



TAB NEWS

Together Achieving Better



ISSUE 3 - 1ST OCTOBER 2026

KEY DATES

Friday 2nd October

- 3EE Forest School

Monday 5th October

- 3IM Forest School
- Inclusion Coffee Morning - 10-12am

Tuesday 6th October

- Author Visit - M.G. Leonard
- 5CT Swimming
- 3AW Forest School

Wednesday 7th October

- 5RM Swimming
- 5LH Forest School

Thursday 8th October

- 5RW Forest School
- RSHE Consultation Meeting - 6pm

Friday 9th October

- 5HP Forest School

Monday 12th October

- 3JC Forest School

Tuesday 13th October

- 5CT Swimming
- 3EE Forest School
- Year 3 - Six weeks in Meeting
- Scooter Training 8am

Wednesday 14th October

- 5RM Swimming
- 3SM Forest School
- Year 4 - Heartwood Voyagers (Lodge Hill) Meeting - 6pm in the main hall - Information to follow

Thursday 15th October

- 5LH Class Assembly - 12:50pm
- 5RW Forest School

Friday 16th October

- 5CF Forest School

Thank you to everyone who came to the FOS Summer Fair. Although the weather wasn't what we had hoped it was lovely to see everyone enjoying themselves. We are delighted to announce that an amazing **£3167.02** was raised.

Every penny raised goes into the FOS fund, helping us provide equipment and supplies for the school and ultimately, making things even better for our children.

Thank You

The children have had a fantastic couple of weeks in school. Year 6 enjoyed a wonderful day swapping modern school life for the 19th century as they experienced a true Victorian school day and it was lovely to see so many Year 3 parents at our recent Open Morning.

Just a reminder that we are a Smartphone Free School. Please see the invite attached to this TAB News inviting all parents and carers to events which are being held over the next few weeks by Smartphone Free Childhood West Sussex.

Thank you for your ongoing support.

Mrs Linford

Executive Headteacher

FOS Fireworks - Save the Date

Our annual firework display will take place on **Friday 23rd October**, gates open at 6pm, display at 7pm.

The FOS Team are busy in the background finalising all the details, getting tickets ready and stocking up on hotdogs.

We can't wait to see you all there, lots more information to follow along with where/how to buy tickets and how you can help as a volunteer.

Parents' Consultation Evenings

You will have received an email with a link to book your slot for parents' evening.

These will be taking place on Tuesday 3rd November and Thursday 5th November.

If you have any problems booking your slot, please contact your child's class teacher.



Children's Commissioner Survey - The Big Future



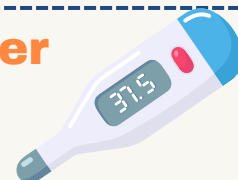
The Children's Commissioner has launched her biggest survey yet, *the Big Future*, for all children in England to tell her what it is like to be a child today. In the survey she is asking about the changes that children want to see in their communities, their biggest concerns, and their hopes for the future. More than anything, she would like to know what they think a good childhood should look like, now and in the future.

If your child would like to take part in the survey, please follow the link here:

<http://www.childrenscommissioner.gov.uk/thebigfuture>.

Health Protection Advice for Autumn and Winter

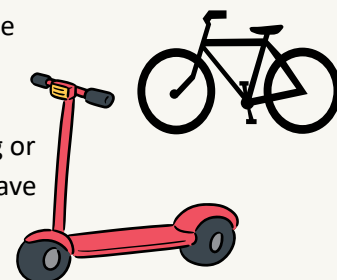
Please see the guide for parents and carers, available [here](#) to help prevent and manage common seasonal illnesses.



School gates and Scooting and Cycling on School Grounds

Please note that we endeavor to open the Rectory Road gate at 8:20am. If you are waiting at the gate please ensure that the footpath and pedestrian crossing is kept clear.

Please can we also remind you, that to keep all of our families safe, there should be no scooting or cycling on school grounds, including e-scooters and e-bikes. Please walk with them until you leave the school grounds.



Thank you for helping to keep all of our families safe.

Inclusion Coffee Morning

Are you struggling to manage your child's behaviour or need help with setting routines and boundaries? Is it sometimes a struggle to get them into school on time?

If so, then we would love to see you at our Inclusion coffee morning which is being held on **Monday 5th October from 10.00–12.00pm**. This will be an opportunity for you to meet other parents, to chat about your experiences, share the strategies that work for you and your family and perhaps widen your support network.

The Inclusion team will be on hand during the morning to offer advice on strategies such as the Zones of Regulation, which is used across the whole school.

The Early Help Family Support link worker, Kristine Francis, will also be attending our coffee morning to offer advice, information, guidance and signposting on all things linked to the challenges of family life.

If this is of interest and you would like to attend, please click on the link and complete the Google form.

<https://forms.gle/cNZ9efx3Svv2tTHu5>.

We look forward to seeing you there.

Yours faithfully,

Mrs Sandie Saunders



Flu Vaccinations - 14th October 2026

The Immunisation Service are coming into school on **14th October 2026** to offer the nasal flu spray vaccination. Please see the information sent by Parentmail on 8th September 2026 and ensure that you have completed the online consent form before the deadline if you would like your child to receive the vaccination.

September 2027 Admissions

Do you have a child in Year 2.

[Click here to book a school tour](#)

[Click here to book your open evening tickets](#)



Thomas A Becket Junior School

www.tabjunior.org.uk



SEPTEMBER 2027 ADMISSIONS

School tours for parents on:
12th, 14th, 20th and 22nd October and the 4th November 2026.

Open evenings for parents and children:
Monday 9th & Wednesday 11th November 2026 6-7pm

[Book Tour Tickets](#)
CLICK HERE

[Book Open Evening Tickets](#)
CLICK HERE

If you have any questions please email: schooltours@thomasabecketjunior.org.uk

WELCOME TO TAB JUNIOR

- A welcoming, happy school where all children are known and supported to enable them to thrive
- Amazing facilities to support your child's learning – fully equipped gym, art studio, design & technology room, cooking & nutrition kitchen, science laboratory, IT Suite with additional green screen room, a large sports field, Forest School and more
- Responsible, respectful, caring community where everyone is valued as unique individuals
- Creative, rich curriculum where all learning is recognised and celebrated

Glebeside Avenue, Worthing, West Sussex, BN14 7PR
01903 202268
office@thomasabecketjunior.org.uk

Year 6 - Applications for Secondary School

The application process to apply for your child's secondary school place opened on, Monday, 7th September.

To apply you will need to log on to www.westsussex.gov.uk/admissions.

The closing date for applications is **31st October 2026**.

Should you need any support with applying for a place, please do not hesitate to get in contact with us as soon as possible.

Update: New Hot Meal Provider & Important Free School Meal Trip Packed Lunch Information

Firstly, we would like to extend a sincere thank you for your patience and support as we transition to our new hot meal provider. Introducing a new catering service always comes with a period of adjustment and we truly appreciate your cooperation during this time.



As ISS continue to smooth out logistics, we would like to share a few important updates regarding school meals:

- **Packed Lunches for Unbooked Hot Meals:** Please ensure that unless you have pre-booked a hot school meal for your child, you provide them with a packed lunch from home. The kitchen prepares meals strictly according to the pre-booking numbers, so unbooked pupils cannot be catered for on the day.
- **Free School Meal (FSM) Lunches for School Trips:** Due to the shelf life of freshly prepared sandwiches, our provider has informed us that they **cannot supply FSM packed lunches for trips occurring on Mondays**, or on the first day back following a **bank holiday or school holiday**. If a trip falls on one of these days, parents of children entitled to free school meals will need to provide a packed lunch from home for that trip.

Thank you again for your understanding.

Attached to TAB News

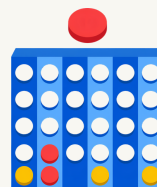
- Junior Choir at St Andrews Church for Year 5 and 6 Pupils
- What Parents & Educators Need to Know about Discord
- Lights Up Dance - Halloween Dance and Drama Workshop
- Smartphone Free Childhood Event - Thursday 1st October and Monday 5th October

DONATIONS FOR CLASSROOM WET PLAY BOXES

In readiness for the upcoming winter months we are updating our wet play boxes. If you are able to donate any items in the list below or the equivalent, or purchase them from our Amazon wishlist to donate to class we would be very grateful.

Construction Sets

- Magnetic Building Tiles (100+ Piece Sets): Search "Magnetic Building Tiles set" (brands like Playmags, Cossy, or Conda)
- LEGO Classic Large Creative Brick Box: Search "LEGO Classic 10698".
- K'NEX Building Sets: Search "K'NEX Imagine Building Set".



Tabletop & Card Games

- Bananagrams: Search "Bananagrams Classic".
- Dobble (Card Game in Metal Tin): Search "Dobble Card Game".
- Plastic Tabletop Classics: Search "Hasbro Connect 4", "Hasbro Guess Who?", and "Battleship Classic" etc.
- UNO / UNO Flip!: Search "UNO Card Game" or "UNO Flip".

Solo Puzzles & Logic Games

- Perplexus 3D Maze Balls: Search "Perplexus Rebel" or "Perplexus Beast".
- SmartGames IQ Series: Search "SmartGames IQ Puzzler Pro" or "SmartGames IQ Six Pro".
- Stickerless Rubik's Cubes: Search "3x3 Speed Cube Stickerless".

Reusable Activity Supplies

- Dry Erase Pockets (Pack of 10+): Search "A4 Dry Erase Pockets heavy duty".
- Bulk Dry Erase Markers & Microfiber Cloths

Colouring books etc



EASY FUNDRAISING

You can raise FREE donations for Thomas A Becket Junior School, Worthing EVERY time you shop online. Just use Easyfundraising! Over 8,000 retailers will donate, including all the big names like John Lewis & Partners, BT, eBay, M&S, Etsy, Trainline, Argos, ASOS, Just Eat, Amazon, and many more!

Please support us by following this link: [Thomas A Becket Junior School - Easy Fundraising Link](#)

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 – Emily Bearn – The Pirate's Treasure

Year 4 – Steve Backshall – Tiger Wars

Year 5 - Nina Bawden – Carrie's War

Year 6 – John Boyne – Noah Barleywater Runs Away





THE PARISH CHURCH OF
ST ANDREW
WEST TARRING

FR STEVEN EMERSON, RECTOR
The Parish Office
St Richard's Church
Collingwood Road
BN12 6ZH
rectormaybridgetarring@gmail.com

New Junior choir at St Andrew's

Dear Parents and Guardians,

We are looking to recruit a new Junior Section for our church choir. It is the perfect opportunity for children in school year five and six, who enjoy singing and would like to learn and develop musically whilst being part of a vibrant and caring community.

Members of the Junior Choir will receive professional singing lessons free of charge and as musicians they will have plenty of chance to practise what they learn.

Be a part of community life of St Andrew's West Tarring

Being part of a church choir requires commitment; this is a valuable virtue to learn just by itself!

Joining us as a chorister would involve the following commitment during term time all year round:

- Rehearsal on Wednesday afterschool 3.30pm-4.30pm
- Rehearsal on Friday evening 6.30pm – 7.30pm (with the adult choir joining for part of the rehearsal)
- Sing for the Sunday morning 10am service.
- Sing for festivals and special services such as Easter and Christmas.

Voice for Life Programme

All choristers are admitted as Probationers, robed in a red cassock until they complete their initial training and then they will receive their surplice and become full members of the choir. Once choristers have been formally admitted to the choir they will follow the Royal School of Church Music's Voice for Life programme, a scheme which progresses through four levels.

L1 – Light Blue

L2 – Dark Blue

L3 - Red

L4 - Yellow

The levels develop vocal and choral skills and musical knowledge. On successful completion of each level choristers receive a medal, which can be worn on a coloured ribbon. Everyone starts at L1 and they complete modules on 'Using the Voice Well', 'Musical Skills and Understanding', 'Repertoire' and 'Belonging to the Choir'.

Joining a choir is an enjoyable and rewarding experience for anyone who is willing to put in the time and effort needed to thrive and be a part of a team, it is much more than just singing by yourself.

If your child is interested in joining or you would like to know more then please contact Leonie Wells tarringintern@gmail.com for more information.

No doubt we will have plenty of fun along the way!

We are looking forward to this exciting new chapter and hope you will consider joining us!

Roger Williams, Choir Director

Fr Steven Emerson, Rector



Why Join Our Choir?

- 🎵 **Have fun singing** with other children who enjoy music.
- 🎤 **Learn to sing well** with professional coaching and encouragement.
- 🎼 **Develop musical skills**, including reading music and rhythm.
- ☀️ **Build confidence** by performing in church services and special events.
- 🤝 **Make new friends** in a welcoming and supportive group.
- 🧠 **Improve concentration and listening skills** through regular rehearsals.
- 💬 **Grow teamwork skills** by working together to create beautiful music.
- 🏆 **Earn awards and certificates** through the Royal School of Church Music's Voice for Life programme.
- 🎄 **Take part in special services** such as Christmas and Easter celebrations.
- ❤️ **Be part of a long-standing tradition** and contribute something meaningful to the local community.
- 📖 **Gain skills for life**, including discipline, commitment, and perseverance.
- 😊 **Enjoy a positive, encouraging environment** where every child can develop at their own pace.

What Parents & Educators Need to Know about DISCORD

AGE RESTRICTION
13+

(with a 17+ app rating on app stores)

WHAT ARE THE RISKS?

A CHANNEL FOR EVERYTHING

While Discord is strongly associated with video games, it also hosts communities for almost anything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.

REAL-LIFE DISTRACTION

Like many social platforms, Discord can become a real time-sink. Although it does not rely on endless scrolling in the same way as some apps, constant messages, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also increase the time they spend playing games.

STRANGER DANGER

Users can choose to stay within private servers with only people they know, but joining public servers will most likely bring them into contact with strangers. Many users are just friendly enthusiasts, yet others could have harmful intentions, including grooming, extortion, or radicalisation. In these types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.

A HARASSMENT RISK

There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviours. Because Discord works across computers, phones, and gaming consoles, unwanted contact can follow young people into online spaces that should feel safe and private.

INAPPROPRIATE CONTENT

This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may still encounter unsuitable or distressing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.

A MONEY DRAIN

Discord is free to use, but users can still spend real-world money on it. This may include Discord 'Nitro', a monthly subscription that unlocks customisation features and larger media uploads, or purchases through the 'Shop' for profile cosmetics and game-related items. Small purchases can add up quickly, especially if spending controls are not in place.

Advice for Parents & Educators

USE FAMILY CENTRE

Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord says this is designed to support conversations about online behaviour, rather than be about constant monitoring.

CHECK, TALK, REPORT

Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report these kinds of users and reassure them that asking for help will not get them into trouble.

MANAGE TIME ONLINE

Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is mainly used alongside gaming, discuss healthy limits for both activities so that schoolwork, sleep, and offline friendships are not affected.

REVIEW SPENDING CONTROLS

Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young people in your care understand that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider adding approval requirements for purchases, particularly for younger or more impulsive users.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, and The New Statesman.



#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.09.2026

LIGHTS UP

DANCE & THEATRE WORKSHOPS

HALF TERM

HALLOWEEN

DANCE & DRAMA
WORKSHOPS

Come and join our Spooktacular
workshops, full of fun dance moves,
themed games and crafts.

FRIDAY

30TH OCTOBER

9:00 - 1:00
School Year 2 +

£22

MINI'S

1:30 - 3:30
Aged 4 - School Year 1

£12

Goring
Venue

To book email -
lightsupdance@gmail.com



Calling all parents and grandparents!

**FREE
EVENT**

Let's talk about kids, screens and smartphones

The struggle with technology is real - if you're questioning the impact of social media, trying to delay that first phone, or simply exhausted by screen-time battles, this evening is for you. Parents, grandparents, carers of children - get the latest research and guidance to reclaim control and support our kids.

Thurs 1 October
The Angmering School

Mon 5 October
The Littlehampton Academy

Doors open 18:15 (Starts 18:30). (Over 18s only)

Reserve your free seat Scan the QR code or visit:
<https://tinyurl.com/SFC-WestSussex>



Our Guest Speakers



Ore Oduba

Speaker, host,
podcaster, actor
& broadcaster
(Angmering only)



Mandy Marshall-Taylor

Associate - Naked
Truth



Carla Grant

Founder - Our
Online Stories



Dr Sharmila Jeyasingh
MBBS FRCPCH
Consultant
Paediatrician



Daniel Sykes

Cyber Protect
Officer
Surrey/Sussex
Police