

**Friday 15th
March**

Dear parents/carers and students,

Following a number of reports from local drivers and pedestrians we have become very concerned for the safety of our students who cycle to and from school. It appears that a large proportion of them are doing things which place them at clear risk.

- Cycling on the road without wearing a helmet
- Riding off the pavement and onto the road without first checking for traffic
- Riding with 2 or 3 bikes side by side (making it hard for cars to pass safely)
- Riding on pavements and putting pedestrians at risk

Whilst we educate students about road and cycle safety in school we need the support of parents/carers to reinforce the message at home. Please speak to your children if they ride to school and ensure that they understand how to keep themselves and others safe.

Year 11 Mock Results

All of our Year 11 students were presented with their mock exam results during a special assembly on Wednesday. Each student received a summary of all of the grades which they would have achieved were the exams real. The hope is that those students who were pleased with their grades will now understand what worked well for them (during their preparation and when sitting the papers) and that those who were disappointed with their results will reflect on what they could do better before the real exams. It is never too late to improve your study habits and commit to excellence! Thanks to all of the staff and parents/carers who continue to support our Year 11 students at this vital time.



Finding Holiday Activities in the Angmering Area

In partnership with all of the local primary schools a site has been created to provide information for families about the activities for children which are available in the local area. On the site you will find details of the activities and contact details for the organisations who run them. The site can be found at <https://www.angmeringchildcare.com>

Reminder: School morning arrival time and gate procedure

Please may you remind your child that the front and back gates close at 8.40am as students need to allow time to be in their tutor for registration at 8.45am. Any student arriving after 8.40am will have their standards card signed.

Thanks for your continued support,

Simon Liley, Headteacher

SEN Careers Road Show

Special Educational Needs



April 18th
1:30PM - 4:30PM

Angmering School,
Station Rd, BN16 4HH



Are you aged between 15-25? Thinking about a future career?



Explore potential careers

Find out about local job opportunities

Meet with local employers



Scan for more information!

Or contact:

gbowles@theangmeringschool.co.uk

07305 918937

Student and Community News

Comic Relief

A number of our students have taken the opportunity to 'wear something red' in support of Comic Relief today and we hope that, as a school community, we can raise some funds for this excellent charity. Whether your child has chosen to wear something red today or not, please consider making a small donation via their [donation page](#).



The Angmering School Chess Tournament

The chess tournament held at Angmering School was a huge success, thanks to the efforts of Mr. Cochrane in organizing the event. Ardingly College, Dorset House School, The Angmering School and Brighton College all participated, showcasing their skills and making the event a fun and competitive one. It was great to see the school community come together and support these talented students. Here's hoping for many more successful events like this in the future!



Student Bulletin

Every Monday we send the students a newsletter which includes important weekly events and notices, sports clubs, and celebrates their achievements. Please click here to see this weeks Bulletin.

[Link to The Student Bulletin](#)

Vacancies

- Exam and Assessment Administrator - [Link to Vacancy](#)
- Casual Cleaners - [Link to Vacancy](#)
- Learning Support Assistant - [Link to Vacancy](#)

Diary Dates

- 19th March GCSE and A Level Dance Showcase
- 21st March Year 9 Legoland Trip
- 21st March Year 10 Geography GCSE Trip to London
- 26th March GCSE Dance Practical Exam
- 28th March End of Spring Term
- 29th March Ski Trip 2024
- 31st March New York Trip
- 15th April Back to School for all students
- 18th April The Angmering School/Work Aid Southern Area SEN Careers Roadshow

Parental Wellbeing and Information

Parent Workshops from CAMHS

Our colleagues in the Child and Adolescent Mental Health Service (CAMHS) have produced a series of pre-recorded webinars for parent and carers. The topics cover a range of difficulties that young people may be experiencing.

Each workshop gives an overview of a specific difficulty and also some hints and tips on how young people can be supported. There are also links to some resources that you may find helpful, either while you are waiting for CAMHS treatment, or as an alternative to CAMHS.

<https://www.sussexcamhs.nhs.uk/resources/resources-for-families-carers-and-professionals/parent-and-carer-workshops?open=15829#single-accordion-15829>

West Sussex Mind online event

This online event led by West Sussex Mind will cover various topics related to youth self-harm, including identifying warning signs, effective communication strategies, and available resources for support. Our experienced professionals will lead the session, offering insights and practical advice to help you navigate this challenging situation.

By attending this session, you'll gain a better understanding of youth self-harm and learn how to provide the necessary support to your child or the young person you care for. It's a great opportunity to connect with other parents or carers who are facing similar concerns.

<https://www.eventbrite.co.uk/e/free-online-session-for-parents-or-carers-concerned-about-youth-self-harm-tickets-795205670567?aff=oddtcreator>

BBC Sussex Raising Teens

A number of West Sussex colleagues from both the SEND and Inclusion Service and Public Health have been involved in the latest series of Raising Teens on BBC Radio Sussex, as part of a project by Make Good Trouble. <https://www.makegoodtrouble.co.uk/our-work/raising-teens/raising-teens-series-five/>

The series is aimed at parents of teenagers, but is an excellent source for anyone supporting this cohort of young people. The topics covered this series are:

- Accessing Mental Health Services
- Supporting Adolescent Trauma
- Eating Disorders
- From Teen to Adult
- Neurodiversity in Teens
- School Support for Mental Health



SEND and Inclusion Service

Youth Voice Groups for Young people with SEND

scan me



Young Voices Inclusive and accessible youth voice

Young Voices is about young people having a say. We work with children and young people with Special Educational Needs and Disabilities (SEND) aged 12 to 25. We support young people to work with services as 'experts by experience' on disability and additional needs. We have fun and facilitate trips and social opportunities.

- Do you live in and/or go to school/college in West Sussex?
- Are you aged up to 25?
- Do you have an additional need, disability and/or neurodiversity?

If the answer is yes, then Young Voices is for you! Find out more

Not sure? Get in touch. We're always happy answer your questions.



youngvoices@westsussex.gov.uk
or
voicew@westsussex.gov.uk



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.



Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

- 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 YouTuber, 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.

*With thanks to students at Stewards Academy and Ark Globe Academy

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](https://www.place2be.org.uk/help) for more advice



Key Contacts for parents/carers

Key Contact	Email Addresses	Phone Numbers
Year 7 Key Contacts		
Miss Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Miss Pegden (Head of Year 7)	npegden@theangmeringschool.co.uk	(01903) 778317
Mrs Ford (Student Support)	sford@theangmeringschool.co.uk	(01903) 778260
Year 8 Key Contacts		
Miss Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Mrs Wyatt (Head of Year 8)	swyatt@theangmeringschool.co.uk	(01903) 778303
Mrs Ford (Student Support)	sford@theangmeringschool.co.uk	(01903) 778260
Year 9 Key Contacts		
Miss Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Mrs Fillery (Head of Year 9)	jfillery@theangmeringschool.co.uk	(01903) 778311
Mrs Ford (Student Support)	sford@theangmeringschool.co.uk	(01903) 778260
Year 10 Key Contacts		
Miss Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Mrs Hook (Head of Year 10)	lhook@theangmeringschool.co.uk	(01903) 778338
Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk	(01903) 778389
Year 11 Key Contacts		
Mrs Jones (Attendance Officer)	ljones@theangmeringschool.co.uk	(01903) 778323
Mr Middleton (Head of Year 11)	mmiddleton@theangmeringschool.co.uk	(01903) 778339
Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk	(01903) 778389

Key Contacts for parents/carers

Sixth Form Key Contacts

Sixth Form	Mr Kerrison (Leader of VI Form) Mrs Carroll (VI Form Admin) Emily Davies (VI Pastoral Coordinator)	akerrison@theangmeringschool.co.uk pcarroll@theangmeringschool.co.uk edavies@theangmeringschool.co.uk	(01903) 778356 (01903) 778391 (01903) 778394
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Absence Reporting Via Text Messaging - 07860054571

The Angmering School Attendance Overview



UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfoc>.