



## SCHOOL NEWS 27 FEBRUARY 2025

Dear Parents and Carers,

This week, in assemblies' students have been learning about the importance and value of diversity. A number of opportunities were shared, including the chance to become an anti-bullying ambassador, which is an excellent way to positively contribute to the community, whilst gaining experience in student leadership. We are keen for students to stand out as leaders, so we provide a number of ways for them to do so. Soon, we will be starting the process of recruitment for next year's student leadership team and head students, with our Year 10s. It is pleasing that we have had so many applications, and I wish all students involved good luck – regardless of the outcome, it is commendable they have put themselves forward.

Later this afternoon, we welcome our Year 9 Parents, carers and students into school for their Subject Review Evening. If you are unable to attend, and want an update on your child's progress, please contact Mrs Farrell who will be happy to support. For Year 9 families, this is a critical time as students will soon be submitting their preferences for Key Stage 4.

As I have mentioned before, the school has a parent forum group which meets on Teams, each term to discuss future developments in the school. If this is something you would like involvement with, please email [office@worthinghigh.net](mailto:office@worthinghigh.net). The next meeting is Tuesday 4<sup>th</sup> March at 5:30pm.

Finally, we hope that students attending the Iceland trip have an amazing time. Staff and students were up very early this morning, before travelling to the airport.

Adrian Cook  
Head of School

### **Year 9 Vaccinations – Thursday 6 March**

Please remember your child will need to wear a short-sleeved shirt. Please also make sure they have had breakfast in the morning and bring a water bottle on the day.

### **#NeuroNinja – Action Your Potential**

As you know we're a #NeuroNinja school and our whole community benefits from support through [Action Your Potential](#). This term they are running a series of webinars, details are below, please sign up at the link

### ***Building Amazing Brains Webinars Coming in March***

# Building Amazing Brains



In these webinars Andrew Wright from [Action Your Potential](#) will offer all of our wonderful parents and carers a window on the world of the developing human brain. Being a parent is the toughest job in the world. The aim of these webinars is to help parents and carers to explore:

- 6<sup>th</sup> March - How Our Brains Are Set Up
- 13<sup>th</sup> March - Resilience and Regulation, How A Brain Learns To Soothe Itself
- 20<sup>th</sup> March - Parenting Style v Brain Development - What We Know
- 27<sup>th</sup> March - Be a #NeuroNinja Parent



✖ Thursday's at 8pm - 45 mins + 15 mins Q&A

[Sign up here for the whole series](#)

In these webinars Andrew Wright from [Action Your Potential](#) will offer all of our wonderful parents and carers a window on the world of the developing human brain. Being a parent is the toughest job in the world. The aim of these webinars is to help parents and carers to explore:

*How our brain is set-up*

*The neuroscience of brain development*

*How to help their child to be resilient*

*How we can help our child first co-regulate and then self-regulate*

*How to parent for the long-term (for our child aged 40!!!)*

*How our own experiences as a child impact our parenting style*

The webinars will each run on a Thursday through March.

[A poster to sign up to the webinars is here.](#)

[Zoom link to sign up for whole series is here.](#)

[Here's a video from Andrew at AYP explaining what we'll be looking at in this series.](#)

***Thursday 6 March 8pm (45 mins with 15 mins for Q&A)***

Building Amazing Brains: How Our Brains Are Set Up

***Thursday 13 March 8pm (45 mins with 15 mins for Q&A)***

Building Amazing Brains: Resilience and Regulation, How A Brain Learns to Soothe Itself

***Thursday 20 March 8pm (45 mins with 15 mins for Q&A)***

Building Amazing Brains: Parenting Style v Brain Development What We Know

***Thursday 27 March 8pm (45 mins with 15 mins for Q&A)***

Building Amazing Brains: Be a #NeuroNinja Parent

You also have access to the #NeuroNinja Learning Hub, [you can sign up here](#). This month the following new courses have been added.

*Unpicking the Lock of OCD - A 7 Session Course about what OCD is in the brain and how we can tackle it*

*Responding to Grief - An 8 Session course focused on what grief is in the brain and how we can respond to this intense experience*

*Getting Our Hustle On - A 7-episode course for KS4 students focused on getting stuff done and tackling procrastination.*

A video explaining the [contents of these new courses is here](#).

### **The Teenage brain**

The Family Learning team at West Sussex County Council are running **free, virtual sessions on raising teens**. The aim of these sessions is to help parents/carers understand the teenage brain, and offer guidance on how to communicate with their teens and foster a positive home environment.

There are 2 options available:

#### **Raising Teens: An Introduction to the Teenage Brain**

This is a 90-minute session **on Tuesday 4 March, 19:45 - 21:15, running virtually**. This introductory session will focus on developing positive communication between parents, carers, and teenagers. You'll walk away with practical strategies for improving communication and overcoming common challenges you may be facing.

To find out more and register, please click [here](#).

#### **Raising Teens: Navigating the Teenage Mind**

This **4-week course begins on the 11 March with 90-minute sessions running virtually, in the evening**. Whilst on this course, you'll gain a deeper understanding of teenage brain development and how it influences behaviour, communication, and relationships. We'll dive into the key emotional, social, and developmental needs of teenagers, and explore what happens when those needs aren't met, leading to shifts in behaviour.

To find out more and register, please click [here](#).

### **PSHE**

As part of your child's Personal Development, they cover Health and Wellbeing, Relationship and Sex Education (RSE) and Living in the Wider World within their PSHE lessons. This half term, students across the school will be covering the below topics:

Year 7	Year 8	Year 9	Year 10	Year 11
Child sexual exploitation	County Lines	Consent and the law	Reproductive health and Self-examination for cancers	Stalking and Harassment

Child Criminal Exploitation	Knife Crime	Contraception	Issues in Parenting	Revenge Porn
Well-being	Cancer	Sexually transmitted infections	Adoption and fostering	Reproductive health and Self-examination for cancers

If you have any questions about what is covered in PSHE lessons, please contact your child's Pastoral Leader. This website also gives information about how to have challenging conversations with young people: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

### **Physical Education**

#### **REF: Physical Education and Dance Clubs**

Please click the link to the [Spring Term 2 Clubs Timetable](#).

### **Non-Sports Clubs**

Please find the [Non Sports Clubs](#). If you have any questions, please get in touch with the member of staff running the club.

### **VACANCIES AT WORTHING HIGH SCHOOL**

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.

We are currently advertising for the following positions:

#### **Teaching**

No Current Vacancies  
Part time SEND teacher

#### **Non-Teaching**

No Current Vacancies

### **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**

Year 9 SRE	27/02/2025
Early Finish – 13:30	27/02/2025
Teen Booster – Year 9	06/03/2025
Year 11 ARE	20/03/2025
Last Day of Term – 12:30 Finish	04/04/2025
Easter Break	07/04/2025 – 21/04/2025

**INSET Days for Academic Year 2024-25.**

**The school will be closed to students on these days:**

Friday 20/06/2025

Monday 21/07/2025

Tuesday 22/07/2025