

# THRIVE

South Downs Education Trust's termly magazine



Summer 2025

Building futures  
through books and  
sport

From  
Clapham  
to Gambia

Female Leaders Club at  
Worthing High School

Meet Clapham and  
Patching's SEND support

Recipe from Worthing  
High School's Canteen



# SPONSORED WALK 2025

UPDATE

Our students showed incredible perseverance, completing 12 miles in high temperatures. Spirits remained high throughout. We're proud of everyone involved and have raised £17,440.50 so far, with donations still coming in.

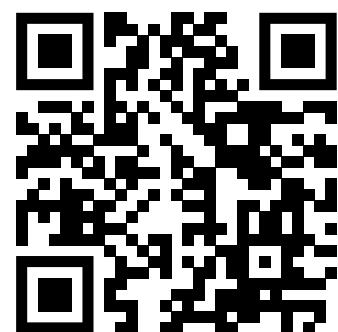
“

The sponsored walk was a refreshing day out of school. The view from several points on the walk was beautiful.

Arthur, 9T1



There is still time to donate!



## Contact us

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# WELCOME



Dear Parents and Carers, Staff, Pupils and Friends

It is a pleasure to introduce the second issue of Thrive Magazine, celebrating the incredible work across the South Downs Education Trust, Worthing High School and Clapham and Patching CofE Primary School. This publication showcases the talent, innovation and dedication that define our school communities.

I am excited to begin my new role as DfE Regional Improvement Schools Excellence (RISE) Advisor. With this and the Trust's continued growth, I will be stepping back as Executive Headteacher to focus solely on my role as CEO of SDET.

From September Mr. Cook and Mrs. Chubb will become Headteachers of Worthing High School and Clapham and Patching CofE Primary School respectively - a well-deserved recognition of their leadership and commitment.

I also want to pay tribute to Mr. Beda, retiring this year from Worthing High School after 17 years of service - thank you for your remarkable contribution.

Thank you to all pupils, staff, parents and carers for your continued support. I hope this issue inspires and affirms the impact we all make every day. Wishing you a restful and safe summer.

**Pan Panayiotou**  
CEO, South Downs Education Trust

# What's On

SEPT  
2025



## Year 7 Adventure Day!

On Friday 12 September, all Year 7 students at Worthing High School will head off on an activity trip to PGL Windmill Hill in Hailsham.

This action-packed day will be filled with adventurous and team-building activities designed to help students make friends, build confidence and get to know their new teachers.

NOV  
2025



## Odd Socks Day!

On Thursday 13 November 2025, Clapham and Patching C of E Primary School will take part in Odd Socks Day to support Anti-Bullying Week.

Students are encouraged to wear odd socks to school to celebrate what makes us all unique and to stand together against bullying.

OCT  
2025



## Harvest Celebrations

Clapham and Patching CofE Primary School are delighted to invite parents and carers to our Harvest Celebrations on Thursday 23 October 2025, from 2:30pm to 3:15pm at St Mary's Church, Clapham.

This special event is a wonderful opportunity for our school community to come together. We look forward to seeing you there!

DEC  
2025



## Panto Trip for Years 1–6

Clapham and Patching C of E Primary School is excited to announce a theatre visit this December for Years 1 - 6 to enjoy a festive pantomime performance!

It's sure to be a fun and magical experience - full details will be shared soon. Stay tuned!

## Key Dates



**Friday 5 September 2025**

First day for children  
(Year 1 to Year 6)

**Friday 10 October 2025**

School Photographs

**Wednesday 15 October 2025**

Open day tours

**Thursday 23 October 2025**

NHS flu vaccinations  
(Reception - Year 6)

**Monday 27 – Friday 31  
October 2025**

October half term

**Thursday 18 December 2025**

Christmas party and Christmas lunch

**Friday 19 December 2025**

Christmas Carol Concert at  
St Mary's Church

**Monday 22 December 2025  
– Friday 2 January 2026**

Christmas break

**INSET days**

The school will be closed to  
students on these days:

**Wednesday 3 September 2025**

**Thursday 4 September 2025**

**Friday 24 October 2025**

## Key Dates



**Friday 5 September 2025**

Year 7 Starts

**Monday 8 September 2025**

All students back to school

**Friday 12 September 2025**

Year 7 PGL trip

**Saturday 20 September 2025**

Open day

**Monday 22 – Thursday 25  
September 2025**

Open Mornings for year 6  
students

**Monday 27 – Friday 31  
October 2025**

October half term

**Monday 22 December 2025  
– Friday 2 January 2026**

Christmas break

**INSET days**

The school will be closed to  
students on these days:

**Wednesday 3 September 2025**

**Thursday 4 September 2025**

**Friday 26 September 2025**

**Friday 24 October 2025**

**Friday 28 November 2025**

**Monday 1 December 2025**

# FROM CLAPHAM TO GAMBIA

Words: Mrs Almond, Swans class teacher, Clapham and Patching CofE Primary School



**In April 2025, Mrs Almond, Swans class teacher at Clapham and Patching CofE Primary School and Hayley, the PTA chair embarked on a journey to The Gambia to support two schools: Kassa Kunda Lower Basic School and L.B.S. Their mission was to enhance educational opportunities for 571 students through different initiatives.**



Gillian, Hayley and Musa (the class bear) ready to start their adventure

“

When we set out from our small school community in Worthing to the heart of The Gambia, we carried more than suitcases. We carried stories, dreams, and a shared belief that education is a universal right. Alongside me was Hayley Croome, Chair of the Clapham and Patching Schools PTA, and 8 other independent travellers, of all whose unwavering dedication helped transform vision into reality. This volunteer trip was a grassroots collaboration between two communities - one in the UK, the other in West Africa - united by a passion for learning and opportunity. What unfolded during our time in The Gambia was nothing short of life-changing.

“

**We are truly grateful for all the work you have done. The library has opened doors for our students - they now have the books and resources to truly do well in their studies. Your visit has given us hope.”**

**Mustapha, Senior Teacher, Kassa Kunda Lower Basic school**



Gillian sharing one of the large books sent from Clapham and Patching School

## Books That Bridge Worlds

The project began in the classrooms of Clapham and Patching Schools, where children helped collect books to send to their peers in The Gambia. Seeing those same books now line the shelves of a newly converted library - a vibrant, sunlit space - was a moment none of us will forget. In communities where educational resources are scarce, this library stands as a symbol of empowerment and possibility.

The children's excitement was palpable. For many, it was their first time leafing through storybooks, maps, and science texts - a tangible step toward literacy and learning. The smiles said it all: these were more than donations; they were invitations to dream.



New library complete and organised with books from the UK

## Education Through Sport

Our efforts went beyond books. Recognising the role of sport in holistic education, we brought netball equipment and helped build a proper court - the first many of the girls had ever seen. Sport offered a new form of expression, a place to build confidence, cooperation, and leadership.

It was incredible to witness young girls take to the court with energy and pride. The netball sessions quickly became a highlight of each day - not just for the students, but for us too. Through sport, we watched barriers melt and friendships form.



Enjoyment as sport was introduced for the first time

## Learning in Both Directions

As educators and volunteers, we arrived in The Gambia hoping to make a difference.

But what we didn't expect was how much we would learn in return. We were welcomed with open arms, shared meals, and open hearts. We saw resilience, resourcefulness, and an unwavering commitment to education under challenging conditions.

The children and teachers taught us the power of community, and the joy of learning in its purest form.

## WHAT WE ACHIEVED

- Established netball courts and provided equipment to promote girls' participation in sports.
- Created a community garden to cultivate vegetables and raise farm animals, fostering sustainability.
- Painted a vibrant "Hungry Caterpillar" mural and supplied related books and learning aids to enrich literacy.
- Offered phonics training for teachers to strengthen foundational reading skills.
- Provided first aid equipment and training to support health and safety within the school community.



Gillian sharing a book, gifted from Clapham and Patching children, with excited staff and children

## A Partnership, Not a Project

This was never about charity - it was about solidarity. From Clapham to The Gambia, this trip reminded us that education is the most powerful tool we can share. And when we work together - parents, teachers, children, communities - we can build more than classrooms. We can build futures.

The journey continues, and we hope our story encourages other schools and PTAs to consider how global connections can enrich local education. One book, one ball, one brick at a time - we can change the world.

## Do you want to donate?

Support children in schools through the charity Sponsor a Gambian child.

If you would like to donate contact Clapham and Patching CofE Primary School for more information.



Students from Kassa Kunda lower basic school are thrilled with their books

## Infrastructure That Matters

One of the most urgent needs in the schools we visited was access to basic sanitation. Thanks to fundraising efforts back in the UK, we were able to provide the funds needed to construct a new toilet block. This is more than a building - it is a commitment to dignity, safety, and health for every child and teacher.

# News

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

## Worthing High School



## Year 5 Taster Mornings

In the week of 23 June, Worthing High School welcomed Year 5 pupils and their parents for exciting taster mornings.

Students took part in hands-on sessions in Art, DT, and Science, showing great curiosity and creativity. Parents enjoyed guided tours and saw what makes our school community so special. It was a fantastic opportunity to connect with future students and celebrate their enthusiasm for learning. We look forward to seeing them again!



## A Night to Remember

The Worthing High School Year 11 Prom, held at the beautiful Long Furlong Barn on 25 June, was a stunning celebration of the Class of 2025.

From glamorous outfits to the amazing cars, the evening perfectly reflected the growth, spirit and achievements of our remarkable students. It was also a special send-off for Mr Beda, celebrating his final Prom in style.

Here's to the future!



## Exploring the Bay of Naples

From 5 to 8 July, Year 10 Geography students enjoyed an unforgettable trip to the Bay of Naples. Highlights included visits to Mount Vesuvius, Pompeii, Herculaneum, and Capri, bringing topics like coasts, tectonics, and tourism to life.

A stop at a mozzarella farm added flavour to the experience.

The trip was both educational and inspiring, creating lasting memories.



# Worthing High School



## A Day of Real-World Learning

On 7 July, Worthing High School's Focus Day 3 offered students enriching off-timetable experiences to build life skills and explore future pathways.

Year 7 took part in CPR training and STEAM activities, Year 8 enjoyed an Entrepreneurial Day with Capgemini, Year 9 tackled a team-building mud run and Year 10 gained valuable insight through a dedicated work experience day.

A day of growth, challenge, and inspiration!

## 12-Mile Challenge for Charity

On 19 June, our students showed amazing perseverance as they completed a 12-mile walk from Worthing High School to Chanctonbury Ring in high temperatures.

Spirits stayed high throughout the journey!

We're incredibly proud to share that we've raised £17,440.50 (and counting!) for Chestnut Tree House and Sussex Search and Rescue.

A huge well done to everyone involved!

## Celebrating Sporting Success

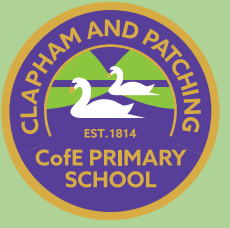
On Thursday 3 July, Worthing High School proudly hosted our annual PE Presentation Evening, celebrating the achievements of our talented students in sport and dance.

We were honoured to welcome professional footballer Rhian Cleverly as our guest speaker.

The evening featured the presentation of awards to outstanding individuals and teams, recognising their dedication, skill, and commitment throughout the year.



# Clapham and Patching CofE Primary School



## Our Census week

Census week for the breakfast club government early adopter scheme started on the 9 June at Clapham and Patching CofE Primary School. The purpose of the week was to record the number of children that attended breakfast club each day and use these pupil numbers to calculate how much funding the school will receive from the government in the future.

On average, 40 of our pupils attended across the week. To encourage as many children as possible to attend census week, we ran a variety of activities and also included sports day.

Lots of fun was had by all and we should now receive enough funding to continue to offer the 30 minute provision for those that would like it.



## Camp 2025: Raid, Trade, Invade!

On 17 June KS2 students had an unforgettable time at this year's camp, themed 'Raid, Trade, Invade.'

From climbing trees and kayaking to fun challenges and toasting marshmallows, the days were packed full of adventure.

Laughter, teamwork and happy memories filled the air - what an incredible experience for everyone involved!



# Berlin Diaries: A Journey Through History and Currywurst

Words: Mr Oram, Subject Leader for History, Worthing High School



**We arrived in Berlin buzzing with excitement, eager to dive into its rich history and vibrant culture. From the moment we stepped off the plane, the city's mix of old and new captivated us - the grand architecture alongside colourful street art felt alive and full of stories.**

**We planned to explore iconic sites like the Berlin Wall, the Reichstag, and the East Side Gallery. Our first impression was of a city that's both reflective and forward-looking, and we hoped this trip would deepen our understanding and leave us inspired by Berlin's resilience and creativity.**

## DAY ONE

On the way to the East Side Gallery, we learned about the iconic Berlin TV Tower; a striking Cold War symbol that now represents a unified city. At the Gallery, we walked along a colourful stretch of the former Berlin Wall, covered in murals painted after its fall in 1989. The bold, emotional artwork reflects themes of freedom, unity, and change; it felt like stepping through history. Afterwards, we explored Über Platz and the East Side Mall; we browsed shops, tried local snacks, and experienced the vibrant contrast between Berlin's past and its lively, modern culture.



Iconic Fraternal Kiss mural

## DAY TWO

We visited Sachsenhausen, a former concentration camp near Berlin. It was a somber, powerful experience, walking through the barracks and memorials. At the Olympic Stadium, the scale and Nazi-era architecture were striking. We reflected on Jesse Owens' historic victories here in 1936, a powerful statement against Nazi ideology.

The Spy Museum was interactive and full of Cold War intrigue - gadgets, stories, and surprises around every corner. At night, we visited the Reichstag, beautifully lit against the sky. Standing beneath its glowing dome, overlooking a quiet Berlin, was a peaceful and awe-inspiring end to a day filled with history and meaning.



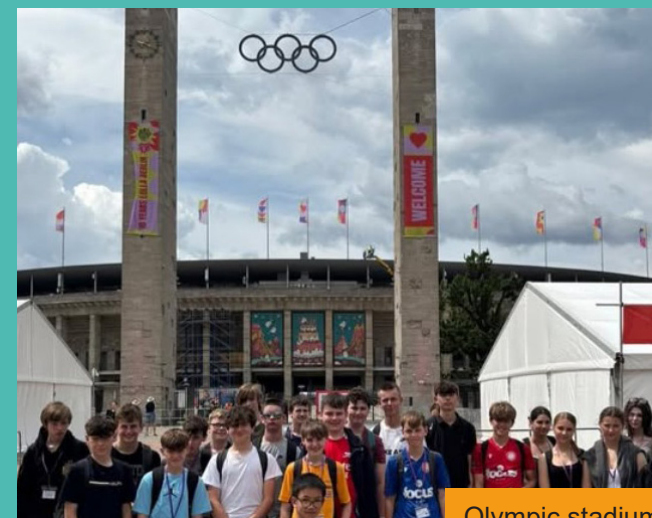
Exploring the city

## DAY THREE

At the Checkpoint Charlie Museum, we explored daring escape stories from East to West Berlin, testimonies of courage and ingenuity. The Topography of Terror traced the chilling history of the SS and Gestapo, offering a sobering look at the machinery of oppression.

At the Berlin Wall Memorial, the preserved wall and watchtower made the division feel real. The memorial honours those who risked and lost their lives crossing the Wall in search of freedom, a poignant reminder of the human cost behind the city's division.

We then walked through bustling Alexanderplatz before enjoying a hearty dinner at Das Lemke. We ended the day laughing and competing at Tempin Bowling, a fun, relaxed close to a moving day.



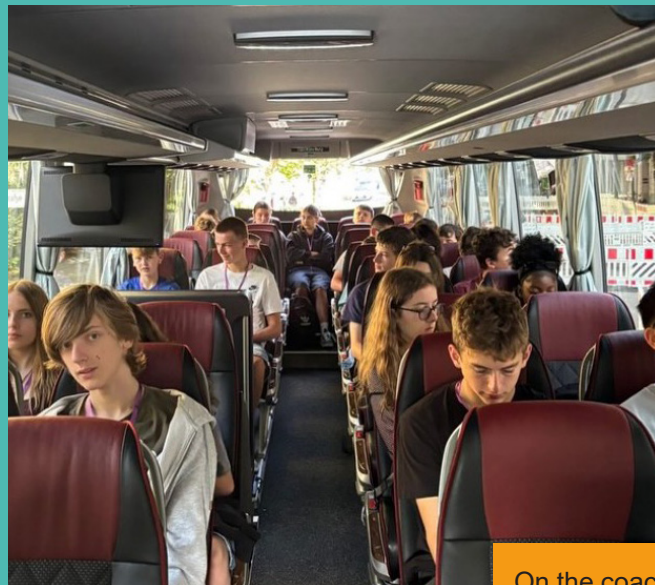
Olympic stadium

## Berlin Travel Hacks

- Learn a few local phrases. Basic German greetings like “Hallo” (Hello), “Danke” (Thank you), and “Bitte” (Please/You’re welcome) go a long way in shops and cafes.
- Try diverse food spots. Don’t miss traditional currywurst, döner kebab, and international cuisine in neighbourhoods like Kreuzberg and Prenzlauer Berg.
- Pack comfortable shoes. Berlin is huge with lots to explore on foot or by bike, so comfy walking shoes are a must.
- Use public transport. The U-Bahn and S-Bahn are efficient and affordable ways to get around the city quickly.
- Bring layers and a raincoat. The weather can change fast, so layering and waterproof gear will keep you comfortable year-round.



Eating out



On the coach



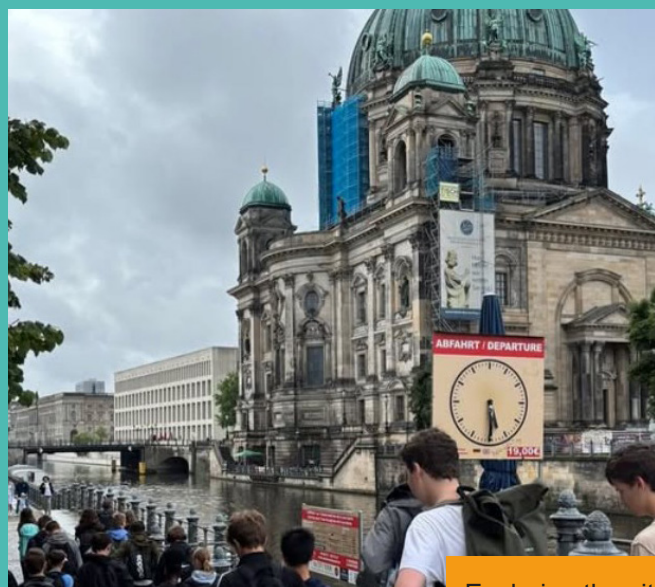
Trip awards!

## DAY FOUR

Visiting the DDR Museum was a hands-on experience of everyday life in East Germany. We explored interactive exhibits, trying out items like sitting in a Trabant car and using typical household appliances.

The museum highlighted both the challenges and quirks of life under the GDR's socialist regime, blending personal stories with historical facts. It was immersive and engaging, giving us a unique chance to experience history beyond textbooks. The atmosphere felt approachable and sometimes nostalgic, helping us understand how people lived and dreamed behind the Iron Curtain.

At the visit's end, students were rewarded for their outstanding contributions during the trip.



Exploring the city

## Your Berlin 2026 Adventure Starts Here!

We're excited to offer a Year 9 school trip to Berlin from Thursday 9 to Sunday 12 July 2026.

Students will explore key historical sites including the Berlin Wall Memorial, Checkpoint Charlie Museum, Reichstag, DDR Museum, and Sachsenhausen Concentration Camp.

The cost is £820, covering flights, transfers, accommodation, meals, excursions and insurance.

To secure a place, please pay a £100 deposit via Wise Pay by Wednesday 23 July. Places are limited and will be allocated on a first-come, first-served basis.

Places are limited and behaviour records will be considered.

For any questions or financial assistance enquiries, feel free to contact Mr Oram:

[joram@worthinghigh.net](mailto:joram@worthinghigh.net)

# LATEST FROM WORTHING HIGH SCHOOL

As we come to the end of another busy and rewarding academic year at Worthing High School, I want to take a moment to reflect on some of the highlights that have made this year so memorable, and to share a personal message, as this marks the end of my time as Head of School. From September, I will have the privilege of stepping into the role of Headteacher. It's a responsibility I accept with great pride and I remain committed to building on our strong foundations as we continue to always pursue excellence in everything we do.

This year has been a fantastic example of our values in action, and this term alone there have been so many positive examples. Our biennial sponsored walk highlighted the importance of community at Worthing High School, with students and staff coming together to raise money for Chestnut Tree House with real enthusiasm, commitment and a sense of selflessness. Our Activ8 Day was another highlight; this is so much more than a sports day, providing every student the opportunity to participate, support one another, and challenge themselves.

We also welcomed Year 5 pupils from local primary schools to a series of taster mornings. These visits gave our student leaders a chance to step up with integrity, showcasing not just their confidence, but also their kindness and willingness to help others. They were outstanding ambassadors and embodied our core values brilliantly. We now look forward to our Open Morning, which will be held on **Saturday 20 September 2025**.

Throughout the year, I have seen countless moments big and small where students and staff have lived our core values of respect, excellence, community, integrity, and resilience. These values are not just words on a wall; they guide how we learn, how we



treat one another, and how we grow together. I want to thank every member of our school community for your continued support. Our students achieve so much because of the partnership between school and home, and I'm deeply grateful for the trust you place in us.

As I prepare for my new role as Headteacher, I do so with excitement, humility, and confidence in what we can achieve together. Worthing High School is a very special place, and I look forward to leading the school from strength to strength.

And finally, a special mention to our new Year 7 students and families who will be joining us in September—we can't wait to welcome you into the Worthing High School community. You are joining a school that will challenge you, support you, and encourage you every step of the way.

**Adrian Cook**

**Head of School  
Worthing High School**





“

I enjoy forest school because I have made friends - it's easier to make friends as we are in a small group. I enjoyed building bird houses and a log pyramid. It has helped me gain self-confidence.”



“

What I like most about forest school is that it allows me talk to other people. It's awesome to to learn how to make a campfire and carve things out of wood. But the best thing is how supportive the teachers are.”

# NATURE'S CLASSROOM

Words: Mr Rae, Forest School Leader and Mrs Geal, Alternative Provision and SEND Lead, Worthing High School



The Worthing High School Forest School was established in September 2023 at the Glynn Owen centre. The school were allocated a piece of 'fallow pasture' containing five mature trees and periodically mown grass. Since then, we have transformed this space into a forest school area and working allotment with over 30 different vegetables, fruits and herbs.

This transformation has been completely undertaken by the students involved, starting with just eight students and now with almost 50 regular attendees across all year groups. We have built

raised beds, a wood shed, composting areas, pathways, installed a pond area and dug beds. All our soil and bark has been painstakingly wheel barrowed in by hand, by the students.

Through our efforts to increase biodiversity in the garden such as our pond area (using old science sinks), bird feeders and bug hotels we have seen a significant increase in new creatures visiting the garden. We have a resident fox, nine varieties of birds and recently hatched our first froglets!

We believe that our forest school gives students vital life skills, employability skills and increases their wellbeing by connecting with nature and working as a team to create something really positive. We are proud to offer this rare opportunity in the locality.

## What Students Really Learn at Forest School

- Cooking over an open fire and preparing and splitting firewood using axe skills
- Craft tools by hand such as splitting mallets
- Managing and maintaining the site by developing landscaping skills
- Growing fruit and vegetables
- Basic joinery by building things like garden buildings and bird boxes
- Encouraging wildlife into the garden



## Thank you

We would like to publicly acknowledge the contribution of materials from the following local businesses.

- Parkers building supplies
- Jewson building supplies
- Brewers decorating centre
- Moore Brothers Tree Surgery

“

I enjoy being outdoors in nature. Activities I like doing are using the axe, growing plants and cooking. I generally feel that Forest School and the fresh air is a nice place to be rather than in a classroom. Forest School is really fun and I look forward to it.”



“

We get to build houses for wildlife and we get to learn how to cook.”



## Support our forest school

Our forest school has a proven positive impact on students' emotional wellbeing, confidence, resilience and life skills.

We are looking for generous donations which will help us grow and improve our provision and expand our offer to more students.

### Items we are in need of:

- Tools (secondhand/used)
- Hammers
- Spades
- Digging forks
- Rakes
- Wellies
- Outdoor paint (any quantity)
- Bird food of any kind
- Bird feeders
- Horticultural grit or decorative gravel
- Used Decking boards

**If you are able to donate items to our forest school or support us in any way please contact:**

**Mr Michael Rae, Forest School Leader on**  
**[mrae@worthinghigh.net](mailto:mrae@worthinghigh.net)**

# WINDOW VIEW DRAWING CHALLENGE

Words: Mrs Hunt,  
Subject Leader of Art,  
Worthing High School



Artists often use their windows as inspiration to practise observational drawing - looking closely at the world around them and capturing what they see.

## CREATE YOUR OWN

1. Start by lightly sketching the shape of your window frame - this will help you plan the composition of your drawing.
2. You could arrange a few objects on the window sill - like a plant, ornament or favourite toy - to include in your artwork.
3. Look carefully at what's outside. Can you spot trees, buildings, streetlights or clouds? Maybe there's even a bird flying past!
4. Use light pencil lines to sketch your scene, then add shading with a range of tones from light to dark to create depth.



## TAKE IT FURTHER

You could try adding colour using pencils or crayons, or experiment with different materials like collage or chalk to bring your view to life.

This activity is all about observation, composition and seeing the beauty in your everyday surroundings.

## EXTRA CHALLENGE

Imagine what your window view might look like at sunrise, sunset or in a different season – how would the scene change?

Share with us on Instagram  
[@worthinghighschool](https://www.instagram.com/worthinghighschool)

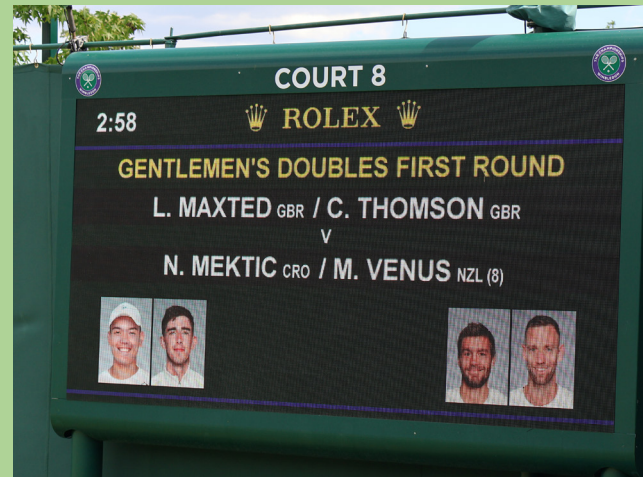


# OUR ALUMNI TAKES ON WIMBLEDON



We are incredibly proud to celebrate Lui Maxted, a former Worthing High School student, who made his Wimbledon debut on 3 July 2025 in the Men's Doubles competition. Lui's journey from our school courts to the prestigious grass of the All-England Club is truly inspirational.

Lui picked up a tennis racket at age 3 and by 6 was competing in local tournaments. When he joined Worthing High School in 2016, he had already won several regional and national titles. By 16, he was a British National Champion and represented Great Britain in the Junior Davis Cup. Balancing academic work with international competition was demanding, but through discipline and staff support, Lui completed his GCSEs with top grades.



After a year of AS-Level studies, Lui earned a scholarship to Texas Christian University (TCU) in the USA in 2021, where he majored in Economics and Business. Over four years, he made history with the TCU Men's Tennis Team - winning the ITA Texas Regional Doubles title as a freshman, the ITA Indoor National Team Championships twice, and the NCAA National Team Championships in 2024. He capped off his senior year by winning the 2024 - 25 NCAA National Doubles Championship and reaching the singles quarterfinals, finishing as the No.1 ranked Doubles player in Division I US Collegiate Tennis.

We wish you well Lui as you now embark on the tough journey of competing on the professional tennis circuit. Your Worthing High family is cheering you on every step of the way!



# AI AND YOU: A STUDENT'S GUIDE

At Worthing High School, we embrace AI as a powerful tool to enhance learning and teaching. Our commitment to preparing our students for the future means helping them develop the skills and confidence to use AI responsibly.

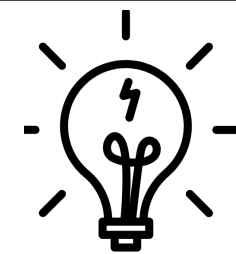
As technology evolves, so too will our guidance - ensuring our students stay informed, safe and ethical in their use of AI.

Words: Hayley Thomson,  
Assistant Headteacher,  
Worthing High School



Whether it's assisting with homework or exploring new ideas, AI can be a valuable partner when used correctly.

However, it's essential to follow our ICT and AI Acceptable Use Policies at all times to ensure responsible and fair use for everyone.



## GETTING SMART WITH AI

### 1

#### Cost Considerations

Some AI tools are free, but often outdated and less accurate. Subscriptions offer better quality. Use free versions cautiously.

### 2

#### Privacy

Avoid entering personal data into AI tools - your input may be used to train models and could become part of their knowledge base.

### 3

#### Age Restrictions

Some AI tools have age limits - often 13+ with consent or 18+. Always follow these rules and get parental permission when needed.

### 4

#### Environmental Impact

Generative AI uses significantly more energy than web searches. Consider the environmental impact before choosing AI over traditional learning tools.



## AI DON'TS: WHAT TO AVOID

### 1. Writing Complete Essays or Assignments

Do not use AI to write entire pieces of work, as this is considered academic misconduct.

### 3. Art Submissions

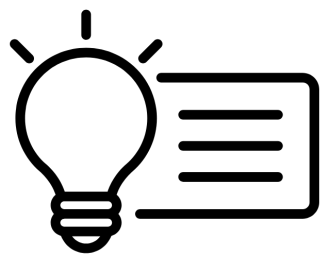
Do not use AI to generate imagery for art-based subjects unless specifically instructed to do so.

### 2. Rewording Existing Work

Using AI to simply rephrase existing text and claiming it as your own is not allowed.

### 4. Personal Data

Never input personal data into AI tools, as this could compromise your privacy.



## KEY TIPS FOR STUDENTS

### 1. Transparency guidelines

Always disclose AI use in your work to avoid misconduct. Follow JCQ guidelines for proper referencing of AI-generated content.

### 2. AI in the classroom

Teachers may use AI to improve learning and support different educational goals. Teachers will use AI responsibly and follow data protection rules.

### 3. How to reference AI use

Identify the AI tool you utilised and:

- Include the date the content was generated.
- Describe how you used the AI tool.
- Save a screenshot of the questions you asked and the responses you received (a screenshot serves as a non-editable record of your prompts and answers.)



## SMART WAYS TO USE AI IN SCHOOL

### Idea Generation



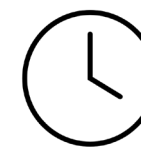
Use AI tools to generate new ideas for projects or assignments

### Presentation ideas



Get suggestions for structuring presentations or visualising data effectively

### Time management tips



Use AI tools to plan study schedules and manage time efficiently

### Simplifying information



Use AI to simplify complex information for better understanding

### Revision summaries



Ask AI to summarise complex topics or create revision notes for study sessions

### Translation



Utilise AI for translating languages

### Language Support

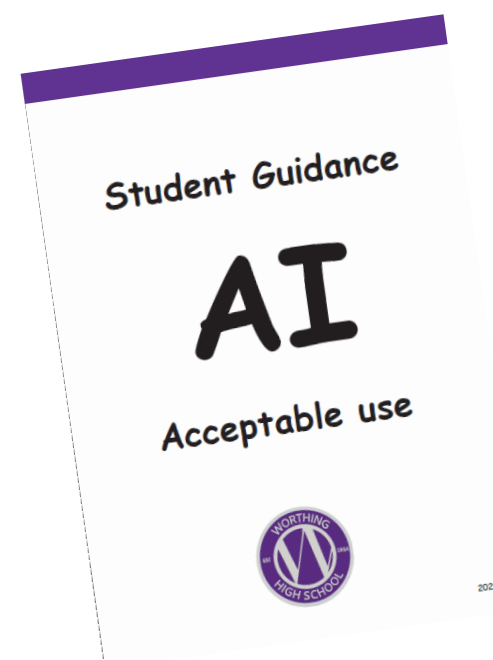


Utilise AI for language learning, such as practising vocabulary or understanding grammar rules

### Text Summarisation



Summarise large chunks of text with AI assistance



**Want to find out  
more?**

**Read the full guidance  
document on Worthing  
High School's website  
under Policy Documents.**



# FEMALE LEADERS CLUB

Words: Mrs Peachey,  
Deputy Subject Leader of  
English, Worthing High  
School



The Female Leaders Club is a supportive community and safe space for girls to share their voices, explore important issues like gender equality, and build confidence. Through open discussions and activities, we aim to inspire and empower young women with the skills they need to become leaders—both in school and beyond. From careers to sports and everything in between, we encourage each other to break barriers and make a difference.

## EVENTS WE HAVE HELD

### International Women's Day assembly

We held an inspirational assembly lead by our female student leadership group to celebrate International Women's Day. We covered topics such as gender pay gap, women and sports, also misogyny.



### Oracy workshop

Noisy classroom facilitated an oracy workshop for our students. Their workshops are designed to engage students in various activities designed to build confidence and enhance their public speaking abilities, culminating in mini debates.



### Lawyer talk

The Female Leadership Group had the privilege of attending an inspiring talk by a lawyer. Jessica Matthews shared her journey into law, the barriers she overcame as a woman in the field, and the lessons she's learned along the way. This was truly empowering and a reminder of the strength and resilience women bring to leadership.



## WHAT DO OUR STUDENTS THINK OF THE CLUB?



Hannah and Gracie, Year 8

“

We like Female Leaders because it's good to have the opportunity to talk about what we're thinking. One thing we have been interested in is showing that women can do sports and in female leaders we created a skit together about how women can do football just as much as boys. We also get to do fun things out of lessons. We recently went on a trip to Out of Bounds to show that girls can do sporty things too. We had fun tackling the climbing wall!”



Andzhelina and Layla, Year 9

“

The Female Leadership club is a good community where everyone has a voice. It has been really useful to get different ideas for jobs that we thought were 'for men'. We had a female lawyer come in and talk to us and show us that women can be lawyers too. It has really helped to boost our confidence. We have taken part in things like oracy workshops and we get to talk about why equal rights for women is so important.”



Penelope, Year 10

“

I like female leaders because we get a lot of opportunities with it that we wouldn't get otherwise. I enjoy having the chance to speak out about women's rights and being able to make changes and spread awareness in school through leading assemblies and sessions within female leaders. Being able to meet inspirational women through female leaders has also been a really valuable opportunity to show us possible career opportunities that I hadn't considered before.”



**Want to join the club?**

If you want to get involved contact Mrs Peachey on:  
[EPeachey@worthinghigh.net](mailto:EPeachey@worthinghigh.net)

# SUNDRIED TOMATO & PESTO MUFFINS

**Makes about 9 muffins**

## Ingredients

190g flour  
25g baking powder  
A pinch of cracked black pepper  
150ml milk  
2 eggs  
100g sundried tomatoes  
1 tsp balsamic Vinegar  
25g green Pesto (nut free)  
75g mature Cheddar  
½ bunch spring onions

## Method

1. Preheat oven to 200C, grease the muffin tins with oil or use muffin cases.
2. Mix flour, baking powder and pepper in a bowl and set aside
3. In a jug, whisk together the milk, egg, balsamic vinegar, pesto and sun-dried tomato oil.
4. Finely chop sundried tomatoes and finely slice the spring onions
5. Add sundried tomatoes, spring onions and liquid ingredients to the flour mixture and gently stir together until just combined.
6. Add about 2/3 of the cheese and fold in.

Did you make it? Share with us on Instagram  
@worthinghighschool



7. Divide the mixture between the prepared muffins cases. They should be quite full. Sprinkle the remaining cheese over the muffins.
8. Bake at 200C for 20 – 25 minutes until risen, golden brown and a toothpick inserted into the centre of a muffin comes out clean.
9. Allow to cool briefly before eating!

Allergens:  
Gluten (Wheat), Eggs, Milk, Sulphur Dioxide



The PS Catering team at Worthing High School

Worthing High School catering facilities are managed by PS Catering Management, a family owned and operated organisation with specific contract catering expertise in the education sector.

You will find a wide variety of different food options, cooked freshly on site by Louise and her fantastic team.

Your menus, that can be found on the school website, have been designed by our team of foodies and approved by the school.

[www.worthinghigh.net](http://www.worthinghigh.net)



# MEET...

## Lani Gladwin



SEND support at Clapham and Patching CofE Primary School. Within school Lani works with the most vulnerable pupils and helps make school a place for them to feel safe. Outside of school she helps run her family's farm and vineyard in Nutbourne.

### What does a typical workday look like for you?

The main part of my job role is to support a student 1:1, particularly during core subjects like English and Maths.

Aside from this I will begin with a soft start activity for any students struggling to come into school or who may have any upsets they wish to discuss with a safe person. I then go into Years 3 and 4 and support students with SEND needs with their daily reading.

In the afternoons I support the Headteacher with any SEND related issues and run speech and language interventions.

### Are there any misconceptions about what you do?

I have always tried to inform both education staff and parents on the impact of mental health on how a child grows and develops and is able to learn and flourish both within and outside of school.

### What's the most exciting or rewarding part of your job?

I love that my job means I can help children when they are most in need of someone safe to talk to.

Watching a child go from feeling as if nothing can help, to happily playing with friends and furthering their learning is always the most rewarding part of my role.

### How do you usually spend your evenings?

After school I go and check on the sheep and cows in the fields, I then go back to the farm and vineyard and plant and water the polytunnel (which provides produce for vineyard events).

I then feed any calving cows or bottle calves. I also collect any late laid eggs and on a Friday evening help my husband run the Vineyard bar or our 'Burgers and Bubbly' events.

### What hobbies or activities bring you joy outside of work?

If I have any spare time at the weekends, I love to cut flowers from my garden and make bouquets for home and the vineyard.

I have an interest in floristry and recently was given the opportunity through CPD in school to attend a day course, which also has been very useful within our forest school sessions.



Find out more about SEND support at Clapham and Patching CofE Primary School at [www.claphamandpatching.co.uk](http://www.claphamandpatching.co.uk)

# OPEN DAY

9am – 1pm

Saturday 20 September 2025



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 9:15am – 11am  
Monday 22 September – Thursday 25 September 2025

Book online at [www.worthinghigh.net](http://www.worthinghigh.net) or contact Worthing High School on 01903 237864 or [office@worthinghigh.net](mailto:office@worthinghigh.net)

