

**Friday 31st
January**

Dear parents/carers and students,

Rail Safety

We have had a number of recent reports of students 'racing' the level crossing barrier at East Preston. On one occasion two students were seen ducking under the barrier (when it was only a few feet from the floor) and then walking across the tracks. We cannot emphasise enough how dangerous this is.

Every year people lose their lives or are seriously injured because they take risks when crossing railway lines. None of us ever want this to happen to a member of our community.

Key points for safety near railway lines:

1. Concentrate – it's easy to get distracted, especially by phones, music and conversation
2. Stop, look and listen. Follow signs and instructions. Never be tempted to cross when the lights are flashing.
3. Check both ways before crossing – if there is a train coming, don't cross
4. Understand the warnings (lights, barriers, alarms)
5. Cross quickly, keeping children close and dogs on a lead

If you would like further advice and guidance please click on the link below:

[Level Crossing Safety Guide](#)

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!**

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



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

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

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

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

Dance Live 2025

Good luck to our team who are competing in the Dance Live! event on Wednesday 5th February in Portsmouth. We can't wait to hear how you all get on!





FIRST AID, CPR & DEFIBRILLATOR TRAINING



**Come along to this FREE session and
learn how to save a life!**

PLUS: Learn how to give CPR and correctly use a defibrillator

**Saturday 8 March 2025
St. Margaret's Church Hall
10:00 – 11:30**

Places are limited and fill up quickly so book your place now
(contact Angmering Parish Council details below)



Get trained. Save a life. You'll be glad you did.

Angmering Parish Council

Tel: 01903 772124 Email: admin@angmering-pc.gov.uk

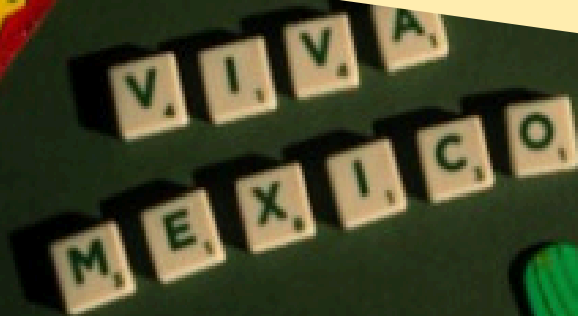
The Corner House, The Square, Angmering, West Sussex, BN16 4EA

We are also seeking donations for our prize hamper!

If you are able to donate a prize, or know of a business that may be interested in contributing, we would be grateful for your support. Please feel free to email us at

office@theangmeringschool.co.uk or drop your donation off at our main reception.

Thank you for your generosity!

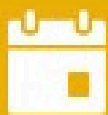


Nacho Average Quiz

Join us for a fun quiz night with Mexican themed food, nachos and friends!

Join Us for a Fun-Filled Evening of Trivia and Tacos!

£10 per person to enter the quiz - **Free food for participants**



Date: Feb 26th 2025



Time:

Doors open 6:30pm



Address:

The Angmering School
Station Road



Open to Teachers, Parents, Friends and Family

Tickets can be purchased Via **ParentPay**

Or emailing Lhook@theangmeringschool.co.uk

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 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

- Male Teacher of PE
- Teacher of Geography

Diary Dates

- 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
- 26/02/2025 Quiz Night!
- 06/03/2025 Music Mania Performance
- 10/03/2025 - 21/03/2025 Y13 Mock Exams

Key Contacts for parents/carers

Key Contact	Email Addresses	Phone Numbers
Year 7 Key Contacts		
Mrs Jones (Attendance Officer)	ljones@theangmeringschool.co.uk	(01903) 778323
Miss Pegden (Head of Year 7)	npegden@theangmeringschool.co.uk	(01903) 778317
Mrs Ford (Student Support) & Mrs O'Hare (Student Support)	sford@theangmeringschool.co.uk dohare@theangmeringschool.co.uk	(01903) 778341 (01903) 778389
Year 8 Key Contacts		
Mrs Jones (Attendance Officer)	ljones@theangmeringschool.co.uk	(01903) 778323
Mr Middleton (Head of Year 8)	mmiddleton@theangmeringschool.co.uk	(01903) 778339
Mrs Ford (Student Support)	sford@theangmeringschool.co.uk	(01903) 778341
Year 9 Key Contacts		
Mrs Jones (Attendance Officer)	ljones@theangmeringschool.co.uk	(01903) 778323
Mrs Wyatt (Head of Year 9)	swyatt@theangmeringschool.co.uk	(01903) 778303
Mrs Ford (Student Support)	sford@theangmeringschool.co.uk	(01903) 778341
Year 10 Key Contacts		
Mrs Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Mrs Fillery (Head of Year 10)	jfillery@theangmeringschool.co.uk	(01903) 778311
Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk	(01903) 778389
Year 11 Key Contacts		
Mrs Silva (Attendance Officer)	ssilva@theangmeringschool.co.uk	(01903) 778331
Mrs Hook (Head of Year 11)	lhook@theangmeringschool.co.uk	(01903) 778338
Mrs O'Hare (Student Support)	dohare@theangmeringschool.co.uk	(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)	hknox@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

[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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10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College®