

# MJS NEWSLETTER

Friday 7th February 2025



Dear Parents and Carers,

I would like to start by sharing some staffing news with you. Miss Negus will be returning to school next week after her maternity leave and will resume her role as Deputy Headteacher, where she will oversee Upper School as well as various whole school roles. She will be an unfamiliar member of staff for parents new to the school this year, so please introduce yourself on the playground as she is keen to meet new families. This means that Mrs Stansfield Jones has returned to class and has replaced Mrs Henning in 6CH who has now gone on maternity leave.

There is lots of excitement already in school regarding next week's disco - please read the attached information so you know the organisational elements to the day. Please note there are no clubs on this day. We are also excited to welcome bestselling author HG Leonard into school on Monday—this is a fantastic visitor to have in school.

Wishing you a relaxing weekend.

Best Wishes

Mr Pike

**Together  
Everyone  
Achieves  
More  
at MJS**

## MESSAGE FROM CHARTWELLS ...

As the school will be on our Back-to-School Menu on return from February half term, please can you send out communication to parents advising that they will need to re-order for the first day back.

## Monday 10th February 2025

Piano Lessons

French Club

Y5 & 6 Netball Club

Y3 & 4 Multiskills Club

## Tuesday 11th February 2025

Let's Dance Club

Y3 & 4 Girls Football Club

Y5 Boys Football Club

Y3 Boys Limitless Football Club

## Wednesday 12th February 2025

Y4 Swimming Lessons

School Disco—Y3 & Y4—3.15-4.30pm

Y5 & Y 6—4.45-6.00pm

\*No Clubs this week

## Thursday 13th February 2025

Spanish Club

Y5 & 6 Indoor Cricket @ Thomas Bennett

Dare Dance Club

Cornet Lessons

Limitless Football Club

## Friday 14th February 2025

Guitar Lessons

Drum Lessons

Storm Basketball Club

Cheneler Musical Theatre Club

## INFORMATION ABOUT THE SCHOOL DISCO

Next week sees the first disco of the year. Although the disco is supervised by staff, we are looking for a small number of parent helpers to help run our tuck shop. It would be for the 75 minute duration of the relevant disco. If you are able to help, please contact the school office.



### LOWER SCHOOL DISCO

- Children are to come into school in their normal school uniform for that day (depending on whether they have PE). If they would like to bring a change of clothes for the disco, there will be time towards the end of the day to get changed. The children attending the disco will stay in school and head to the hall at 3:15pm. Each class will get called to the science lab where they will have a drink and sweet snack, which is included in the ticket price.
- At 4:30pm, the children will return to their classroom where they will grab their belongings and exit via their usual door. Parents will pick up from the playground in the normal way.

### UPPER SCHOOL DISCO

- Children will go home as normal at 3:15pm.
- Children attending the disco will come back at 4:45pm. Year 5 will enter via the Year 5 door near the PE shed. Year 6 will enter via the middle Y5/6 doors. Each class will go to the tuck shop which is included in the ticket price.
- Disco finishes at 6pm and the children will be collected from the hall. We will let parents in via the front office door so you can enter the hall, collect your child and leave via the hall door.



### General information:

- Mobile phones will not be allowed at the disco.
- If your child is going home with a different parent, please inform the office prior to the disco. Thank you.

## MJS PAT DOG

Ollie, a popular visitor in our school for one morning a week, continues to support a number of children. He listens to children read, loves a stroke and the children have started writing a story about him where he is Champion Dog!





## Be Internet Legends Safer Internet Day 2025 - FAMILIES

Welcome to this Be Internet Legends assembly from Google, in partnership with Parent Zone. To find out more about this programme, visit [www.parentzone.org.uk...](http://www.parentzone.org.uk...)

### Pizza Day

The Friends of Maidenbower will be hosting their next Pizza day for Y3, Y5 & Launchpad on Wednesday 5th March and Y4 & Y6 on Thursday 6th March.

Things have slightly changed, we are going paperless! This means no pizza slips will not be issued, all ordering is to be done online via School Money. Full instructions have been issued in a separate letter previously sent.

The deadline for ordering is by 9am on Tuesday 11th February. We are unable to accept any order after this date.



### KEY DATES THIS TERM ...

Here are some key whole school dates for this term.

10th Feb - Author Visit

12th Feb - School Disco - see attached poster

Week beginning 17th Feb - Half-term

Week beginning 3rd March - Book Fair

5th March—Yr3, Y5 & Launchpad Pizza Day

6th March—Y4 & Y6 Pizza Day

6th March—World Book Day

24th March - Y5 Parent meetings (1-3pm)

25th March - Y3 Parent meetings (1-3pm)

31st March - Y4 Parent meetings (1-3pm)

1st April - Y6 Parent meetings (1-3pm)

3rd April - Parent Meetings (after school)

4th April - Last day of term (1:15pm finish)

### Y5 CROSS-COUNTRY

Well done to a team of Year 5 athletes who not only represented the school in the Crawley Cross-Country Championships - but won! Competing against around 100 runners in each event, everyone ran their socks off to contribute to an amazing team score.

Well done to everyone involved. Particular congratulations to Tino (2nd), Marcus (3rd), Jack (16th), Finn (17th), Grace (2nd), Anaya (5th), Daniella (9th) and Emma (15th) for qualifying for the Sussex County Finals.





## Wordfest

WORDfest is a not for profit community arts festival that runs a range of events every March across different venues in Crawley. The Family Day is a FREE event for children where authors and illustrators run a series of workshops throughout the day.

The annual Family Day is on Saturday 1st March at Crawley Library all for FREE. We have an awesome line up of authors and illustrators for ages 2 - 12 years old running workshops and events throughout the day. Creative Playground Crawley will be running a drop-in art table, the library's AR trail will be running, plus The Book Nook will be selling books.

Jack Meggitt-Phillips, Cath Howe, Lindsay Galvin, Momoko Abe and Kat Merrick will all be running hour long workshops with lots of audience participation, unfortunately tickets for Sue Hendra sold out on the first day of release so pre-booking is advisable, although there will be drop-in spaces available on the day.

### The wrong shoes ...

One of our year 4 boys seems to have come home from school wearing the wrong shoes. Teachers checked his classmates' shoes, and everybody else had their own (labelled) shoes. If your child has a pair of size 1½ black Adidas shoes by mistake, please contact the school office. Many thanks.

# WORDfest

crawley festival of words

# 2025

[wordfestcrawley.org](http://wordfestcrawley.org)
 [info@wordfestcrawley.org](mailto:info@wordfestcrawley.org)
 [@wordfestcrawley](https://www.instagram.com/wordfestcrawley)
 [wordfestcrawleysussex](https://www.facebook.com/wordfestcrawleysussex)

**Booking is through Eventbrite (wordfestcrawley)**

100 YEARS  
 Crawley Library Service  
 1913-2023

THE BOOK NOOK  
 Gatwick Airport Community Trust

CREATIVE PLAYGROUND  
 The Longley Trust

CRAWLEY BOROUGH COUNCIL

## Family Day

Saturday March 1st 2025

Crawley Library

Crawley Library Spaces	10.30 - 11.30am	11.45am - 12.30pm	1.00 - 1.30pm	1.30 - 2.30pm	2.30 - 3.00pm	3.00 - 4.00pm
Children's Library Ground Floor	<b>Saturday Storytime</b> 3-7 years old* Drop-in session	Join Creative Crawley at Family Day for arts and crafts with a professional artist! Suitable for ages 5-12.				
Longley Room 1st Floor	<b>Jack Meggitt-Phillips - Writing with Beasts</b> 8-11 years old*	<b>Lunchtime Space</b> Bring your packed lunch and eat it here		<b>Momoko Abe - When the Sun Goes Home</b> 4-6 years old*		<b>Lindsay Galvin - Growing a Mythical Creature</b> 8-11 years old*
Bill Buck Room 1st Floor	Sensory Space		<b>Signed Storytime with Makaton Maria</b> 2 years +	Sensory Space	<b>Story Magic</b> Multi-sensory story time session for children and young people with additional needs	Sensory Space
Top Floor		<b>Sue Hendra - Supertato!</b> 4-7 years old*		<b>Cath Howe - Story Inspiration Workshop</b> 8-12 years old*		<b>Kat Merrick - Anansi the Storykeeper drama workshop</b> 4-7 years old*

**Booking details:** Family day booking is through Eventbrite (wordfestcrawley).

Booking is advised to guarantee a place but there are also drop in activities and some spaces on the day. Full details on our website where you can sign up to our mailing list to get all the information first.

[www.wordfestcrawley.org](http://www.wordfestcrawley.org)

\*suggested age range

Safer Internet Day 2025 – Tuesday 11 February

## Digital skills to deal with scams



Online scams are a growing risk – which is why they're our focus for Safer Internet Day 2025. Fraud can happen in many spaces online, from messages and inboxes to games and social media. So, what can you do to keep your family better protected?



### Watch

This short video outlines some simple everyday habits that can help protect you from scams.

Scan the code or [click here](#).



### Spotting scams online: ask yourself...

- >>> **Do you trust it?** If a page, post or message doesn't look or sound right, think twice before clicking.
- >>> **Are you being rushed?** Get a second opinion if you feel you're being pressured into doing something.
- >>> **Have you checked your settings?** Make the most of security and privacy settings in devices and accounts.

The Everyday Digital programme from Parent Zone helps families build good habits to feel more confident online. Learn more at [parentzone.org.uk/Everyday-Digital](https://parentzone.org.uk/Everyday-Digital)

# TIPS FOR FAMILIES

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)





# THE BOOK NOOK

## *HUNT FOR THE GOLDEN SCARAB* Tour: MG Leonard Author Event



Dear Parent/Guardian,

We are delighted to announce, as part of an exclusive schools tour, students will be meeting award winning and bestselling author **M. G. Leonard** on **Monday 10th February**.

During her fun and interactive assembly, she will be talking about her inspirations for her latest book *Hunt for the Golden Scarab*, a thrilling time-travelling adventure book set in Ancient Egypt. Perfect for children of 8 to 12 and fans of *Adventures on Trains*, *Beetle Boy* and *Twitch*.

Children taking part in the tour will also be amongst the first to have the opportunity to buy this highly anticipated book and get books signed by MG Leonard.

If you would like to take advantage of this unique opportunity for your child, please pre-order books below, using the discount code 'SCARAB' for discounted books:



[BOOK HERE](#)



Please add your child's name and class in the notes section on the pay page and select local pickup for shipping, as your books will be delivered to the school for the event. Books will also be available to purchase after school on the day of the event.

Thank you for your support.  
Best wishes,

# THE BOOK NOOK

Event organised by your local award winning children's independent book shop.  
First Avenue, Hove, BN3 2FJ. Tel: 01273 911988 [www.booknookuk.com](http://www.booknookuk.com)



# School Disco



**Wednesday 12<sup>th</sup> February**

**Yr 3 & 4 – 3.15–4.30pm**

**Yr 5 & 6 – 4.45 –6.00pm**

**Entry £3.50 Drink & Treat included**

**(To be purchased on School Money In advance please)**





**NEW**



**FREE**

# PARENTING MENTAL HEALTH COURSE

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 - 5TH 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, DORSTEN SQUARE, CRAWLEY  
RH11 8XW

## BOGNOR REGIS - 18TH SEP – 16TH OCT (WEEKLY)

10AM-12NOON

ARUN WEST FAMILY HUB,  
LABURNUM GROVE, BOGNOR REGIS PO22 9HT


REFRESHMENTS  
PROVIDED!



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

**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 Peer Support Drop-ins Winter/Spring Timetable

**Come and join us in:**

### **Worthing**

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

13:00 - 14:00

- Tues 18th Feb
- Tues 18th March

### **Bognor Regis**

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

11:00-12:00

- Thurs 13th Feb
- Thurs 13th March

### **Crawley**

Bewbush Family Centre, Dorsten Square, Crawley RH11  
8XW

10.00-11.00

- Tues 11th Feb

### **Horsham**

I-Rock, Hurst Cafe, Hurst Road, Horsham RH12 2DN  
13.00- 14.00

- Tues 4th Feb
- Tues 4th March

### **Lancing**

Lancing Parish Hall, South Street, Lancing BN15 8AJ  
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, 10am until 4pm on 0300 303 5652  
or email [helppoint@westsussexmind.org](mailto:helppoint@westsussexmind.org)**



**If you are a parent or carer to a child or 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.**

**We at West Sussex Mind know how vital it is for people to talk and share their experiences, so we have started Peer Support drop-ins across the county, where you can meet our Parenting Team and other parents who can provide some much needed empathy and understanding.**

### **The Parenting Support Service at West Sussex Mind has a lot to 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).
- 5 week Parenting Mental Health Course







# SEN SPORTS LAUNCHING

Location: The Mill Primary Academy, Crawley, RH11 0EL

Start Date: 11th January 2025

Timings: 10-11am or 11-12noon



## REGISTER NOW!

CLICK HERE 

### FUNCTIONAL INVOLVEMENT



Our activities are designed to engage children in fun, functional tasks that promote physical development. Parents can feel confident knowing their children are participating in activities that support their growth and overall well-being.



### SOCIAL INTERACTIONS

SEN-SPORTS aims to provide a safe, welcoming environment where children can connect with peers, make new friends, and build communication and social skills.



### FOLLOWING GROUP INSTRUCTIONS

A key goal is to help children improve their ability to follow group instructions, preparing them for more structured environments.



### MAINSTREAM INTEGRATION

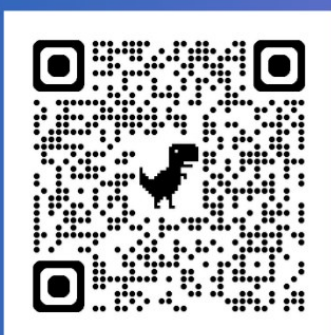
A long-term goal of SEN-SPORTS is to prepare children for integration into mainstream sports clubs, helping them build the skills and confidence to succeed in wider settings.



### LOW CHILD-TO-ADULT RATIO



### LED BY EXPERIENCED COACHES



## YOUR CHILD MATTERS

Passionate about making a lasting impact in the community, SEN-SPORTS is embarking on a mission to create inclusive opportunities for young children with unique needs to grow, connect, and thrive with others.



<https://www.sen-sports.com/>



[admin@sen-sports.com](mailto:admin@sen-sports.com)



+44(0)2045768407



**DARE**  
DANCE ACADEMY

10-2pm

Forest row sport pavilion

'Wicked'  
themed activities such as arts crafts  
singing acting dancing baking!

17th 18th 19th  
February

£40 per day  
£100 all 3 days

**WICKED**

Sign up now  
07932240429

Callierina@hotmail.com