

**Friday 2nd  
February**

Dear parents/carers and students,

With one more week of school before the half term break it feels like we are really getting into our stride this term. The Year 9 Consultation Evening and Key Stage 4 Information Evening were both excellent and it has been lovely to see parents and carers face to face. Year 11 are in the throws of preparing for their second series of mock exams which start immediately after the half term break. On that note, please remember that Monday 19th February is an INSET day and students will return on Tuesday 20th February.

### **Year 9 - Key Stage 4 Information Evening**

Thank you to all of our students and their families who came out on Wednesday evening to attend the Key Stage 4 Information Evening (Options Evening). The event was really well attended and it was great to see so many of the year group there. Feedback from both parents/carers and staff was very positive and there were certainly huge numbers of positive conversations about the variety of options available.

The Options Forms will be shared with students via the BromCom App today and they have until Friday 9th February to make their choices. It is really important that if they have outstanding questions about courses they seek out teachers over the next week to get answers. All of our staff are extremely helpful and want to support students in making the best choices.

### **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](mailto:jmurton@theangmeringschool.co.uk)

### **Childcare Choices & Tax Free Childcare**

Please see the attached links to Childcare Choices and Gov.uk's Tax-Free Childcare <https://www.childcarechoices.gov.uk/>

<https://www.westsussex.gov.uk/education-children-and-families/childcare-and-early-education/childcare-options-and-funding/childcare-options/>

<https://www.gov.uk/get-tax-free-childcare>

### 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

## Geneva CERN Trip

On February 1st, our students traveled to Geneva to visit CERN, a world-renowned scientific research center. During their visit, they had the opportunity to explore other significant landmarks in the area, such as the United Nations and the Broken Chair.

They even flew right over The Angmering School on their flight to Geneva!

Overall, the trip was a fantastic experience for our students, providing them with an opportunity to witness some of the most fascinating scientific advancements of our time and explore the rich cultural heritage of Geneva.



## 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

- Safeguarding Officer - [Link to Vacancy](#)

## Diary Dates

- 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
- 20th February Bells change to 2:1:2
- 22nd February New York Trip Parents Meeting
- 23rd February Y8 HPV Vaccination
- 27th February Y7 Consultation Evening

### 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
<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 & Mrs O'Hare (Student Support)	<a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a> <a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 778389
<b>Year 8 Key Contacts</b>		
Mrs Boakes (Attendance Officer)	<a href="mailto:kboakes@theangmeringschool.co.uk">kboakes@theangmeringschool.co.uk</a>	(01903) 778354
Mrs Wyatt (Head of Year 8)	<a href="mailto:swyatt@theangmeringschool.co.uk">swyatt@theangmeringschool.co.uk</a>	(01903) 778303
Mrs Ford & Mrs O'Hare (Student Support)	<a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a> <a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 778389
<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 & Mrs O'Hare (Student Support)	<a href="mailto:dohare@theangmeringschool.co.uk">dohare@theangmeringschool.co.uk</a> <a href="mailto:sford@theangmeringschool.co.uk">sford@theangmeringschool.co.uk</a>	(01903) 778389
<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 Wilson (Student Support)	<a href="mailto:lwilson@theangmeringschool.co.uk">lwilson@theangmeringschool.co.uk</a>	(01903) 778341
<b>Year 11 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 11)	<a href="mailto:mmiddleton@theangmeringschool.co.uk">mmiddleton@theangmeringschool.co.uk</a>	(01903) 778339
Mrs Wilson (Student Support)	<a href="mailto:lwilson@theangmeringschool.co.uk">lwilson@theangmeringschool.co.uk</a>	(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)	<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>.