

THRIVE

South Downs Education Trust's termly magazine

Spring 2026

YEAR 7 ALUMNI VISIT VALE SCHOOL



BREAK THE BIAS



INTERNATIONAL WOMEN'S DAY PHOTOGRAPHY COMPETITION

Worthing High School students and staff were invited to pick up their cameras and capture a world where everyone can be themselves. This photography competition challenged students and staff to explore and celebrate people who defy traditional gender expectations and break stereotypes.

This important photography competition encouraged images that highlight individuality and freedom.

The aim is to create powerful photographs that promote equality, confidence and respect for all gender identities.



WINNERS

Student:
Liz and Freya

Staff:
Mr Rae



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All information is correct at time of
printing

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WELCOME



Dear Parents and Carers, Staff, Pupils and Friends,

As we head into the Easter break, we reflect on a busy and rewarding term across both Worthing High School and Clapham & Patching Cof E Primary School, and we're proud of everything our children, staff, and families have achieved together.

This term has brought national conversations about education, including the Government's White Paper, which continues to shape expectations around standards, attendance, inclusion, and curriculum ambition.

Throughout these changes, our focus remains the same: creating a safe, supportive, ambitious environment where every child can thrive at every level. There is still more to understand how the White Paper will impact all settings and the role that trusts will play as civic and community partners.

Many of you will be aware of our redesignation as Attendance and Behaviour Hub Lead School for the South East again. This work was also identified by many media outlets, including BBC South, who ran a news piece in early February, highlighting the excellent work we have done and continue to do with schools in the South East for the DfE. This is a huge recognition of the exemplary work that Worthing High School does every day, and a huge thank you to Mr. Cook, the Senior Leadership team, and the Attendance & Behaviour team at Worthing High School.

There have also been moments of real celebration. After many years of campaigning, we are thrilled to announce



Photos above: BBC South's visit to Worthing High School

that a new zebra crossing will be in place at the top of St Lawrence Road after the Easter break. This will make a huge difference to the safety of our students, families, and the wider community in how they navigate across St. Lawrence Avenue during peak school times.

A huge heartfelt thanks to Mrs Gannaway and Mr Beasley, whose dedication and resilience in dealing with a variety of Local authority officers over many years have finally brought this project to life.

Worthing High School is also proud to have been recognised as a Parentkind Parent Friendly School. This award reflects the strong relationships Worthing High School & Clapham & Patching CofE Primary School staff have with our families, and our commitment to open, supportive communication.

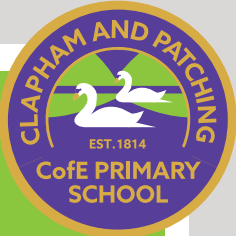
Another important moment this term has been the Year 9 Curriculum Choices process, led by Mr Simpson and our subject leaders. These choices play a key role in shaping each child's future pathway, and we have been so impressed by the thoughtful and mature decisions our students have made, and how they have sought to make positive, informed decisions.

Looking ahead, we are excited to begin the long planned remodelling of our SSC and inclusion provision. After seven years of development with West Sussex County Council, temporary accommodation will arrive this summer so that building work can begin in earnest. This investment into our inclusion facility will significantly strengthen the support we can offer to children with additional needs, and put Worthing High School at the leading edge of how inclusion is managed and supported in all school settings.

Within school, it has been wonderful to see our Year 7 students settle so confidently into life at Worthing High School. Their enthusiasm, kindness, and growing independence have been a joy to watch. And to our Year 11 students: we wish you every success as you prepare for your GCSEs. These are the most important exams you have taken so far, and we are incredibly proud of the hard work and determination you have shown.

On behalf of myself and all the SDET trustees and governors, I wish you all a restful Easter break when you get there.

Pan Panayiotou, CEO, South Downs Education Trust



Key Dates

Monday 4 May 2026
Bank holiday

Friday 19 June 2026
INSET day

Monday 25 May 2026
Bank holiday

Monday 25 May - Friday 29 May 2026
May half term

Wednesday 22 July
INSET day

Thursday 23 July
Summer holidays start



Key Dates

Thursday 30 April
Early finish

Monday 4 May 2026
Bank holiday

Monday 25 May 2026
Bank holiday

Monday 25 May - Friday 29 May 2026
May half term

Friday 19 June 2026
INSET day

Thursday 25 June
Prom

Thursday 2 July
PE Presentation evening

Thursday 9 July
Early finish

Friday 17 July
Activ8

Wednesday 22 July
INSET day

Thursday 23 July
Summer holidays start

**Sign up to
receive Thrive
by email**



Three of our fantastic Year 7 students recently took a special trip back to their old primary school, Vale, to share their experiences of starting secondary school at Worthing High School. They met with Mr Tow, the Headteacher, spoke to Year 6 pupils and delivered an assembly all about transition, first-day nerves and life at secondary school.

It was a wonderful opportunity for Year 6 pupils to hear honest and reassuring advice from students who were in their shoes just last year.



Primary vs Secondary Layla Wood

Layla explained the biggest changes students might notice when they move up:

"The biggest difference was all the classes and the amount of people. You may feel nervous but soon you will get used to it. The school is quite big but if you ever get lost ask the older kids. It will only take a couple of weeks to get to know your way around."

Layla reassured Year 6 pupils that although secondary school feels big at first, it quickly becomes familiar.



First-Day Feelings Misty Tolhurst

Misty spoke openly about how she felt the night before starting secondary school:

"The night before I felt really excited to meet new people and get to know the school. It got to the morning and I started to feel nervous, although I knew deep down everything was going to be okay. I met with my friends before school and I felt much better about it all. I met some of my teachers in my lessons that day and as the day went on I didn't feel so nervous about everything."

Misty's message was clear: feeling nervous is completely normal — and it doesn't last forever!



The First Week Edwin Oakley

Edwin shared his honest reflections about his first week:

- I got lost but after a couple of weeks I knew my way around.
- I liked meeting the new teachers around the school.
- I made lots of friends.
- I liked going to the canteen and seeing what food they had.
- I felt nervous seeing the older kids but I slowly got used to them (they are all nice!)

Edwin's experiences showed that even small worries fade quickly as confidence grows.

Common Worries

The Year 7s also spoke about the main concerns Year 6 pupils often have:

- Older students
- Getting lost
- Not knowing anyone
- Who their teachers will be
- Detentions
- Homework

They reassured everyone that these worries are very common and that support is always available from teachers, older students and friends.

Transition Day and Summer School

The students also explained what happens during transition events.

Summer School takes place over three days during the summer holidays. Students take part in fun activities with their friends, explore the school and meet new people. It's a brilliant way to build confidence before September.

Transition Day also gives students a chance to experience lessons, meet teachers and get a feel for secondary school life before officially starting.



Year 7 students with Mr Tow

The overall message from Misty, Layla and Edwin was simple but powerful:

It's completely normal to feel nervous about starting secondary school, but those nerves soon turn into excitement.

By sharing their honest experiences, they helped Year 6 pupils feel reassured, informed and ready for the exciting journey ahead.

Well done to our brilliant Year 7 ambassadors for representing Worthing High School so positively!



Year 7s delivering the assembly at Vale

YEAR 7 STUDENTS RETURN TO INSPIRE THE NEXT GENERATION

“Seeing just how much Layla, Edwin and Misty have thrived at Worthing High School made us all so proud.”

Mr Tow, Headteacher,
Vale School

From First-Day Nerves to Growing

Starting secondary school is a big step - full of questions, excitement and a few understandable nerves.

We caught up with some of our Year 7 students to hear honestly about their first day, the biggest differences from primary school and what life at Worthing High School is really like.

From busy corridors to unforgettable trips, here's what they had to say...



Sebastian Sparkes



Felix Sage-Morrish

How did you feel on your first day at secondary school?

A mixture of nervous and excited. I felt quite nervous because all my old friends moved to Bohunt except for one, but after a few weeks I felt much more relaxed and had made some new friends.

What is the biggest difference between primary school and secondary school?

The biggest difference is moving between classes and busy corridors. That's a bit nerve-racking at first, but we have 5 minutes between lessons to move around and the one-way system helps.

What advice would you give to Year 6 pupils who are about to start secondary school?

Don't be scared as it's not as scary as it looks. All the other students are friendly and people want to make new friends.

What has been your favourite moment so far in Year 7?

Going to PGL and doing all the outdoor activities with my new tutor group. We made lots of new friends and had a great time.

Why did you choose Worthing High School?

I chose it because it looked good on Open Day and my friends were coming here.

What do you like most about being a student here?

Being part of a great high school with great teachers and students. We love having different teachers instead of being stuck with the same one in the same room all day.

How would you describe Worthing High School in three words?

Large, diverse, inclusive.

What makes Worthing High School different from others you considered?

Its way of teaching, homework and consequence system.

Why would you recommend Worthing High School to other students?

Because everyone (especially teachers) are really kind and respectful.

How do you feel now compared to your first week?

I feel much more confident now.

“

Don't be scared as it's not as scary as it looks. All the other students are friendly and people want to make new friends.”

Sebastian, Year 7



News

News from the South Downs Education Trust schools from the last term

Worthing High School



Year 8

Focus Day

What a whirlwind of activity! Our second Focus Day of the year was a resounding success, seeing the entire school step away from their regular timetables to dive into a day of enrichment, career exploration and academic rigor.

These days are a cornerstone of our philosophy. They provide the "breathing room" for students to develop the 'soft skills' and real-world experiences that a standard classroom setting can't always capture.

A Snapshot of the Day

Year 7: Young Green Britons Our youngest students embraced their roles as environmental stewards. They spent the day exploring sustainability and the "Green" future of Britain, tackling

challenges that required teamwork and innovative thinking about our planet's future.

Year 8: Taking Flight

Year 8 headed out on a trip to Farnborough Airfield and the Military Museum. From the history of aviation to the engineering marvels of the modern day, the trip was a fantastic way to bring STEM subjects to life.



Year 7

Year 9: Mapping the Journey

With the transition to Key Stage 4 on the horizon, Year 9 engaged in GCSE and BTEC Taster Sessions. This was a vital opportunity for them to "test drive" subjects before making their final option choices.

Year 10: The Big Interview

This was a massive milestone for our Year 10s. Between College and Sixth Form carousels, students took part in The Big Interview. We welcomed local business leaders and volunteers who provided 1-on-1 interview practice.

This experience is designed to demystify the process and build confidence before they begin their post-16 applications.

Year 11: The Final Push

For Year 11, the focus was firmly on the upcoming exam season. They spent a productive day immersed in Science GCSE practicals and intensive revision workshops, showing incredible maturity and dedication to their studies.

Worthing High School



The Big Interview

A Community Effort

A day of this magnitude simply doesn't happen without a massive team effort. We would like to extend a heartfelt thank you to:

Our Local Volunteers:

The business owners and professionals who gave up their time to mentor our Year 10s; your insights are invaluable.

The Staff: For the weeks of planning and the high energy required to lead these sessions.

The Students: For leaning into new experiences with curiosity and respect. Watching our students grow in confidence, whether by stepping outside their comfort zones to do a mock interview or mastering a complex science practical, is exactly why we do what we do.

Behind the scenes

Our Year 9 students swapped the classroom for the spotlight recently with an exclusive backstage tour of the Chichester Festival Theatre.



Chichester Festival Theatre

Female Leaders Explore Sussex Campus

Our Female Leaders headed to the University of Sussex for a true taste of life after secondary school. The day was a whirlwind of campus tours, student accommodation visits and a deep dive into the world of student finance.

The group got stuck into two fascinating taster sessions:

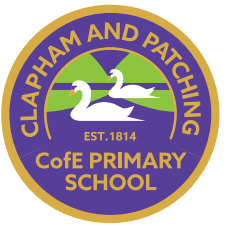
- Anthropology: A look into human culture and society.
- Science: A hands-on lab where students built DNA models from sweets and successfully extracted DNA from a strawberry.

Between the lectures and a Q&A with current undergraduates, our students left the campus feeling inspired and ready to take on the world. As one student put it, the trip was all about "the possibilities ahead."



Students at University of Sussex

Clapham and Patching CofE Primary School



Tree Dressing Day

Tree Dressing Day 2026

The whole school gathered on the village common to celebrate Tree Dressing Day, a tradition that has grown globally since its launch in 1990.

More than just a love for nature, the day was a chance for our community to reflect on how trees have shaped our local history and culture.

The afternoon was filled with hands-on activities, including:

- Whittling wood and crafting handmade decorations.
- Writing messages to hang among the branches.
- Tucking into treats like homemade cake and steaming mugs of hot chocolate.

To wrap up the celebration, the whole school joined voices for a rendition of 'The Holly and the Ivy'.

Chinese New Year

To celebrate Chinese New Year, we treated some of our Reception class to a very special visit to a local Chinese restaurant!

The children enjoyed tasting delicious food, practising their chopstick skills and learning more about the traditions linked to this important celebration. It was a fantastic opportunity to experience a different culture in a fun and memorable way.



Chinese New Year!

Gold Award

We're delighted to announce that we have been awarded the Gold Green Tree Schools Award by the Woodland Trust for our outstanding environmental work!

The Green Tree Schools Award encourages schools to take action for the environment through fun, practical activities connected to trees, wildlife and nature.

Through forest school, eco club and learning outside the classroom, pupils have been inspired to learn about trees, woods and wildlife culminating in our wonderful 'tree dressing' day.

This fantastic achievement recognises the school's commitment to outdoor learning, sustainability and helping pupils connect with the natural world.

Huge congratulations to everyone involved, especially Mrs Almond!



Our award!

MEET THE TEAM

Clapham and Patching CofE Primary School

Justine Chubb Headteacher

What does a typical day look like for you as Headteacher?

6am start to the day, kicking the day off with a lovely dog walk. Back home to quickly shower and get ready for work.

On Mondays and Fridays, I'm helping at Breakfast Club and every morning I'm waiting by the school gates to welcome the children in and greet the parents.

I am very keen to direct any distressed children to our lovely guinea pigs for a cuddle. I make sure to check in with my staff so that we are all ready for the day ahead.

My work day is never set in stone, I wear many different hats and we all help each other in so many different ways.

I lead assemblies after lunch and after school clubs - my favorite after school club was weaving club.

I usually leave work at 5:30pm and spend the evening with my friends, family and my dogs watching rubbish telly and finishing off any extra work.

I'm usually in bed by 8:30pm!



What are you most proud of at Clapham and Patching?

I'm proud of our children and staff, but I'm most proud of how our school community looks after each other.

What is your vision for the school over the next few years?

To continue to grow the school and fill it with happy, safe, and hardworking children.

What is one school tradition that you love?

Having real animals in our nativity!

If your colleagues could describe you in three words, what would they say?

Resourceful, resilient and glamorous!

Quick-fire questions!

Go-to drink and snack at work: A cup of tea and some Love Corn

Favourite children's book: The Tiger That Came To Tea

One word that describes Clapham and Patching: Unique

What's a small moment that makes your job worthwhile? When a child comes to show me a piece of work that they are proud of.

Nick Mainwaring Kingfisher teacher

What is your role at Clapham and Patching and how long have you been here?

I'm the teacher of upper key stage 2 (Years 5 and 6) and I am in my third year of teaching at Clapham and Patching.

What inspired you to work in education?

Wanting to make a direct impact in the community we live in, to share a love for learning, and to help young people be the best they can.

What do you enjoy most about working at Clapham & Patching?

Working with so many wonderful people - the children and the adults that help support them.

What is your favourite subject to teach, and why?

I love teaching most subjects. My background is in maths, so I like to share my love of maths with the children.

I love PSHE and art lessons because the children are freer to express themselves and their thoughts.

How do you create a positive and inclusive classroom environment?

Everyone makes a valuable contribution to our class and we celebrate our learning progress together, championing each other.

What is one classroom resource that you couldn't live without?

My teaching assistant - she's fabulous!



What has been a memorable moment in your teaching career?

Lots of small memorable moments, from children having eureka moments in their learning, to finally understanding and then hopefully killing off the '6 7' movement this year!

Marching through London with the class after our visit to the Tower of London was pretty special too.

If your colleagues could describe you in three words, what would they say?

Organised, tired and grumpy!

What do you enjoy doing when you're not in the classroom?

Travelling, going to the theatre and concerts, sports, gaming and walking my dog.

What is one thing people might not know about you?

I like cold water swimming.

What makes you smile during the school day?

Happy children!

Quick-fire questions!

Go-to drink and snack at work: Coffee and Haribo

Favourite children's book: The Witches by Roald Dahl

One word that describes Clapham and Patching: Awesome

What makes a "good day" at school for you? A calm, focused day where children are engaged and want to do more.



Hayley Croome

Breakfast Club lead

What is your role at Clapham and Patching and how long have you been here?

My role started off as a voluntary role in January 2025 and at Easter the school employed me for the role. I've been in the position just over a year.

What inspired you to work in education?

I've always enjoyed helping in the school, since my son joined reception in 2022. I joined the PTA and quickly became chair.

I knew the school wanted to start a breakfast club and that they liked the idea of using The Junction Cafe as a breakfast club space. When The Junction Cafe came up for sale, I jumped at the chance of buying it, to make that happen and to build our local community!

What do you enjoy most about working at Clapham & Patching?

I really love our little school and I'm really proud of our community. One of the reasons I bought The Junction Cafe was to build community.

I love the children and all their personalities. They regularly make me laugh. The team at Clapham and Patching are amazing.

I am really lucky to work with wonderful individuals who go above and beyond their job titles to provide a fantastic environment for our children to learn in.



What happens during a typical breakfast club session?

Before the children arrive I set up the self serve cereal table. A few children arrive at 7.30am, where they are greeted and registered by me. The majority of children arrive at 8am, when I am also joined by a member of the teaching staff. The children help themselves to cereal, or I toast them English muffins with cream cheese or cook them porridge or serve them yoghurt and honey.

After the children have eaten they play with chess sets, puzzles, card games, draw or read.

In the nicer weather they get 10-15 minutes out on the grass to run around before they collect their school stuff and line up to be walked to school.

What do you enjoy most about starting the day with the children?

I enjoy eating breakfast with the children and being the first to welcome them into their school day. I also love it in the summer when I can stand out on the grass area and watch them enjoy a bit of outside play together.

Quick-fire questions!

Go-to drink and snack at work: Tea and toast with honey and butter

Favourite children's book: Anything by Tom Fletcher or Julia Donaldson

One word that describes Clapham and Patching: Unique

What's a small moment that makes your job worthwhile? When the children have remembered their manners and when a child does a really good job of tidying up what they've been playing with.

What is the best compliment you have received from a pupil? They ask for more food!

LATEST FROM

WORTHING HIGH SCHOOL

As we reach the end of another busy and inspiring term across our trust, I would like to begin by thanking our parents and carers for their continued support of the school, and our students for their hard work, commitment and positive contribution to school life. The partnership between home and school plays a vital role in helping our students thrive, and we are incredibly grateful for the encouragement and support our community provides every day.

It has been a particularly vibrant few weeks, with many opportunities for students to showcase their talents, curiosity and leadership. We were delighted to celebrate National Science Week, which highlighted the curiosity, creativity and enthusiasm of our students.

Across the school, students produced an array of impressive projects that demonstrated both their scientific understanding and their willingness to explore new ideas. It was a real pleasure to see so many students fully engaged in discovery and problem-solving, supported by the passion and expertise of our science team.

We also marked International Women's Day, which provided a powerful platform for our Female Leaders Group. These students showed tremendous confidence and maturity as they led assemblies and contributed to staff briefings, sharing their perspectives and encouraging important conversations about equality, opportunity and aspiration.

I was incredibly proud to see them step forward, speak with such authenticity, and inspire both their peers and staff.



During National Careers Week, we were fortunate to welcome a different employer into school each day to lead assemblies and talk with our students about their industries and career journeys. These sessions offered valuable insights into a wide range of professions and helped students to see the many pathways open to them in the future. Experiences like these play an important role in broadening horizons and helping young people to imagine the possibilities ahead.

Finally, I am particularly proud to share that the school has been recognised as an Ambassador School by the Schools, Students and Teachers Network (SSAT). This recognition reflects the fantastic work taking place in classrooms every day and the dedication, skill and care of our staff. It is also a reflection of the positive culture we are building together,

one where collaboration, high expectations and a commitment to continual improvement sit at the heart of everything we do.

Thank you to everyone: students, staff and our wider community who all contribute to making our schools such vibrant and supportive places to learn and grow.

Enjoy the Easter break and we look forward to welcoming students back on Monday 13 April.

Adrian Cook

**Headteacher
Worthing High School**





Post 16 options evening

Choosing what comes next after secondary school is one of the most important decisions our students will make and at Worthing High School.

We are committed to making sure every student feels informed, supported, and confident about their post-16 pathway.

From Year 10 onwards, students are given access to a wide range of opportunities designed to help them explore all their options, whether that's sixth form, college, apprenticeships or specialist training.

Meeting the Experts: Post-16 Options Evening

Each year Worthing High School host a Post-16 options evening, welcoming a wide range of post-16 centres into school. This event gives Year 10 and 11 students and their parents the chance to speak directly with providers, ask questions and gather first-hand information.

Alongside local sixth forms and colleges, national and local apprenticeship providers are also in attendance, ensuring students can explore academic and vocational routes side by side.

Bringing Pathways into the Classroom

Throughout the year, students benefit from termly Focus Days, where post-16 centres visit school to deliver short, informative classroom presentations to Year 10 students.

These sessions help students understand different routes early, and encourage them to start thinking about their future with confidence.



National Careers Week

In addition, we host regular assemblies delivered by a diverse range of post-16 providers, giving students insight into different learning environments, courses and career pathways.

Spotlight on Apprenticeships

Apprenticeships play a key role in our post-16 guidance. Providers regularly deliver assemblies - during National Apprenticeship Week, students take part in a focused programme of presentations and activities designed to highlight the breadth of opportunities available through this route.

Personalised Careers Support

Every student has access to our Careers and Post-16 Advisor, supported by an open-door policy. Students can request a meeting or drop in for advice during break, lunchtime, or before and after school to discuss their individual goals and post-16 plans.

All Year 11 students receive a one-to-one guidance meeting, alongside ongoing support with applications, deadlines and decision-making.



Rolls Royce presenting in assembly

Thanks to our strong working relationships with local post-16 providers, students benefit from informed advice and tailored support throughout the process.

Strong Partnerships Beyond School

We are proud of our close relationships with local post-16 centres and college staff, which allow us to provide up-to-date information and meaningful opportunities for our students.

We actively promote open events and key dates through school communications and our website, encouraging students and families to visit centres and experience them first-hand.

Each year, we also organise a whole year group visit to the largest local college group, giving students a valuable taster day to experience college life, facilities and courses.

Learning from Experience: Subjects and Alumni

Individual subjects across the school work closely with local post-16 centres to offer subject-focused activities, helping students see how their learning continues beyond secondary school.

We also host Focus Day activities featuring alumni, who return to share their post-16 journeys and where those pathways have taken them. Hearing real success stories helps students see what's possible and inspires them to aim high.

Supporting Every Step of the Journey

We want to ensure every student leaves school with a clear plan and the confidence to take their next step. Whatever path they choose, we are here to help them succeed.

Meet our Careers and Post-16 Advisor



Mr Martin Fisher

mfisher@worthinghigh.net
01903 237864

You can find Mr Fisher in B1b at Worthing High School



Big Interview 2025



YOUR FUTURE STARTS HERE EXPLORING POST-16

ALUMNI SPOTLIGHT BRIAN PENNELLS

Brian Pennells is a Key Account Executive at Salesforce in New York, where he manages the relationship with Bank of America, the world's second largest financial institution. Brian completed his secondary education at Worthing High School, United Kingdom and now lives in New Jersey with his wife and two children.

How did your time at Worthing High School shape who you are today?

I was very fortunate to have some great teachers that saw my potential and instilled in me the values of "you get out what you put in". What this taught me is that hard work beats talent and if you put in the work you can get the results you want. This mindset can be applied to any objective that you set yourself in life and has helped me to be successful in my career and business.

What skills or values from school have stayed with you the most?

The importance of being able to get on with anybody irrespective of their background, and that everyone has something to offer. Your teachers are amazing people who are invested in your success and want to see you succeed. As you advance in your life and careers, make sure that you pay that back by helping others and sharing your learnings with the generation behind you along the way.



“Hard work beats talent, and the hardest part of any task or journey is beginning or taking the first step.”

Brian Pennells

What does a typical work day look like for you?

A typical day often involves traveling across the USA (most commonly Los Angeles, Charlotte, Atlanta, Chicago, San Francisco and New York City) to sit down with my customers and understand what challenges they face and how we can create technology solutions to help them solve problems or achieve their business objectives.

What part of your job do you enjoy the most?

There is always something new and exciting to learn. Technology is a constantly evolving field. The world we are operating in today is vastly different from just 12 or 24 months ago.



What is one piece of advice you would give current students?

Your mindset matters. By this I mean how you think and how you interact with the people and obstacles around you. If you show up with positive energy, a smile and a mind set of "how can we achieve this goal" as opposed to "this is too difficult" people will naturally want to be around you and gravitate towards you.

Are you alumni of Worthing High School?



Reconnect by contacting: alumni@worthinghigh.net

ART MADE BY NATURE

By Mrs Hunt, Subject Leader of Art Worthing High School



Create an outdoor artwork inspired by Andy Goldsworthy's style and take a photograph of your finished piece. Andy Goldsworthy is known for his ephemeral land art, especially his winter sculptures made from natural materials such as ice, snow and icicles. His artworks are delicate and temporary, often changing or disappearing as nature takes over. Because of this, he documents his work through photography.

1.
2.

When the weather is nice, head outdoors and use found natural materials such as beach objects, leaves, twigs, stones, or snow to create a small sculpture of your own.

Take a photograph of your work. The Art Department look forward to seeing your creativity in action!

ANDY GOLDSWORTHY

Andy Goldsworthy is a renowned British sculptor, photographer and environmentalist known for site-specific land art. He uses natural materials like ice, leaves, stones and wood to create temporary installations that highlight the beauty and nature of the environment.



2026 IS THE NATIONAL YEAR OF READING!



It's time to Go All In on reading, finding books you love and building yourself a reading community.

By Mrs Regan, Learning Resources Centre Manager, Worthing High School

At Worthing High School, we have had a fantastic start to our 2026 reading activities including:

- A Scholastic Book Fair for students to find new books and authors that they love
- Assemblies for National Storytelling Week run by our Literacy Ambassadors
- All of KS3 nominating books ready for our summer term Battle of the Books
- Fantastic authors Sarah Crossan and Chris Bradford visiting Years 7, 8 and 9
- Our first Reader Games to celebrate World Book Day with challenges and quizzes
- Taking part in the Chichester Literature Quiz and the National Reading Champions Quiz
- Monthly Reading Challenges for our whole school community - students, families and staff

Why Reading Matters

Our students know how important reading is to us as a school community, and what a difference strong reading skills will make to their futures. But in today's world, especially for young people, it can be hard to prioritise the things you know are good for you when there are so many demands on our time and attention. Reading is great for slowing down and taking a breath when things feel overwhelming, whether you are finding comfort in characters you can relate to, or escaping to a whole new world for a short time.

Read What You Love

Reading can also be a great way to grow your love for a subject you are already interested in, whether it's a sport,, a part of the world you want to explore, or the science behind your favourite tech. In the school library we have a range of books that cover all topics and interests, but don't stop there! We have fantastic public libraries in West Sussex, and there are also many magazines and websites where you can spend some time diving deeper into the things you love.



TELL US WHAT YOU'RE READING



Stories Bring Us Together

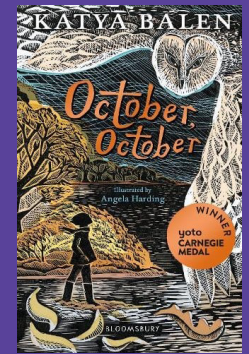
Something I love to see in the school library is students sharing books that they have loved with each other. Every year students make new connections when they realise they are working their way through a series at the same time - it's almost like a dozen mini book clubs popping up around particular authors and titles! And while I know for most of our students, we want to encourage less screen time, not more, there are some brilliant creators online giving great book recommendations and fostering welcoming communities that make reading fun.

Every Reader Has Their Own Story

Our hope for this year is that our students will learn that there are lots of kinds of readers in the world, and be able to find their own identity as a reader; whether that's as someone who reads 3 (or more!) books a week, someone who listens to audiobooks, or someone who prefers books that are lists of facts to a story.

Feeling inspired?

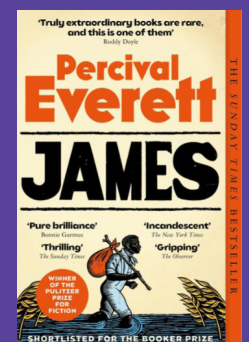
Why not join our Monthly Reading Challenge? March's theme is Award Winners, and there are plenty to choose from! We recommend...



Ages 7+ October, October by Katya Balen



Ages 14+ Glasgow Boys by Margaret McDonald



Adults: James by Percival Everett

8 TIPS FOR DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is essential for wellbeing, impacting cognitive function, emotional balance and overall health. A World Health Organisation study found that 44% of young people have difficulty sleeping, which can negatively affect mood, concentration and the immune system.

This guide offers expert tips for helping children to sleep more healthily.

This guide was created by The National College. The content is current as of the date of release: 13.03.2024.

The National College's WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change.



1

USE TECH MINDFULLY

- Encourage a balanced approach to screen time.
- While devices like phones and tablets can relieve stress, it is advisable to minimize their use right before bed.
- Screens can keep the mind racing, making it harder to fall and stay asleep.



2

EFFECTIVE SLEEP PRACTICES

- Reinforce habits that positively influence sleep.
- Children could keep a daily evening diary.
- Encourage exercising during the day to use up excess energy.



3

HYDRATION HABITS

- Drink plenty of water throughout the day.
- Limit drinks close to bedtime to prevent nighttime disruptions and bathroom trips.
- Avoid caffeine later in the day to allow the body and brain to slow down naturally.



4

BEDTIME SCHEDULE

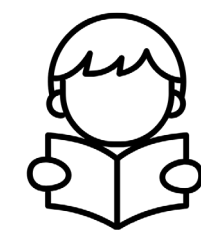
- Assist children in developing routines that signal the body it is time to wind down.
- Establish specific pre-sleep activities, such as brushing teeth, to create an association with falling asleep.



5

SLEEP ENVIRONMENT

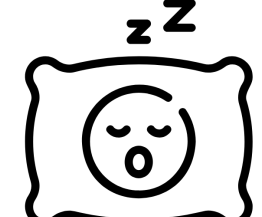
- Ensure the bedroom is comfortable, dark and free from distractions.
- Keep the room tidy and at a suitable temperature (not too hot or too cold).



6

RELAXING EVENING ACTIVITIES

- Recommend calming activities like reading or gentle stretching before bed.
- Low-intensity activities signal the brain that it is time to rest.



7

PRIORITISING ADEQUATE SLEEP

- Emphasize sleep's role in physical and emotional wellbeing.
- Maintaining a pattern is especially vital during challenging times, such as exam seasons.



8

NUTRITIONAL BALANCE

- A healthy, balanced diet helps establish consistent sleep patterns.
- Prepare meals with fruit and vegetables in reasonable portions to avoid being too full to be comfortable in bed.



Friends of Worthing High School (FOWHS) are a parent and carer led group who support the school through fundraising initiatives.

They organise a range of events and fundraising opportunities throughout the academic year to raise funds to pay for school resources and activities which benefit all students.

NEWS

Winter raffle

Thank you to all the generous companies who donated raffle prizes (listed to the right). We were lucky enough to have over 30 incredible prizes. Tickets were £2 each and we raised an amazing £2,046! Thank you to everyone who bought tickets!

Subject review evenings

Thank you to everyone who came to the past two subject review evening. We loved meeting you all and telling you all about FOWHS. We managed to raise £200 serving teas, coffees and snacks.

Preloved uniform sale

Thank you to everyone who braved the weather and picked up a bargain at our preloved uniform sale. We raised an amazing £800.

Keep your eyes peeled for the next one!

Quiz night

Thank you to all the teams that came to the FOWHS Quiz Night on 13 March. Congratulations to the winning team – the Sparkly Spartans! Thank you to the following companies for donating prizes: Dirty Dogz Kitchen, Tesco, Mr Bagel, The Moon by the Sea and The Hangover Kitchen. We raised an incredible £700 in total.

EVENTS

Easter Tombola

Lunchtime 26 March - Worthing High School students only

Bingo

Date TBC

SRE Evenings

We will be at future subject review evenings to raise awareness of FOWHS and also sell refreshments.

We will be at Snack 14 and we take both cash and card.

The SRE next term are:

- Year 8 SRE - 30 April
- Year 10 SRE - 9 July



Bowers & Wilkins

FOWHS



Ways you can help

**Sponsor,
Join or
Give your
time**

Donations

Fundraising

- Donate Raffle and tombola prizes
- Donate pre-loved uniform
- Donate prizes through your business or your employer

- Sponsor an event - Do you own a business or can the business you work for sponsor an event?
- Can you help with advertising of events
- Come and join our events
- Give your time to FOWHS - we are grateful for any time you can offer

Join our Easyfundraising - FOWHS
<https://www.easyfundraising.org.uk>

Do you work for an employer who offers match funding? This is a great way to help boost money that is raised for our school

Get in contact with FOWHS: fowhs@worthinghigh.net

Keep up to date by following FOWHS on Instagram
[@friendsofworthinghighschool](https://www.instagram.com/friendsofworthinghighschool)



Beef Meatball Ramen

Ingredients

- Serves 4
- 15g Fresh Finely Chopped Ginger
 - 25ml Light Soy Sauce
 - 16 Beef Meatballs
 - 260g Dry Egg Noodles
 - 30g GF Vegetable Bouillon
 - 1L 300ml Water
 - Pinch of Cracked Black Pepper
 - 60g Finely Sliced Mushrooms
 - 40g Watercress
 - 25g Finely Sliced Spring Onions
 - 5g Fresh Chopped Coriander
 - 1 Finely Sliced Red Chilli
- Served with some finely julienned carrots & radishes to garnish



Directions

- 1 Place the water, vegetable bouillon, soy sauce & finely sliced ginger into a large pan & whisk until combined
- 2 Add the beef meatballs, bring to the boil & cook for 20 minutes, then reduce to a simmer
- 3 Add the noodles & cook for 8-10 minutes, the liquid will also start to reduce & thicken
- 4 Add the mushrooms & watercress, allow to wilt slightly
- 5 Place the broth into bowls & load with noodles, meatballs & veg
- 6 Top with the spring onions, red chilli & coriander
- 7 Garnish with Julienned carrots & radishes for added crunch

Allergens:

Gluten (Wheat), Soya, Egg

Check the meatballs that you are using for the correct allergen information.

To omit the Gluten and Egg in this dish, use Vermicelli rice noodles and GF meatballs.

Catering Management Ltd
It's all about you...

MEET... Sophie Downham



Sophie trained to teach through South Downs SCITT at Worthing High School and has been working at the school for the past two years as a science teacher and Year 8 form tutor.

What does a typical workday look like for you?

I get to school most days for 7:45am. I use the time before students get in to make a tea and look through the lessons of the day and make sure all my printing is done so I am prepared. Most days I teach 4-5 lessons to a range of year groups, covering a range of science topics. After school I will stay and make sure I am ready for the next day and I try to leave work by 4:30pm. Then I will head to the gym or go for a run before heading home for the evening.

Do you have any daily habits or rituals that keep you motivated?

I do try and exercise at least once a day, whether that be volleyball, running, a gym class or even a light walk. I find this clears my head after work and means I can really focus on the next day and the weeks ahead.



Sophie with her volleyball teammates

What inspired you to become a teacher?

Since a young age I have always liked the idea of being a teacher. I had some great teachers growing up who really inspired me.

Those teachers made a real difference in my life and inspired me to continue with my interests and passions.

What's one piece of advice you'd give to someone starting their teacher training?

To take on as much feedback as you can from your mentors.

Also seeing as many staff members in their lessons, this will allow you to see what you have learnt in university put into practical examples, and show how you can apply it into your own teaching too.

Are there any misconceptions about what you do?

I think people who are not teachers or do not know teachers have quite a few misconceptions about the career.

The main one includes the working hours we do. We do not start at 8:40am and leave at 3:10pm like some people assume. Teachers work really hard in their own time as well as their contracted time to ensure that the students benefit from their teaching.

What hobbies or activities bring you joy outside of work?

I play volleyball for Worthing Volleyball Club. This includes training on Tuesdays and matches on Sundays. I really enjoy cooking and baking so will try and spend some of my weekend finding new recipes to try and bake.

I am currently training for the London Landmarks half marathon, so I try to run as much as possible. This year I have also found a new hobby in road cycling, so I try to set some time aside for that too.



Sophie running in the Worthing 10k



OPEN DAY

9am – 1pm

Saturday 26 September 2026



Worthing High School is a secondary school for years 7-11 based in West Sussex. A forward-thinking, inclusive, vibrant and caring secondary school. Worthing High School is the founding school of South Downs Education Trust.

OPEN MORNING TOURS

We are also offering Open Morning Tours at 9am on 29 & 30 September and 1 & 2 October 2026.

Book online at www.worthinghigh.net

