



TAB NEWS

Together Achieving Better



ISSUE 1 - 3RD SEPTEMBER 2026



KEY DATES

Monday 7th September

- Year 5 Welcome Meeting - 6:00pm-7:00pm

Tuesday 8th September

- 5CT Swimming

Wednesday 9th September

- 5RM Swimming
- Year 6 Welcome Meeting - 6:00pm-7:00pm

Thursday 10th September

- Year 5 Jedi Day

Monday 14th September

- 3AW Forest School

Tuesday 15th September

- 5CT Swimming
- 3SS Forest School
- Year 4 Welcome Meeting - 6:00pm-7:00pm
- School Photographer - Individual photos

Wednesday 16th September

- 5RM Swimming
- 3SM Forest School
- School Photographer - Sibling Photos

Friday 18th September

- 3EE Forest School
- FOS Summer Fair

We have absolutely loved seeing the children back in school the last couple of days and hearing all about their summer adventures.

A special warm welcome to our Year 3 children and families; it was wonderful to see how confidently they have settled into their new journey at TAB Junior.

We have an exciting term ahead, filled with a variety of events for both children and parents. We are really looking forward to a term full of partnership, collaboration and shared successes with our wonderful families.

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

Mrs Linford
Executive Headteacher

Welcome Meetings

We are looking forward to meeting you at our parents and carers welcome evenings, please see the dates below:

Year 6 - Wednesday 9th September 6pm

Year 5 - Monday 7th September 6pm

Year 4 - Tuesday 15th September 6pm

Year 3 - Informal coffee morning - Thursday 17th September - 9-10am

School Crossing Patrol

Following West Sussex County Council's trial last year, which received positive feedback, School Crossing Patrols in our local community will soon be wearing body-worn cameras during their shifts. This step encourages safe driving and helps keep children, pedestrians and school crossing patrol officers safe.

Please find additional information here

<https://www.westsussex.gov.uk/roads-and-travel/road-safety/school-travel-safety/school-crossing-patrols/#body-worn-cameras>

Class WhatsApp Groups

To aid communication between parents and carers, many of our classes or groups of parents have set up WhatsApp groups, which operate independently of the school. We know these offer a great way to support and communicate with each other.

Please take some time to read the policy and code of conduct which is available on the policy page of our website [here](#).

Uniform

All the children look very smart - thank you. Please could you ensure that all uniform is clearly named so we can return any lost items as we do get a lot of lost property.



Jewellery: For safety reasons, only one pair of small plain metal (silver or gold) stud earrings may be worn. **No other body jewellery is appropriate for school** unless it is for medical/cultural reasons, e.g. diabetic identification. Digital and analogue watches may be worn, smart watches are not encouraged. Please ensure that your child does not wear jewellery to school.

Hair: Long hair must be tied back during the school day. Please can you ensure that any hair accessories are plain and sit flat to the head, i.e. no cat ears on headbands etc.

Please follow this [link](#) to our website for more details on our school uniform.

IRIS Parentmail



The school uses Parentmail to send out communications via email and/or text and to take electronic payments for trips. Registering with Parentmail is very easy on your smartphone (you can use Parentmail's free mobile app), tablet or computer.

You will be sent an email and/or text message from Parentmail. When you receive this, please just follow the instructions in the message. We will inform you about any trips/items that can be paid through Parentmail and you will be able to pay electronically using credit/debit cards or PayPal.

Contact Numbers



If you have updated your contact details – i.e. address, e-mail, telephone, mobile numbers – please let the school office know as soon as possible. It is vital we have up-to-date information.

Medical Information

It is vital that you keep us up-to-date with any medical conditions your children may have, and that those who need inhalers or Epi-Pens have two for use in school - one of these will be stored in the medical room and one in the classroom. Please also ensure that these are in date. If your child's medical information has changed, please come to the front desk in reception and let us know. Thank you.

Fidget and sensory tools

We have seen a large influx of "fidgets" and sensory toys of all shapes and sizes being brought into classrooms.

While we appreciate that some children benefit from these items, many of them are unfortunately causing a distraction during lessons.

Official fiddle tools for lesson focus must be provided directly by our inclusion team. Teachers are aware and will liaise with the inclusion team if your child requires a fiddle tool.



Contacting Teaching Staff by Email

If you need to contact a teacher, please use either the school office email address (office@tabjunior.org.uk) or the staff member's work email. These can be found on the school website here:

<https://www.tabjunior.org.uk/Our-Staff/>

You can contact your child's class teacher for matters relating to teaching and learning or pastoral/behaviour. Please note that teachers will only access emails and reply between 8:00am and 5:30pm in the working week. We would kindly ask that you schedule or send your email during these times, Monday to Friday unless there are exceptional circumstances.

For matters which are **not** related to teaching and learning or pastoral/behaviour, e.g. attendance or medical needs, please email office@tabjunior.org.uk so that the information can be passed to the correct person.

If there is a change in your child's collection arrangements, including if they are being collected by a different adult, please ensure that you email your child's class teacher giving 24 hours notice.

For short notice changes to your child's pick up arrangement please contact the school office. Please ensure that you give as much notice as possible to ensure that the message can be passed on to your child.

We will aim to respond to all emails within 2 working days.

Healthy Snacks at Break Time



If your child would like a snack at morning break time we would be grateful if you could ensure they bring a healthy snack such as fruit, vegetable sticks, cheese, bread sticks etc. Thomas A Becket is a 'no nut' school.

Just a gentle reminder that if your child has hot school meals you do still need to provide a snack from home if your child would like one at break time.

We have a number of children in school who have food allergies, and the most severe of these tend to be allergies to nut products. Exposure to these, in the extreme cases, can result in anaphylactic shock. Therefore, we are asking that to reduce this risk, you do not send your child to school with nut-based products in their lunch or snack.

Please can we also ask for the children to come to school with a see-through water bottle, filled with fresh water that can be refilled during the day.

HAPSIE Comic Subscription

Thank you so much to Summer in Year 4 who entered a LoveReading4Kids competition and has won a 12-month HAPSIE Comic subscription for our school. HAPSIE is a comic book for budding eco-warriors.

We are really looking forward to receiving it.



Attached to TAB News

- West Sussex Mind Parenting Mental Health Service
- St. Andrews Church Tarring - Back to School Service
- Face Family Advice September Workshops
- Supporting children's return to routine

SOCIAL MEDIA

Don't forget to follow us on social media to see what the children get up to at school and also on your child's Google Classroom.

You can find us @thomasabecketjuniorschool. If you need login details for Google Classroom please speak to your child's teacher.



AMAZON WISH LIST

We would like to say a huge thank you to everyone for your kind donations purchased from our school Amazon wish list so far.

Please follow the link below to review our wish list, which has games, books and resources used in class lessons and lunchtimes.

[Thomas A Becket Junior School - Amazon Wish List](#)



Books of the Week!

Year 3 – Allan Ahlberg – The Man Who Wore All His Clothes

Year 4 – Sam Angus – A Horse Called Hero

Year 5 - David Almond - Skellig

Year 6 – Holly Black & Cassandra Clare - Magisterium



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

Parenting Peer Support Drop-ins Autumn 2026 Timetable

New
location
added



Are you a parent or carer to a child/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. There is no criteria for our drop-in groups, so no concern is too big or too small.

At West Sussex Mind, we know how vital it is for people to talk and share their experiences, so we provide Peer Support drop-ins in person and online, where you can meet our Parenting Team and other parents who can provide some much needed empathy, understanding and support.

Online parenting support drop-ins: 10:00-11:00am

- Tuesday 29th September
- Tuesday 3rd November
- Tuesday 8th December



Zoom Meeting ID: 869 2437 6726
Passcode: 131440

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

Or for more information, please contact parentingsupport@westsussexmind.org

Come and join us in-person:

Worthing - 1-2pm

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

- Tuesday 22nd September
- Tuesday 27th October
- Tuesday 1st December

Southwick - 12-1pm

The Corner House, 45 Southwick Street, Southwick, BN42 4TH

- Wednesday 9th September
- Wednesday 14th October
- Wednesday 11th November
- Wednesday 16th December

Please note, due to the sensitivity of our discussions, we ask that you attend without your child/young person.

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





September Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.

2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.

3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.

4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.

5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.

6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.

7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.

8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.

9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.

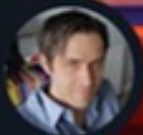
10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.

WELCOME BACK!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



#WakeUpWednesday

The National College

See full reference list on our website



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