



## SCHOOL NEWS 22 JANUARY 2026

### DATES FOR YOUR DIARY

MFL Mocks	13/01/2026 – 28/01/2026
Subject Review Evening (Year 7)	22/01/2026
ARE - Year 10 – Virtual	29/01/2026
February Half Term	16/02/2026 – 20/02/2026
Subject Review Evening (Year 9)	26/02/2026
Early Finish – 13:30pm (All School)	26/02/2026

### INSET Days for Academic Year 2025 - 26

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

Friday, 19 June 2026

Wednesday, 22 July 2026

Dear Parents and Carers,

As we reach the end of another busy week, I would like to take this opportunity to thank you for your continued support, particularly with your children's attendance. Your commitment to ensuring students are in school, on time, and ready to learn makes a significant difference to their progress and wellbeing and we are very grateful for your partnership in this important area.

I would also like to extend a warm welcome to our Year 7 families who will be joining us this afternoon for the Subject Review Evening. We are very much looking forward to meeting you, sharing information about your child's learning and answering any questions you may have. Events like this are a valuable opportunity to strengthen the home-school relationship, and we hope you find the evening informative.

As part of our ongoing commitment to supporting students at key points in their education, I would like to remind Year 11 parents and carers about the upcoming workshop from Action Your Potential on 29th January. This session will provide practical support and guidance on how to help your child prepare for their exams, including revision strategies, managing exam stress, and building effective study routines. We strongly encourage families to attend, as working together at this crucial time can make a real difference to student outcomes. A separate invite was sent out earlier this week, which provides further information.

Finally, I would like to remind parents and carers that we offer a wide range of extracurricular clubs and activities throughout the week. These provide students with fantastic opportunities to develop new skills, build friendships, and grow in confidence outside of the classroom. I strongly encourage you to discuss these opportunities with your child and support them in getting involved where possible.

Adrian Cook  
Headteacher

Welcome back and Happy New year. Already, half way through this term.

I am writing to update you on the national debate around mobile phones and social media use among children and young people. As you may have seen in the media, the government has launched a consultation exploring a potential social media ban for under-16s and tougher guidance for schools on mobile phone use, with Ofsted expected to check how schools are implementing these expectations. In addition, the House of Lords is due to vote on an amendment to the Children's Wellbeing and Schools Bill that would require social media platforms to prevent under-16s from accessing their services within a year of the Bill becoming law.

As a Trust, we welcome this renewed focus on children's wellbeing, safety and digital habits. These discussions reflect concerns that many of us—parents, teachers, have been raising for many years.

For over a decade, WHS has operated as zero tolerance on Mobile phones, with a strict mobile phone policy of, "Switched off and in their bags ", or even better, not coming to school.

This policy has been central to creating calm, focused learning environments, reducing distraction and anxiety, supporting positive social interaction, and protecting children from online harm during school hours. It has been really effective but, recognising, it is not perfect by any means.

We are also working closely with our locality primary schools, to ensure a consistent and supportive approach across the community. We are supporting our primary leaders to strengthen guidance, align expectations and help families navigate the challenges of early digital exposure and are supportive of Smartphone Free Schools campaign.

If national policy does move towards tighter restrictions on social media for under-16s, we will work with you to ensure the transition is smooth, supportive and centred on children's wellbeing. Our aim is always to partner with parents, not police them. We know that managing technology at home can be challenging, and we will continue to offer guidance, and support to help. I wanted to take the opportunity to put this possible change on your radar. WHS will be reviewing its policies around mobile phones in the coming weeks and will ensure parents and carers are kept up to date should this impact students.

Ultimately, this is about safeguarding children—emotionally, socially and academically.

Thank you, as always, for your support to Mr Cook and staff of WHS. By working together, we can ensure that our children grow up confident, safe and ready to thrive in an increasingly digital world.

Pan Panayiotou  
CEO, South Downs Education Trust

***Supporting Students with Anxiety from Action Your Potential***  
**A Webinar Course delivered live on the last Tuesday of each month**  
**[Dates and Details are here.](#)**  
**[Sign up here.](#)**  
**[Video Promo is here.](#)**

We also would encourage parents and carers to subscribe to our weekly podcast. Details are below. One Brain At A Time focuses on how we can all help ourselves to build better versions of ourselves each and every day. Great for parents and carers to listen to in the car with their children.

Adam and Andy, who run #NeuroNinja Primary Programme create a weekly podcast - [One](#)

[Brain at A Time](#) or watch the [weekly podcast here](#). The podcast develops themes and key ideas covered in our workshops and our coaching sessions. You [can also follow their weekly substack newsletter here](#).

### **Year 10 Work Experience Day July 2026/ Focus Day 3**

A letter has gone home today to announce the Year 10 Work Experience Day on Monday July 6th. This is an essential part of our work-related learning curriculum aiming to give students a genuine "experience of work" and a firsthand look at the professional world.

Students, with the support of parents and carers, are required to secure their own one-day placement. This unpaid day allows students to observe daily operations, understand workplace discipline (such as time-keeping and teamwork), and explore an industry that sparks their interest. Please see your letter for further details and the important placement

### **FOWHS**

#### **Plea for Clothes Rails**

Do you have a freestanding hanging clothes rail that you no longer need? If so, we would be very grateful to hear from you. We are looking to borrow or rehome a small number of rails to help us organise items for our preloved uniform sales. If you can help, please get in touch with FOWHS.

#### **FOWHS Preloved Uniform Sale**

FOWHS will be holding a preloved uniform sale on:

**Thursday 5 February 2026**

**5:00–6:00pm**

**The Glynn Owen Centre**

#### **Ways You Can Support FOWHS**

## Ways you can help



Please get in touch at [fowhs@worthinghigh.net](mailto:fowhs@worthinghigh.net) if you can support us in any way.

### **Pre-Loved Uniform Donations**

FOWHS has good stock levels but is still collecting branded uniform in good condition (especially girls' uniform). If your child has outgrown their uniform and you're able to donate it, please drop items into the **main reception**.

### **Extra-Curricular Clubs**

#### **Physical Education and Dance Clubs**

Please click the link to the [Spring Term 1 Clubs and Fixtures Timetable](#).

Please note that no clubs will run on the below dates due to staff meetings/events

- Thursday 22 January
- Monday 9 February

#### **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.

Drama club takes place on Wednesdays from 3:15 – 4pm. Everyone is welcome to attend we will begin to plan a summer showcase event.

Please note, there will be no Drama club on the below dates.

- 4 February
- 25 February

### **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*

#### **Non-Teaching**

*No current vacancies*

### **SOCIAL MEDIA**

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

#### **Instagram**

Whole School: [worthingschool](#)

IT: [worthinghigh\\_it](#)

PE: [worthinghigh\\_pe](#)

FOWHS: [friendsofworthingschool](#)

#### **Twitter**

Whole School: [@WorthingHigh](#)

Headteacher: [@WorthingHigh\\_ht](#)

South Downs Education Trust: [@sdetrust](#)

Trips: [@worthinghighout](#)

Worthing High Careers and Employability Service: [@WorthingHighCar](#)

Lettings: [@HighLettings](#)