ST. JAMES' C.E. PRIMARY SCHOOL, COLDWALTHAM
with Chuckleberries Pre School

Tel: 01798 872196
Fax: 01798 875532
Email: office@coldwalthamschool.com
www.st-james-coldwaltham.w-sussex.sch.uk
Executive Headteacher: Mrs Lizzie Martin
Operations Director: Mrs Nicky Kirby
Inclusion Manager: Mrs Jo Eyre

Enabling every child to thrive and succeed

Friday Flyer – Friday 11th September

Dear Parents/Carers,

A very warm welcome to the first Friday Flyer of this academic year. We hope you all had a wonderful, restful summer break (which is probably a distant memory by now), and managed to enjoy some special family time.

It is always so lovely to see the playground filled with energy, laughter, and shiny new shoes at the start of the school year. The children have rekindled or made new friendships and are certainly embracing the school values of Kindness, Respect, Honesty, Positivity and Teamwork. As the end of the second week approaches, the children have settled back into their routines beautifully, engaging with new and exciting learning environments and lessons. A special mention goes out to our brand-new Reception children who have joined Rhino Class. Welcome to the St James' school family; we are so delighted to have you here and we are very impressed with how you have taken to daily life at big school.

We hope you will all enjoy catching up with the latest news and pictures. The Friday Flyer is always full of dates and information so do make sure you check-in as each edition pops into your inbox through the year.

Healthy Breaktime Snacks

All the children at St James need a healthy snack at morning break to keep them going until lunchtime. Children in Reception, Years 1 and 2 are provided with a free piece of fruit or veg under the Government scheme. They are usually able to choose their preferred fruit or vegetable from a selection of two or three choices or they may bring a healthy snack from home. Children in Years 3 to 6 need to bring healthy snack from home. Examples of suitable snacks are:

- fruit or vegetables;
- low sugar, nut free cereal bars;
- dried fruit, including Yoyo bears;
- plain rice cakes or breadsticks.

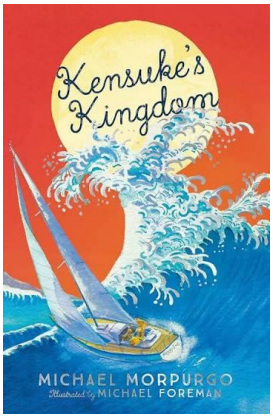
Thank you for your support in helping our children to make healthy choices.

Birthdays and Birthday Treats

If your child has a birthday on a school day, we will usually celebrate by singing "Happy Birthday" at lunchtime – the children need to remind lunch staff on the day so it does not get forgotten. Schools are required to be increasingly careful regarding allergies and, therefore, we are not able to distribute birthday snacks and treats to classmates. Apologies for any disappointment this causes.

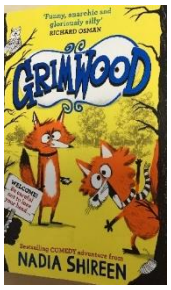
Free School Meals
There have recently been changes to eligibility for free school meals to include all households who receive Universal Credit. The following link has details of who is eligible and how to apply. [Free school meals - West Sussex County Council]

News from The Jaguars

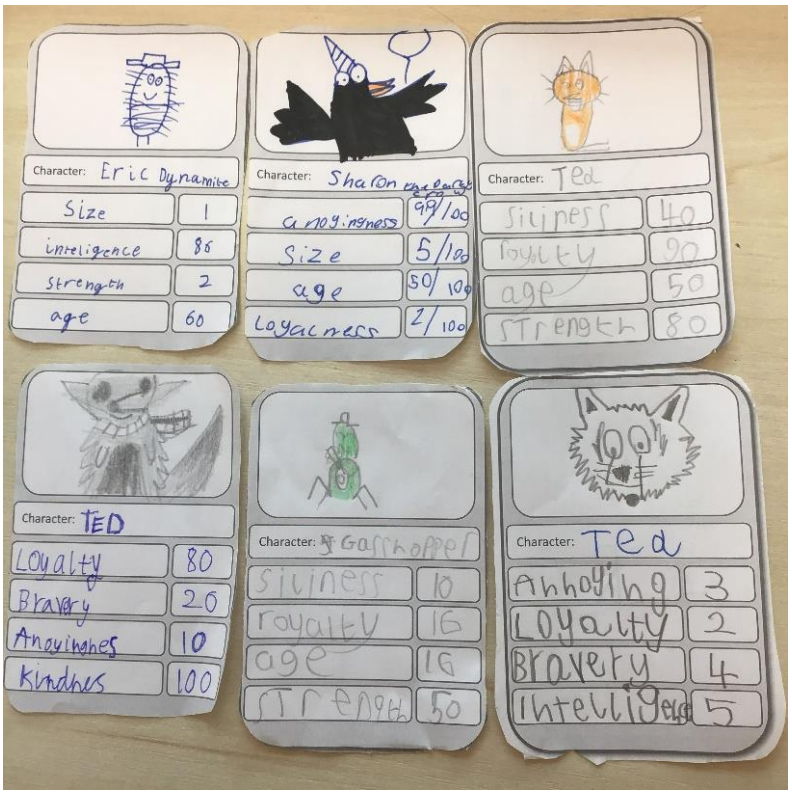


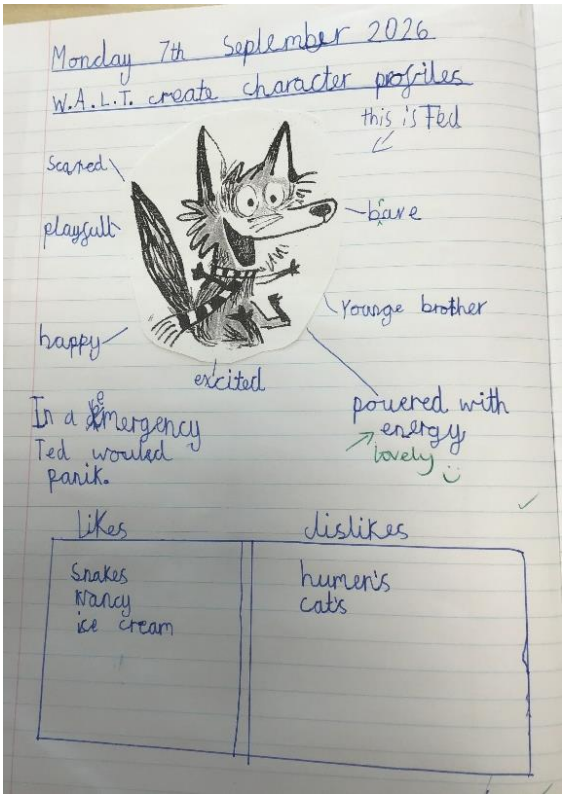
This week, the Jaguars have started reading their core English text, *Kensuke's Kingdom*. The story follows Michael, a young boy, who finds himself stranded on an island in the Pacific where he meets a mysterious old man named Kensuke. Alongside exploring the novel, the children have been learning about haiku poetry and have enjoyed writing their own. They have been using thesauruses to find suitable synonyms and carefully selected words to fit the syllable count of their poems. This has really challenged the Jaguars to think carefully about the composition, structure and form of haiku poetry.

News from the Elephants



Written by Nadia Shireen, the Elephants have been reading 'Grimwood', analysing the humour and the use of speech and sound effects, as well as exploring the characters before making up their own. They have created a class set of Top Trumps and devised new characters that the foxes Ted and Nancy will be able to meet along their way. Next week, they will be writing their own chapter, plotting the next adventure that will take place for these two intrepid siblings. We can't wait to see what the Elephants come up with!



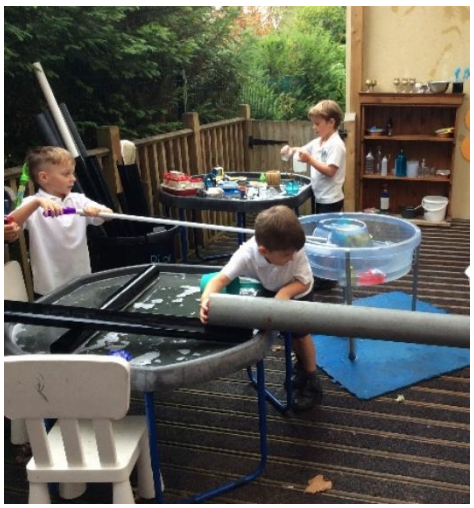


Forest Schools

In Forest Schools this week, the Rhinos searched the field for the colours of autumn. Whilst making the most of our beautiful grounds, the children were able to develop friendships and teamwork, both of which are vital attributes for successful learning at the start of the academic year.

News from the Rhinos

The Rhinos have been getting to know each other and their classroom; there are lots of new resources to enhance their learning environment. It has been delightful to see the new Reception children settling into their class and how well they have interacted with the older children.



Parent Support – Information and Support Groups

Our school regularly receives information about parent support groups where information is available to help parents support their children and also support for parents' own mental health. Various flyers for these services can be found at the end of this newsletter.

With best wishes,

Mrs N Douse
Senior Teacher

Reminders

Parents and carers have already been sent an email regarding the following items, which are being included here as an additional reminder. If you have already responded or completed a form, there is no need to do so again.

Flu Vaccinations – Friday 18th September 2026

Please remember to give consent for your child to receive the nasal spray flu vaccination. The email sent to all parents on Wednesday 2nd September has full details. **Parental consent must be given on-line by 11am on Tuesday 15th September (please note this deadline has been brought forward by one day).** Unfortunately, if consent is not received by the deadline, your child will not be able to receive the vaccination in school.

Year 6 Bikeability – 15th and 16th October 2026

Year 6 parents, please remember to give consent for your child to take part – the letters with full information were originally sent to Year 6 parents in July and have been resent today to those who have not given consent.

Annual Data Check – Please complete by 14th September

Our school is required to carry our periodic checks to confirm our records are accurate and to ensure school holds the correct pupil details and parental consents. We would be very grateful if parents and carers could please click on the link below and complete the googleform. Please email the office if you require a paper copy of the form for completion by hand.
https://docs.google.com/forms/d/e/1FAIpQLSd6YZy_fT2Yu-6HQXsuYkabjuGHk28Z-W80x3NTCwEdU9pfrw/viewform?usp=publish-editor

School Clubs

Please see our letter of 9th September for details of this term's school clubs. The deadline to apply for a club place is Monday 14th September.
https://docs.google.com/forms/d/e/1FAIpQLSe5LP79y7cuvCu1CcY4W86lj9ENTz3gX70eHhFVBJkL6ZJuwQ/viewform?usp=dialog

Dates for the Diary

Friday 18th September 2026	Flu Vaccinations – nasal spray. Please see our letter dated 2nd September.
Thursday 24th September 2026	Harvest Festival at St Giles' Church 9.00am – please see our letter of 10th September. Parents and carers are welcome to attend.
Wednesday 30th September 2026	Year 6 Experience Day at MRC. Further details to follow.
Thursday 15th and Friday 16th October 2026	Year 6 Bikeability – please see our letter dated 03/07/2026 for full details
Monday 19th & Tuesday 20th October 2026	After School Parent Consultations – more details to follow
Friday 23rd October 2026	INSET Day – school closed to all pupils
Monday 26th – Friday 30th October 2026	Half Term
Monday 2nd November 2026	Back to school for all pupils at 8:45am
Friday 18th December 2026	Last Day of Autumn Term

MARTIN LUNDY
ESTATE AGENTS

SPECIAL OFFER

£500

Goes to Friends of
St. James' C.E.

**Sell your home,
support St. James' C E Primary School!**

If you're a parent, carer, or relative of one of the children at the school, sell your home through me, and £500 goes to Friends of St. James' C.E..

HOW IT WORKS

- **Book a Valuation:** Contact me for a property valuation. Mention the St. James' C E Primary School offer when you call.
- **Instruct:** Once you choose me as your agent, I'll give £250 to St. James' C E Primary School.
- **Sale Completion:** When your sale is successfully completed, I'll give another £250 to St. James' C E Primary School PTA .

01798 817257 or 07788 531768

'TWIGLETS' MULTIPLE BIRTH GROUP HORSHAM

A relaxed, safe group for parents & multiple birth children (Twins / Triplets) aged 0-3yrs with volunteers on hand. Toys and activities for all.
Come along for advice, support & meeting other parents.

Where: The Needles, C&F centre, Horsham RH12 1RS.
When: Tuesday mornings - Term time only.
Free entry - but £1 donation welcome.

If you're thinking of coming along, or want to find out more, please call/message Vanessa on 07718 566568 or emailing vanessab@homestartchams.org.uk

** We aim to respond within 3 working days during term time **

WWW.HOMESTARTCHAMS.ORG.UK

HOME-START CRAWLEY, HORSHAM AND MID-SUSSEX IS A REGISTERED CHARITY IN ENGLAND (1132506)
THE ORCHARD,1-2 GLENEAGLES COURT, BRIGHTON ROAD, CRAWLEY, WEST SUSSEX, RH10 6AD

HOME START
Crawley, Horsham & Mid-Sussex

LITTLE STARTERS GROUP HORSHAM

PARENT CARERS AND CHILDREN 0 – 3 YEARS

Do you have a child or children 0 - 3 years? Would you like to meet other parents in a small, friendly and nurturing environment?
Then bring your baby and/or toddler(s) along to our Little Starters group where you can play together, make friends and find parenting advice and support.

When: Wednesday 10:00 – 11:30 – term time only
Where: Salvation Army Hall, Booth Way, Depot Rd, Horsham RH13 5PZ

Free entry – but £1 donation welcome. Light snack and drink provided for the children.
If you're thinking of coming along, or want to find out more, please call/message Emma on 07851 107005 or email EmmaS@homestartchams.org.uk

** We aim to respond within 3 working days during term time **

WWW.HOMESTARTCHAMS.ORG.UK

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HOME START
Crawley, Horsham & Mid-Sussex

PARENTING MENTAL HEALTH SERVICE

OUR SERVICE IS OPEN TO ANY PARENT OR CARER WHO IS SUPPORTING A CHILD OR YOUNG PERSON BETWEEN THE AGES OF FIVE AND 18 LIVING IN WEST SUSSEX.

WE SUPPORT YOU TO HELP YOU SUPPORT YOUR CHILD OR YOUNG PERSON WITH THEIR MENTAL HEALTH.

WHAT WE OFFER:

- PEER SUPPORT GROUPS- BOTH DURING THE DAY (IN PERSON) AND IN THE EVENING (ON-LINE)
- MONTHLY 'EXPERT BY EXPERIENCE' GUEST SPEAKER ZOOM EVENING SESSIONS, COVERING TOPICS SUCH AS SELF-HARM, EBSA, AUTISM AND MENTAL HEALTH, MASKING AND MORE...
- 1:1 SESSIONS WITH A PEER SUPPORT WORKER
- CLOSED FACEBOOK GROUP; REGULAR NEWSLETTERS AND ACCESS TO TRAINING, E-LEARNING AND WEBINARS (ON THE WEST SUSSEX MIND WEBSITE).
- PARENTING MENTAL HEALTH COURSES ACROSS WEST SUSSEX

TO SIGN UP, CONTACT OUR HELP POINT

MONDAY TO FRIDAY, 10AM UNTIL 4PM ON 0300 303 5652
OR EMAIL HELPPOINT@WESTSUSSEXMIND.ORG
OR USE THE FORM ON OUR WEBSITE -
WWW.WESTSUSSEXMIND.ORG

CHARITY NO: 1155918 COMPANY NO: 08884776

West Sussex Mind

Parenting Peer Support Drop-ins Autumn 2026 Timetable

New location added

Are you a parent or carer to a child/young person who needs some support with their mental health?

You may not know where to start and may need some support of your own. There is no criteria for our drop-in groups, so no concern is too big or too small.

At West Sussex Mind, we know how vital it is for people to talk and share their experiences, so we provide Peer Support drop-ins in person and online, where you can meet our Parenting Team and other parents who can provide some much needed empathy, understanding and support.

Online parenting support drop-ins:
10:00-11:00am

- **Tuesday 29th September**
- **Tuesday 3rd November**
- **Tuesday 8th December**

Zoom Meeting ID: 869 2437 6726
Passcode: 131440

Come and join us in-person:

Worthing - 1-2pm

The Gateway, 8-10 Durrington Lane, Worthing, BN13 2QG

- Tuesday 22nd September
- Tuesday 27th October
- Tuesday 1st December

Southwick - 12-1pm

The Corner House, 45 Southwick Street, Southwick, BN42 4TH

- Wednesday 9th September
- Wednesday 14th October
- Wednesday 11th November
- Wednesday 16th December

Please feel free to drop-in where we can chat and get you registered with the service.
Or to register yourself, please call our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652
or email helppoint@westsussexmind.org

Or for more information, please contact parentingsupport@westsussexmind.org

Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.

West Sussex mind

Parenting Mental Health Support Service
Online Evening Groups 2026

Expert by Experience presentations - 7.30-9:30pm

(including time for Q & A)

Peer support groups - 7.30-9.00pm

Date	Group Topic
Weds 2nd Sept	**Understanding and supporting attachment in children/young people**
Weds 16th Sept	**Peer Support**
Weds 30th Sept	**Understanding & supporting Pathologiocal Demand Avoidance (PDA) in children/young people**
Weds 14th Oct	**Peer Support**
Weds 28th Oct	**Responding to & supporting young people who express suicidal thoughts**
Weds 11th Nov	**Peer Support**
Weds 25th Nov	**Parental self-care & avoiding burn out**

To book onto any of our expert by experience presentations please visit our training page on; www.westsusssexmind.org

(If you are already signed up to the Parenting Service, please use the Zoom link provided).

To access the online peer support groups you need to have signed up to our service already. You can do this by calling our Help Point Monday to Friday, 10am until 4pm on 0300 303 5652 or email; helppoint@westsussexmind.org

We are a friendly, supportive group and there is no pressure to share if you don't feel comfortable to do so

West Sussex mind

FREE

PARENTING MENTAL HEALTH COURSE

A 6 WEEK COURSE FOR PARENTS AND CARERS TO GAIN KNOWLEDGE AND UNDERSTANDING AROUND SUPPORTING CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH, OFFERING A SAFE SPACE TO REFLECT AND FIND PEER SUPPORT.

TOPICS INCLUDE SELF-ESTEEM, ANXIETY & EMOTIONS, COMMUNICATION AND MORE!

DATES

- Thursday 17th September
- Thursday 24th September
- Thursday 1st October
- Thursday 8th October
- Thursday 15th October
- Thursday 22nd October

TIME

10am–12:30

VENUE

Felpham Community Hall
Meaden Way
Felpham, Bognor Regis
West Sussex,
PO22 8FA

REFRESHMENTS PROVIDED!

TO SECURE YOUR PLACE OR FOR MORE INFORMATION, PLEASE EMAIL:

PARENTINGSUPPORT@WESTSUSSEXMIND.ORG

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 in-person and online

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

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

Reaching Families

www.reachingfamilies.org.uk

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

Dove Lodge, 49 Beach Road, Littlehampton, BN17 5JG

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

TRAINING

Autumn Term 2026

WORKSHOPS

Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Tuesday 8th September	7.30 - 9.30 pm
Making Sense of Masking	Tuesday 15th September	7.30 - 9.30 pm
Making Sense of Education Health & Care Needs Assessment and Plans (EHCPs)	Thursday 17th September	10.30 am - 12.30 pm
Making Sense of Behaviours that Challenge (age 2-11 years)	Friday 25th September	10.30 am - 12.30 pm
Understanding Demand Avoidance	Monday 28th September	7.30 - 9.30 pm
Making Sense of Wellbeing: Resilience skills for parents and carers	Tuesday 29th September	10.30 am - 12 pm
Making Sense of Personal Independence Payment (PIP)	Monday 12th October	7.30 - 9.30 pm
Understanding Sensory Processing Differences	Wednesday 14th October	10.30 am - 12.30 pm
Understanding Autism in Girls	Monday 19th October	7.30 - 9.30 pm

THE SEND FOUNDATION COURSE

An introduction to SEND and the key issues parent-carers will encounter as their children grow and develop.	Wednesdays 23rd & 30th September	10 am - 1.15 pm

All of the above training will be delivered on 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.

reachingfamilies.eventbrite.com

Reaching Families

www.reachingfamilies.org.uk

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