

**Friday 26th
April**

Dear parents/carers and students,

This has been a momentous couple of weeks for the Year 11 and Year 13 students as the external GCSE and A Level exams have now started. The first few exams, as happens each year, are focussed around creative and practical subjects. Over the next few weeks the other subjects' exams will start too. Year 11 will have normal timetabled lessons up to (and including) on 24th May; after the half term break they will only be expected to attend for their exams.

We appreciate that this can be a busy and stressful time for students and their families and hope that you won't hesitate to contact staff if you need advice or support through the exam period.

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.

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

Student and Community News

Amazing Careers Roadshow!

On Thursday 18th April, The Angmering School hosted the SEN Careers Roadshow, in partnership with The Aldingbourne Trust. The event was a great success, with students from Year 10's Food Tech class catering for all stall holders. The food was delicious and received high praise from all attendees.

The SEN Careers Roadshow was an opportunity for students with special educational needs to explore career options and meet with employers. The event had a great turnout, and students were able to speak with a range of employers from different industries and sectors.

The event was hosted by Mr Bowles, who did an excellent job of ensuring everything ran smoothly. The Angmering School is proud to have been able to host such a valuable event, and we hope that it helped to inspire and inform our students about their future career options.



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-890197232887?aff=erelexpmlt&gl=1*10fobvb*_up*MQ..*_ga*ODAzNzc2NTk3LjE3MTQxMTcxMDE.*_ga_TQVES5V6SH*MTcxNDExNzEwMS4xLjAuMTcxNDExNzEwMS4wLjAuMA..

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.

What Parents & Educators Need to Know about **ENERGY DRINKS**

WHAT ARE THE RISKS?

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.

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 communication 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 Washingborough 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.



#WakeUpWednesday

The National College®

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

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) 772351 (Extension 260)
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) 772351 (Extension 260)
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) 772351 (Extension 260)
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/minfec>.