

**Friday 19th  
April**

Dear parents/carers and students,

Welcome back to the new term and to some Summer weather (for the time being anyway). It was great to welcome all of our staff and students back on Monday and to hear about all of their adventures over the Easter holidays. The vast majority of students have come back in a really positive way and we thank you for your support from home which helps this happen!

### **They got over the finish line!**

Huge congratulations to Mrs Sykes and Mrs Searle who completed the Brighton Marathon during the break, raising just over £3100 for the Lavinia Norfolk Trust in the process. The money will help to support the annual trip to the Stoke Mandeville Games where our students will be able to compete against the best para-athletes from across the country. It is a fabulous experience for those lucky enough to go. Massive thanks to Mrs Sykes and Mrs Searle for their amazing efforts! (Thanks to all of you who sponsored them too!)



### **West Sussex County Council Fostering Appeal (sent on behalf of WSCC)**

Every child needs a family. Do you have space in yours?

The West Sussex County Council Fostering team has asked us to share with you an urgent appeal to anyone considering becoming a Foster Carer. Every child deserves to have a safe and loving home, where they can experience all that life has to offer; where they can learn, develop independence, and fulfil their potential. While the children that West Sussex County Council cares for are all in safe accommodation, a number are living a significant distance from their school and their friends. These children are waiting to find a local foster family – someone like you, who can guide them through this important and uncertain time in their lives. In return, Foster Carers for West Sussex County Council receive comprehensive training, ongoing professional support and a competitive financial package of up to £30,3100 a year (per child). For a flavour of the impact you could have on a young person's life, watch this video from Foster Carer, James. Or for more information, please visit the Fostering West Sussex website.

[Please click here to find out more.](#)

### **Forest Schools - can you help with any equipment?**

We will be running Forest School sessions with a group of year 7s in the summer term. As this is a new Forest School site, we would really welcome donations for any of the following:

ropes, tarpaulins, log seats (tree stumps), kneeling mats, gardening gloves, buckets, washing up bowls, old raincoats, firewood, bow saws, hand drills, trowels, old white bed sheets and fire gloves

If you have anything that you could donate, please email Mr Rawlings at [mrawlings@theangmeringschool.co.uk](mailto:mrawlings@theangmeringschool.co.uk).

### 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.

There is no INSET day or staggered start after the Easter break so all students return to school on Monday 15th April.

### First Angmering trip to the Big Apple!

Over the Easter break a group of 37 students and staff embarked on our very first school trip to New York! The trip was the brainchild of Miss Cox who has been organising this adventure for the last two years and was delighted to finally make the trip. The students and staff had a packed 4 days 'stateside' and enjoyed the sights, sounds and smells of New York in all its glory. They had a poignant visit to the 9/11 Memorial Museum, took a boat trip past the Statue of Liberty, took in the magnificence of Grand Central Station and walked along the 'Highline' by the Hudson River. There may have been a little shopping involved too! The students were brilliant throughout the trip and showed high levels of maturity and independence. Huge thanks to all of the staff for giving of their time and energy to make the trip such a success.



### Reaching the heights in Italy

Whilst some students were in New York we had a separate group on our annual ski trip. This year the group were in Italy, enjoying the pasta and pistes. The group consisted of a number of absolute beginners and some who had skied before (including staff in both groups) and all enjoyed a huge amount of snow on which to perfect their skiing skills.

The staff were really proud of the effort and resilience shown by the students; getting up, brushing themselves off and going again without fuss or moans. Everyone had a fantastic week and the joy of receiving their medals at the end of the week was tangible. Thanks to all of the staff for their hard work planning and running the trip.



**Thanks for your continued support,**



Simon Liley, Headteacher

# Student and Community News

## National Theatre project - what a performance!

In the Autumn term last year our Drama department were invited by the National Theatre to take part in a project which brought together groups of performers from schools across the country to showcase their talents and get feedback from professionals. The finale of the project was a full performance of their piece at a theatre in Tunbridge Wells on Wednesday. The reviews of the Angmering performance were incredibly positive and many staff from other schools went out of their way to praise our students for both their acting skill and their maturity and kindness throughout the day. Mr Pearson and the Drama department were incredibly proud.

The amazing cast of students included: Abbie Chilvers, Liam Gallacher, Benjamin Goodchild, Riley Hunt, Sam Jolly, Libby Miller, Jayden Nguyen, Thomas Redgrave, Isabella Suckling, Ellie Suggett, Emilia Toms-Parr and Katie Webb.

Particular thanks go to Isabella Suckling who was drafted in with 24 hours before curtain up and had to learn all of her lines and rehearse before the performance. Amazing!

## Good luck Worthing Rugby U15s!

We would all like to wish Charlie Boughton-Leigh, Charlie Collins, Charlie Oakford, Ewan Rowling and Joe Wood (all Year 10 students) the best of luck when they play for Worthing Rugby Club against Pulborough RFC in the county league final this Sunday. Let's hope they can bring some silverware back to Worthing!

## 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

## Diary Dates

- 29th April Y10 Mock Exams (2:1:2 Bells)
- 6th May Early May Bank Holiday
- 8th May Y6 Enrichment Evening 1
- 9th May Y9 Vaccination Programme
- 27th May Half Term
- 3rd June Back to School
- 3rd June Y12 Mock Exams
- 3rd June Y9 Exam Week
- 6th June Y6 Enrichment Evening 2

### 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

At 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](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

### 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

### 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

### 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

### 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

### 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

### 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

### 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

### 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

### 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

### 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gilbert – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Peristone Grammar School.



# Key Contacts for parents/carers

Key Contact	Email Addresses	Phone Numbers
<b>Year 7 Key Contacts</b>		
Miss Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Miss Pegden (Head of Year 7)	<a href="mailto:npegden@theangmeringschool.co.uk">npegden@theangmeringschool.co.uk</a>	(01903) 778317
Mrs Ford (Student Support)	<a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 772351 (Extension 260)
<b>Year 8 Key Contacts</b>		
Miss Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Mrs Wyatt (Head of Year 8)	<a href="mailto:swyatt@theangmeringschool.co.uk">swyatt@theangmeringschool.co.uk</a>	(01903) 778303
Mrs Ford (Student Support)	<a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 772351 (Extension 260)
<b>Year 9 Key Contacts</b>		
Miss Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Mrs Fillery (Head of Year 9)	<a href="mailto:jfillery@theangmeringschool.co.uk">jfillery@theangmeringschool.co.uk</a>	(01903) 778311
Mrs Ford (Student Support)	<a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 772351 (Extension 260)
<b>Year 10 Key Contacts</b>		
Miss Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Mrs Hook (Head of Year 10)	<a href="mailto:lhook@theangmeringschool.co.uk">lhook@theangmeringschool.co.uk</a>	(01903) 778338
Mrs O'Hare (Student Support)	<a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a>	(01903) 778389
<b>Year 11 Key Contacts</b>		
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Mr Middleton (Head of Year 11)	<a href="mailto:mmiddleton@theangmeringschool.co.uk">mmiddleton@theangmeringschool.co.uk</a>	(01903) 778339
Mrs O'Hare (Student Support)	<a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a>	(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)	<a href="mailto:akerrison@theangmeringschool.co.uk">akerrison@theangmeringschool.co.uk</a> <a href="mailto:pcarroll@theangmeringschool.co.uk">pcarroll@theangmeringschool.co.uk</a> <a href="mailto:edavies@theangmeringschool.co.uk">edavies@theangmeringschool.co.uk</a>	(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/minfec>.