

> Headteacher Rachel Henocq

19 September 2025

Dear PCS Families

Reminder - KS3 Planners

To help support our KS3 students with their organisation, we are asking that all students have a planner as part of their 'Ten for Success'.

We have distributed planners to all students in years 7, 8 and 9. We are asking parents and carers for a donation of £2.50 to cover the cost of these. This is available for you to pay on ParentPay.

We would like to thank you in advance for supporting this initiative. As well as their timetable, students have stuck into their planners a Home School Agreement. Please see attached. Please could we ask that you read through the two sections in the planner that are relevant to you and your child and sign, confirming our mutual support in working together to support the best outcomes for your child.

PCS Uniform Donation Station Reminder we are accepting donations!

This is a reminder of the email that went out at the end of last term. If you have any uniform that you are able to donate, we would be very grateful. As you can see from the attached poster, in the first instance we are inviting families in on Friday 26 September to pick up any donated items.

'PCS School Uniform Drop and Swap - Message from the PCS Climate Ambassadors
In response to lots of interest by our parents and carers, we are delighted to be able to inform you of our PCS Uniform Drop and Swap donation station which will be up and running in September.

See the attached poster for details. Please feel free to donate any unwanted/outgrown items of school uniform to our school Reception any time, any day of the week that suits you. Leave your name with our Reception team and come back on the last Friday of the month to take your pick from our donated uniform items.

As we come to the end of this term we will be collecting for the first few days of the summer holidays as well.

Not only will this help with costly uniform expenses as your child grows out of items, it will also support our school sustainability plan.'

'Meet the Mentor' Evenings - September 2025

Following the success of last year's 'Meet the Mentor' evenings, we are delighted to confirm the dates for this year. Letters have been emailed out to parents/carers, and the Google Form links can be found below:

<u>Year 8 - Tuesday 23 September</u> <u>Year 7 - Wednesday 24 September</u>

Lost Property

We encourage students to check at our Student Support Desk if they have lost any personal items.











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Parenting Team Guide, October to December 2025 (East Sussex Family Hub)

We are reaching out to let you know about Support for parents run by the East Sussex Family Hub.

They have groups and webinars designed to help parents and carers face the challenges of growing up. Some of these include

- Webinar Understanding Teen Behaviour
- Webinar Responding to Teen Emotions
- Webinar Learning About Neurodivergent Children
- Webinar Online Safety in a Digital World
- Virtual Group National Autistic Society Teen Life
- Face to Face Group Parenting Teens
- Virtual Group Harmony at home
- Online Program Calmer Co-Parenting

For more information please see the attached brochure.

PCS Extra-Curricular Clubs. 2025-26

Please see the attached information.

Winter Music Concert 2025!

Please see the attached poster for our upcoming Winter Music Concert taking place on Wednesday 26 November!

Tickets are available to purchase on ParentPay now for adults and under 16s. Please complete this Google Form if you would like to reserve free PCS student tickets.

Reminder - Food Hall, Topping Up Accounts

Please note that if students do not have money in their dinner accounts they will not be served by staff in the Food Hall.

We would like to remind parents/carers of the following:

- dinner accounts can be topped up via ParentPay (if you are having difficulties accessing ParentPay, please email us at pcs-enquiries@swale.at)
- in your account settings a notification can be set up to alert you as to when your child's ParentPay account balance is low
- students with biometric (fingerprint) consent can check their account balance daily using our balance checker, located by our Student Support Desk at Reception
- students entitled to Free School Meals should budget their allowance across break and lunch (if their entire allowance is spent at morning break time, no more purchases can be made at lunch)
- if students' accounts cannot be topped up for the following day in order to make a purchase in the Food Hall, they should bring a packed lunch instead

If your child purchases their lunch from the Food Hall, please ensure their accounts are topped up the day before as balances in accounts do not update instantly.

Thank you for your support.











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Whole School Photos - Thursday 25 September

School photos for all students are taking place on Thursday 25 September.

We will start with Year 7 students in PDI and work our way through the year groups until they are completed. We will call each class up to the main hall and make sure they are complying to uniform standards (uniform information can be found on our <u>website</u>) before they are permitted to have their photo taken.



Messages from PCS Careers Team

FAO Year 9-11 Parents/Carers - Your Future Pathway Workshop, Message from Oxford International College Brighton

Please see the attached flyer regarding an exciting upcoming event OICB are hosting on campus: Your Pathways. Your Future. Your Build.

This workshop is designed for Years 9 -11 students, and it is taking place on Saturday 20th September at 2:00 pm.

What to Expect

- Careers Pathway Session with Dr Kirsten Dickers, Head of Sixth Form discover top university routes, explore career options, and map out personal ambitions
- LEGO SERIOUS PLAY Workshop unlock creativity, reflect on values of Ambition, Belonging, and Curiosity, and engage in collaborative problem-solving
- A chance to connect with OIC Brighton teachers and gain insight into how we guide students toward success at the world's top universities

FAO Year 9-11 Parents/Carers - Young Leaders Programme

Please see the attached flyer.

FAO Year 11 Parents/Carers - Parent/ Carer Phase Transfer Session, Message from Brighton & Hove City Council

Please see attached a leaflet for a parent/carer info session for parents of young people who have an EHC Plan and will be moving into post 16 Education in September 2026. In the above leaflet are details on how to book onto this session.











> Headteacher Rachel Henocq

BACA College Open Evening – Thursday 16 October, 6–8pm Please see the attached flyer.

FAO Year 11 Parents/Carers - PCS Post 16 Choices Event, Weds 1 Oct 2025 Please see the attached information.

Upcoming Key Dates

- Tuesday 23 September Year 8 'Meet the Mentor' Evening, 5-6pm
- Wednesday 24 September Year 7 'Meet the Mentor' Evening, 5-6pm
- Thursday 25 September Whole School Photos













YEAR 11 POST 16 CHOICES EVENT

WHEN:

Wednesday 1st October 4.30 - 6.30pm

Student surname visiting time:

A-L: 4.45-5.45pm

M-Z: 5.30-6.30pm

WHERE:

PCS Main Hall



BRING PARENTS AND CARERS ALONG TO SPEAK WITH REPRESENTATIVES FROM LOCAL COLLEGES, TRAINING PROVIDERS AND EMPLOYERS ABOUT YOUR POST 16 OPTIONS!

COME AND SPEAK WITH ADVISORS

FROM:

EAST SUSSEX COLLEGE

VARNDEAN

BHASVIC

PLUMPTON

GB MET

CARDINAL NEWMAN 6TH FORM

SEAFORD HEAD 6TH FORM

SUTTON AND DISTRICT AND

MANY MORE POST 16

TRAINING PROVIDERS





Aspire • Believe • Contribute • Achieve

When students leave PCS, there are numerous pathways they can follow. This evening provides an opportunity to find out more about what is available and to support in making informed decisions about next steps.

There are many different qualifications you can study whilst at college. These include:

A Levels

An A Level is an advanced level qualification. A Levels are a 2 year course, subject based and can lead to university, further study, training or work. Most students take 3 A Levels.

T Levels

A T Level is a 2 year course which is studied after GCSEs. T Levels are industry specific qualifications providing students for entry into skilled employment. They are broadly equivalent to 3 A levels.

BTEC

A BTEC can be studied at level 1,2 and 3. A level 3 BTEC is equivalent to an A Level. Subjects studied at BTEC are work related. They combine practical learning with subject and theory content.

Apprenticeships

An apprenticeship is a paid job which offers hands-on work experience alongside off-the-job training.
Colleges can support the educational side of an apprenticeship, not all colleges offer this.

Students would be expected to source their own work placement to attach to the college apprenticeship.

Here are some of the providers that will be attending our Post 16 evening:

Colleges



https://www.escg.ac.uk/about
/prospectuses/

East Sussex college offers an extensive range of courses including A Levels, T Levels, Technical and professional programmes, Apprenticeships, and inclusive Learning Options. East Sussex has multiple campus venues which include Newhaven, Lewes, Eastbourne and Hastings.



https://varndean.ac.uk/

Varndean College has approximately 2000 students. It is in the top 10% of UK schools and sixth-form colleges for value-added, meaning the students who study at Varndean achieve much higher than expected of them based on their GCSE grades. The campus is in Brighton.



https://www.bhasvic.ac.uk

BHASVIC is based in Brighton, has approximately 3500 students and offers A Level and BTEC courses. Students have the opportunity to join college societies outside of their lessons.

In previous years students results have placed BHASVIC in the top 1% of schools and colleges nationally for best results.



https://www.plumpton.ac.uk/

Plumpton is based in the heart of the South Downs and offers a wide range of courses in agriculture, animal care, horticulture, fisheries management or machinery or one of our other many exciting courses.

Students have opportunities to gain lots of hands-on experience and the chance to develop an extensive range of skills.



https://www.brightonmet.ac.uk/

Brighton Met is based over multiple campuses within Brighton and Hove. It offers students a wide range of vocational BTECs, diplomas and T-Level courses.

The Facilities available include state-of-the-art workshops, studios and classrooms—which have been specifically designed for creative and digital specialisms—as well as a suite of new hair & beauty salons that are open to the general public.

Met college also has a campus based in Worthing called Northbrook College which offers a range of vocational qualifications.









https://www.dv8sussex.com

Dv8 Sussex is a creative college offering young people aged 16-18 personalised, industry-led courses in the most vibrant & exciting creative sectors. Through practical project based learning students gain real life experience to develop skills in a supportive and ambitious environment, where there are continual opportunities to work and think differently.

Private Sector Colleges



OXFORD International College Brighton

https://www.oicbrighton.com

Oxford international College (OIC) is based in Brighton. It offers students A Level courses in core subjects as well as Chinese, Russian, Business and Politics. OIC offers tailored academic programmes based on talent and ambitions. Scholarships and bursaries can be applied for.



https://roedean.co.uk/

Roedean offers a bespoke curriculum offering A Levels in four pathways including STEM, Business, Economics and Performing Arts. Roedean offers places to female students only. Scholarships and bursaries can be applied for.



https://www.brightoncollege.org.uk

With close proximity to the South Downs, Brighton College offers students a variety of A Levels delivered in a sixth form setting.

Scholarships and bursaries can be applied for.

Sixth Forms



https://seafordhead.org/

Seaford Head school opened a Sixth Form Centre in September 2014 and offers a varied academic curriculum.

This curriculum supports students to follow a variety of pathways at university. Students follow a timetable that includes enrichment, tutoring and discrete intervention.

It also offers a wide choice of advanced (level 3) subjects which lead on to a full range of all university courses.



https://www.baca-uk.org.uk/

BACA offers a post-16 diverse range of academic, vocational, and technical qualifications, enriched with programmes and extensive collaboration with employers. It also offers BTEC and A Level courses. BACA offers small group settings which are beneficial to students needing additional support.



https://www.newmancollege.co.uk/

Newman College offers a diverse post 16 course of BTEC and A Level qualifications. It also has a varied programme of activities including trips, university visits, external speakers, the Extended Project Qualification (EPQ), Sports Leadership and the Debating Society.

Training Providers



https://www.army.mod.uk/

If you're 16 or 17 you'll train first at AFC Harrogate as a Junior Soldier. You'll learn all the skills you need, from map reading to how to handle a weapon. Once you've finished the course at Harrogate, you'll be old





enough, trained and ready to join your unit, as a soldier in the Regular Army.



https://stevewillis.com/

Steve Willis Training Centres have two first-class facilities in Burgess Hill, West Sussex, and Portchester, Hampshire.

Both centres offer high-quality training with a full range of the latest equipment in the workshops with modern classrooms tailored to gas, electrical, oil and renewable training courses.



https://www.bsms.ac.uk/

Brighton and Sussex medical school provides higher education for those wishing to work in the medical profession.

They have a variety of undergraduate and postgraduate schemes.

BSMS offers a variety of medical outreach opportunities for students at PCS starting in year 9.



https://www.suttondistrict.co.uk/

Sutton and District Training are a training provider that supports students to gain practical skills for employment, prepare for further education, or develop personally.

They accept students no matter their ability or attitude to education. Sutton and District training offers students a small group environment which would be beneficial for school refusers or students with additional needs.

Apprenticeships

Apprenticeships

An apprenticeship is a paid job which offers hands-on work experience alongside off-the-job training.

>CAREERS EAST SUSSEX

https://www.careerseastsussex.co.uk/information/young-people/apprenticeships



https://amazingapprenticeships.com



https://www.gov.uk/apply-apprenticeship

Universities



University of Brighton

https://www.brighton.ac.uk





https://www.sussex.ac.uk/



We work in close partnership with University of Sussex and the University of Brighton and have strong links with their outreach teams.

Both universities will be present at our Post 16 event.

If you have any questions regarding Higher Education please do speak to the ambassadors who will be able to answer any questions you may have.





To support you with your conversations this evening, you may wish to ask some of the following questions:

How easy are you to get to from Peacehaven?

What are the admission requirements for the pathways I am interested in?

What are the deadlines for applying for the pathways I am interested in?

How do I know what is the right pathway for me?

What resources and support does the college offer for students to succeed academically?

Can you provide any insights or advice for incoming first year students to help them succeed?

Can you provide information about the campus community and extracurricular activities available?

Are there any opportunities for internships, research, or study abroad programs?





Notes:		





WHAT ARE 'EMPLOYABILITY SKILLS'?

It's a term used to describe the skills that have been identified as the most useful skills for any job. They can be broken down into 3 groups:

FUNCTIONAL SKILLS

This includes the more practical skills, such as being able to use IT and numeracy effectively. 2

PERSONAL SKILLS

This category
features
skills like
working well
in a team,
being a good
communicator
and time
management.

ATTITUDES, VALUES & HABITS

This is all about how you think and behave - are you confident and enthusiastic about the job?
Employers need to see that you would be a good fit for their company.

Our Careers Team

Are always on hand to help



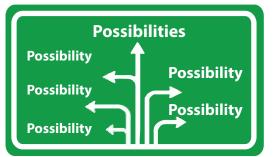
Mrs Lane
Work Experience Coordinator
& Library supervisor
emma.lane@swale.at



Ms Newman
Careers Advisor
jemma.newman@swale.at



Corinne Holden MSc External Careers Advisor pcs-careers@swale.at









HOME - SCHOOL - AGREEMENT

Peacehaven Community School HOME - SCHOOL - AGREEMENT

Aspire • Believe • Contribute • Achieve

Our Home School agreement is our mutual commitment to student learning celebrating the partnership between parents/carers, the school community and our students

We work together in partnership to ensure that every student does their very best and achieves their potential.

We communicate respectfully at all times understanding that we all want the best for our students.

Student learning is the centre of all that we do – so that our young people can flourish. We are committed to celebrating diversity and promoting equality. We will all ensure that we challenge any form of prejudice, including discriminatory remarks with regard to gender, race, age, sexuality, gender identity, religion and disability.

To support all members of our school community we expect everybody to follow our school rules with regards to behaviour, conduct, attitude to learning, uniform, attendance and punctuality.

THE SCHOOL

The school will undertake to:

- Establish and sustain a positive partnership between home and school
- Respond to any email correspondence in line with our contact policy on the website
- Promote a culture of learning so that our students can excel
- Provide a balanced and diverse curriculum which can meet the needs of your child
- Keep parents and carers regularly informed and consulted about school matters in general and your child's progress in particular
- Provide clear information re student progress, achievements and behaviour
- Recognise, reward, praise and celebrate good behaviour, outstanding effort, achievement and contribution to school life in line with our school values of Aspire, Believe, Contribute and Achieve
- Encourage your child to participate in a wide range of extra-curricular activities on offer
- Work with you to solve any problems which could impact your child's progress while at school, such as attendance below 96%

Signed by:

Meroca

Rachel Henocq - Headteacher



HOME - SCHOOL - AGREEMENT

THE PARENTS/CARERS

I undertake to:

- Ensure that my child attends school every day, on time, making sure they do not take time off unless it is unavoidable
- Ensure that my child wears the correct school uniform in line with the school uniform policy. This clearly states no jewellery
- Ensure that my child is properly equipped with the 'PCS 10 for Success': Pencil case, 2 black or blue pens, purple pen, pencil, pencil sharpener, ruler, rubber, glue stick, reading book, (Planner for KS3 students only)
- Support the school by working in partnership together, communicating any concerns and sharing success with the relevant staff
- Attend parents'/carers' evenings and discussions about my child
- Encourage my child to participate in school life to the full, including extra-curricular activities
- Support the school's Behaviour Policy including the roles and responsibilities of parents/carers laid out in the Home School Agreement when in school and on the journey to and from school
- Keep the school informed of any concerns or problems which might affect my child's work or behaviour, working with the school to resolve these
- Use the progress reports provided by school to support my child's progress and work ethic
- Ensure my child completes any homework and requests support where required
- Download any apps that are relevant to my child's life at school
- Respond to communications from the school when required
- Use the school to pass on important messages to my child; understanding it is not possible for them to use their mobile phone during the school day
- Keep the school updated with regard to home contact details, including latest parental/carer mobile phone contact numbers and email addresses and medical information

Signed by:	Parent/Carer

Date:

HOME - SCHOOL - AGREEMENT

THE STUDENT

I shall:

- · Attend school every day and on time
- Wear the correct school uniform in line with the school uniform policy.

This clearly states no jewellery

- ASPIRE to be the best I can be, using the reports and feedback provided by school to inform my progress and work ethic
- BELIEVE in myself by taking responsibility to do my classwork and homework to the best of my ability
- CONTRIBUTE to school life, making our school the best school possible and embracing a positivity towards learning and showing care towards the school environment
- Work with my teachers and school staff to support my learning so that I can ACHIEVE - be proud of my achievements
- Take responsibility for my own behaviour; following the Student Code of Conduct and do everything I can to make PCS a safe and happy place for all
- Speak and act respectfully and politely to all members of the PCS community
- Respect and appreciate other students and staff, their work, views, property and individuality
- Be prepared to learn and bring all the equipment I need every day the 'PCS 10 for Success': Pencil case, 2 black or blue pens, purple pen, pencil, pencil sharpener, ruler, rubber, glue stick, reading book
- Follow the school mobile phone policy, making sure that my mobile phone is turned off and kept in my bag throughout the school day

Signed by:	Studen	t

Date:



2025-2026

Extra-Curricular Activiti

Before School Activities

Monday to Friday

Breakfast Club, Food hall 8.10 - 8.30am Independent Study, Library 8.00 - 8.40am

Park Run - School Field 8am (Friday)

Lunchtime Activities

Wednesday - Crochet, KS4 EN9 Friday - Crochet, KS3 EN5 Anime and Japanese Culture Club, EN6 Year 11 Music Catch-up, MU3

After School Activities

Monday

Art Catch Up, (KS4) AR1 3:10 - 4:00pm Creative Writing, EN9 3:10 - 3.55pm Girls Football, Field 3:10 - 4:10pm Pokemon Club, EN8 3:15 - 4:00pm Geography Intervention, (Y11) HU7 3:10 - 4:10pm Music, Show Singing Rehearsals, MU3 3.10 - 4.10pm Year 11 Music Catch-up, MU4 - 3.10 - 4.10pm

Tuesday

Dance, Dance Studio 3:10 - 4:15pm
Stage Crew, Drama Hall/DT1 3:20 - 4:45pm
Anime & Japanese Culture Club, EN6 3:10 - 4:30pm
Board Games, EN6 3:10 - 4:30pm
Chess, EN9 3:10 - 3:55pm
Boys Football, Field 3:10 - 4:10pm
Gardening, Courtyard Garden 3:10 - 4:00pm
Computer Science & Creative iMedia, (KS4) IT2 3:20 - 4:00pm
Eco Club, Library PDI
Film Club, EN6 3:10 - 4:30pm
Geography Intervention, (Y11) HU7 3:10 - 4:10pm
French Intervention, (Y11) LA4 3:10 - 4:10pm
Year 10 Music Catch-up, MU4 - 3.10 - 4.10pm

Wednesday

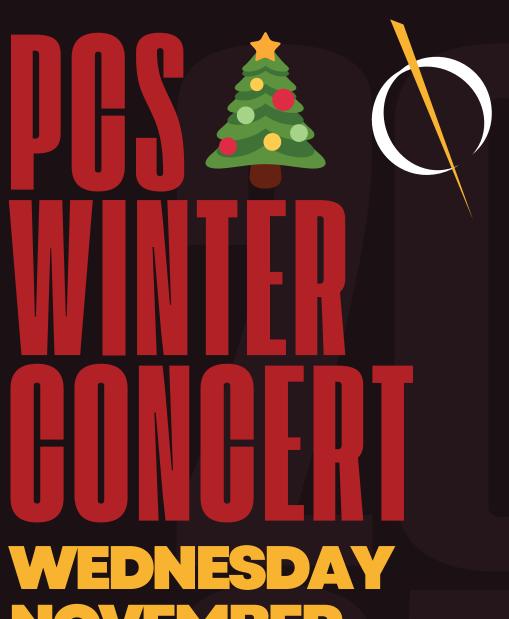
Netball, Courts/Sports Hall 3:10 - 4:10pm
DofE Cookery, FT1 3:10-4:15pm (Week 2)
Geography Intervention (Y11), HU7 3:10 - 4:10pm
Maths Club, (Y7&8) MA6 3:10 - 4:00pm
STEM Club, (KS3) SC3 3:10 - 4:00pm
Art Club, (KS3) AR2 3:10 - 4:00pm
Music Concert Rehearsals, MU3, MU4 & Practice Rooms 3.10 - 4.10pm

Thursdav

Dungeons and Dragons, EN6 3:10 - 4:00pm

Friday

Art Catch Up, (KS4) AR1 3:10 - 4:00pm LGBTQ+ Club, EN4 3:15 - 4:00pm Textiles Club - DofE students, DT1 3:15 - 4:10pm Geography Intervention, (Y11) HU7 3:10 - 4:10pm Year 11 Music Catch-up, MU4 3.10 - 4.10pm



Peacehaven Community School

Aspire • Believe • Contribute • Achieve

WEDNESDAY NOVEMBER 26TH 6PM

ADULTS - £6 UNDER 16'S - £4 PCS STUDENTS - FREE

TICKETS AVAILABLE ON PARENTPAY





BACA COLLEGE YOUR ROUTE TO SUCCESS

BACA COLLEGE OPEN EVENING

THURSDAY 16 OCTOBER 6-8pm

Scan the QR code or go to our website to sign up









Support for

Parents and Carers

in East Sussex October to December

2025



01424 725800

EH.0-19parentingteam@eastsussex.gov.uk











The Parenting Team

East Sussex Family Hubs

If you're a parent or carer in East Sussex, we are here to help!

The Parenting Team supports families with children from birth to 19 years old.

Our service is completely free, and we offer friendly help with no judgement, such as:

- Talking to us on the phone for advice
- Joining online groups or webinars with other parents and carers
- Attending face-to-face sessions to get support in person
- Making you feel heard, and more confident in raising children

Being a parent is a journey, Let's make it a positive one!



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Meet The Team



Gemma



Ann-Marie



Sarah



Carly



Sophie



Helen



Webinars October-December 2025

If you want to join a webinar but can't come on the next dates, please let us know.

We can add your name to our waiting list.

EH.0-19parentingteam@eastsussex.gov.uk





Becoming a **Positive Parent**

Want to make small changes that have a big difference?

This online session is here to help parents and carers of children aged 2 to 10.

In this session you'll learn 5 simple strategies for calmer family life.

keeping your child safe, helping them learn new things, using calm and clear rules, having fair expectations, and taking care of yourself too.



Monday 6th October 10-12pm

Wednesday 12th November 6:30pm-8:30pm

Thursday 4th December 12:30-2:30pm



Triggers, Tantrums and Teaching Moments

Want to stay calm when your child isn't?

This online session is here to help parents and carers of children aged 2 to 10.

Learn what drives behaviour and better ways to respond.

Learn ways to talk with your child so they listen, how to set clear boundaries, how to stop problems from getting worse, and how to solve things together.



Thursday 9th October 10-12pm

Tuesday 4th November 10-12pm

Wednesday 3rd December 12:30-2:30pm



Managing Anxiety and Avoidance in Children

Want to understand the signs of anxiety and what to look out for?

This online session is here to help parents and carers of children aged 2 to 10.

This session explores what anxiety is, how the body reacts to it and how to help your child think in a more realistic way. In this session learn tools to build calm, confidence and resilience in your child.



Tuesday 14th October 12:30-2:30pm

Thursday 6th November 10-12pm

Tuesday 9th December 10-12pm



Learning About Neurodivergent Children

Want to know what neurodivergence actually means and how it impacts behaviour?

This online session is here to help parents and carers of children aged 2 to 19.

Learn practical strategies that can make a difference to your child's needs.

We'll explore what neurodivergence is, the different types, how tantrums differ from meltdowns, and ways to help your child when they feel overwhelmed.



Wednesday 8th October 12:30-2:30pm

Tuesday 11th November 10-12pm

Wednesday 10th December 12:30-2:30pm



Understanding Teen Behaviour

Want to keep your cool in the chaos?

This online session is here to help parents and carers of teenagers aged 10 to 19.

Gain the tools to help you stay calm, consistent and connected
In this session we look at how our teenagers brains change and develop and how that has a huge impact on their behaviour.



Wednesday 5th November

6:30-8:30pm



Responding to Teen Emotions

Want to understand what drives teen emotions, choices and challenges?

This online session is here to help parents and carers of teenagers aged 10 to 19.

Learn how the teen brain impacts mood swings, meltdowns and your role in calming the storm.

In this session we look at different ways to connect with your teens, and how using kindness, praise, and rewards can help.



Tuesday 21st October

10-12pm

Thursday 11th December

12:30-2:30pm



Online Safety in a Digital World

Want to keep your child safe online?

This online session is here to help parents and carers of children and teenagers aged 2 to 19.

Learn how to discuss online safety with your child or teen and how to keep their devices and activity safe.

A pre-recorded version is now available to watch anytime, scan the QR code below.







Everyday Ways to Play

Want to bring more fun and connection into your child's day?

This online session is here to help parents and carers of children aged 2 to 10.

Learn why play is important and quick easy ways to make every day more playful.

A pre-recorded version will be available shortly on our YouTube playlist. Scan the QR code below to view.







Groups October-December 2025

If you want to join a group but can't come on the next dates, or the group you want isn't listed in this guide, please let us know. We can add your name to our waiting list for the next time the group is on.

EH.0-19parentingteam@eastsussex.gov.uk





Teen Life 10+

(National Autistic Society)
Virtual group via MS Teams

Want to navigate adolescence with your autistic teen?

This online group is here to help parents and carers of young autistic people aged 10-16.

Learn to make sense of your autistic teens behaviour and needs, with practical tools and ideas to help.



Tuesday 4th November -16th December (8 Sessions)

12:30-2:30pm





Supporting Parents of Teenagers 10+

Face to Face Group

Want to navigate explosive emotions and go from conflict to calm?

This group is here to help parents and carers of teenagers aged 10 to 19.

Learn strategies for tricky teen moments—the closest thing to a manual for raising teens. Understand the teenage brain, why emotions run high, and gain practical tools.



Sidley Family Hub

Wednesday 5th November - 17th December (7 Sessions)

10-12pm





Parenting Children With Anxiety 4 +

Virtual group via MS Teams Want to support your child through their worry and fear?

This group is here to help parents and carers of children aged 4+ who feel very anxious.

Learn strategies to support your child's emotional resilience. A more in depth look at anxiety and how it affects young people. Helping them to feel stronger and braver, tackling fears and worries together.



Wednesday 5th
November - 17th
December
(7 Sessions)

10-12pm



Harmony at Home

Virtual group via MS Teams

Want to improve your communication as a couple and have a calmer household?

This group is to support Parents and carers in couples.

In this group learn how to improve teamwork, reduce conflict and put your children at the heart of your communication.



Thursday 6th November - 27th November (4 Sessions)

10-12pm





Calmer Co-Parenting

Want calmer communication and less stress as a co-parent?

This is for Parents and carers who are separated or divorced

Your former partner and other family members can complete the programme too.

This is an online program you can do at your own speed with a parenting practioner to support as you work through the content.

Learn how to create structure, boundaries and respect across two homes. Because children thrive when adults communicate effectively.



COMING SOON!

Join our waitlist...

We run lots of different groups, we change them every 3 months. Please look through the next few pages to see what else we offer. If you see a group that you would like to do that isn't running from October to December, just send us an email. We will put your name on a waitlist and contact you when a new group is starting.

EH.0-19parentingteam@eastsussex.gov.uk





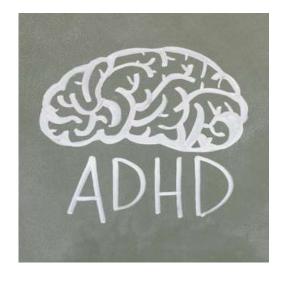
Parenting Children with ADHD 4-11

Want to support your ADHD child's regulation and attention?

A supportive group for parents and carers of children aged 4 to 11 who are exploring or living with an ADHD diagnosis.

This program helps families understand how amazing and unique children with ADHD are.

Learn how to go from frustration to connection; strategies to support you and your child.







Early Bird Plus 4 +

(National Autistic Society)

Want to build a better understanding of your autistic child?

This group is here to help parents and carers of children aged 4 to 9 with autism or on the diagnostic pathway.

Learn how to make sense of your autistic child's communication, behaviour and sensory needs. Helping everyone work together to support your child, so they can feel more confident and happy.







Positive Parenting Programme 2-12

Want some practical support for every day parenting challenges?

This group is here to help parents and carers of children aged 2 to 12.

Learn how to build stronger routines and relationships for positive behaviour.

This group can support parents and carers to feel more confident as their child grows.







Understanding your Baby

Discover how bonding with your baby supports their brain and emotional development.

This group is here to help parents and carers of babies up to 6 months old.

Learn about your baby's brain development, behaviour and emotions, while building confidence and responding to your baby's needs





Drop Ins

Lewes and Havens

Lewes Family Hub

First Friday of the month, 10-12pm

5th Dec

3rd Oct

7th Nov

The Joff Youth Hub

Third Friday of the month, 9:30-11am

24th Oct

28th Nov

Rother

Sidley Family Hub

First Friday of the month, 10-12pm

3rd Oct

7th Nov

5th Dec

High Weald

Uckfield Family Hub

Second Friday of the month, 10-12pm

10th Oct

14th Nov

12th Dec



Drop Ins

Hastings and St Leonards

East Hastings Family Hub 10am-12pm 13th Oct 10th Nov 8th Dec

Hastings Town Family Hub 10am-12pm 20th Oct 24th Nov 15th Dec

Eastbourne and Hailsham

Shinewater Family Hub
First Friday of the month, 9-12pm

3rd Oct

7th Nov

5th Dec

Hailsham Family Hub

Second Monday of the month, 9-12pm

13th Oct

10th Nov

8th Dec

Devonshire Family Hub Second Monday of the month, 1-4pm 13th Oct

10th Nov

8th Dec

Archery Youth Hub

Second Friday of the month, 9-12pm

10th Oct

14th Nov

12th Dec



Quick Guide

October to December 2025



FREE **Groups** for parents/ carers of East Sussex. October - December 2025

Parenting Children With Anxiety 4 +

Want to support your child through their worry and fear?

Wednesday 5th Nov - 17th Dec 10:00-12:00pm - 7 Sessions

Supporting Parents of Teenagers 10+

Want to navigate explosive emotions and go from conflict to calm?

Wednesday 5th Nov - 17th Dec 10:00-12:00pm - 7 Sessions Sidley Family Hub

Harmony at Home

Want to improve your communication as a couple and have a calmer household?

Thursday 6th Nov - 27th Nov 10:00-12:00pm - 4 Sessions

Teen Life 10+ (National Autistic Society)

Want to navigate adolescence with your autistic teen?

Tuesday 4th Nov- 16th Dec 12:30 to 14:30pm - 8 Sessions

Calmer Co Parenting

Want calmer communication and less stress as a co-parent?

This is an online program you can do at your own speed on your own, with support from a parenting practitioner.



FREE ONLINE Webinars for parents/ carers of East Sussex. October - December 2025

Managing Anxiety and Avoidance in Children (2-10)

Want to understand the signs of anxiety and what to look out for?

• Tues 14th Oct 12:30pm - 2:30pm

Thurs 6th Nov 10:00am -12:00pm

• Tues 9th Dec 10:00am -12:00pm

Becoming a Positive Parent (2-10)

Want to make small changes that have a big difference?

Mon 6th Oct 10:00am -12:00pm

Wed 12th Nov 6:30pm-8:30pm

• Thurs 4th Dec 12:30pm - 2:30pm

Triggers Tantrums and Teaching Moments (2-10)

Want to stay calm when your child isn't?

• Thurs 9th Oct 10:00am -12:00pm

• Tues 4th Nov 10:00am -12:00pm

• Wed 3rd Dec 12:30pm - 2:30pm

<u>Understanding Teen</u> <u>Behaviour (10-19)</u>

Want to keep your cool in the chaos?

• Wed 5th Nov 6:30pm - 8:30pm

Learning about Neurodivergent Children (2-19)

Want to know what Neurodivergence actually means and how it impacts behaviour?

• Wed 8th Oct 12:30pm - 2:30pm

• Tues 11th Nov 10:00am -12:00pm

Wed 10th Dec 12:30pm - 2:30pm

Responding to Teen Emotions (10-19)

Want to understand what drives teen emotions, choices and challenges?

Tues 21st Oct 10:00am -12:00pm

• Thurs 11th Dec 12:30pm - 2:30pm



Feedback

Hear some of the feedback we have recieved from parents who recieved support from our team, groups and workshops.

"Fantastic course, loved the weekly progression and being able to share with practitioners and other parents. Like the workbook. The strategies and overall message of being consistent have really helped and given a focus and plan to work on."

Parenting children with anxiety 4+- Group

"Great and interesting webinar as always.

Love that it's easy to understand and gain so much support every time. The practitioners broke it down so it's easy to take in and useful strategies for daily need - absolute need for parents - thank you"

Learning About Neurodivergent Children- Workshop

"I found the session very helpful. The practitioner did a great job talking us through the different strategies and I hope we can use these ideas to help create a more harmonious home environment, and to become better parents."

Becoming a Positive Parent- Workshop

"The sessions have been educational but at the same time affirming in how we parent during teen years. Great balance of education and empowering room to share experiences."

Teen Life - Group



Mailing List for Guides

Want to be among the first to find out about our new groups and workshops each quarter?

As part of the family hubs, we have created a way for you to subscribe to our mailing list to be sent our guides when they are ready.

Scan the QR code below to complete the form and subscribe.





The Parenting Team

Being a parent is a journey...

Let's make it a positive one!



For more information about our free groups, webinars and events. Scan the QR code