



## SCHOOL NEWS 12 OCTOBER 2023

Dear parents and carers

Our school has always had a positive relationship with our parents and carers and we have always welcomed your feedback regarding key issues that affect your child.

One platform that has been impactful is our Parent/carer Forum. This has been a key part of helping to shape areas of our curriculum and pastoral care etc. We cannot do this without you volunteering your time.

We need additional representation from year 8, 9, 10 and 11 parents and carers. Our year 7 focus group has good attendance and we hope we can see the same in the other year groups.

If you want to be part of our Parent Forum and help shape aspects of school life, we would very much like to hear from you.

Meetings take place once a term and are normally supplied with great cakes, biscuits and pastries (see what I did there!) If you are willing to get involved, please can you email

[office@worthinghigh.net](mailto:office@worthinghigh.net) and title your email Parent Forum.

Thank you in advance for your support. We really value this group and need you as parents and carers to sustain it.

Kind regards

Pan Panayiotou  
Executive Headteacher

The end of a busy term is fast approaching and as we enter the final week of the half-term, we ask students for one final push before a well-deserved rest. As you might be aware the 10 October was National Mental Health Day and this was something students have been learning about in tutor time. Students were also shown a video that parents and carers may also find useful. It focuses on how we can better understand our brains and how we can best deal with the challenges of school and the world around us. [The video is available here.](#)

As a school we work hard to support students inside and outside the classroom and prioritise wellbeing as the glue that holds our core values together. As we get to the end of a long term, particularly as the nights draw in and the weather starts to turn, it can be a difficult time for students, so I wanted to signpost some wellbeing support available to students, parents and carers. Please see below for a list of organisations and support networks.

This is of particular importance for our Year 11's who begin their mocks when we return after half term. They have done themselves proud so far and are preparing maturely by working hard in lessons, attending interventions and revising at home. If you would like some tips on how you can support your child's revision there are a number of resources on the [Action Your Potential website](#) and also in our study guide which can be found [here](#).

Finally, a reminder that good attendance is key to building positive relationships and achieving potential in school. If you need support with this, please do not hesitate to contact your child's tutor or pastoral leader. Contact details for the pastoral leaders are below.

Year 7 Pastoral Leader - Mrs S De Luca – [sdeluca@worthinghigh.net](mailto:sdeluca@worthinghigh.net)

Year 8 Pastoral Leader - Mr J Fenlon – [jfenlon@worthinghigh.net](mailto:jfenlon@worthinghigh.net)

Year 9 Pastoral Leader - Miss L Guy – [lguy@worthinghigh.net](mailto:lguy@worthinghigh.net)

Year 10 Pastoral Leader - Miss L Haslam – [lhaslam@worthinghigh.net](mailto:lhaslam@worthinghigh.net)

Year 11 Pastoral Leader - Mrs T Riches – [triches@worthinghigh.net](mailto:triches@worthinghigh.net)

Adrian Cook

Head of School

### **Year 11 Mock examinations**

Year 11 students will be sitting mock examinations between Monday 30 October and Friday 10 November (art students will also do their Art exam on 13 and 14 November). All students need to be in school at the normal time, where they will either go to tutor or straight to the Millennium Hall for their first exam. Students not in an exam will go to lessons as normal. Students are permitted to go home after their final exam of the day but they must not leave in between exams. Expectations around uniform remain the same, so please ensure your child attends in full school uniform. The year group will have an assembly on expectations and equipment on Monday and tomorrow they will receive an updated version of their exam timetable. If you need any further support with this, please contact their tutor, who will be happy to support. We wish them all the very best of luck!

### **Wellbeing support**

Find It Out Centre: Located in Worthing Town Centre. Platform for signposting 11-25 year olds to 1:1 and small group one off or long term support from YES (Youth Emotional Support) with relationships, education, health and wellbeing. Plethora of support from this service (free).

Allsorts: 1:1 and small group support aimed specifically at those within the LGBTQIA+ community. (Free).

Hear for You: Independent Counselling service that provides 1:1 counselling support. (Charitable donation per session to be negotiated with organisation).

West Sussex Mind: Mental Health Support for 16-25 year olds, including Young Minds, offering 24/7 crisis support. (Free).

SHOUT (85258): (Free) 24/7 mental health text support service.

CGL (Change Grow Live): 1:1 and small group support for those wanting help for their drug and alcohol use (Free).

SafeSpace Sussex: Support for those that may be affected by domestic abuse, sexual or criminal exploitation within the community (Free)

### **News from MFL**

Year 7 have made a brilliant start on their language journeys. We are all now moving on to our second language and having great fun getting a taste of Spanish, French or German. The energy in the lessons has been wonderful and we are so pleased to see so many students embracing new cultures and new words. Phenomenal! Fantastique! Wunderbar!

In another 4 weeks, all pupils will then move on to our third language before they reflect on which one, they would love to continue. They will then be asked to order their languages from 1 to 3. We will aim to take into account their preferences and give students their first choice but this cannot be

guaranteed, as ultimately it will be a guided decision by our team of specialist teachers, to ensure students taking the correct option.

Please ask your child what they can tell you in the first language they've done – it's really very impressive.

Holly Varley

For and on behalf of the MFL department.

### **Student Attendance and Absence Line**

To report a student absence please can you use the **student absence line only – 01903 229290**. Please call before 9.00 am.

### **Pre-loved Uniform Sales**

Pre-loved uniform on sale at the school on Monday 16 October 15.30 until 16.30. Please arrive at the school via the Millennium Hall entrance.

### **Can you help?**

We are seeking volunteers to act as readers and scribes for students sitting examinations throughout the year. We will be able to offer training on reading and scribing, a supportive atmosphere and excellent job satisfaction in knowing you are making a huge difference to our students' educational outcomes.

If you, a family member or friend would be interested in supporting during our examination periods please contact Lucie Fuller at: [lfuller@worthinghigh.net](mailto:lfuller@worthinghigh.net)

### **Information from West Sussex County Council**

#### **[FSM voucher scheme October half term 2023](#)**

#### **Voucher Scheme – October Half Term 2023**

Utilising funding from governments' Household Support Fund to help support those most in need and to help with global inflationary challenges and the significantly rising cost of living, West Sussex County Council is pleased to confirm that families with Free School Meal eligible children will once again be entitled to a voucher for each FSM child during the upcoming October Half Term.

### **Year 11 – Post 16 Options Events for 2023**

We are delighted to confirm that we will once again be hosting our popular Post 16 Options evening on **Thursday 30 November 2023 from 5.00 -7.30pm**.

The evening will provide WHS Students, their Parents and Carers with an opportunity to meet and speak face to face with a large number of local Colleges, Sixth Forms, Apprenticeship providers, Businesses and Armed Service representatives about what each of their Centre's has to offer our students as they move on from WHS. Please [click here](#) for further information.

### **Year 10/11 - What Next Sussex? - Post 16 Virtual Event.**

A reminder that this independently run event which provides students, parents & carers with useful information about Post 16 options across West & East Sussex will take place on **Tuesday 17 October between 6 – 7.30pm**

To access this event you will just need to register your interest via the link below:

<https://www.getcareerconfident.co.uk/what-next-sussex>

### **Plumpton College Open Event - Saturday 14th October**

Open Event on Saturday 14 October, 9am-12pm.

### **RACE NIGHT - Thursday 19 October**

Come and join us for virtual horse racing and try your luck at Friends of Worthing High School's Race Night. £2 per person or £10 for a table (8 people). Please book yourself in for what will be a great evening using the following link - <https://forms.gle/tfhXR2DJVVrfBMX79>

### **PHYSICAL EDUCATION**

#### **Clubs Autumn Term 1**

Clubs are back up and running. Most clubs will run 3:15-4:15pm; some clubs run at slightly different times, please check the New Autumn Term 1 club timetable [click here](#). All students are welcome to attend clubs. Registers will be taken weekly therefore there is no need to sign up to a club prior to it starting. If students are attending clubs please can we remind you that they must be in their full WHS PE kit. The weekly newsflash can be found at [here](#) and will be updated every Friday by 1pm. *Please note any changes to clubs and/or fixtures will be announced on our twitter feed: @WorthingHighPE*

Marie Field  
Leader of PE

### **VACANCIES**

We advertise staff vacancies on our website under [Join Us/Vacancies](#). Please take the time to have a look and share the information with anybody you know who might be interested in applying.

### **TWITTER**

For up to date information don't forget to follow us on the links below:

Whole School: @WorthingHigh

Headteacher: @WorthingHigh\_ht

South Downs Education Trust: @sdetrust

Trips: @worthinghighout

Worthing High Careers and Employability Service: @WorthingHighCar

Lettings: @HighLettings

### **DATES FOR YOUR DIARY**

Friday 20 October – INSET Day

October half term Monday 23 October to Friday 27 October