

**Friday 26th
January**

Dear parents/carers and students,

It has been another really positive week in school, the weather has started to warm up a little (at least for now) and we had the pleasure of welcoming Year 9 students and their families to their first face to face consultation evening. Year 11 are continuing to prepare for their second series of mock exams, which start straight after the half term break, and are working really well in lessons across the school. The days seem to be getting slightly longer and we are really into the swing of the Spring term now.

Year 9 Consultation Evening (and Options)

Many thanks to all of our students and their families who attended the Year 9 Consultation Evening on Wednesday. It is obviously an important term for students in Year 9 as they make their choices for their (optional) GCSE and BTEC courses. I hope that all of the conversations on Wednesday gave you a clear picture of your child's progress, what they are doing well and where they may be able to improve. Understanding these things is key to supporting them to make the right decisions during the Options process. As we continue through the process please do not hesitate to contact tutors, teachers or members of the pastoral team for any help or guidance you need.

We are looking forward to seeing you all again for the Key Stage 4 Options Information Evening on 31st January (5pm to 7pm). This is a chance to explore all of the courses available to your child and speak to the full range of specialist teachers who deliver them.

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>

The 100 Club in support of the Lavinia Norfolk Charitable Trust

The LNC Trust raises funds to support the extra curricular activities enjoyed by so many of the students with physical disabilities, hearing impairment or visual impairment. The Trust is run entirely by volunteers and relies on fundraising and the generosity of the local community to continue their excellent work. Their latest fundraising plan is the introduction of a '100 Club'. The idea is that 100 members each pay in £10 per month to a pot and then each month a draw takes place to award cash prizes to randomly selected members of the club (with the Trust receiving a small guaranteed income from the pot also). If you are interested in being in the '100 Club' please contact Judy Murton via jmurton@theangmeringschool.co.uk

Please park considerately when collecting your children

Whilst we understand that it can be difficult to find a suitable space to park your car near to the school when collecting your child, please remember to be considerate of local residents at all times. In particular please refrain from:

- Blocking driveways
- Leaving your engine running for extended periods of time
- Parking on the pavement (and blocking access for pushchairs/wheelchairs)

We have received a number of messages from upset locals and your support is greatly appreciated by all of our local residents. Thank you.

[Operation Crackdown](#) is a joint initiative run by the SSRP and Sussex Police which gives the Sussex community an opportunity to report specific instances of anti-social driving/riding as well as any abandoned vehicles left on the roads.

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

Recent Sporting Success

The Yr8 Girls Netball team has done an excellent job once again by securing another win in the District, this time against Bohunt. Congratulations to the team for their hard work and effort!

The Yr7 Girls Indoor athletics team has done an amazing job by finishing 3rd in the District Finals. The event was a combination of track and field events, and the team did exceptionally well in both categories, achieving some fantastic scores. Congratulations to the team for their outstanding efforts!



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

- No current vacancies

Diary Dates

- 31st January Y9 KS4 Options Evening
- 1st February CERN Geneva Trip
- 2nd February Yr10 & Yr12 Oxford St John's College Trip
- 5th February Science Live Trip
- 6th February Dance Live
- 8th February 6th Form Consultation Evening
- 12th February - 16th February Half Term
- 19th February **INSET Day**
- 20th February Y11 Mock Exams

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

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 & Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk sford@theangmeringschool.co.uk	(01903) 778389
Year 8 Key Contacts		
Mrs Boakes (Attendance Officer)	kboakes@theangmeringschool.co.uk	(01903) 778354
Mrs Wyatt (Head of Year 8)	swyatt@theangmeringschool.co.uk	(01903) 778303
Mrs Ford & Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk sford@theangmeringschool.co.uk	(01903) 778389
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 & Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk sford@theangmeringschool.co.uk	(01903) 778389
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 Wilson (Student Support)	lwilson@theangmeringschool.co.uk	(01903) 778341
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 Wilson (Student Support)	lwilson@theangmeringschool.co.uk	(01903) 778341

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>.