SPRING 2020 (ISSUE 1)

Newsletter

Always Pursue Excellence
semper ad excellentiam contende

SOUTH DOWNS EDUCATION TRUST

100% RECYCLED PAPER

Duke of Edinburgh's Award

Page 14-15

Drama, Music and Dance

Preparations underway for our big show!

PE Department

County Cup Footballers reach last eight finish.

INSIDE - News - Events - Tweets - Sporting and Academic Success... and much more

Message from the Headteacher

As we approach the half way point for the academic year, I am delighted to present the first 2020 issue of our Worthing High Newsletter. Since making the decision to produce the newsletter every half term, we are now able to capture the incredible events and achievements of all of our students on a more regular basis.
I am delighted to announce that we have appointed our New Head Boy and Head Girl and Deputy Head Boy and Deputy Head Girl for 20/21. Tom, Sasha, Jamie and Lottie had to go through a very thorough and demanding interview process. I can honestly say it was one of the hardest decisions myself and other colleagues have had to make. Needless to say, the calibre of the candidates continues to grow and I want to also commend all of our Year 10 students who put their names forward. They all prepared amazing well for the interview process. They and their parents/carers should feel very proud of what they achieved.
Students and staff wellbeing continues to be a priority at Worthing High School and huge thanks must go to Ian Rose, Paralympian who visited Worthing High School and worked with our Year 10 students leading on wellbeing. He's such an inspirational speaker and his presentation left a very positive impact on our students.

It would be very remiss of me, if I did not also highlight, the fantastic extra curriculum opportunities, available to all our students. One thing that is so important for positive mental health is the ability to involve oneself in a different activity. From playing a team sport, to D of E, to Eco Club. It is vital that we encourage all of our students to partake and find a different release for times when things may be getting too difficult or pressured.
Our PE department has had a great number of highly placed finishes and not only in football, but rugby, badminton, netball, basketball, cross country and athletics for all year groups and for boys and girls. Team sport is such an important life skill and huge thanks must go to PE staff for supporting the vast array of extra curriculum fixtures available for all our students. We will have to invest in a bigger trophy cabinet.
A huge thank you to our D of E team, led by Miss Moodie supported by Mr Fenlon, and many other staff that give up their time to make our D of E such a vibrant extra-curricular activity.
With our recent Curriculum Evening for Year 9 and Year 11 mocks having now taken place, attention turns to the next 5 months and how precious every day at school is. Attendance at school is vital and evidence shows, students who attend and have over 95% attendance, do better in final GCSE exams compared to others. Please can we work collectively to ensure that your child has the best attendance possible, to maximise their learning opportunities whilst in school and life chances after they leave Worthing High School.

Our latest author visit from Simon Lelic was a great success and his message is one that resonates with all at Worthing High School, to promote a love of reading. Worthing High School promotes reading continually and this not only through use of Accelerated Reader but, Author visits, book club etc. Over half term I would encourage all our students to read for at least 30 minutes every day. Have some down time from social media, game consoles etc. and read. That connection with the written word will increase their vocabulary, provide greater mental resilience and has been proven to lead to better outcomes. This also provides an excellent platform to promote our school World Book Day on March 6th, encouraging all students to come to school as their favourite book character.

Finally, Friends of Worthing High School have now taken up the challenge to help secure funds for a much needed additional minibus. They are very keen to achieve the challenge and hope that all of our school community can help them reach their target. A big thank you to all of them for giving up their time to make this possible and help secure funds that benefit all of our students.

Pan Panayiotou
Headteacher
Worthing High School

Science Department - Chemistry

Top of the Bench competition

On 23rd January 2020 a team of four pupils travelled to Hurstpierpoint College with Mrs Brown and Miss Miah to represent Worthing High School in the Royal Society of Chemistry's 'Top of the Bench' Competition.

The team consisted of Scott (Yr 11), Daisy (Yr 10), Harvey (Yr 9) and Nessa (Yr 9). The team were competing against 9 other regional schools and each team member had to complete a chemistry experiment and a chemistry quiz.

The team behaved impeccably and worked incredibly hard coming 5th, with only one point between 4th and 5th place. Lancing College gained first place in this heat, however City of London's Freemans School gained the highest score overall in the Downlands region and will progress to the national competition.

Well done everyone!

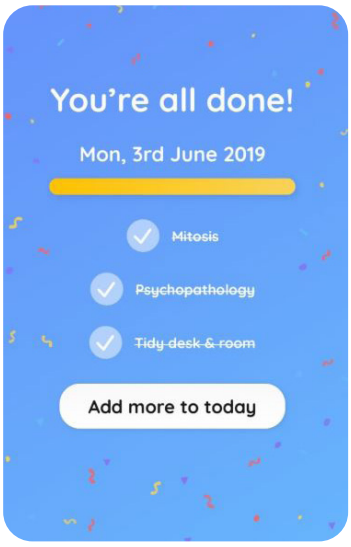
Year 11 Exams

@helloadapt

We had a fantastic presentation from Maud Millar, Ex-opera singer, Teach First Ambassador, Class of '19 graduate. Now Co-Founder & CPO of award-winning new student app.

She introduced our Yr 11 to a revision planner for students called @helloadapt.

It will give our Yr 11 students another way of planning their GCSE revision.



So simple and easy to use and FREE!

Kenya 2019 Photos

Don't forget to order your Kenya photobook. All the photos from Kenya 2019... a great gift for someone special!

Order your photobook from the Finance Office in February. Collection in early March.

Year 11 Senior Student Leadership appointments

Introducing our new Head Girl,Boy and their Deputies

We are delighted to announce the strong appointments of our prefect team in Year 10. Following on from the selection of prefects, some of our Year 10s undertook interviews as part of the senior student leadership selection process. The applications for these positions were extremely strong, which is a testament to the calibre of students in the year group.

Following on from group discussions, interviews and a priority task completed, the difficult decision was made to select ten students for the second round of interviews, which was done by means of a panel interview and a presentation.

Congratulations to the ten students who made it to the latter stage of the process.

The students chosen for senior student leadership positions are:
HEAD GIRL – Sasha De Witt, HEAD BOY – Tom Simpson,
DEPUTY HEAD GIRL – Lottie French, DEPUTY HEAD BOY – Jamie Slater

The Active in Mind Project

Worthing High School have been taking part in the YST 'Active in Mind' project. This is a 10 week project with some of our sport/dance leaders running early morning physical activity and wellbeing sessions for students in Years 7, 8 and 9.

The project was launched earlier on this month with a visit from Ian Rose one of Great Britain's most successful Paralympic Judoka - winner of two Paralympic medals, five World Championship and nine European Championship medals. Students had a fantastic morning with a great induction to the project.

Outcomes and impact

For the School

- Healthier and happier young people
- Increased school engagement
- Improved achievement
- Increased leadership (employability) skills

For the Young People

- Improved mental wellbeing (reduced stress and anxiety)
- Improved physical wellbeing
- Increased physical activity levels
- Developed life skills

Our young Active in Mind champions

Ian Rose

Paralympic Silver Medallist
Four times European Champion

Ian was born with childhood eye cancer (retinoblastoma) and lost his left eye and most of the sight in his right. After many operations Ian was left with a facial disfigurement and had to wear thick glasses.

At the age of seven, Ian's self-esteem was low and he was often teased at school about his appearance. His parents introduced him to Judo in order to help boost his confidence. Within three months of taking up the sport he had an improved sense of self-belief and was a much more determined individual.
Although not immediately talented at Judo, Ian worked very hard in training and had a real passion to succeed. After two years he won his first medal. His determination and perseverance paid off and he received his first international selection in 1989 whilst still in his last year at secondary school.
He competed at the European Visually Impaired Championships, and for Ian this was a dream come true and the beginning of his international sporting career. He went on to win two Paralympic medals, 5 World Championships medals and four European Championships.
Ian was hoping to represent Paralympics GB at his 6th Games in London but an injury forced him into early retirement in 2011 after a 22 year international career. As one of Great Britain's most successful Paralympic Judoka, Ian was a torchbearer and opening ceremony performer for the London 2012 Paralympic Games.

On his role as an Athlete Mentor, Ian commented, **"It is important to set life goals for yourself and to have something to strive for and I am looking forward to helping the students I meet and inspiring them to achieve their full potential."**

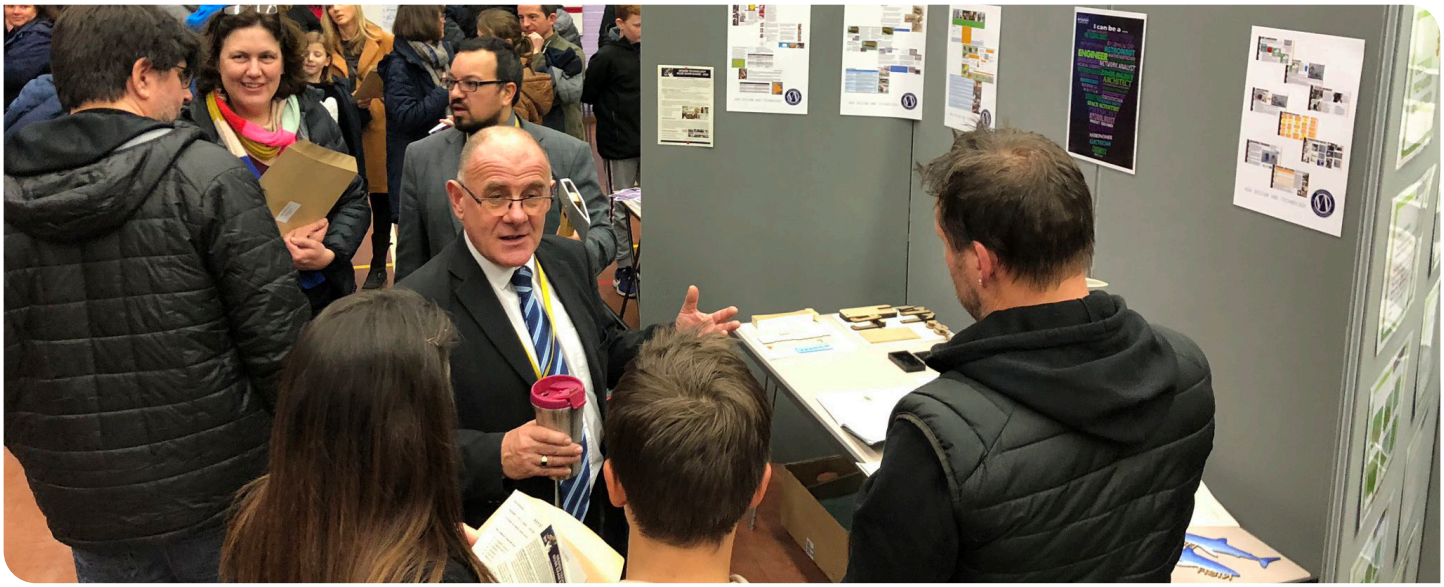
Choices Evening proves a popular event

This term, Year 9 students have some very important decisions to make which will affect their future, both at school and beyond. During this half-term they will be asked to make guided choices about the subjects they would like to study over the next two years.

Year 9 have reached an exciting stage of their time at Worthing High School, as we support them in deciding which KS4 subjects to take. Our curriculum choices evening was on Thursday 23 January and we were delighted to see so many students, parents and carers in attendance. On the evening, all students were given a detailed booklet explaining the process, the option subjects we have on offer and their pathway of study. Parents/carers and students were also able to explore our curriculum market place where they could learn about the option subjects, post-16 programmes and future career options in more detail.

ADVERTISING

ADVERTISING
NEWSPAPER INDUSTRY
MAGAZINES



Former WHS student Christina, talks languages

As part of our drive to support students, the MFL Department organised for Christina Lawrence a high achieving student and one of our last year 11 dual linguists to talk to our most able linguists. Christina, gained an 8 in both German and French GCSE Exams and is now studying KS5 German in addition to her other subjects at Lancing College.

Thank you Christina and good luck with your studies

BHASVIC Visit

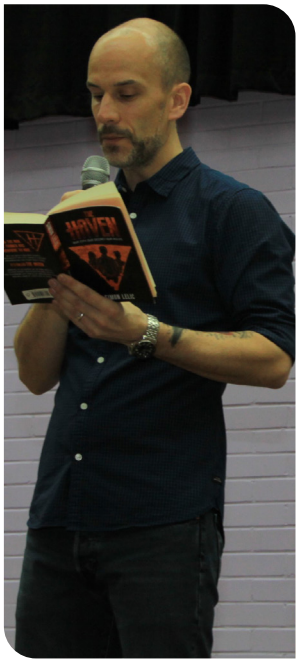
Year 11 French and German students spent a day at BHASVIC working with Year 13 language students on translation and A-Level topics.

You really held your own, well done year 11.

Simon Lelic

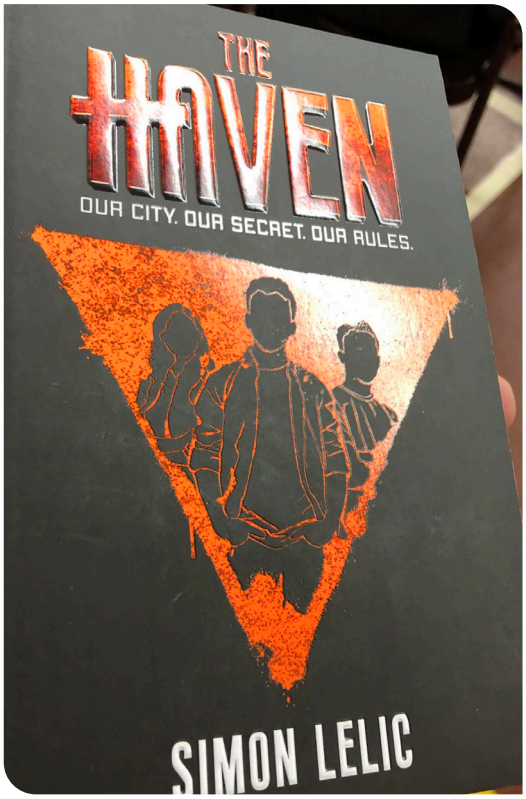
Talks about his first books for young teenagers

Simon Lelic came to our school in February to talk to our Year 7 along with Year 6 students from Elm Grove. It was the start of his tour to promote the 3rd book in his Haven series.



The Haven series of books

Our city. Our secret. Our rules - An adrenaline-fuelled adventure in a new series by top thriller writer Simon Lelic.
Alone. On the run. Ollie Turner has nowhere to hide.
But he gets a second chance. Underneath the city there's a secret organisation, far from adult eyes.
It's called the Haven.
Soon Ollie is caught up in their battle: to stop Maddy Sikes destroying the city. Time is running out for Ollie and his new friends, and millions of lives are at stake.

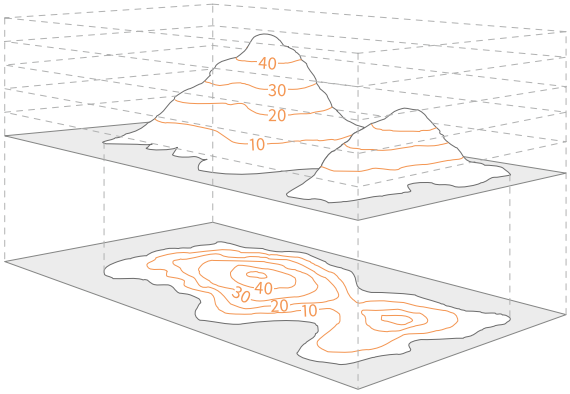


Simon has written many books for adults and the Haven was his first venture into children's books. He got the inspiration from his two sons and he runs his draft chapters past them first to see if they approve.

He took us through all the characters in his book and how The Haven was created and then read an extract. We are looking forward to more in the series as he is already writing the next. He asked our students to vote for their favourite title, we'll have to wait and see which one is chosen!

Students were enthralled and books are rapidly going off the shelf in the LRC following the event. Many students got their copies signed.

Map reading Fundamentals



The picture shown illustrates how a landscape can be converted into contour lines on a map. An easy way to understand and visualise contour lines is to think of them as high tide lines that would be left by the sea. As the water level drops it would leave a line every 10 metres on the landscape. These marks would be contour lines.

DofE - Bronze Award

DofE map reading around Warningcamp

As part of our Duke of Edinburgh Bronze Award we have been taking the opportunity of some good weather to practice our navigation skills on the South Downs.

Students have been working in groups to plan their own routes and understand how to use their surroundings to help them navigate. Some particular highlights included saying hello to some sheep and admiring the beautiful view across to Arundel.

Training has been going well and students will now be working in their expedition teams without direct supervision from the leaders as they become more independent.

Our next big expedition will be Friday 8 to Sunday 10 May 2020 (Group A and B practice expedition) at Washington.

Following our recent Environmental Health Visit our Catering provider (Catering Academy) has achieved a Food Hygiene Rating Grade 5.

To get a Grade 5 score the catering provision needs to score between 0-5 (0 being the best score possible). We achieved 0 which is a credit to our great catering team.

Well done everyone!

PE Department - Indoor Athletics

Worthing Schools indoor athletics championships

Well done Year 7 boys and girls!

Year 7 Boys finished 1st place at the Worthing Schools Indoor Athletics Championships and now go forward to the Sussex Qualifying round to represent Worthing District at the K2 leisure centre in Crawley.

The girls finished 3rd place but were only 2 points behind 1st place. To put that into context if any girl had jumped 1cm further or ran 1 second faster they would've finished in 1st place!

Well done Year 8 boys and girls!

Well done to both the Year 8 boys and girls teams in the athletics.
Our Boys team came 1st and girls 2nd overall.

STOP PRESS

Y11 get their first League Basketball win!

STOP PRESS

Well done in the County Cup Girls U14 Basketball. Finishing in 2nd position.

STOP PRESS

Well done to the Girls Yr 7 Basketball team. Winning the District League!

Lui Maxted - Tennis

A letter from Lui...

'An eye opening trip to the International Tennis Federation Group 2 in Tunisia. A tough week in singles but some good positives to take away and pleased with our Runners-up finish in the doubles...'

Well done Lui!

Friends of Worthing High School have been set a challenge!

Hello my name is Sarah Chitty and I am the new Chair of the Friends of Worthing High School (FOWHS).

We have reformed the group to help raise funds for our children. We have been challenged by the Headteacher to try and raise enough funds for a new minibus so the target has been set.

If you would like to take part in any please email: FOWHS@worthinghigh.net

Future events you may wish to support:

FRIENDS of WHS
WORTHING HIGH SCHOOL

New Age Kurling tournament

Our students represented the school in a New Age Kurling tournament against Davison, Shoreham, Oak Grove and Angmering schools.

Kurling is one of the adaptations of original sports, it is played indoors on any smooth, flat surface, such as a sports hall, rather than on ice.

Importantly, the game can be played by both able-bodied and disabled people of all ages alike.

Participating teams statistics were:

153 Ends
51 Games
47 Players
14 Teams
10 Leaders
5 Schools
4 Courts
1 Venue

How is New Age Kurling played?

New Age Kurling is a sport that requires participants to deliver 'stones' from one end of the court to a target at the other end of the court. The target has red, white and blue concentric circles and scoring is determined by the number of stones closest to the centre of this target. Each game normally consists of 6 or 8 ends and is played on a court based on half the width of a standard size badminton court with each end being played in the opposite direction to the previous end. The winner is the player with the highest number of scoring 'stones' at the finish of the game.

PE Department - Badminton

Southern Area Badminton Finalists

Congratulations to both Boys & Girls teams who advance through to the Badminton County Finals after winning the KS3 Southern Area Badminton Finals - The boys won all their matches without dropping a game.

Well done & good luck at the finals in Crawley.

Firsts, seconds and thirds across the board!

Great Results from Worthing Schools Cross Country Championships!

Cross Country competitions usually take place on cold, wet and windy days and usually in muddy conditions. These conditions give competitors some real challenges and really test the resilience of the athletes. Worthing High Students have risen to the challenge when faced with these conditions in recent competitions.

The Sussex Schools Championships took place at Waterhall Playing Fields on 4th January and the conditions got so bad that the organisers had to postpone the final races, but luckily all of our students had already taken part in their races.
The most notable performance on the day was from Jude Clayton who finished in the top 20 and now represents Sussex Schools in the Inter Counties Championships. Very impressive considering that Jude is only in Year 8 competing against Year 9 runners!

At the Worthing Schools Cross Country Championships a week later we again saw impressive performances which resulted in Worthing High being the highest place school.

Well done everyone.

Year 7 Boys – Overall 1st Place
Year 7 Girls – Overall 3rd Place
Year 8/9 Boys – Overall 1st Place
Year 8/9 Girls – Overall 2nd place
Year 10/11 Boys – Overall 1st Place
Year 10/11 Girls – Overall 2nd Place

First outing for our Y7 rugby team

Our Year 7 Rugby team were excited about playing their fixture despite it being a cold and damp afternoon in February. They arrived at the fixture not having played together as a team. Mr Mariosa gave them a most welcome warm-up drill and coaching session.

Our boys played well on the field but were up against two well organised sides in St Andrews and Angmering.

We made a promising start and look forward to our next game.

Excellent start Y7s!

Apprenticeship Week

National Apprenticeship Week 2020 took place 3 to 9 February 2020.

This annual celebration of apprenticeships brought the whole apprenticeship community together to celebrate the impact of apprenticeships on individuals, employers and the economy.

Employers were asked to open their doors in a nationwide series of "Look Beyond" events to bring apprentices, parents and teachers together and fire up conversation around apprenticeships!

Apprenticeships are amazing!

What is an Apprenticeship

Get paid a minimum of £3.90 per hour.

Get Trained in work and attend college/university/ training provider one day a week.

Get Qualified and gain a recognised vocational qualification. Work up to a degree level apprenticeship.

Apprenticeship Talks

Chichester College offers pay and study Apprenticeships

During National Apprenticeship Week apprenticeship providers gave talks to student groups.

Apprenticeships are a great way to gain qualifications, be employed and earn a wage at the same time. Taking this route will enable you to build a wide range of skills that employers really want and help you progress in your chosen Career.
Anyone aged 16 years and over can benefit from an Apprenticeship. Entry requirements will vary depending on the type of Apprenticeship and the industry students select.
Currently the Government fund the training through an organisation called the Skills Funding Agency. The Chichester & Brinsbury Campuses run a diversified and comprehensive range of Apprenticeship Courses, including Accounting, Plumbing, Motor Vehicles, Health & Social Care, Hair & Beauty and Catering.

For further information please speak to Mr Fisher, Careers Adviser at Worthing High School or take a look at Chichester College's website for further information on how to apply and the courses available:

Our new Careers Adviser - Business Relationship Manager

I am really delighted to have recently joined Worthing High School as the new Careers Adviser and Business Relationship Manager.

My role will be to work closely with students and teachers across the school ensuring that students receive good quality careers guidance throughout their time at WHS, both in groups and on a one to one basis.

It is so important to me and WHS that every student has access to good quality information for future study options and labour market opportunities.
I will also be forging links with local businesses to ensure that students have opportunities to learn from employers about work, employment and skills that are valued in the workplace.

I am looking forward to working with students, parents and the teaching staff at Worthing High School and for any students and staff that want to come to see me, my office is located on the 'B ' corridor.

Tel: 01903 237864 - Mobile: 07703 517564
Email: mfisher@worthinghigh.net

Choices after Year 11

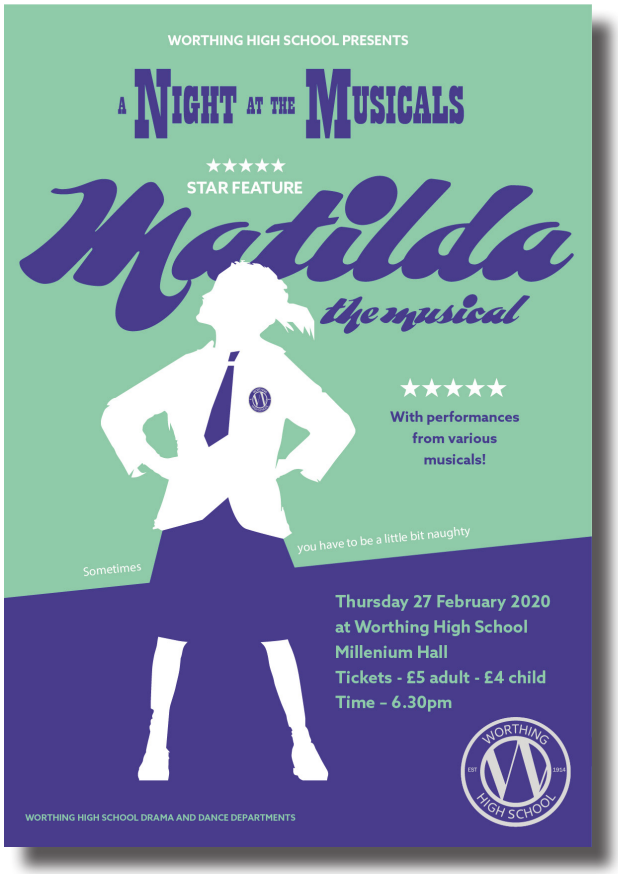
During the early part of the term Mrs Miller and our careers advisor, Mr Fisher have been working hard to meet with Y11 to help them prepare for their college choice application interviews and to ensure they have a clear career path post 16 including education provision.

For further information please speak to Mr Fisher, Careers Adviser at Worthing High School.

Preparing for our big show!

Lights, music, action... let the show begin!

Rehearsals are taking place all month for 'A Night at the Musicals'. The show opens on Thursday 27 February, the first week back after half-term.



Book your tickets through WisePay

School Social Media

Follow us on Twitter and visit our website www.worthinghigh.net

Warning: When using social media, beware of the invisible audience.

Lord Taverners Indoor Cricket Tournament

Our under 15 team

Worthing High school entered two teams into the U15 cricket tournament.

Both teams competed well with good fielding and batting. Against strong opposition the Year 10 girls finished 6th position. The Year 9 team played some exceptional cricket also with a number of wickets taken. This team finished in 3rd position.

Our Year 9 team

Well done to all students who took part in the U13 cricket tournament.

Some fantastic cricket played with the Year 7 team finishing in 5th place and the Year 8 team finishing in 3rd place. The girls will be looking forward to their Softball league in the summer term.

Our under 13 squad

Well done to all involved.

PE Department - Year 8/9 Girls Basketball

Girls Basketball progress to U14 Sussex final

Well done for an exceptional season girls.

The girls have had an excellent season. The team has performed really well with wins in the District, runners up in the District tournament and County cup success. Students had a close game in the semi-final of the County Cup against Durrington High to secure a place in the Sussex final.

Students will face Holy Trinity in the final. We wish the team the best of luck.

Team members:

Isabelle Chapman
Sophie Clarke
Ella Houston
Lucy Seaton
Mya Houston
Scarlett Woodbridge
Maisie Sully
Amelie Purcell
Kitty Sully
Yasmin Stewart

PE Department - Year 10 Football

County Cup Footballers reached last eight finish

Well done to the Year 10 Boys Football team who made it through to the County Cup Quarter finals - runners up on this occasion to an outstanding Ifield CC team.

Modern Sword Fighting

British MSF Association hosted official Team UK Eliminations for 2020 World Championship in Modern Sword Fighting at Worthing High School.

52 athletes from all over the UK aged from 6 to 51 years old came to compete to win the spot in the national team.

The event took place on Sunday 2 February in our sports hall.

Athletes from West Sussex managed to win 2 gold, 2 silver and 2 bronze medals and made it to the team to go to the World Championship in Minsk, Belarus on March 28-29.

For all Worthing High School lettings enquiries contact Ella Whitfield: lettings@worthinghigh.net

Visit our website www.worthinghigh.net for more about lettings.

Key Term and Event Dates for 2019/20

TERM DATES 2019/20

Spring Half Term
Monday 17 to
Friday 21 February 2020

Easter Break
Monday 6 April to
Friday 17 April 2020

Summer Half Term
Monday 25 to
Friday 29 May 2020

INSET DAYS

Monday 20 April 2020
(Year 11 expected in school)
Friday 26 June 2020
Monday 20 July 2020

SUBJECT REVIEW EVENINGS 2019/20

Thursday 26 March 2020
Year 10
Thursday 26 April 2020
Year 8
Thursday 7 May 2020
Year 7

EVENT DATES 2019/20

17 – 21 February 2020
Half term

25-27 February 2020
GCSE Food Practical Exams

26 February 2020
Parent Forum

27 February 2020
Matilda and an evening of entertainment

2-6 March 2020
National Careers Week

3 March 2020
Y10 Spanish Trip to London

5 March 2020
World Book Day
(author Talks MA Bennett and C Daugherty)

9-13 March 2020
BBC Young Reporters Event

9 March 2020
Cricket Academy Trip to Hove

11 March 2020
Big Sing Event

11-18 March 2020
Berlin Exchange students to WHS

12 March 2020
GCSE Media Drama London Trip
Parent/Carer Meeting

20 March 2020
Brighton and Hove Albion Careers Trip

26 March 2020
Year 9 Teenage Booster vaccination

26 March 2020
Year 10 Subject Review Evening

31 March 2020
KS3 Reward Breakfast

1 April 2020
KS4 Reward Breakfast

2-3 April 2020
GCSE Drama/media London Trip

3 April 2020
In house Reward Cinema Event