

**Friday 17th  
January**

Dear parents/carers and students,

The first item of information has been provided by the NHS to all schools and community groups. Please read this carefully and consider using your local pharmacy if appropriate:

### **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 have submitted a request for funding from Tesco 'Stronger Starts' Team to improve the outdoor area, increase the planting on our smallholding and develop the outdoor learning space for all of our students.

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 Evening

Many thanks to all of those parents/carers of Year 11 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 11 students.

We have further **Consultation Evenings** for Years 7, 9 and Sixth Form this term:

- **Year 9** on 22nd January (with a separate Options Information Evening on 29th January, 5-7pm)
- **Sixth Form** on 13th February
- **Year 7** on 25th February

Thank you in advance for your attendance and support for these important events. Please remember that school finishes for all students at 13:35 on days when we have Consultation Evenings.

### Get into Teaching - a chance to find out more

In partnership with the South Downs SCITT we are delighted to be hosting an event on 23rd January which provides an opportunity for anyone to find out more about routes into the teaching profession.

If you are interested in finding out more about the progression routes, benefits, requirements and challenges of training to teach please use the QR code on the flyer to register your interest.

There is no commitment other than your willingness to attend the session and explore the many amazing opportunities within the profession.



### 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

			<b>MATHS</b>	THURSDAY	20 MARCH
<b>SCIENCE</b>	THURSDAY	23 JANUARY	<b>ENGLISH</b>	WEDNESDAY	26 MARCH
<b>ENGLISH</b>	WEDNESDAY	29 JANUARY	<b>SCIENCE</b>	THURSDAY	3 APRIL
<b>MATHS</b>	THURSDAY	27 FEBRUARY	<b>MATHS</b>	THURSDAY	25 APRIL
<b>ENGLISH</b>	WEDNESDAY	5 MARCH	<b>SCIENCE</b>	THURSDAY	1 MAY
<b>SCIENCE</b>	THURSDAY	13 MARCH	<b>ENGLISH</b>	WEDNESDAY	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

# 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](#)

## Diary Dates

- 22/01/2025 Y9 Consultation Evening - early close of 1.35pm
- 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

# TIKTOK



## WHAT ARE THE RISKS?

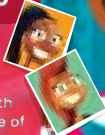
Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

## AGE-INAPPROPRIATE CONTENT



While TikTok's Following feed only displays videos from familiar creators, for You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

## BODY IMAGE AND DANGEROUS CHALLENGES



According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming, and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## IN-APP SPENDING



TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

## CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables *anyone* to download or comment on them.

## MISINFORMATION AND RADICALISATION



Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

## ADDICTIVE DESIGN



With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app; that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

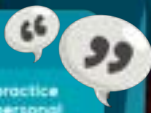
## Advice for Parents & Educators

### ENABLE FAMILY PAIRING



Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS



If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING



If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS



If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

## Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

