SOUTH BERSTED CE PRIMARY SCHOOL

Newsletter

16th October 2026

Children as Leaders

As part of our Learning 4 Life Curriculum, we want to encourage pupils to take on a number of leadership roles and recognise the positive difference that they can make to their school and local community.

Mental Health Ambassadors:
On Tuesday, our Mental Health Ambassador led Collective Worship and explained how we can recognise our physical and mental health. They provided examples of how we can improve our mental health and the strategies that are available to us should we feel overwhelmed.

During the Collective Worship, they collected pupil voice and created the attached poster which is displayed around the school.

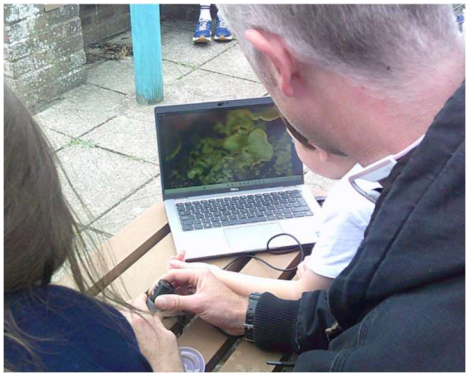
Eco Committee:
After receiving their Eco Council Badges in Collective Worship, The Eco Reps met with Hugh from the Walk Wheel Cycle Trust.

They spent the afternoon searching the school grounds for Lichen on the trees. They then compared that to Lichen found on trees nearer to the roads to see what impact Air Pollution is having in the local area. They then looked at samples taken from our trees under a microscope.

Using this experience, our Eco Committee will be considering the actions that we can take as a school to reduce emissions around the school.







'I liked searching for the lichen and then when we looked at the small pieces under the microscope it looked really cool." Daisy (Yr 1)

'We learnt that lichen can be an air pollution indicator and that we should ride or walk to school to reduce the levels of pollution.' Ned (Yr 5)

The Masked Reader



Each month, we hold the Masked Reader.

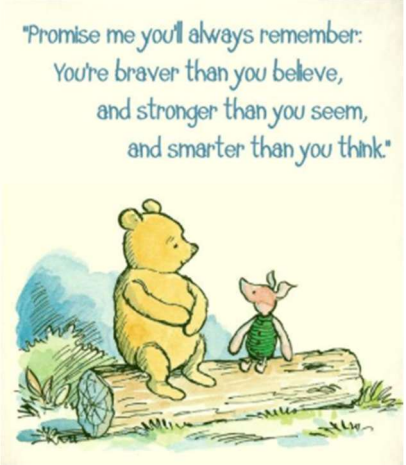
The month's Masked Reader: Mrs Evans

Favourite Book and why: The Little Green Rabbit. I loved this section of stories about all the different woodland creatures and their adventures.

Read: Cedric the Seed

The Power of Reading

Congratulations to **Aidan (Yr 4)** for reaching 500,000 words on Accelerated Reader. Congratulations to **Freddie (Yr 5**), who has reached the milestone of 1,000,000 words!



During next week's parents' evenings, we will be holding a book swap event in the school hall. Please see the end of the newsletter for further information.

In honour of Winnie the Pooh being 100 years old this week, we have shared a number of famous quotes that provide us with the time to reflect on important issues like friendship, courage and self-belief. One of my favourite quotes is shown to the side.

Our next home learning challenge links to Winnie the Pooh. See below for further information.

Home Learning Challenge

This week we celebrated the 100th Birthday of Winnie the Pooh. Over the next few weeks, take the time to learn about the famous character and his friends.



You may want to:

- *Create your own story book*
- *Create a piece of art work with one of the character's quotes on*
- *Create a book review*
- *Create character reviews*
- *Share a story with a family member*

Think carefully about how you want to present your reflections!

Please share any completed work via Class Dojo before the 4th of November

Times Table Rockstars Battle

The current TTRS Battle is live and sees the following houses competing against each other:

Earth vs Air

Fire vs **Water**

Attendance

This week's whole school attendance is **96.3%.**

This week's top three attending classes are:

Class	Attendance
Year 4	**99%**
Year 3	97.2%
Years 5 and 6	97%

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
97.6%	**97%**	**94.9%**	**93.9%**	**96.1%**	**96.3%**	

Family Learning

The West Sussex Family Learning team is offering a range of free courses to help parents, grandparents and carers support their children's learning and wellbeing.

This term, their courses cover a range of topics, including:

- Preparing children for starting school
- Supporting learning in reception and key stage 1
- Helping with key stage 2 maths
- Managing anxiety
- Building resilience
- Promoting positive family wellbeing

These practical sessions provide simple strategies, useful advice and ideas that families can use at home straight away.

Courses are available online and at community venues across West Sussex, making it easy for families to access support that meets their needs. All courses are free, although booking is required. To see all of their available courses and to book a place, please visit the West Sussex County Council website.

Letters Sent Home This Week

The following letters have been sent out this week. Letters are sent out via MCAS and are added to the News Tab of the school's website.

- Parent Governor Vacancy Information
- Children's Concert Choir Trip
- Future Flyers 2027
- Year 1 Phonics Parent Meeting

Reminder for Parents of Year 6 Pupils

The application process for children due to transfer to secondary school in September 2027 began on the 1st of September and will close on the 31st of October.

For more information on applying for a secondary school place, please visit West Sussex Admissions: https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/school-places/apply/secondary-school-places/

Parents Evening

Next week, we look forward to inviting parents and carers to the school. When you arrive at the school, can you please enter via the main entrance and ensure that you sign in and out. During the meeting, you will have the opportunity to look at your child's books, which will be found outside of your child's classroom.

Liz Lawrence from the Dedicated Schools Team (DST) will be present on Monday from 15.30 – 17.00. If there is anything that you would like to discuss with Liz, please speak to Mr Goodwin or Miss Stanton so you can meet with Liz in the meeting room.

The DST provide advice and support around the following areas: • Attendance • Physical health • Mental health and emotional wellbeing • Transitions (working with schools to identify children and young people transitioning between educational settings) • Targeted intervention and support • Special Educational Needs and Disabilities (SEND).

A reminder that Friends of South Bersted will also be running a pre-loved uniform sale and a book swap will both be in the hall.

All Clubs and Parent Readings will be cancelled on both Monday the 19th and Wednesday the 21st.

Up-Coming Events

Please find below a summary of upcoming events for the next three weeks:

Date	Details
October	
Monday 19th	*Parents Evening (3:30 – 5:00)*
Tuesday 20th	*Open Morning (9:00 – 10:30)*
Wednesday 21st	*Parents Evening (3:30 – 6:30)*
Friday 23rd	*INSET Day – school closed to all pupils.*
November	
Monday 2nd	*Start of Autumn 2* *Years 5 and 6 cricket event (selected pupils)*
Tuesday 3rd	*Governor morning*
Friday 6th	*Open Morning (9:00 – 10:30)* *Outdoor Learning - Year 6*
Monday 9th	*RSHE week* *Whole School Anti Bullying Week*
Tuesday 10th	*Years 3 and 4 Girls Football event (selected pupils)*
Wednesday 11th	*Armistice Day*
Thursday 12th	*Years 5 and 6 Football event (selected pupils)*

INSET Days 2026 – 2027

When considering booking a holiday, please check the school's term dates and INSET Days.

For the next academic year, our INSET Days are:

Friday 23rd October

Monday 4th January

Monday 12th April



Gold Book

Congratulations to the following pupils who have displayed the school's values and gone above and beyond in their learning over the past two weeks:

9th October: Tilly B, Jake, Daisy E (Year 1). Louis, Athena, Brendan, Jax R (Year2). Thomas, Jaxon, Jaydon, Arthur (Year 3). Thea, Poppy, Aiden, Poppy (Year 4). Freddie, Dottie (Year 5). Elliott C, Matilda R (Year 6).

16th October: Toby, Matylda, Aleks (Year 1). Joseph, Athena, Louis (Year 2). Mia, Emma, Mia (Year 3). Poppy, Milo, Indie (Year 4). Ned, Amelia (Year 5).

BBC 500 Words Competition

The BBC 500 Words is back! The UK's BIGGEST story – writing competition for children aged 5 – 11 opens for entries from Tuesday 29th September until Friday 6th November at 9pm. To learn more about this competition, please follow the link: https://www.bbc.co.uk/teach/500-words

Open Morning

Is your child due to start school in September 2027?

If so, please join one of our Open Mornings to find out more about what our school can offer your child as they begin their educational journey.

We will be holding Open Mornings as follows:

Tuesday 20th October 2026 (9:00 – 10:30am)

Friday 6th November 2025 (9:00 – 10:30am)

To book a visit, please follow the information on our flyer by following the link.

https://www.eventbrite.com/e/south-bersted-ce-primary-school-open-mornings-tickets-2001203806456?aff=oddtdtcreator

South Bersted CE Primary School

OPEN MORNINGS

Is your child starting school in September 2027?

If so, we would love for you to join us at one of our Open Mornings to find out more about what our school can offer your child as they begin their journey into education next year.



Open Mornings: 09:00 - 10:30
Tuesday 20th October &
Friday 6th November
Please scan the QR code to book your place and we shall look forward to meeting you!

During each session there will be a talk, presented by our Headteacher Mr Noel Goodwin. Followed by a Q&A session and a tour of the school and grounds.

Church Lane, Bognor Regis, West Sussex, PO22 9PZ

LEARNING FOR LIFE * AIMING FOR EXCELLENCE * LISTENING TO THE VOICE OF GOD

Mental Health Ambassadors

Looking after our physical and mental health

Physical Health

Physical health is how our body feels and how we look after our body.



- Headaches
- Tummy aches
- Coughs or sneezes
- Runny nose
- Feeling tired
- Feeling unwell

Mental Health

Mental health is how we think, feel and cope with everyday life.



- Big feelings
- Feeling worried
- Feeling sad or upset
- Feeling angry or stressed
- Finding it hard to focus
- Needing a brain break

It is okay to ask for help.

Things we can do to support our physical health:



Be active



Eat healthy foods



Drink water



Get enough sleep



Wash your hands



Rest when you need to

Things we can do to support our mental health:



Talk to a trusted adult



Share your worries and feelings



Speak to a teacher, parent or carer



Spend time with friends and family



Be kind to yourself and others



Take a brain break



Use a growth mindset

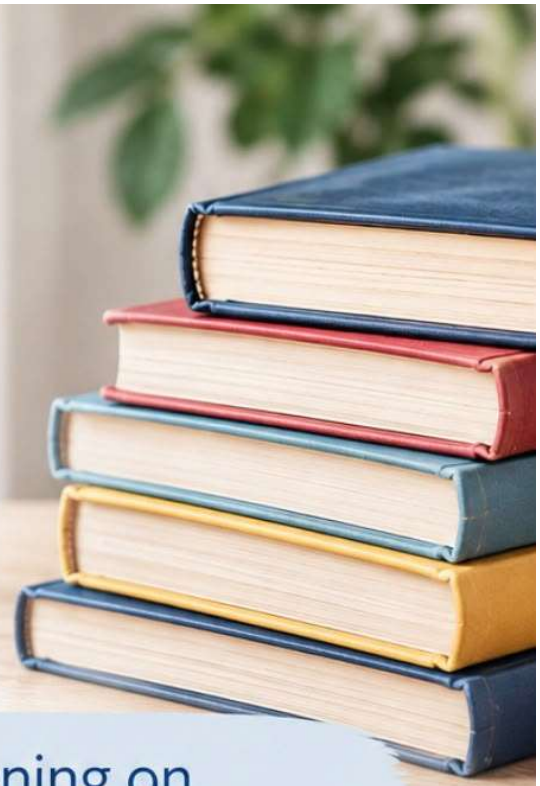


Stay active

Who can help?

Teachers, parents/carers, siblings, relatives, friends and Mental Health Ambassadors.

Book SWAP



During parents evening on
Monday 19th and 21st October

1

Choose between 1 to 3 books that are in good condition.



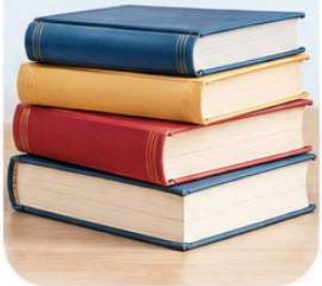
2

Bring the book(s) to school.



3

Swap your book(s) for a new book.



4

Enjoy your new book!





West Sussex Short Breaks

Community Support Programme

DMC Signature Care Ltd

west sussex county council

Fun supported family day trips for children and young people with additional needs



Making memories together

Short Breaks for disabled children and young people

Who Can Join

Children and young people **aged 0–18yrs** with special educational needs and disabilities (SEND) with their parents and families.



Activities Include:

- ✓ DMC Family Fun days/Picnics
- ✓ Seaside
- ✓ Arts and Crafts
- ✓ Softplay
- ✓ Animal Interactions

and many more!



Inclusive Fun For All

Holiday Programme Running Periods

- Summer Holidays
- Autumn Half Term
- December Holidays



Eligibility Information:

Available for all families including those not receiving local authority support.

Limited spaces available!

Scan to register or click the link:

https://wkf.ms/4ps18gk

Get in touch!

07749174034

info@dmcsignaturecare.com

www.dmcsignaturecare.co.uk

DMC Signature Care

@dmcsignaturecare



Creating happy days, building brighter futures.

BREAKFAST CLUB

Monday – Friday

08:00 – 08:35

£5.50 per session



To book sessions please express your interest by either following the below link or scanning the QR code.

Breakfast Club - Expression of Interest – Fill in form

South Bersted Church Invites you to

FAMILIES SUNDAY GATHERING @4.30PM

southbersted.org.uk

Bible Teaching,
Singing,
Crafts & Activities
Free for all the Family
(Financial donations welcome)

Pumpkin Party!

We're all a bit like a pumpkin.
No, really!
Come and find out why.



Sun 18th Oct 4:30pm-6:00pm

All children served with a snack tea
Hot drinks and cake available for adults
(Children must be accompanied by an adult)

South Bersted Church Hall,
Bersted Street, Bognor Regis PO22 9QE

Booking on Eventbrite is essential by Thursday 15th October

Walk Wheel Cycle Trust

September 2026 Schools Newsletter

We'd love to hear from you!
Hugh Thomas is the Project Officer for the West Sussex Active Travel Behaviour Change Project.
Please get in touch if you have any great walking or wheeling stories or would like to find out more about our school work.
Email:
Hugh.thomas@walkwheelcycletrust.org.uk

Tuesday 22nd of September is World Car-Free Day!
Why not try leaving the car at home and walking, wheeling or cycling to school to reduce emissions and make the air around our school cleaner for everyone?

Fact of the Month
Active travel can save you money on the school run!

Pedal power requires a one-off investment with minimal running costs – no fuel, no tax, and no parking fees. A simpler way to get from A to B... by Cycle!

Walk Wheel Cycle Trust is working in partnership with West Sussex County Council at schools across the county to improve health and wellbeing by encouraging more active travel. We will be in school to deliver a range of activities including led walks, cycle and scooting skills, road safety sessions and more! Keep an eye out for activities to get involved in at your school.

Cycle To School Week 2026



Our friends at Bikeability want you to join the 200,000 people already taking part in this year's Cycle to School Week–and we do too! You can pledge as a family or as a school by searching Cycle to School Week online or going to Cycle to School Week 2026 - Bikeability.

Cycle to school week runs from the **5th to the 9th of October**

Schools and families will have access to classroom and other resources, and will be entered into the prize draw to win four Squish balance bikes.

By taking part you don't just **pedal more,** you will *spend less, rush less, pollute less and stress less.*

Funded by UK Government

Working in partnership with West Sussex County Council

west sussex county council

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

Reaching Families
www.reachingfamilies.org.uk

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