



North Mundham Primary School

The Heron Newsletter



Welcome to our fortnightly newsletter

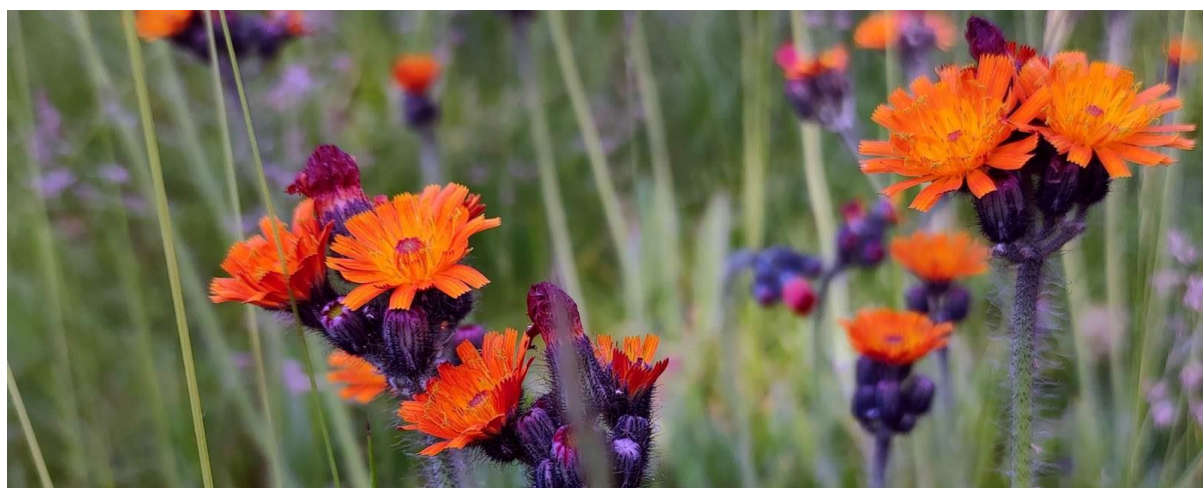
Autumn 1

11th September 2026

In this newsletter, find out about:

- **Mrs Gordon's message and school news**
- **OPAL News**
- **Reminders and Notices**
- **Online safety**
- **Upcoming events**

Message from Mrs Gordon



Dear Parents and Carers,

It has been really wonderful to welcome our new Ladybird class to school today. They had their first full day as a class today and it was amazing to see them so settled and confident. We know what a big step this is for them and for you as parents. So, well done everyone!!

It has also been lovely to welcome other new families as we have had a few new starters across the school. They have also settled really well and it is as if they have always been here.

Children in all classes are now in all their new routines and enjoying their learning and social times. We have started the term talking about how it feels like to belong (our value this term) and how we can make others feel like they belong. As always the pupils came up with wonderful comments and suggestions which we were able to discuss. We have continued to see staff and children presenting their 'Me Minutes' in lots of different and creative ways. we continue to learn about each other and make new connections every day.

I held my first 'Tea and Toast' this afternoon with some specially invited pupils from Years 2, 4 and 6. Children are chosen by their teachers for their contribution to the class through kind actions, hard work or resilience. It was great to be able to celebrate with them all.

Our building project has progressed very well this week. The concrete was poured on Monday and yesterday they started to lay the bricks. These are going down very quickly and the building is already starting to take shape- all very exciting.

We are looking forward to another packed term with lots of additional activities as well as all of our usual routines and experiences.

Wishing everyone a really lovely weekend.

Best wishes,

Zoe Gordon, Headteacher

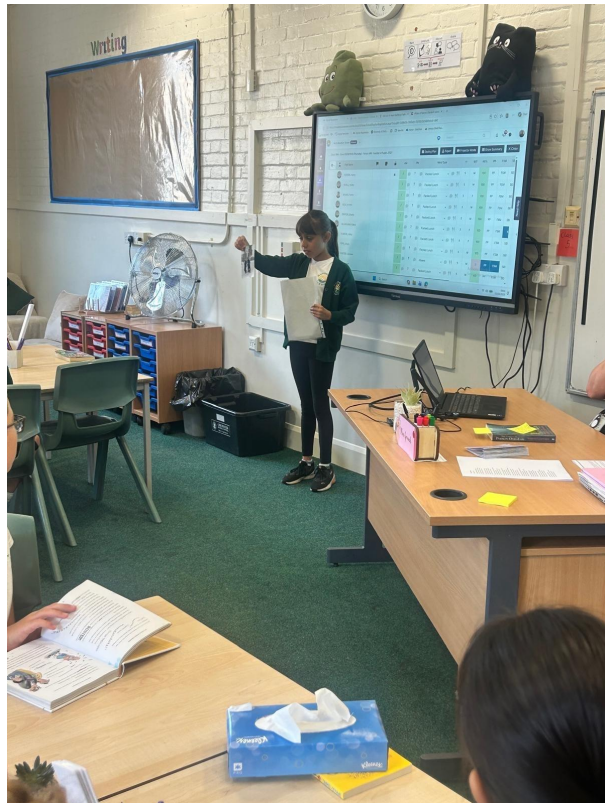
Tea and Toast

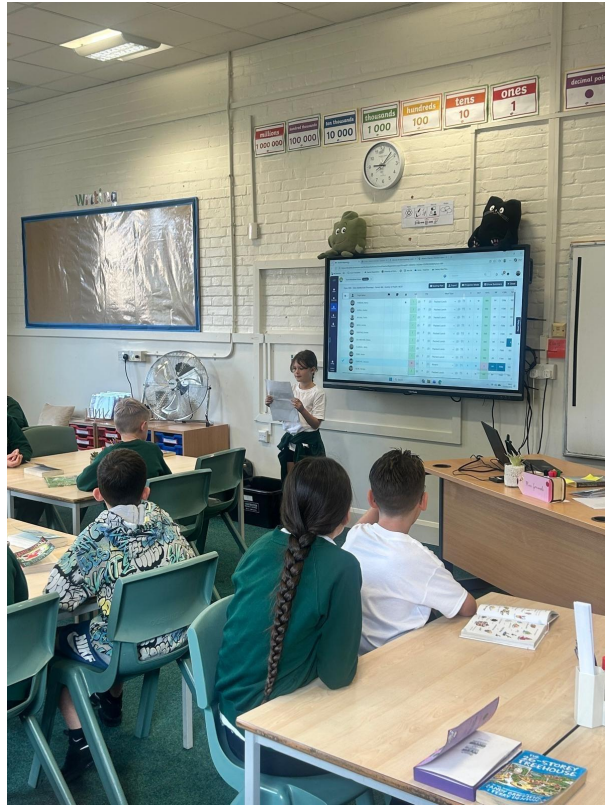




Me Minutes in Year 5









Having fun at OPAL time









The first bricks are laid





OPAL



Mrs Ford and I spent last Saturday sorting out our OPAL shed and having a good clear out. We discovered all sorts of things that we had forgotten about and this week the children have been enjoying some of those items including the dressing up which has proved very popular.

We have entered our third year and we are excited to see what other changes and adaptations we can make. We are also having a big focus on tidying. Our Play Rangers made a great video showing the other children how to make sure that everything is tidied away properly.

AI is becoming a huge help to many of us in our jobs but we must be mindful of its limitations and help children to understand that not everything they see online is true. Please help us to help your child. The NSPCC have some good information - follow [this link](#).

Notices and Reminders



Clubs

You will have received a club letter today. Please complete the attached application- making sure your child wants to take part in that club - and hand it in to the office. Deadline is wed 16th Sept.

Meet The Teacher meetings

Monday 14th September 3pm- Year 4

Wednesday 16th September 2.45- Year R

Wednesday 16th September 3pm- Year 3 and Year 1

Thursday 17th September 2.45- Year 5

Thursday 17th September- 3pm- Year 2

There will be no Year 6 meeting as this was covered at the end of the summer term. However, Mrs Mills and Mrs Robins are available for any parent who needs to speak to them- please contact the school office.

Flu Vaccinations

We have these earlier this year (Thursday 17th Sept). Deadline for the consent form is Monday 14th at 11am (see email sent on 7th Sept).

Swimming for year 3

Please make sure that you have completed the form and the first instalment of payment as soon as possible. Please ensure that you have spoken either to myself or to the school office if you may find it difficult to meet the payments.

Cobnor 2027

Please could year 6 parents make sure that they are up to date with payments or come and see us if this is difficult or not possible.

Pupil Premium/ targeted Free School Meals

Mrs Holden sent an email out on 9th September, regarding eligibility for the above. Both of these categories can provide the school with additional funding that we can use to put towards your child's education. This is not simply about the free meal itself but also can have many other benefits including free holiday activities. If you think you might be eligible, please complete the online form or see Mrs Holden in the office.

Open Days

If you have a child starting in September 2027 or you know someone who has, we have Open days on 30th September at 1.30 and Thursday November 5th at 9.30am. More dates may be added.

Pesky Rat

Years R, 1 and 2 have a treat coming! On Tuesday 22nd September, Chichester Festival Theatre are bringing the story of The Pesky Rat to the school. Please could parents make a voluntary contribution of £3 for this performance. This can be paid on the school Money app.

Playground in the morning

You will be aware that our playground is a very busy place at the moment especially in the mornings. We have spoken to the children in KS2 about being mindful of the fact that there are so many people about and how we wish to avoid any accidents. We will monitor the situation very closely . We ask that parents of Key stage children move on as quickly as possible once they have dropped their child off so that we can maximise the space that we do have for the children.

Medical information

Please could you check that the medical information we have on record (and any other data we hold) is correct. You can do this via MCAS. Go into MCAS - Data collection - medical, dietary & disabilities - check and update as required - SAVE. Please ensure that any information added is for diagnosed conditions.



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



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

To book onto any of our expert by experience presentations please visit our training page on: www.westsussexmind.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



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 HELPPPOINT@WESTSUSSEXMIND.ORG
OR USE THE FORM ON OUR WEBSITE -
WWW.WESTSUSSEXMIND.ORG

CHARITY NO: 1056718 COMPANY NO: 08884776



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ROCK CLIMBING CLUBS

CHILDREN'S
CLIMBING CLUB
AGES 8-17YRS

Monday 4.30-6pm Intermediate & Advanced

Wednesday 4.15-5.30pm Beginners & Intermediate

Wednesday 5.30-7pm Squad

Friday 4-5.15pm Beginners

Friday 5.15-6.30pm Intermediate

Friday 6.30pm- 7.45pm Intermediate

Friday 7.45pm - 9pm Lead

Saturday 9-10.15am Beginners

Saturday 10.15-11.30am Intermediate

Saturday 11.30-12.45pm Intermediate

Saturday 2-3.30pm Advanced/Lead

Saturday 3.30-5pm Advanced/Lead



SPACES
AVAILABLE FOR
SEPTEMBER

ADD YOUR
INTEREST
HERE



For more Info email

climbchichester@chichester.ac.uk

Introducing

Children's Yoga with Laura

LANO Chichester

Tuesdays 3:45pm-4:45pm

5 week course

Beginning 22nd September

Ages 7-11

£60



We're looking forward to welcoming your little yogis to our calm and welcoming environment, led with care by

Laura, a primary school teacher and qualified children's yoga instructor. Here children can learn to use the power

of their breath to support their developing emotions.

Head here for [full details](#)

Tailored, fun and age appropriate yoga classes...



Each session blends dynamic, purposeful movement with teamwork-based poses, encouraging children to move with strength, focus and confidence - never competitively, always collaboratively.

Classes finish with a soothing relaxation, giving children space to unwind and reset, with a teddy if they choose.

These classes are designed for children aged 7–11, offering a positive space to move, breathe and build emotional resilience.

If a child is slightly younger or older, we can happily discuss their individual needs to see whether this style

of class would benefit them. All children are welcome -

it's a chance to move without ego or competition, to enjoy powerful, purposeful yoga, and to develop strategies that strengthen both their bodies and their emotional toolkit.

About Laura



I'm a fun-loving primary school teacher with a long-standing passion for wellbeing, positivity and helping children build their own resilience.

After years working in London, travelling the world and living in

Switzerland, my family settled on the south coast with huge gratitude for the life we've created here. Five years ago I

retrained as a teacher, a journey that shaped my belief that

positivity is a learned skill - one strengthened through movement, affirmations, self-belief and simple mindset tools.

With over twenty years of regular yoga practice and a love of running, I'm a strong advocate for the connection between body

and mind. I respect that every child is different and aim to bring out the best in each one, supporting them to grow into the strongest, most confident version of themselves.

What to expect:

Tailored, fun and age appropriate yoga classes giving children a powerful mix of physical strength, emotional regulation and

confidence-building in a space designed just for them. Through

dynamic movement and simple breath techniques, they develop strategies that help them manage big feelings, improve focus and build a stronger emotional toolkit.

Parents often notice calmer moments at home, better self-awareness and a more positive outlet for energy. Because

the classes are non-competitive and team-focused, children learn

to move with purpose and confidence - supported by a primary school teacher and qualified children's yoga instructor who understands their developmental needs.

How to book:

Parents or guardians can register for the course by booking under your own LANO Yoga account. Once the parent/guardian has

booked and paid for the course, send us an email with your child's name, age and any additional informations you wish to share with us about your child ahead of the sessions.

Book your place [here](#)

If you have any questions about the classes, email Laura: mccormick_laura@hotmail.com





PLAYER DEVELOPMENT PROGRAMME

Ready to take their game further?

Player Development Centre Trials, give young players the chance to showcase their skills and join one of our local centres.

Successful players will be invited to join our Player Development Programme (PDP)

Date:	Friday 11 th September 2026
Location:	The K2 Leisure Centre, Crawley, RH11 9BQ
Time:	17:45 – 19:00
Price:	Free to attend
Link:	CLICK HERE
Age group:	Under 9 – Under 16 (Girls Only)
Course code:	PDPT-K2LC-X-176



Dates for the diary



Dates

14th- September - Year 4 Meet The Teacher 3pm

16th September- Meet The Teacher- 2.45 Year R, 3pm Year 3 and Year 1

17th September- Meet The Teacher- 2.45 year 5 and 3pm Year 2

17th September- NHS nasal spray flu vaccine- more information next week

21st September- school led clubs to start

21st September- Y3 swimming to start

22nd September- That Pesky Rat performance for YR, Y1 and Y2- see above for information

23rd September- Grub Club

24th September- PTA AGM 3.30pm (childcare available)

25th September – Harvest assembly

30th September- Open Afternoon new parents (for YR Sept 2027) 1.30pm

6th October- Bookfest for Years 4, 5 and 6

7th October - Little City - Key Stage 1 and YR*

8th October Bookfest Years 1 and 2

7th October- Grub Club

16th October- Wear Red Day- to 'Show Racism the Red Card'*

21st October- Year 6 British Museum in London*

21st October- Grub Club

23rd October- INSET day

4th November- Year 1 campfire event.*

5th November- Open Morning 9.30 for new parents (Sept 2027)

6th November- Y6 class Assembly parents and carers welcome

10th November- World science day

11th November- Grub Club

11-13th November- Y6 Bikeability*

9-12th November- Parents Evenings*

17th November- Into Film at Cineworld for Years 3 and 4*

18th November- Into Film at Cineworld for Year R*

20th November- Children in Need

23rd November- Year 3 trip to Butser Farm*

25th November- Grub Cub

26th November- Into Film at Cineworld for Years 1 and 2*

27th November- Year 5 Assembly

1st December- Year 4 trip to the Sustainability Centre*

4th December- Christmas Fair*

7th December- Year 1/2 Dress Rehearsal 2 pm

8th December- Year 1/2 performance 1 2pm

9th December- Year 1/2 performance 2 2pm

9th December – YR Dress rehearsal

9th December- Grub Club

10th December- YR Performance – time to be confirmed

17th December- Christmas Church service 9.30am

18th December- Christmas singing on the playground 2.45pm

West Sussex Term Dates 25-26

Autumn 1 Wed 3rd September (INSET)- 24th October

Autumn 2 3rd November- 19th December

Spring 1 5th January- 13th February

Spring 2- 23rd Feb (INSET)- 27th March

Summer 1- 13th April- 22nd May (INSET)

Summer 2-1st June- 22nd July

Term Dates 26-27

Autumn Term

Starts: Tuesday 1 September (INSET Day) 1st day for pupils is Wed 2nd September

Half term: Monday 26 October to Friday 30 October

Ends: Friday 18 December

Spring term 2027

Starts: Monday 4 January

Half term: Monday 15 February to Friday 19 February

Ends: Thursday 25 March

Summer term 2027

Starts: Monday 12 April

Half term: Monday 31 May to Friday 4 June

Ends: Wednesday 21 July

INSET Days 26-27

Tuesday 1st September

Friday 23rd October,

Monday 4th January,

Monday 22nd February,

Friday 28th May

Please note that this is not a definitive list of dates and more will be added throughout the term.

*- More details to follow.

Contact Us



If you have any questions or queries, please don't hesitate to contact us:

head@northmundham.w-sussex.sch.uk

office@northmundham.w-sussex.sch.uk

01243 785502

[website](#)

<https://www.facebook.com/NorthMundhamSchool>

Give us your views: <https://parentview.ofsted.gov.uk/>