

Value for this week
- all of them!

A Note from the Headteacher

The teachers have been looking out all week for a child who really shines for any one of our Values, so our Values Champions this week are Matilda, Theo, Jacob, Arlo, Archie, Hugo, Amberley and Jack - congratulations!

Year 1



This week the children have arrived to school more energised and full of excitement thanks to our 'Walk to School Week'.

'We have been trying to walk further to get to school and there is a walking bus so we can try and get special badges.' Aliyah.

We discussed why walking to school can be good for us. Here are some of the children's ideas:

'It helps us to keep healthy.' Grace.

'We will get stronger legs.' Brodhi.

'It's safer to get to school. There aren't many cars in the way.' Yasmina.

The children have also expressed how they have enjoyed their outdoor learning too this week. They explained how they have been learning maths outside.

'We have been learning about directions and half and full turns.' Grace.

'We liked playing fun games outside and gave each other directions to find the hidden toy.' Jude.

'Sometimes it was a bit confusing, but it was funny too.' Quinn.

'We had so much fun!' Theo.



Oak Class all agreed that they are very proud of the writing they completed this week.

'We read 'The Log Princess and the Little Wooden Robot'. Then we wrote the story ourselves.' Amara.

'It was really fun writing the story. I wrote lots!' Brodhi.



The whole class have really blown their teachers away with their fabulous writing. Here are some of the things that the children told us they were most proud of:

'It was my neatest and I joined up my writing.' Emilia.

'Mine was neat and all my letters sat on the line properly.' Louisa.

'I remembered my capital letters.' Daniel.

'I persevered and spelt some long tricky words all by myself.' Quinn.

We are so proud of Oak Class for their positive attitude towards learning and perseverance to overcome new challenges. We look forward to seeing what our last half term will bring!

Weekly Safeguarding Spotlight!

This week our safeguarding spotlight gives a summary of what parents and educators need to know about allergies and anaphylaxis.

What Parents & Educators Need to Know about ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.



HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS



ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an auto-injector into the outer upper thigh.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



TWO DOSES:
0.15 mg or 0.3 mg

ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



CELERY



FISH



CRUSTACEANS



EGGS



MILK



SOYA



LUPIN



CEREALS



TREE NUTS



SESAME



MUSTARD



MOLLUSCS



PEANUTS



SULPHITES

NON-FOOD ALLERGENS:



POLLEN



PET HAIR/DANDER



INSECT VENOM



MEDICATION/DRUGS

LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE
AND AAIs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



The National College

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Charity Pre-Loved Sale

The Zoar Chapel is holding a charity ladies pre-loved clothes sale on Monday 25th May from 10am - 4pm, to raise money for restoration of the chapel. Go along and find some bargains.

Reaching Families

Are you a parent or carer of a child or young person in West Sussex who has, or may have, special educational needs and disabilities?



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, advice, 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

TRAINING

SUMMER TERM 2026



WORKSHOPS

| | | |
|--|---------------------------------|---------------------|
| Making Sense of Anxiety in Children (Primary Age) | Tuesday 9 th June | 10.30 am - 12.30 pm |
| Understanding Autism | Thursday 11 th June | 10.30 am - 12.30 pm |
| Making Sense of Wellbeing: Self-care skills for parents and carers | Tuesday 16 th June | 10.30 am - 12 pm |
| Understanding Attention Deficit Hyperactivity Disorder (ADHD) | Friday 19 th June | 10.30 am - 12.30 pm |
| Making Sense of Personal Independence Payment (PIP) | Thursday 25 th June | 7.30 - 9.30 pm |
| Understanding Demand Avoidance | Thursday 2 nd July | 10.30 am - 12.30 pm |
| An Introduction to Mahatan | Wednesday 8 th July | 7.30 - 9.30 pm |
| Making Sense of Sleep | Thursday 9 th July | 10.30am - 12.30 pm |
| Making Sense of Adult Life - Moving on (15+) | Wednesday 15 th July | 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 24 th June, 1 st & 8 th July | 7.30 - 9.30 pm |
|---|---|----------------|

All of the above training will be delivered on Zoom

For further information visit our website or email: outreach-training@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

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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

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Key Dates

May

- Monday 25th - Friday 29th - May Half Term

June

- Monday 1st - INSET Day
- Tuesday 2nd - Start of Summer Term 2
- W/C Tuesday 2nd - Y4 Multiplication Tables Check
- Friday 5th - Sports Day
- Monday 8th - Dance Workshop at The Weald
- W/C Monday 8th - Y1 Phonics Screening Check
- W/C Monday 8th - Y6 Residential Trip
- W/C Monday 8th - Y4 Multiplication Tables Check
- Wednesday 17th - Y5/Y6 Benin Myths Workshop
- Friday 19th - Family Reading 9.00-9.20am

Congratulations to the
winner of
this week's PTA Cake
Raffle!



For future diary dates, please visit our [website's school calendar](http://www.reachingfamilies.org.uk). Thank you.