



# 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 6PM
- 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 - FESTIVAL OF SPEED TRIP
- 14 JULY - YR 10 SIXTH FORM TASTER DAY
- 15 JULY - DANCE MANIA YR 7
- 17 JULY - SPORTS DAY
- 18 JULY - END OF SUMMER TERM FOR STUDENTS
- 18 JULY - EARLY FINISH (12.30PM)
- 21 JULY - INSET DAY
- 22 JULY - INSET DAY

\*CHANGES AND UPDATES WILL BE SHOWN IN BOLD

STUDENTS WHO USE THE FERRING BUS CAN MEET MR MERRITT-BLANN AT RECEPTION AT 1.35PM FOR THE REPLACEMENT MINIBUS SERVICE

THE FINDON BUS WILL COLLECT FROM THE FRONT OF SCHOOL AT 1.35PM



Goodbye

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

Reminder

STUDENTS FINISH AT  
**1.35PM**  
ON  
**TUESDAY**  
**17 JUNE**





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### CAREER OF THE WEEK

# Personal Trainer

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](#)
- [Army](#)

#### Day to day tasks

Day to day, you could:

- help clients set short and long-term 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](mailto:gbowles@theangmeringschool.co.uk)).**

## IMPORTANT

### First Aid

WHAT DO I  
DO IF I NEED  
FIRST AID?



#### OPENING TIMES FOR STUDENT WALK INS:

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

#### IF 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

#### IF 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

PAIN RELIEF  
CAN ONLY BE  
GIVEN AFTER  
12PM





The Lavinia Norfolk Centre

Presents  
A

# SUMMER FAYRE



THE ANGMERING SCHOOL  
PLAYING FIELD

celebrating our  
50th Anniversary

5th  
JULY

STALLS / FUN

FOOD & REFRESHMENTS

GATES OPEN FROM 10AM - 2PM