

The Blue Letter: 15th December 2023



Learning, Loving, Growing,
Together with God.

Dear Parents and Carers,

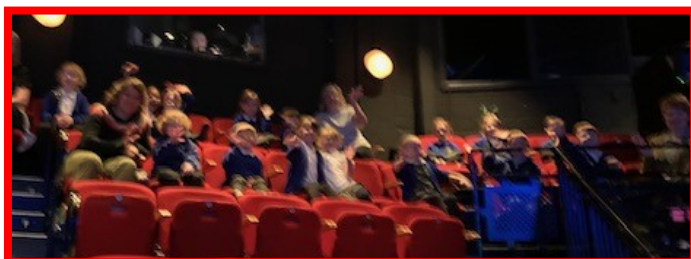
Christmas fair - Thank you to all of the families who supported our fair last Friday. It was a lovely afternoon. Well done to the prize winners. We raised a total of £440. The money will go towards the various events across the year that our Friends PTFA support including the theatre visits - the first of which took place today. These extra events wouldn't be possible without these events. The staff and children at the school appreciate the hard work that goes into making them happen. Thank you to everyone who helped in anyway by providing items or making cakes or coming along and buying. A special thank you Rebecca Wingate, Amy O'Leary and the rest of the helpers who set up, ran a stall or helped clear up. A thank you also to Fr Christmas for coming along to see the children and hand out presents.

Thank you - We've had a fantastic final week of term! It was great to see you all at our nativity performances. The children did a fantastic job at telling the nativity story. It's also great to see them enjoying the opportunity to perform in front of an audience. My thanks again to the staff for the effort they put into the nativity play being a success. Your generous donations as you left the church total £226.61. This is a great start to the fundraising total that we need to reach for Chestnut Tree House this year.

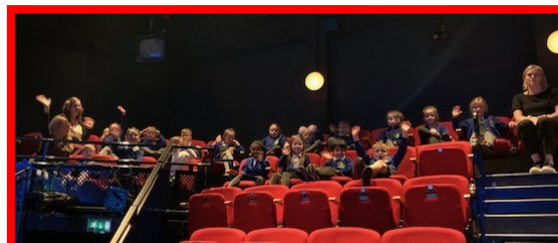
Outdoor Learning - Year 3 will have their outdoor learning sessions after Christmas. Due to other events taking place these will be on a mixture of Wednesdays and Thursdays, so do keep an eye on the diary each week so that the children remember to bring the appropriate clothing. They need to bring warm clothes to change into - long trousers and a long sleeve top. They will need a waterproof coat and boots or trainers that can get muddy. They work outside for the afternoon in most weathers - making use of the gazebo when it's very wet. The dates are: Wednesday 10th, 24th, 31st January and Friday 19th Jan, 9th Feb.

Internet safety - Christmas is often a time for new technology and games consoles. Navigating how to keep your children safe online in a rapidly changing technological world can be a minefield. A website like <https://www.internetmatters.org/> can be a good place for advice. Sent with the Blue letter this week are "online safety tips for parent" guides. One for 0-5 year olds, One for 6-10 year olds, One for 11-13 year olds.

The Three Billy Goats Gruff - Squirrel Class had a fantastic time at the Minerva Theatre this morning. Thank you to the 'Friends PTFA' for paying for the coach and the tickets. For some children it was their first experience of live theatre. It



was a
delight
for the
adults



on the trip to see their faces as they experienced the singing and dancing. A favourite part seemed to be watching the troll being turned to stone!!

Please can you check your child's uniform - some children are missing named items of clothing - it might have gone home with the wrong child accidentally!

Monday 1st January	New Year's Day
Tuesday 2nd January	INSET Day
Wednesday 3rd January	Term starts Fox Class PE
Thursday 4th January	Owl Class PE Squirrel Class PE
Friday 5th January	Owl Class PE

Finally, all at the Staff at Boxgrove would like to wish you a Merry Christmas and a Happy New Year. We look forward to seeing you and the children in January. Term starts for the children on Wednesday 3rd January.



NEW! West Sussex Mind Parenting Peer Support Group 'Circles' near you!

If you are you a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support. Did you know peer support can help increase confidence and can help you learn new skills like coping with challenges? We have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience.

The Parents Service at West Sussex Mind has lots more to offer:

We hold regular Peer Support Groups both during the day (both in person and on-line) and evening (on-line). We have a monthly 'Expert by Experience' Guest Speaker join us for one of the evening sessions, this year so far we have covered topics such as Self-harm, OCD, Social Anxiety and How to manage aggressive behaviours. These sessions are great as you get to hear more about the subject and a chance to ask any questions relating to your situation.

Another great aspect of the service is the opportunity to have some 1:1 sessions with a Peer Support Worker (again who has lived and professional experience).

These are in blocks of three and can be delivered at a time convenient for you.

We have a closed Facebook group for sharing information and to give parents and carers a platform to ask any questions confidentially.

There are monthly newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).



Please find us at:

ADUR (Fishergate)

The Neighbourhood Gateway Hub, West Street (Gardner Road Entrance), BN41 1PR

- Monday 06.11.23
- Monday 04.12.23

ARUN (Bognor Regis)

Arun West Family Hub, Laburnam Grove, Bognor Regis PO22 9HT

- Monday 11.12.23

NORTH (Horsham)

Upper Floor Hall, Blackbridge Community Centre, Three Acres, Horsham, RH12 1RS

- Monday 13.11.23

WEST (Midhurst)

The Rowan Room, The Grange, Bepton Road, Midhurst GU29 9HD

- Wednesday 13.12.23

WORTHING (Durrington)

Ashdown Centre, Birkdale Road, BN13 2QY

- Tuesday 31.10.23
- Tuesday 28.11.23

If you would like to know more, please contact us via our Help Point and state you would like a parenting referral.

Call our Help Point

Monday to Friday, 10am until 4pm on 0300 303 5652 or email helppoint@westsussexmind.org

West Sussex  mind