

The Angmering School - Student Bulletin Week 19

TIMETABLE : WEEK 1

Monday 29th January

Tuesday 30th January

- Y9 Dare to Dream - Ultimate Goal
- Train Strike (No Trains)

Wednesday 31st January

- Y9 Options Evening

Thursday 1st February

- CERN Geneva Trip

Friday 2nd February

- CERN Geneva Trip
- Yr10 & Yr12 Oxford St John's College Trip

TRAIN STRIKES

Unfortunately, there will be no trains running on Tuesday 30th January. Additionally, on Monday 29th January - Tuesday 6th February, there will only be one train every hour between Littlehampton and Preston Park. Please plan accordingly and make any necessary arrangements to ensure you get to school on time.

Word of the Week

This week's word of the week is **dem**. It has its origins in the Greek language and means people. Think of last week's word of the week **cracy** and this week's **dem**, what does this mean when you put the two of them together?

Other examples include **epidemic**

Can you think of other words?

10 ways to look after your mental health



Place2Be's CHILDREN'S MENTAL HEALTH WEEK

MY VOICE MATTERS

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.

- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTube, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit place2be.org.uk/help for more advice

CHILDRENSMENTALHEALTHWEEK.ORG.UK

Lost Property



Please see the lost property list : [Lost Property](#)

The Angmering School - Student Bulletin Week 19

Career of the Week - Structural Engineer

You can become a structural engineer through: **a university course, a college course, an apprenticeship or working towards this role.**

A Structural Engineer would undertake these duties : develop engineering plans using computer software, investigate the properties of building materials like glass, steel and concrete, work out the loads and stresses on different parts of a building , use computer models to predict how structures will react to the weather, work out ways to improve energy efficiency, inspect unsafe buildings and decide whether they should be demolished and work out why and how buildings have collapsed



If you're 11 to 18 years old, you can do 'taster' days and short residential courses with the Engineering Development Trust (EDT). This will give you an idea of what it's like to study and work in engineering.

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



Recent Sports News

The Yr8 Girls Netball team has done an excellent job once again by securing another win in the District, this time against Bohunt. Congratulations to the team for their hard work and effort!

The Yr7 Girls Indoor athletics team has done an amazing job by finishing 3rd in the District Finals. The event was a combination of track and field events, and the team did exceptionally well in both categories, achieving some fantastic scores. Congratulations to the team for their outstanding efforts!



The Angmering School - Student Bulletin Week 19

Spotlight : Club of The Week

Warhammer Club in F32

Warhammer club for students up in F32. It's a lot of fun - you get to paint mini figurines and then play games on a map. The best part is that we are now linked to the Warhammer shop in Worthing town centre as a club! So, if you're interested in joining us, come on down and see what it's all about.

Morning & Lunchtime Clubs List

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Clubs (7:45am - 8:25am)				
Year 10 Football (DJE)	All Years Girls Netball (JRU/OMI/LSM)	Year 7 Football (FRA)	Year 8 Football (DJE)	All Years Boys Basketball (DJE)
Lunchtime Clubs				
Lunchtime Sports Clubs	All Years Badminton Club (SPO)	Lunchtime Sports Clubs	Lunchtime Sports Clubs	Lunchtime Sports Club
Vocalise (Singers all ages) in M1	KS3 Chess & Board Game Club in B38	Keyboard Club in M1	Music Tech & New Bands in M4	Show Band (any instrument) in M4
KS3 Chess & Board Game Club in B38	Years 7-9 Horrible History Club in F29	KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38
Making Monday in The Library	Tricky Tuesday in The Library	Year 7 and 8 Geography Club in F23	Thinking Thursday in The Library	Fun Friday in The Library
Homework Support / Computing Support in L3	Homework Support / Computing Support in L3/L22	Homework Support / Computing Support in L3	Homework Support / Computing Support in L3	Homework Support / Computing Support in L3/L22
Mathswatch Support in B25	Mandarin Club in C14	Woolly Wednesday in The Library		Mathswatch Support in B25
	'Beat it' - Fusion Drumming in M Block	KS3 Creative Media Workshop in L21		
	KS4 Book Club in E4	Mathswatch Support in B25		

The Angmering School - Student Bulletin Week 19

After School Clubs List - for fixtures please refer to the clubs list on our website or ask a PE staff member.

Monday	Tuesday	Wednesday	Thursday	Friday
After School Clubs (3:15pm - 4:15pm) * timings may differ for each club				
YR 8 BASKETBALL TRAINING FRA	KS3 GIRLS NETBALL LSM / OMI	KS3 RUGBY JMR DAT FRA	Para Sports (NWE)	
U14 GIRLS FOOTBALL JCO	Para Sports (NWE)	KS3 GIRLS RUGBY MCH	KS3 Trampolineing (SPO)	
YR 7 GIRLS BASKETBALL OMI	YR 8/9 RUGBY TRAINING JMR / DAT	CHESS CLUB ALL WELCOME GCO	CHESS CLUB ALL WELCOME GCO	
Show Band (Any Instrument) in M4	YR 7 BOYS BASKETBALL FRA / JSU	Year 11 Art Catch-Up (F34)	Year 7 Dance Club in P38	
The L&S Youth Company in P38	Dance Live Rehearsals in P38	Music Rehearsal/ Practice Space in M Block	National Connections Drama (LPE)	
All Years Boys Dance Club in P1	Year 11 Art Catch-Up (F31)	All Years Drama Club (LPE)	Year 11 Photography Catch-Up (F30)	
CHESS CLUB ALL WELCOME GCO	Music Rehearsal/ Practice Space in M Block	Verve Dance Company in P38		
KS4 ROCK CLIMBING JRU	Warhammer Club in F32	Art Club in F32		