



Trafalgar Newsletter

Special Events:

Spring Term 2025

January 2025

- 23rd Squirrel - Woodland Time
- 29th Chinese New Year Mouse - Woodland Time

February

- 3rd-9th Children's Mental Health Week 2025
- 5th Mole - Woodland Time
- 11th Safer Internet Day 2025
- 12th Rabbit - Woodland Time
- 17th-21st Half Term break
- 27th Fox - Woodland Time
- 24th INSET Day (school closed to the children)

March

- 5th Deer - Woodland Time
- 6th World Book Day
- 13th Badger - Woodland Time
- 19th Mole - Woodland Time
- 26th Rabbit - Woodland Time

April

- 7th-21st Easter holidays
- 22nd Summer term begins

Children's Mental Health Week 2025



Children's Mental Health Week 2025 will take place from 3-9 February 2025. The theme for 2025 is 'Know Yourself, Grow Yourself', with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. We want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

At Trafalgar, during this week we will be celebrating all the things that make us proud and how we can share our ideas and feelings with others.

Use this link to find out more about activities that can be done at home: <https://www.childrensmentalhealthweek.org.uk/families/>

Miss Hickie
Headteacher and Designated Safeguarding Lead

24th January 2025

Assembly Theme

The assembly theme for next week is:

Chinese New Year.
Characteristics – learning about ourselves.
29/01/2025 the Year of the Snake.



Attendance Update

Highest Class
Attendance for this week goes to:

Deer Class – 98.81%

Whole School Attendance is 95.93%
(National Expectation is 96% or better)

The attendance rate (proportion of possible sessions attended) was 93.1% across all schools in the week commencing 6 January 2025. The absence rate was, therefore, 6.9% across all schools.

Advance Notice: Summer Trips



A reminder that each year group tends to do one school trip in the summer term linked to the topic, which costs in the region of £25 per child. We feel it's useful to give families warning about this additional cost well in advance, particularly if you have siblings also in our school. Trip letters will start to go home later this term.

Parent Contribution Purchases



Thank you to all those parents/carers who gave a voluntary donation during the Autumn Term. Below are some photographs of some of the items purchased. These include:

- Reception Garden signage: feelings, weather, numbers etc.
- Woodland time Binoculars
- Books
- Chalkboard signs for different areas of EYFS learning
- Letter bunting



School Library – Missing Books



It's lovely that more children are now visiting the Library in school on a regular basis and using these books for reading for pleasure at home. However, we're missing all the 'Diary of a Wimpy Kid' books and all the 'Storey Treehouse' book collection, as well as some other titles that were purchased in the Summer Term.

If your child has borrowed any of these books and they are still at home, please can they be returned to school as soon as possible in order that other children can enjoy them too. Thank you very much.



Staff Woodland Time!

The teachers enjoyed some training this week from 'Learning through Landscapes'. We learnt lots of new ideas of ways we can take the learning outside and are excited to share these with the children in the coming weeks.



West Sussex Training and Support Available

West Sussex Mind

Parenting Peer Support Drop-ins Winter/Spring Timetable

Come and join us in:

Working
The Gardens, 8-10 Durrington Lane, Worthing, BN13 2QG
13:00 - 14:30
• Tues 26th Feb
• Tues 26th March

Regent Regis
Arlun West Family Hub, Laburnum Grove, Bognor Regis PO22 9HT
10:00-12:00
• Tues 26th Feb
• Thurs 19th March

Crawley
Westcott Family Centre, Dorrset Square, Crawley RH11 6WV
10:00-11:00
• Tues 26th Feb

Horsham
Hick, Hazel Cafe, Hazel Road, Horsham RH12 2DN
12:00-12:30
• Tues 26th Feb
• Tues 26th March

Lancing
Lancing Parish Hall, South Street, Lancing BN15 8JY
13:30-14:30
• Wed 5th Feb
• Wed 5th March

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, 9am until 4pm on 0300 303 8652 or email helppoint@westsussexmind.org

West Sussex Mind

NEW PARENTING MENTAL HEALTH COURSE FREE

A 5 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!

WORTHING - 24TH APRIL - 6TH JUNE (WEEKLY)
10AM-12NOON
8-10 DURRINGTON LN, WORTHING BN13 2QG

CRAWLEY - 19TH JUNE - 17TH JULY (WEEKLY)
12:30-14:30
BEWBUSH CHILDREN & FAMILY CENTRE, DORSET SQUARE, CRAWLEY RH11 8XW

BOGNOR REGIS - 18TH SEP - 16TH OCT (WEEKLY)
10AM-12NOON
ARLUN WEST FAMILY HUB, LABURNUM GROVE, BOGNOR REGIS PO22 9HT

REFRESHMENTS PROVIDED!

TO SECURE YOUR PLACE OR FOR MORE INFORMATION, PLEASE EMAIL: PARENTINGSUPPORT@WESTSUSSEXMIND.ORG

Training Spring 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

Workshop	Date	Time
January		
Understanding ADHD	Monday 13th	7.30pm
Making Sense of Education Health & Care Needs Assessments & Plans	Thursday 23rd	7.30pm
Making Sense of Behaviours that Challenge in Adolescence	Friday 24th	10.30am
Understanding Autism	Monday 27th	7.30pm
Making Sense of Wellbeing: Self-care and managing stress	Tuesday 28th	7.30pm
February		
Making Sense of Disability Living Allowance (DLA)	Wednesday 5th	10.30am
Understanding Demand Avoidance	Friday 7th	10.30am
Making Sense of Masking	Monday 10th	7.30pm
Making Sense of Wellbeing: How to manage your anxiety	Tuesday 11th	10.30am

All training above will be delivered via Zoom

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

SCAN ME <https://reachingfamilies.eventbrite.com>

Reaching Families
www.reachingfamilies.org.uk
Registered Charity No: 112006
Company Limited by Guarantee No: 1426106

West Sussex County Council Children First

Early Help Plan

An Early Help Plan is a tool to use with you and your family to discuss and record your views, needs, strengths and identified goals in one plan of support. It is used when there is more than one service working alongside your child and family and it requires a co-ordinated approach. The involved services form a team around the family (TAF), to share information and work together to co-ordinate the Early Help Plan. Plans are led by family support staff. The aim is to improve outcomes and build resilience for your child and family and to prevent escalation.

What do Early Help Plans look like?

- Early Help Assessment:** Family Support Staff will undertake a whole family assessment in the first 6-8 weeks of contact with your family. This includes the needs and strengths of your child, your family, the environment you live in. Assessments will include the risks to your child and an analysis of the concerns and needs.
- Home and School Visits:** Family Support Staff will undertake home and school visits to all of your family, including all children one to one or in sibling groups, ensuring we have met, heard and observed each child. This is done with responsibility to complete direct work together around any topics that require support as part of the plan.
- Gaining the Child's Voice:** Family Support Staff will gain your child's own views throughout the life of the plan. We will ensure that the views and wishes of our child/young person are present throughout the life of the plan.
- Team Around the Family Meetings:** Team Around the Family Meetings (TAF) brings together a range of different professionals to support the family. The meetings will be held every 6-8 weeks to monitor progress, and set actions towards your family's desired outcomes. The TAF will include people in your network who are important to you and who will help you make and sustain the changes you make.

What are the areas of support?

- Early Childhood Development
- Special Educational Needs
- Improved Mental & Physical Health
- Improving literacy and reducing harm from substance misuse
- Improved Family Resilience
- Children safe from abuse and exploitation
- Good parenting and sibling line
- Sign non-accident abuse
- Secure Housing & Financial Stability

What is the commitment if I have an Early Help Plan?

By agreeing to a plan you agree to working with us to achieve outcomes for your family, this will include us visiting your home, speaking to your children at school, at home or in the community, regular direct work sessions with your worker, direct work sessions for your children as required, and your attendance at TAF every 6-8 weeks.

If you have any further questions, please contact us at the Integrated Front Door, on 01403 229900

Term Dates 2024/2025

Autumn Term:

2nd Sept - 20th Dec 2024

- Half Term 28th Oct - 1st Nov
- Christmas break 23rd Dec 2024 - 3rd Jan 2025

Spring Term:

6th Jan - 4th April 2025

- Half Term 17th - 21st Feb
- Easter break 7th April - 21st April

Summer Term:

22nd April - 22nd July 2025

- Half Term 26th - 30th May

Inset Days

- Monday, 2nd Sept 2024
- Tuesday, 3rd Sept 2024
- Monday, 24th Feb 2025
- Monday, 2nd June 2025
- Tuesday, 22nd July 2025

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Chinese New Year 2025

Chinese New Year begins on **Wednesday, 29th January 2025**. This is a festival that most children like to learn about because it is colourful and fun. **2025 is the year of the Snake**.

Here is some information that you may like to share with your child:



- The origin of the Chinese New Year is centuries old.
- It is recognised as the Spring Festival and celebrations last for 15 days.
- Like the Western calendar, the Chinese Lunar Calendar is a yearly one, with the start of the lunar year being based on the cycles of the moon. Because of this cycle of dating, the beginning of the year can fall anywhere between late January and the middle of February.
- The Chinese lunar calendar names each of the twelve years after an animal.
- Legend has it that the Lord Buddha summoned all the animals to come to him before he departed from earth. Only twelve came to say farewell and as a reward he named a year after each one in the order they arrived.

It will help us if your child knows which year he/she was born and what the animal sign is. All the twelve animals are identified below for your interest.

Year	Chinese New Year Day	Animal Sign
2014	31/01/2014	<u>Horse</u>
2015	19/02/2015	<u>Goat</u>
2016	08/02/2016	<u>Monkey</u>
2017	28/01/2017	<u>Rooster</u>
2018	16/02/2018	<u>Dog</u>
2019	05/02/2019	<u>Pig</u>
2020	25/01/2020	<u>Rat</u>
2021	12/02/2021	<u>Ox</u>
2022	01/02/2022	<u>Tiger</u>
2023	22/01/2023	<u>Rabbit</u>
2024	10/02/2024	<u>Dragon</u>
2025	29/01/2025	<u>Snake</u>



Did you know....?

“As far back as the 1970s, evidence was emerging suggesting that *reading for pleasure* had a powerful influence on children’s *cognitive development*, especially in terms of their vocabulary. It therefore seems that it is not just that the academically able children read more but that they have become academically more able through the reading they have done.”

(https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1050849/Reading_framework_Teaching_the_foundations_of_literacy_-_July_2021_Jan_22_update.pdf)

Challenge(s) of the week...

- **Play a game of ‘charades’** based on children’s books and stories. What actions can you come up with together to show that the story is...a picture book/chapter book/ a poetry book/ non-fiction/also a film/ also a TV show, etc?
- **Play a game of ‘pictionary’** based on children’s books and stories. Can you guess the story that they are drawing? How quickly?