are allowed to walk home.
- **Please note:** Any arrangements from the previous academic year will remain in place unless you inform us of changes.

5. Help us help your child - apply for Free School Meals

We would like to encourage all eligible families to apply for Free School Meals (FSM) – even if your child prefers to bring a packed lunch or doesn't always take up the meal. Applying can bring significant benefits not only to your child, but to our whole school community.

Why Apply?

For Your Child:

- A nutritious, hot meal every day – helping with concentration, energy, and wellbeing.
- Saves you money – especially helpful during the current cost-of-living challenges.
- Discreet and inclusive – all children are treated the same, and no one knows who receives FSM.

For Our School:

- Each successful FSM application brings in additional funding through the Pupil Premium – which we use to:
- Provide extra support for learning
- Offer subsidised trips and activities
- Invest in wellbeing and enrichment programmes

Even if your child is in Reception, Year 1 or Year 2 and already receives Universal Infant Free School Meals, we still encourage eligible families to apply – as this unlocks extra funding for the school.

How to Apply:

Applying is quick and easy. You can check your eligibility and apply online via this [link](#).

6. **Village Map Project:** A half-day workshop led by local artist and illustrator Karolyn Mnich, launching a project to create a new Village Map of Old Shoreham parish area. For more information and how to get involved, please follow this [link](#).

7. **Open Secondary School events and information for Year 6 Parents and Carers:**

- [Steyping Grammer](#)
- [Cardinal Newman](#)
- [Davisons High school](#)
- [Shoreham Academy School](#)
- [Lancing Prep](#)

Home of Junior UK Harmonica
Champions since 2011



where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



A great way to make music

We recently showed your school how much fun it is to play the harmonica. It sounds great, it's easy to carry and it's cool for boys and girls alike. In fact it's the perfect way to access music for children of any age, from Pre-School to Key Stage 2, and it's much more affordable than other instruments. No tricky keys, frets or finger holes for small hands either. If you can breathe in and out, you can enjoy making music on the harmonica!

Thank you so much for introducing my daughter to this wonderful art form. She absolutely loves harmonica and will keep playing forever!

Woodingdean Primary School

Why learn harmonica?

- ✓ It sounds great
- ✓ It's affordable
- ✓ It's portable
- ✓ It's cool for boys & girls
- ✓ Free taster session
- ✓ Performance opportunities
- ✓ Music aids wider learning

Musical Enrichment with Harp Academy

We provide daytime harmonica classes at your school for groups of up to 8 children. Each session is half an hour and we provide ten sessions per term. We also offer individual tuition on request. Lesson content includes fun warm-up activities, instrument skills, exploring musical elements from the national curriculum and learning songs for enjoyment and performance. Our teachers are professional musicians, with DBS certification, safeguarding and first aid training.



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK

Try a **FREE**
TASTER SESSION
Starter harmonica and
music sheet **INCLUDED!**
Ongoing lessons just
£40.00 per half-term



where musicians are made

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL



Harp Academy online

Children and parents who subscribe to Harp Academy also enjoy a complimentary backstage pass for the protected content on our website. There are carefully prepared support pages for the music we are learning, some helpful key skill advice and exercises to help build musical technique. For weekends and holidays, there is also an exciting Harp QI section to explore, with fun videos, music activity ideas and wider learning topics.



The home of champions

At Harp Academy having fun is top of our wish list, and playing to audiences is a vital part of our curriculum. We understand how performance builds self confidence and creates happy memories for everyone. When children are ready, their journey starts with playbacks in school assembly. From there we attend local festivals such as Paddle Round The Pier, Harpin' By The Sea and entertain in children's hospitals. There is also an opportunity to compete at the national harmonica festival, where we have been producing junior champions since 2011!



Free Taster Session

Why not take advantage of a **FREE TASTER SESSION**? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the **Gold Harmonica** on our homepage and we will email you further details. Subscription for further sessions is just **£40.00 per half term**. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK



October Half Term Mindfulness Pony Day for Kids!



Date: Wednesday 29th October 2025

Time: 9am- 2pm

Location: Ponies 'n' Kids, Eaton Thorne Stables, Woodmancote, Nr Henfield, W.Sussex, BN5 9AG

Join us for a magical day designed especially for children ages 5-11! Dive into a world of peace, friendship, and mindfulness, all while experiencing the calming presence of our adorable ponies.

✦ What to Expect:

- 💖 **Mindfulness Time with Ponies:** Learn calming techniques and emotional regulation skills while spending quality time with our gentle ponies.
- 🐾 **Pony Care:** Discover the joys of caring for ponies through grooming, feeding, and building a bond.
- 🦎 **Riding and Mounted Games:** Experience the joy of pony rides and engage in fun, team-based games that promote confidence and cooperation.
- 🌳 **Connect with Nature:** Immerse yourself in the tranquillity of our beautiful, quiet stables and serene surroundings.
- 👫 **Make New Friends:** Build connections and friendships with other children in a supportive, nurturing environment.

Scan the QR code or click this link to book: [Mindfulness Pony Day 29th October 2025](#)



Cost: £140 per child

Spaces limited to 15 children

We are an inclusive team and warmly welcome children with Special Educational Needs and Disabilities (SEND). We celebrate diversity and are committed to providing a supportive environment where every child can thrive.

Apply online at:
westsussex.gov.uk/admissions



Is your child due to transfer to secondary school in September 2026?

Apply online!

It's simple, convenient and time-saving. If your application is received after the deadline, your chance of securing a place at one of your preference schools could be seriously affected.

You can apply online from **Monday 8 September 2025**. If you would like further advice or information, phone: **03330 142 903**.

Deadline: Friday 31 October 2025

Free internet access to apply online is available at all West Sussex libraries.



WS110(A) 08.25

West Sussex SENDIAS Service

Is your child starting primary school or transferring to junior or secondary school in September 2026?

Do you think, for
● whatever reason, you
● may struggle with the
● Admissions process?

Secondary School

Online applications open:
Monday 8 September 2025.

Deadline for applying for a secondary school place for your child is:
Friday 31 October 2025.

Primary School (inc. infant/junior)

Online applications open:
Monday 6 October 2025.

Deadline for applying for a school place for your child is:
Thursday 15 January 2026.

For more information on the admissions process:
www.westsussex.gov.uk/admissions

If so, the West Sussex SENDIAS Service can:

- explain the admissions process to you
- help you to make an informed decision about your child's schools of preference
- help you to fill in the online application form.

Please contact the SENDIAS Service:

Helpline: 0330 222 8555

Email: send.ias@westsussex.gov.uk

www.westsussexsendias.org



Training

Autumn 2025

(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 Workshops

September

Making Sense of Wellbeing: Understanding and building resilience	Tuesday 16th	7.30pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Thursday 18th	7.30pm
Understanding Autism	Tuesday 30th	10.30am

October

Making Sense of Personal Independence Payment (PIP)	Thursday 2nd	7.30pm
Making Sense of Behaviours that Challenge (age 2-11 years)	Thursday 16th	7.30pm
Understanding Demand Avoidance	Tuesday 21st	7.30pm
Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs)	Wednesday 22nd	10.30am

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 September / 1st October (2-part course) **Wednesdays** 10.00am-1.15pm

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



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

Umbrellas

Parent Support Group
Autumn Term 2025

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

Adur East Family Hub (Shoreham)

9th Sep / 7th Oct / 4th Nov / 2nd Dec

Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

10th Sep / 8th Oct / 5th Nov / 3rd Dec

Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

16th Sep / 14th Oct / 11th Nov / 9th Dec

Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

17th Sep / 15th Oct / 19th Nov / 17th Dec

Chichester Umbrellas

Thursdays, 10 am - 11.30 am

Donnington Parish Hall

25th Sep / 23rd Oct / 20th Nov / 11th Dec

Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

23rd Sep / 21st Oct / 25th Nov / 16th Dec

If you would like more information about our Umbrellas Support Group or would like the link to join Umbrellas online, please contact the outreach team.

Email:

outreach-training@reachingfamilies.org.uk



Reaching Families

www.reachingfamilies.org.uk

Umbrellas Online

Thursdays via Zoom

11th Sep	7.30 pm - 9 pm
9th Oct	7.30 pm - 9 pm
6th Nov	7.30 pm - 9 pm
4th Dec	7.30 pm - 9 pm



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?



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 online, via Zoom

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



Reaching Families



www.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

Website: www.stmcoasmarry.w.sussex.sch.uk

Email: office@stm.org.uk

Calendar: Click on link for how to [use](#) or [subscribe](#)



September Timetable

All sessions delivered live online via zoom, 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Understanding Addictive Behaviour	15 Sep 10am
Supporting A Child With ADHD	15 Sep 7pm
Improving Family Communication	16 Sep 10am
Autism Improving Communication	16 Sep 7pm
Facing Defiance	22 Sep 10am
Anxiety Based School Avoidance	22 Sep 7pm
Understanding Anger	23 Sep 10am
Supporting Healthy Screen Use	23 Sep 7pm
FREE Facing Defiance	25 Sep 7-8pm
Introduction To OCD	29 Sep 10am
What Is ACT?	29 Sep 7pm
Cannabis and Ketamine Awareness	30 Sep 10am
Anxiety Explained	30 Sep 7pm
Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm

Sign up for St. Nic's CARNIVAL CREW

KS2 SAMBA BAND

Wednesday
3.25-4.25pm



Our **Weekly 60 minute classes** are full of fun and energy.
We practise infectious rhythm & create music to share within the local community at vibrant outdoor performances and events.

St Nic's Carnival Crew is open to KS2 year groups 3, 4, 5, 6.
There is no need to be able to read music as we learn everything off by heart.
Drumming is great fun and proven to lift your mood.
INSTRUMENTS and ear defenders are provided.

VISIT happytunesmusic.co.uk/music-menu/samba-band
for registration and fees

"I have run successful music departments in local schools teaching class music lessons, running Samba Bands and leading school orchestras. My Samba Bands have performed at various local events including Beach Dreams, Worthing Children's Parade and the Durrington Festival. I have also played in Samba Bands, participating in events such as the Emsworth Food Festival and the Lord Mayor's show"



SAM HARRIS
Co-Founder of St. Nic's Carnival crew.



samantha.harris502@gmail.com



Hands on Workshops

After school Art Clubs

NEW VENUE !!!

@The Circular Space,
Ham Rd, Shoreham

**Mondays and Tuesdays
3:30-5:30pm**

Ages 6-12 - Small groups



Bring your ideas to life!

Hanna Boal- Qualified teacher, Community Artist & maker DBS & Insured
hanskibol88@gmail.com - **HandsOn_bringyourideastolife**





DAVISON

C.E. High School for Girls

Come and have a look at our school

OPEN MORNINGS 30th Sept, 1st, 2nd, 3rd Oct 9.00am - 11.00am

OPEN EVENING 7th October 5.00pm - 7.30pm

Presentation and Headteacher talks 5.30pm and 6.30pm

For further details: www.davison.w-sussex.sch.uk

We are delighted to be able to invite you to our forthcoming open events
for admissions in September 2026

Please come along and have a look at our school, the preferred date for families of your primary school to attend the Open Morning is **Thursday 2nd October** and there is no need to book.

Please see the link below to our e-prospectus for more information:

<https://www.davison.w-sussex.sch.uk/admissions/prospectus/>

We are very much looking forward to meeting you.

Davison CE High School for Girls



Shoreham Academy
The best in everyone™
Part of United Learning



To all Parents/Carers of pupils in **Years 5 and 6 (2025/26)**
living within the local area

Shoreham Academy Open Evening **Thursday 25th September 2025 from 5.30pm until 8pm**

Presentations in the Main Hall at 6pm and repeated at 7pm
by Mr Jim Coupe, Shoreham Academy Principal

Presentations will last approximately 30 minutes
We estimate that you will need about 1 hour to tour the Academy
Refreshments will be available for the evening
Please plan your tour to fit around the presentations

- ALSO -

Shoreham Academy Open Mornings at 9.00 am on:

Tuesday 30th September 2025
Wednesday 8th October 2025
Thursday 16th October 2025
Friday 24th October 2025

Attend with your children if possible

To secure your place for an **open morning**,
please book [HERE](#)

(NO BOOKING REQUIRED FOR THE OPEN EVENING)

Any questions, please email: vicki.pearson@shoreham-academy.org

We look forward to meeting you all!

Kingston Lane, Shoreham-by-Sea, West Sussex, BN43 6YT 01273 274100
enquiries@shoreham-academy.org www.shoreham-academy.org

Lancing Prep Worthing

A Lancing College Preparatory School



Open Morning
Saturday 4 October
10.00 am

FIND OUT MORE
LANCINGPREPWORTHING.CO.UK

BOOK
HERE 

Exciting News - SAM's Back!

In-Person Music Lessons Available. Guitar + Singing lessons at the school! - £9.90!

+ Drums, Guitar, Piano/Keyboard + Vocals Online

SAM Music Service is a music service that offers weekly instrumental lessons. Established in 2008, SAM has delivered tens of thousands of lessons and are currently working with our school to give these opportunities to our pupils.

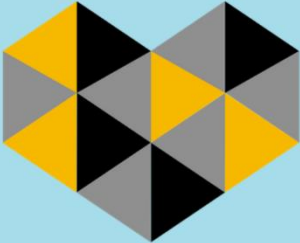
In-Person school lessons (Guitar + Singing)

- Enquire now for in-person lessons www.sammusicservice.com/stnics
- Small group lessons £9.90 per lesson
- Guitar + Vocal lessons during the school day
- Weekly progress and termly summary reports via SAM's easy to use online platform, 'mySAM'
- Encouraged to progress through **Grade exams**
- Performance opportunities
- Paid for **half-termly**, Childcare vouchers accepted

Online lessons (Drums, Guitar, Piano/Keyboard + Singing)

- Free no-commitment online **taster lesson**
- Complimentary set-up call, quick and **easy to connect**
- Watch **videos** of each **recorded lesson**, beneficial for practice
- Lessons take place from home outside of school hours, **no missing curriculum time**
- **Mon-Fri** up to 830pm, and **Sats** 9am-3pm
- **Individual online** 30-min lessons £18.50. Paid for **half-termly**, Childcare vouchers accepted
- Check out their reviews on Google with an average **5 star** ★ ★ ★ ★ ★ **rating!**

To enquire, visit www.sammusicservice.com/stnics, complete the short enquiry form, and one of their friendly team will be in touch to organise your taster lesson. Alternatively, you can email them on lessons@sammusicservice.com or call them on 0800 756 9411. Find them on all socials @sammusicservice.





STEM INNOVATION Ltd
Inspiring the future!

S.T.E.M



CLUB



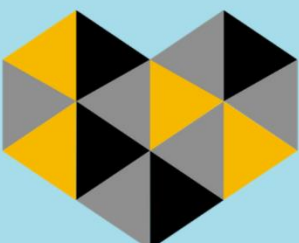
St Nicolas & St Mary's CE
Every Friday 12th of Sep
To 19th of Dec
£110 (13weeks)
3:30 to 4:30




Payment to :
STEM INNOVATION Education
ACCOUNT NO : 17721733
SORT CODE : 01-00-04

For Booking Details Contact: – Ali Khan
Email : STEMInnovation@outlook.com
Tel : 07951287236

www.steminnovation.co.uk





STEM INNOVATION Ltd
Inspiring the future!

S.T.E.M



CLUB



St Nicolas & St Mary's CE
Every Tuesday 9th of Sep
To 16th of Dec
£119 (14weeks)
3:30 to 4:30




Payment to :
STEM INNOVATION Education
ACCOUNT NO : 17721733
SORT CODE : 01-00-04

For Booking Details Contact: – Ali Khan
Email : STEMInnovation@outlook.com
Tel : 07951287236

www.steminnovation.co.uk

TERM TIME CLASSES



HOLIDAY WORKSHOPS



Art Classes

FOR AGES 4+

Now Booking for
Autumn Term 2025

Wacky Wildlife

- Armadillo with Clay
- Axolotl with Masking Fluid and Ink
- Draco Lizard with Gouache
- Immortal Jellyfish with Printing
- Duck Billed Platypus with Watercolour
- Leafy Sea Dragon with Soft Pastels
- Purple Harlequin Toad with Oil Pastels and Ink
- Saiga Antelope with Pencil
- Tarsier with Acrylic



07982246981 | HASOCKS@CYGNETSARTSCHOOL.COM

WWW.CYGNETSARTSCHOOL.COM/HASOCKS

fine art
FOR YOUR KIDS

Cygnets @ St Nicholas
& St Mary Primary

Term Time Classes

AGES 4-11 | (ALL ABILITIES)

Mondays 3.20 - 4.40pm

£16 per class

£192/ Term (12 Classes)

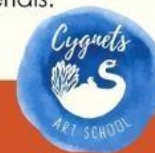
Book Here: <https://cygnets-art-school-hassocks.classforkids.io/info/31>

At Cygnets our focus is on traditional drawing, painting, and sculpture, combined with unique projects, all taught by experienced teachers using professional quality materials.

St Nicholas & St Mary Primary,
Eastern Avenue, Shoreham-by-Sea, West Sussex, BN43 6PE

✉ hassocks@cygnetsartschool.com

🌐 cygnetsartschool.com/hassocks



@CYGNETSARTSCHOOL

Book Now!



Monday 3:20pm - 4:20pm

12 sessions

Mon 15 Sep 25 Mon 22 Sep 25 Mon 29 Sep 25

Mon 06 Oct 25 Mon 13 Oct 25 Mon 20 Oct 25 Mon 03 Nov 25

Mon 10 Nov 25 Mon 17 Nov 25 Mon 24 Nov 25 Mon 01 Dec 25

Mon 08 Dec 25

AFTER SCHOOL CLUB

2025 AUTUMN TERM



FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

HARRY POTTER QUIDDITCH
BONFIRE NIGHT FIREWORKS PAINT MURAL
SCAVENGER HUNT: SPOOKY TRAIL
CAMPFIRE COOKOUT: AUTUMN EDITION
NERF GAMES: ZOMBIE APOCALYPSE
BONKERS CONKERS & LEAF MONSTERS
BUSHCRAFT SHELTER & DEN MAKING
AMONG US & VIKING KUBB
& AS USUAL: FUN VIBES & ADVENTURE!

WATCHING CHILDREN'S
CONFIDENCE GROW &
NEW FRIENDSHIPS FORM
AT OUR CLUBS IS ONE OF
THE MOST REWARDING
THINGS WE DO.

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

WEDNESDAYS 3:30 - 4:30PM

YEARS 1 - 6

10TH SEPTEMBER - 17TH DECEMBER 2025

TOTAL COST: £112 / 14-WEEK TERM

The
Outdoors
Project

MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

HOLIDAY CLUBS - BIRTHDAY PARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAPLINGS PARENT & TODDLER GROUP

OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED

SAMA

KIDS KARATE

St Nicolas & St Marys C.E. Primary

Thursdays 3.40pm



register your
child here

CLASSES £6.00 PAY AS YOU GO

GREAT FOR KIDS • DISCIPLINE • FITNESS • RESPECT
CONFIDENCE • SELF- DEFENCE • GREAT FUN

SamaKarateandKickboxing.co.uk
01903 767616



SHOREHAM R.F.C.

CLUBHOUSE OPENING

Craystock Pavillion, Buckingham Park

- ▶ Arrive from 12 noon
- ▶ Activities and games from 12:30
- ▶ Refreshments available
- ▶ Stay and watch our seniors vs Worthing KO 14:00

13TH SEPTEMBER

Join us for our season opener in our new clubhouse with games, refreshments and lots of fun. Stick around to watch our senior players vs Worthing in a pre season match up.



SHOREHAM R.F.C.

CLUBHOUSE OPENING

13th SEPTEMBER

12:00pm onwards
Shoreham RFC,
Buckingham park

Everyone welcome!

@shorehamrfc
@shorehamrfcyouth

shorehamrugby.co.uk

MINI KICKERS

STEYNING TOWN FC

STARTING 7th SEPTEMBER
SUNDAYS 9-10 AM

**QUALIFIED COACHES
ALL ABILITIES WELCOME
FIRST SESSION FREE**

BOYS & GIRLS U5/U6
BOYS U7
GIRLS U7/U8/U9



**REGISTER
INTEREST
HERE**

