

**Friday 24th  
January**

Dear parents/carers and students,

### **Year 9 Options Information Evening**

We are pleased to invite all Year 9 students and their parents/carers to our Options Information Evening on Wednesday 29th January. The event will take place in the Canteen from 5 pm until 7 pm.

Representatives from all of our subject areas will be there, together with information about Sixth Form and College options. The event runs as a 'marketplace' for all of the subjects and there is no need to make appointments. We will look forward to seeing you there.

### **Think Pharmacy First**

Most pharmacies in England are now providing the NHS Pharmacy First service which allows pharmacists to provide advice and where appropriate, supply NHS medicines for the following conditions:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Sore throats (aged 5 years and over)
- Urinary tract infections (UTIs) in women (aged 16 to 64 years)

If you have symptoms that suggest you may have one of these conditions, you can walk into a pharmacy and be offered a consultation with a pharmacist in a private consultation room.

Your GP surgery may also refer you to the service if you contact them but they believe it is appropriate for you to be seen by a pharmacist. If you have symptoms that suggest you have one of the above conditions, why not give the Pharmacy First service a try?

For more information, visit [nhs.uk/thinkpharmacyfirst](https://nhs.uk/thinkpharmacyfirst)



### Potential Funds from Tesco

#### Please give us your votes!

We are delighted that we have been successful and our project has been chosen to be put forward to a **customer vote** in Tesco stores.

The project with the highest number of votes across our local area will receive £1,500, the second placed project £1,000 and the third placed project £500. Any of these amounts will be a huge benefit and we would be very grateful for the assistance.

The stores taking part in the voting on our **Wellbeing Outdoor Activities project** are listed below:

- Littlehampton Finisterre Express Express BN17 6RA
- Littlehampton Superstore BN17 5RA
- Rustington Express Express BN16 3DR

#### What happens next?

You can vote after making a purchase in a Tesco store, where you will be given **one token per transaction**. These should be placed in the boxes at the store entrance supporting the project. Voting will commence in store from Mid-January 2025 until the end of March 2025.

**Thanks in advance for your votes!**

# Stronger Starts



### Consultation Evenings

Many thanks to all of those parents/carers of Year 9 students who attended the recent Consultation Evening. The event was very positive and many parents/carers and staff have told me how helpful and supportive it was to hold those conversations at this critical time for our Year 9 students.

We have further **Consultation Evenings** for Year 7 and Sixth Form this term:

- **Sixth Form** on 13th February
- **Year 7** on 25th February (with a 13:35 finish for all students)

### School Phone Line for Student Absences

In order to simplify the process of notifying the school when your child is too ill to attend, we have now amalgamated all of the year groups onto one central phone number. Please call the main reception number (01903 772351) for all absences. You will then be asked to **dial '1' to report absences** for Years 7-11 or **'6'** to report absences in the Sixth Form. Many thanks.

Absence must be reported for each day of absence.

Alternatively you can report your child's absence via our designed text number to 07860054571

### Contacts for enquiries relating to absence

Year Group	Year Team Assistant	Direct Dial Numbers	Extension Numbers
Years 7, 8 and 9	Ms Lisa Jones	Tel 778323	323
Years 10 and 11	Mrs Sarah Silva	Tel 778331	331
Years 12 and 13	Mrs Pauline Carroll	Tel 778391	391

### Walking, Talking Mocks (Year 11)

I would just like to remind you all that the Walking, Talking Mocks continue apace. They take place after school and provide an excellent opportunity for students to learn more about excellent exam technique and core subject content. These are open to all Year 11 students and the schedule has been shared with them all (and can be seen below). Please encourage your children to attend. They are really powerful sessions.

#### REMAINING YEAR 11 WALKING TALKING MOCK SCHEDULE 2025

ENGLISH	WEDNESDAY	29 JANUARY		ENGLISH	WEDNESDAY	26 MARCH
MATHS	THURSDAY	27 FEBRUARY		SCIENCE	THURSDAY	3 APRIL
ENGLISH	WEDNESDAY	5 MARCH		MATHS	THURSDAY	25 APRIL
SCIENCE	THURSDAY	13 MARCH		SCIENCE	THURSDAY	1 MAY
MATHS	THURSDAY	20 MARCH		ENGLISH	THURSDAY	7 MAY

### Please drive and park considerately when dropping off or picking up children

We have had a number of concerned residents contacting us since the start of term to ask that we remind parents/carers about the need to drive and park considerately when dropping off and picking up children. In particular we would ask that you avoid blocking driveways, which may prevent residents from entering or leaving their homes. It has also been noticed that parents/carers are not observing the Keep Clear markings at the main entrance; the area is therefore being patrolled by Arun Parking Enforcement Team because of their concern for pedestrian safety. Many thanks for your consideration.

Thanks for your continued support,



Simon Liley, Headteacher

## Sporting Achievements

Our Alumni news goes to Toby Collyer who is having a great breakthrough season at Manchester United.

In his first 45 minutes of his Premier League debut Toby produced a stellar performance with 3 tackles won, 3 recoveries made, 1 chance created, 7/7 duels won, 100% successful dribbles.

Over the past few games Toby has contributed to the teams success whilst playing a key role which has allowed him to reap the praises of several other players.

In his most recent performance vs Southampton, Toby continued his fine form as he won 100% of his tackles and completed 95% of his passes as Manchester United came from behind to win 3-1!

Next up, Toby will look to be involved again as he faces his former club BHAFC in which he was an academy player there during his time at Angmering.



# Student and Community News

## Exam Certificates Summer 2024

We are pleased to inform you that the summer 2024 exam certificates are now available for collection.

Collection Details:

Location: Main Reception, The Angmering School

Collection Dates/Times: Monday to Friday, 9:00 AM – 3:30 PM

Required Identification: Please ensure you bring valid identification when collecting your certificates. Without it, we will not be able to release them.

If you are unable to collect your certificates in person, or if you would like to nominate someone to collect them on your behalf, please contact [dbrown@theangmeringschool.co.uk](mailto:dbrown@theangmeringschool.co.uk) to arrange this.

Should you have any further questions, please don't hesitate to get in touch.

SUMMER EXAM  
CERTIFICATES NOW  
AVAILABLE FOR  
COLLECTION

## 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

- **Premises Officer**
- **Male Teacher of PE**

## Diary Dates

- 27/01/2025 INSET Day - school closed to students
- 29/01/2025 Y9 Options Evening, 5pm to 7pm - no booking required!
- 03/02/2025 - 15/02/2025 Y11 Mock Exams
- 05/02/2025 Dance Live! 2025
- 06/02/2025 - 08/02/2025 CERN Geneva Trip - Science Y10&12/13
- 13/02/2025 6th Form Consultation Evening
- 17/02/2025 - 21/02/2025 Half-Term Week
- 25/02/2025 Y7 Consultation Evening - early close of 1.35pm

# Key Contacts for parents/carers

Key Contact	Email Addresses	Phone Numbers
<b>Year 7 Key Contacts</b>		
Mrs Jones (Attendance Officer)	<a href="mailto:ljones@theangmeringschool.co.uk">ljones@theangmeringschool.co.uk</a>	(01903) 778323
Miss Pegden (Head of Year 7)	<a href="mailto:npegden@theangmeringschool.co.uk">npegden@theangmeringschool.co.uk</a>	(01903) 778317
Mrs Ford (Student Support) & Mrs O'Hare (Student Support)	<a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a> <a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a>	(01903) 778341 (01903) 778389
<b>Year 8 Key Contacts</b>		
Mrs Jones (Attendance Officer)	<a href="mailto:ljones@theangmeringschool.co.uk">ljones@theangmeringschool.co.uk</a>	(01903) 778323
Mr Middleton (Head of Year 8)	<a href="mailto:mmiddleton@theangmeringschool.co.uk">mmiddleton@theangmeringschool.co.uk</a>	(01903) 778339
Mrs Ford (Student Support)	<a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 778341
<b>Year 9 Key Contacts</b>		
Mrs Jones (Attendance Officer)	<a href="mailto:ljones@theangmeringschool.co.uk">ljones@theangmeringschool.co.uk</a>	(01903) 778323
Mrs Wyatt (Head of Year 9)	<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) 772341
<b>Year 10 Key Contacts</b>		
Mrs Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Mrs Fillery (Head of Year 10)	<a href="mailto:jfillery@theangmeringschool.co.uk">jfillery@theangmeringschool.co.uk</a>	(01903) 778311
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>		
Mrs Silva (Attendance Officer)	<a href="mailto:ssilva@theangmeringschool.co.uk">ssilva@theangmeringschool.co.uk</a>	(01903) 778331
Mrs Hook (Head of Year 11)	<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

# Key Contacts for parents/carers

## Sixth Form Key Contacts

Sixth Form	Mrs Knox (Leader of VI Form) Mrs Carroll (VI Form Admin) Emily Davies (VI Pastoral Coordinator)	<a href="mailto:hknox@theangmeringschool.co.uk">hknox@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

[Should my child go to School today?](#)




## 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>.

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# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

## WHAT ARE THE RISKS?

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College