

11 September 2026

Reminder - Water Bottles

Please can parents/carers ensure that their child brings a refillable drinks bottle to school each day so that they can top them up at one of our water stations.

We have water stations available around the school.

Coffee Morning for Parents/Carers of Young People with SEND - Message from Amaze Sussex

Amaze Sussex are starting a monthly coffee morning for parent carers of children and young people with SEND at the community centre on Denton Island.

The first group is meeting on Thursday 17 September and here is the link to all the information:
<https://amazesussex.org.uk/events/newhaven-parent-support-group/>



for families with children and young people with
special educational needs and disabilities in Sussex

Celebrating Student Success Outside of School

We are always delighted to hear of our student's interests and achievements outside of school, and we always aim to celebrate these alongside in school events.

If your child has participated in any activities that you would like us to share with the wider community we would love to hear from you. Please send a write up, and a picture if you would like us to share it, to PCS-Studentachievement@swale.at - this will then go onto our Instagram page and our website.

(Please note - if your child does not have publicity consent in our system, we will not be able to publicise the information you provide.)

Open Days - Message from West Heath School

Please see the attached poster.

Family Bat Walk in Seven Sisters Country Park with Naturebytes

Join us on this special **FREE** Bat Walk family event in Seven Sisters Country Park on Friday 25th September!

As the sun sets, explore the park to discover the different bat species that call this area home. You will be hosted by experts from Naturebytes and the Sussex Bat Group.

Tickets are open to Eco-Active families, with children aged 11-17.

Here's what you'll do:

- Learn how to use bat detectors and survey equipment
- Learn how to identify local bat species
- Contribute real bat survey data
- Take part in a fun, practical, outdoor science activity

Event Details:

Date: Friday 25th September

Location: Seven Sisters Country Park

Time: 19:15-21:00

Last-minute lunch money panic? Solved - Message from ParentPay

Keeping your child's account topped up has never been easier.

With ParentPay's Auto Top-Up feature, you can set up automatic payments on a weekly or monthly schedule (or when their meal balance gets low) that works for your household budget. Once set up, your chosen amount will be added automatically, helping to ensure your child always has funds available for school meals.

That means no last-minute top-ups, no unexpected low-balance surprises, and confidence that your child can access school meals daily.

Why use Auto Top-Up?

Peace of mind for you: Auto Top-Up helps reduce the risk of low balances and last-minute payments, giving you one less thing to think about during busy weeks.

Confidence for your child: By keeping meal funds available, Auto Top-Up helps ensure your child can access meals without interruption throughout the school term.

Set up Auto Top-Up in 3 simple steps

1. Choose when to top up

Select a weekly or monthly schedule or choose to top up when your balance falls below a set amount.

2. Choose your top-up amount

Decide how much you'd like ParentPay to add to your child's account each time.

3. Relax – we'll do the rest

Your account will be topped up automatically, helping to ensure funds are available for meals when they're needed.

To get started, log in to ParentPay and set up an Auto Top-Up schedule today.

Food Hall - Spending Limits

Students automatically have a £5.00 spending limit on their dinner balance account for the Food Hall when joining PCS (this is on the admissions form), unless a different amount is requested. If you would like to change your child's spending limit, please email pcs-enquiries@swale.at and we will pass this request on to our catering team.

Please note that the update can take up to 48 hours to take effect.

Cucina - Updated Price List for Sept 2026

Please see the attached updated price list for September 2026 from our catering company, Cucina.

Upcoming Youth Sessions for Young People - Message from The JOFF Youth Hub

Please see the attached posters.

SAVE THE DATE! Meet the Mentor Evening, Tuesday 22 Sept, 5-6pm

A separate email will be sent to parents/carers to confirm the details for our Meet the Mentor event this year.

Messages from PCS Careers Team



FAO Y10 Parents/Carers - Year 10 Taster Day at East Sussex College - Message from ESC

Please make sure you sign up for a Taster Day with the link below:

<https://www.escg.ac.uk/whats-on/open-events/>

FAO Y11 Parents/Carers - Year 11 and Post 16 Guidance and Support

All of our Year 11 students were told in assembly on Thursday morning that they will need to have applied for their college/sixth form places by the end of November. Year 11 students will be learning about the different colleges and Post 16 provisions in their PSHE sessions, as well as talking about them in tutor time. Many of our local providers will be giving presentations in assemblies over the next term. Please keep the date in your diary of **Wednesday 7 October, 4.30-6.30pm** - we are holding a Post 16 event after school. There will be many stalls for students and their families to visit and an opportunity to pick up information and ask questions 1:1. We will send more information closer to the time.

Seaford Head Sixth Form Open Days - Message from Seaford Head

Thursday 8 October: 6.00 pm - 8.00 pm

Saturday 10 October: 10.00 am – 12.00 pm

Students, Parents/Carers can attend one of our Open Days on Thursday 8 October: 6 pm-8 pm, or Saturday 10 October: 10 am-12 pm. There will be talks and tours taking place as well as an opportunity to meet subject teachers and students.

Last Open Event for 2026 Entry - Message from Plumpton College

 **Date:** Tuesday 8 September 2026

 **Time:** 5pm - 7pm

 **Location:** Plumpton College, Lewes, East Sussex BN7 3AE

This event is designed for those students who are thinking of joining Plumpton College this September.

Students can chat to curriculum staff and support services including travel, bursaries, accommodation, wellbeing and more.

Students can fast-track their application with support from our friendly team who can help you complete applications, interviews, and even start enrolment on the day.

[Book Now](#)

Upcoming Key Dates (PCS School Calendar)

- **Friday 18 September** - PCS Silver Jubilee! (4-7pm)
- **Monday 21 September** - Connor Saunders Foundation (One punch workshops) (Selected students)
- **Tuesday 22 September** - Meet the Mentor Evening (5-7pm)
- **Thursday 24 September** - Whole school photos
- **Friday 25 September** - Duke of Edinburgh Y10 Walk 2 (Group A) (Selected students)

PCS Vacancies

Current vacancies at PCS are outlined below and can be found on [our website](https://www.swale.at/vacancies) (<https://www.swale.at/vacancies>).

(NO CURRENT VACANCIES)

TARIFF SEPTEMBER 2026

DRINKS		PRICE	BREAKFAST		PRICE
Water 500ml		£1.20	Breakfast Roll		£1.60
Fruit Slush		£1.50	Mini Breakfast Baguette		£1.60
Capri Sun		£1.35	Breakfast Pot – 3 Piece		£2.30
Dalston Cans		£1.50	Bagel		£2.75
Radnor 200ml Carton		£1.20	Toast with Butter or Jam		£0.40
Milk/Flavoured Carton		£1.20	Homemade Pancakes with Fruit Toppings		£1.45
HOMEBAKES			Toasted Teacake		£1.45
Muffins		£1.45	Cereal + Milk 8oz		£1.05
Small Cakes/Cookies		£1.15	Porridge for Students		Free
Cookies/Brownie		£1.45	Porridge for Staff		£1.05
Traybakes		£1.45	Porridge Toppings		£0.50
HOT GRAB & GO			COLD GRAB & GO		
Bagel		£3.00	Chill Deal Roll		£1.20
Panini – Half/Whole		£1.60/£2.85	Deli Sub Roll		£2.40
Toastie – Whole		£3.20	Wrap		£2.85
French Toast		£1.45	Premium Salads		£3.00
Twister		£2.85	Whole Sandwiches		£2.40
Chicken Wings		£2.45	Half Baguette		£1.60
Hot Pasta Pot – Medium/Large		£2.25/£2.60	Cold Pasta Pot – 16oz		£2.60
Pizza Slice (Break Time)		£1.70	Houmous & Vegetable Crudites		£1.70
Wrap		£2.85	Protein Pots		£1.00
Soups & Broths		£1.90	Salad Pots		£2.00
Quesadilla		£1.45	Jelly/Yoghurt/Fruit Pots		£1.00
Jacket Potato – 1 Topping		£2.25	Whole Fruit		£0.55
ALL POWER BITES					
Range of Nutritious Rice & Noodle Dishes		£1.45			

TARIFF SEPTEMBER 2026

Cucina IFG

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.60	Muffins	£1.45
Mini Breakfast Baguette	£1.60	Small Cakes/Cookies	£1.15
Breakfast Pot – 3 Piece	£2.30	Cookies/Brownie	£1.45
Bagel	£2.75	Traybakes	£1.45
Toast with Butter or Jam	£0.40	HOT GRAB & GO	
Homemade Pancakes with Fruit Toppings	£1.45	Bagel	£3.00
Toasted Teacake	£1.45	Panini – Half/Whole	£1.60/£2.85
Cereal + Milk 8oz	£1.05	Toastie – Whole	£3.20
Porridge for Students	Free	French Toast	£1.45
Porridge for Staff	£1.05	Twister	£2.85
Porridge Toppings	£0.50	Chicken Wings	£2.45
COLD GRAB & GO		Hot Pasta Pot – Medium/Large	£2.25/£2.60
Chill Deal Roll	£1.20	Pizza Slice (Break Time)	£1.70
Deli Sub Roll	£2.40	Wrap	£2.85
Wrap	£2.85	Soups & Broths	£1.90
Premium Salads	£3.00	Quesadilla	£1.45
Whole Sandwiches	£2.40	Jacket Potato – 1 Topping	£2.25
Half Baguette	£1.60	ALL POWER BITES	
Cold Pasta Pot – 16oz	£2.60	Range of Nutritious Rice & Noodle Dishes	£1.45
Houmous & Vegetable Crudites	£1.70		
Protein Pots	£1.00		
Salad Pots	£2.00		
Jelly/Yoghurt/Fruit Pots	£1.00		
Whole Fruit	£0.55		

VAT on hot food and beverages will be charged at the current rate for all staff members



THE JOFF
YOUTH HUB

Mon 2nd
November

**Scan to
register**



FREE

SIBS **Youth Group**

**For young people who have a
sibling with a disability**

First Monday of every Month

Group 1: 10-13 yrs 4pm-5:30pm

Group 2: 14-17 yrs 5:30pm-7pm

Limited Spaces available!

Referral only:

Sibling.Service@eastsussex.gov.uk

01273 336 930



THE JOFF
YOUTH HUB

**Mon 5th
October**

**Scan to
register**

FREE

SIBS



Youth Group

**For young people who have a
sibling with a disability**

First Monday of every Month

Group 1: 10-13 yrs 4pm-5:30pm

Group 2: 14-17 yrs 5:30pm-7pm

Limited Spaces available!

Referral only:

Sibling.Service@eastsussex.gov.uk

01273 336 930

The JOFF Youth Hub

Monday

SIBS Youth Group (10-17yrs)

First Monday of the month

For young people with a sibling with special educational needs or disabilities. Referral only.

Group 1: 10-13yrs 4pm-5:30pm

Group 2: 14-17yrs 5:30pm-7pm

Tuesday

LGBTQ+ Youth Group (11-17yrs)

Email us for timings.

Young Women's Group (11-17yrs)

6pm-8pm. Open session.

Thursday

Young Men's Group (11-17yrs)

6pm-8pm. Open session.

Free sessions for young people

Friday

Juniors Youth Group (Yrs 6 & 7)

3:30-5:30pm. Open youth session.

Seniors Youth Group (13-17yrs)

6pm-8pm. Open youth session.

Saturday

Funky Teens (11-16 yrs)

12pm-3pm.

Nik Naks (17-25 yrs)

3pm-5pm.

Every other Saturday.

For young people with mild to moderate disabilities. Referral only. Email for more info.

ALSO: The Young Leaders Programme 14-18yrs.
Learn new skills. Limited spots.
Email for more.

AND

Wednesdays Gardening Club 9+.

Term-time only. 3:30pm-5pm. Run by Groundwork.

Call: 01273 336 930

Email: EHYouthHubs@eastsussex.gov.uk

East Sussex
County Council



THE JOFF
YOUTH HUB

SEND SATURDAYS

EVERY OTHER SATURDAY AT THE
JOFF YOUTH HUB!

YOUTH
YOUTH
YOUTH
YOUTH

Fun with friends

Cooking

Games
and more!

Funky Teens: For 11 to 16 year olds 12pm-3pm

Nik Naks: For 17 to 25 year olds 3pm-5pm

For young people with mild or moderate
learning disabilities or needs

For referral form: EHYouthHubs@eastsussex.gov.uk

Open Days

West Heath School is a transformative, specialist, independent, co-educational SEND day school from age 9 to age 20



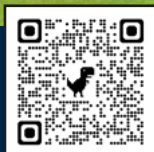
Thursday 10 September 2026

- 9.15 am – 12 noon
- 5.00 pm – 7.00 pm

Saturday 12 September 2026

- 9.15 am – 12 noon

REBUILDING LIVES THROUGH EDUCATION



For an informal chat about your child's needs please contact the Admissions Team. Call us on 01732 460553 or email: whs.admissions-team@westheathschool.com

Ashgrove Road Sevenoaks Kent TN13 1SR

CHARITY REGISTRATION NUMBER: 1069677

[westheathschool.com](https://www.westheathschool.com)



**WEST HEATH
SCHOOL**

Is West Heath the right school for your child?

- Developing the 'whole child' at West Heath is at the centre of what we do
- We offer an inspiring, therapeutically informed curriculum that holds academic achievement and emotional wellbeing in equal balance

Therapeutic Community: everything we do is shaped by a trauma-informed approach, influencing our teaching, relationships and behaviour support.

Junior and Lower School Years 5-8: A carefully crafted bridge between primary and secondary education.

Stage-not-age Years 5-7: We follow a Stage-not-age approach which ensures every learner is taught at a level that matches their developmental stage, rather than their chronological age.

HEART: A truly special place run by a clinical psychologist to support young people with significant and enduring mental health difficulties.

Middle School Years 9-10: Students join our Orchard Curriculum, an ambitious, three pathway model that reflects the natural diversity of learners.



Upper & Sixth Form Years 11-15: We prepare our students for an independent future, whether that's through academic exams, vocational routes, the development of employability skills or preparation for further education, internships or apprenticeships.

Education Off-Site (EOS): Unique to West Heath, this highly successful programme is designed to help pupils who are struggling to engage within a mainstream school setting.

Outdoor Education: Our Forest School provides students with unrivalled opportunities to enjoy the therapeutic benefits of the natural environment whilst developing vital physical, social and emotional skills.



Please contact us in person so that we can discuss your child's individual needs before booking an Open Day.



Please note:

All students are required to have an EHCP whether they are funded privately or by the Local Authority