

The Angmering School - Student Bulletin Week 29

TIMETABLE : WEEK 1

Monday 29th April

- Year 10 Mock Exams
- A Level Photography Practical Exam

Tuesday 30th April

- Year 10 Mock Exams
- A Level Photography Practical Exam

Wednesday 1st May

- Year 10 Mock Exams
- A Level Photography Practical Exam

Thursday 2nd May

- Year 10 Mock Exams

Friday 3rd May

- Year 10 Mock Exams

2:1:2 Bells for GCSE and A Level Exams

29th April 2024 - 26th June 2024

All lesson times will remain the same until the end of period 3 when it will change to:

12:40 - 13:20 lunch

13:20 - 14:15 period 4

14:15 - 15:15 period 5

Word of the Week

This week's word of the week is **cycl** meaning circle or wheel. It originates from the Greek language. Examples include **bicycle** or **cyclic** meaning occurring in cycles or regularly repeated. Can you think of other examples?

Reminder to all students about exam etiquette



- Avoid making unnecessary noise in the exam room or hallway.
- Be respectful and considerate towards those taking the exam.
- Do not disturb the exam-taking students by knocking on the door or entering the exam room.
- If you need to speak to a teacher or staff member, do so in a quiet and respectful manner.
- Remember that exam periods can be stressful for many students, so be mindful and supportive towards your peers.

Canteen Menu



<https://www.angmeringschool.co.uk/assets/Spring-Summer-2024-Portrait-Secondary-Menu-003-Bevs-version.pdf>

Lost Property



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

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Career of the Week - Soldier




You can get into being a soldier through: **an apprenticeship or applying directly**
You can apply to join the army through an HM Forces Serviceperson Level 2 Intermediate Apprenticeship. You apply directly to the army to find the best apprenticeship route for you. **This will depend on your qualifications and which service role you're interested in, for example, engineering, health or logistics.**

As a soldier, your duties will depend on your unit. You could: service and repair HGVs, Land Rovers, tanks and other armoured vehicles, refuel and re-arm combat helicopters as part of an aviation groundcrew team, set up communications links and conduct cyber warfare activities, collect and analyse military intelligence to help plan operations, support medical, veterinary or administrative services and take part in training exercises, and humanitarian and combat operations

To join the army you will need to be : aged between 16 and 36 and physically fit

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

Uniform Donations!

 If you have any old / unwanted Angmering School Uniform, we would be grateful for any donations. If all donations could be handed into the main reception from Monday-Friday 9am-3:30pm.

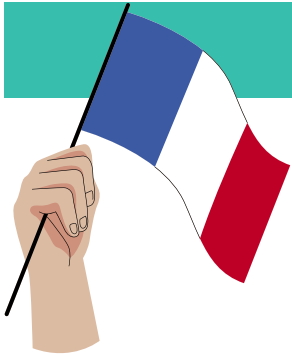
* We are in desperate need of more PE kit, again any donation is appreciated.

All donations are incredibly helpful and greatly appreciated.



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GCSE French Revision Sessions



Year 10 and Year 11 students studying French are invited to attend our GCSE French revision/booster classes in C13 on Thursday lunchtimes over the next two weeks. Our experienced teachers will be on hand to help with specific issues or core skills, vocabulary and grammar work. Join us to boost your grades and confidence in French!

The Risks of Energy Drinks from The National College

All The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open conversations with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full references on guide page at nationalcollege.com/guides/energy-drinks

#WakeUpWednesday The National College

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Recipe of The Week



Fish Goujons

Ingredients

- 1 Portion of Fish
- 1/2 Lemon
- 1 Tsp Mixed Herbs
- 1 Egg
- 2 Tsp Plain Flour
- 50g Breadcrumbs



Method

1. Preheat the oven to 200 Degrees Celsius or Gas Mark 6
2. Grease or line a baking tray
3. Cut the fish in to "finger-sized" pieces, cover and place in the fridge
4. Zest the Lemon
5. Beat the Egg in a shallow bowl. Spread the flour on a plate. Spread the breadcrumbs on a separate plate.
6. Toss each piece of fish in the flour. Then dunk in the egg and roll in the crumbs. Place on the baking sheet and continue with the remaining fish.
7. Cook the fish goujon for 10 - 15 minutes, until golden.

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Spotlight : Club of The Week

All Years Stoolball

The club of the week is the "All Years Stool Ball Club" that meets on Thursdays after school. This club is perfect for students of all ages who want to stay active and have fun playing a traditional English sport. Stool ball is similar to cricket and baseball and has been around since the 15th century.



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 10 Cricket (DJE)	Year 8 Football (DJE)	All Years Boys Basketball (DJE)
Lunchtime Clubs				
Lunchtime Sports Clubs	All Years Badminton Club (SPO)	Lunchtime Sports Clubs	All Years Basketball (Sports Hall)	KS4 Football (Sports Hall)
Vocalise (Singers all ages) in M1	All Years Basketball (Sports Hall)	Keyboard Club in M1	Music Tech & New Bands in M4	Show Band (any instrument) in M4
KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38	KS3 Chess & Board Game Club in B38
Library Clubs	Library Clubs	Library Clubs	Library Clubs	Library Clubs
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	'Beat it' - Fusion Drumming in M Block	Year 7 and 8 Geography Club in F23	KS4 GCSE French revision/booster class	Mathswatch Support in B25
	KS4 Book Club in E4	KS3 Creative Media Workshop in L21		
	Years 7-9 Horrible History Club in F29	Mathswatch Support in B25		

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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				
All Years Girls Rounders (OMI, SLU, JRU , LSM)	KS3 Cricket (DAT, FRA, JMR)	Year 7 and 8 Rugby League (JMR)	All Years Tennis (LSM)	
The L&S Youth Company in P38	Chess Club All Welcome (GCO)	KS3 Athletics	All Years Volleyball (JMR)	
All Years Boys Dance Club in P1	Year 11 Art Catch-Up (F31)	Chess Club All Welcome (GCO)	All Years Stoolball (SPO)	
Show Band (Any Instrument) in M4	Music Rehearsal/ Practice Space in M Block	Year 11 Art Catch-Up (F34)	Year 7 Dance Club in P38	
Homework Club in The Library	Warhammer Club in F32	Music Rehearsal/ Practice Space in M Block	National Connections Drama (LPE)	
	Homework Club in The Library	All Years Drama Club (LPE)	Year 11 Photography Catch-Up (F30)	
		Verve Dance Company in P38	Homework Club in The Library	
		Art Club in F32	Chess Club All Welcome (GCO)	
		Homework Club in The Library		