

The Angmering School Student Bulletin Week 35

MONDAY 16 JUNE

TIMETABLE: WEEK 1

MONDAY 16 JUNE

• YEAR 7 EXAM WEEK

TUESDAY 17 JUNE

- YEAR 7 EXAM WEEK
- EARLY FINISH 1.35PM

WEDNESDAY 18 JUNE

YEAR 7 EXAM WEEK

THURSDAY 19 JUNE

YEAR 7 EXAM WEEK

FRIDAY 20 JUNE

- YEAR 7 EXAM WEEK
- YR 8 HPV VACCINATIONS

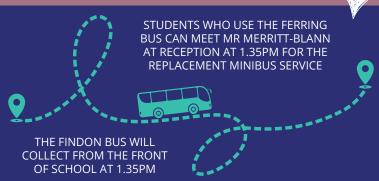
DATES FOR YOUR DIARY

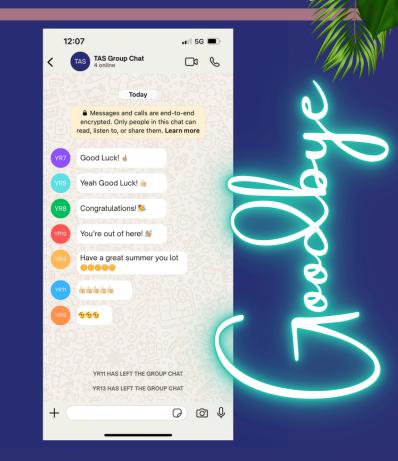
17 JUNE - YR 8 CONSULTATION EVENING
17 JUNE - EARLY FINISH (1.35PM)
19 JUNE - Y6 ACTIVITY EVENING
20 JUNE - YR 8 HPV VACCINATIONS
24/25 JUNE - DRAMA SUMMER PERFORMANCE 6PN
26 JUNE - SUMMER EXHIBITION
1 JULY - YR 10 GEOGRAPHY TRIP
2 JULY - YR 6 TRANSITION DAY
3 JULY - YR 11 PROM
5 JULY - 50TH ANNIVERSARY OPEN DAY 10-12AM
5 JULY - LNC SUMMER FAYRE 10AM-2PM
8 JULY - YR 7 TRIP ARUNDEL CASTLE
11 JULY - YR 7 TRIP ARUNDEL CASTLE
11 JULY - YR 10 SIXTH FORM TASTER DAY
15 JULY - DANCE MANIA YR 7
17 JULY - SPORTS DAY

21 JULY - INSET DAY 22 JULY - INSET DAY

18 JULY - EARLY FINISH (12.30PM)

*CHANGES AND UPDATES WILL BE SHOWN IN BOLD





FORMAL EXAMS COME TO AN END THIS WEEK AND WITH THAT MEANS WE SAY GOODBYE TO OUR YEAR 11 AND 13 STUDENTS

CONGRATULATIONS TO YOU ALL AND HUGE AMOUNTS OF LUCK FOR THE NEXT PART OF YOUR JOURNEY WHEREVER YOU MAY BE GOING

HAVE A RESTFUL SUMMER - YOU DESERVE IT



1.35PM

ON

TUESDAY 17 JUNE





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CAREER OF THE WEEK

Personal trainers work with clients to improve their health and fitness



You can get into this job through:

- A College course
- An Apprenticeship
- A Specialist course

Career Progression

You could take further instructor courses to learn new skills to offer clients, like:

- yoga
- pilates
- nutrition
- group training

With further training, you could also work with people recovering from illness or who have certain medical conditions

COLLEGE

You could take a college course in personal training or gym instructing.

APPRENTICESHIP

You could do a Personal Trainer Level 3 Advanced Apprenticeship.

OTHER ROUTES

You can do qualifications through private training companies who offer specialist courses in gym instructing and personal training.

You could train in a similar role as a physical training instructor in the armed forces.

You can find out more through the

- Royal Air Force
- Royal Navy
- <u>Army</u>

Day to day tasks

Day to day, you could:

- help clients set short and longterm fitness goals
- plan a fitness programme to help clients achieve their goals
- teach, motivate and coach clients in how to follow their programmes safely and effectively
- give advice on health, nutrition and lifestyle changes
- help clients with their workouts
- check and record clients' progress, like measuring heart rate and levels of body fat
- promote your services and do business admin tasks if you are self-employed

If you would like more information contact Mr Bowles (gbowles@theangmeringschool.co.uk)

IMPORTANT WHAT DO I DO IF I NEED FIRST AID?

PENING TIMES FOR STUDENT WALK INS:

- BREAK: 11:00 11:20
- LUNCH: 13:35 14:00

F YOU NEED ASSISTANCE DURING A LESSON

- ALERT YOUR TEACHER WHO WILL CONTACT ON CALL
- A MEMBER OF THE ON CALL TEAM WILL COME TO YOUR CLASSROOM TO ASSESS YOU
- YOU WILL BE ESCORTED TO A FIRST AIDER IF NEEDED

F YOU NEED ASSISTANCE BETWEEN LESSONS

- GO TO YOUR NEXT LESSON AND ALERT YOUR TEACHER
- A MEMBER OF THE ON CALL TEAM WILL COME TO YOUR CLASSROOM TO ASSESS YOU
- YOU WILL BE ESCORTED TO A FIRST AIDER IF NEEDED

IF YOU COME TO FIRST AID UNESCORTED BETWEEN LESSONS YOU WILL BE SENT TO YOUR NEXT CLASS EXCEPT FOR IN THE FOLLOWING CIRCUMSTANCES:

- BLEEDING
- PHYSICALLY BEING SICK
- HEAD INJURY



