



THRIVE

South Downs Education Trust's termly magazine

Autumn 2025

WELCOME BACK!

NEW BEGINNINGS

South Downs Education
Trust Apprentices

Meet Worthing High
School's Head Students

Worthing High School
Alumni Visits

CAN YOU HELP AND SUPPORT US?

We are looking for local professionals and community members to volunteer as interviewers for our renowned Big Interview event for Year 10 students.

Your support will provide students with invaluable experience as they prepare for future college, apprenticeship, and job applications.



What Do We Need?

- 10-minute interviews for all Year 10, running from 8.45 am – 1.30pm
- Friendly, constructive feedback for every student
- No special experience required—just your time and willingness to help

Thursday 12 February 2026

8:45am - 1:30pm

Worthing High School



THE BIG INTERVIEW 2026

For more information please contact
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Careers Adviser
mfisher@worthinghigh.net
01903 237864



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Main reception is open from 8am until 4.30 pm Monday to Thursday and until 4pm on Friday

An answerphone is available 24 hours a day

www.sdetrust.net

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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,

Worthing High School continues to be the school of choice, with applications showing we will be oversubscribed in September 2026, despite falling primary numbers; we deeply appreciate the trust families place in WHS. I am proud to announce that WHS has been awarded Lead Attendance and Behaviour hub status for the South East for 2025–2028. This builds on our previous work and recognises our significant impact in supporting other schools to improve attendance and behaviour.

The recent Year 11 Presentation evening was a great success. Former student Will Carleysmith, Head of Design and Engineering at Brompton Bikes, shared his inspiring story of curiosity, determination and success. He also spoke to our Year 9 students about the wonderful career opportunities in engineering. Last month, Headteacher Adrian Cook and I also completed a successful Cultural and Education Exchange to China, visiting schools in Chengdu and Beijing, following WHS hosting 30 students from Chengdu earlier this year. This “Expanding Horizons” partnership will benefit all our schools in the UK and China.

Finally, we want to celebrate the incredible work of all our pupils who are supported by our highly skilled staff. On behalf of myself and all the SDET trustees, we wish you a very Merry Christmas and a Happy New Year. Please enjoy the time with your loved ones and we look forward to seeing you all in 2026.

Pan Panayiotou, CEO, South Downs Education Trust



EDUCATION EXCHANGE



During a nine day visit to China, we - Pan Panayiotou, CEO of South Downs Education Trust and Adrian Cook, Head Teacher of Worthing High School had the privilege of taking part in an education exchange programme organised by the Chengdu and Beijing Education Bureaus of China.

Over the course of the trip we visited nine schools, exploring curriculum design, approaches to teaching and learning, and the systems that underpin school life and enrichment opportunities. These visits sparked rich conversations about the similarities and differences between educational culture in China and the UK, and

how future partnerships might build on these insights for the benefit of our students and staff in both countries.

The programme also gave us the opportunity to experience some of China's most significant cultural sites and traditions. In Chengdu, we visited the renowned Panda Sanctuaries and enjoyed exceptional traditional cuisine. We were also introduced to arts commonly taught in Chinese schools, including calligraphy and intricate papercutting.

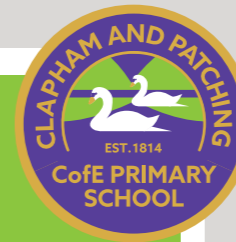
Our time in Beijing included visits to Tiananmen Square, the Forbidden Palace, the Great Wall of China, and the Olympic Parks - each providing a deeper understanding of China's heritage and its influence on education and the world stage.



We are both immensely grateful for the hospitality and generosity shown by our Chinese hosts. This exchange has strengthened our belief that future student visits and collaborative projects will be enriched by the relationships formed during this journey, ensuring that our young people gain from the cultural, educational, and personal connections fostered through this partnership.



Key Dates



Monday 5 January 2026
INSET day

Tuesday 6 January 2026
First day of term

**Monday 16 February -
Friday 20 February 2026**
February half term

**Monday 30 March - Friday
10 April 2026**
Easter break

Key Dates



Monday 5 January 2026
INSET day

Tuesday 6 January 2026
First day of term

Thursday 12 February 2026
Focus Day 2

**Monday 16 February -
Friday 20 February 2026**
February half term

**Monday 30 March - Friday
10 April 2026**
Easter break

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WELCOME BACK! NEW BEGINNINGS

By Louise Hryczyn, School Business Management Apprentice

The start of a new academic year is always filled with excitement and anticipation across the South Downs Education Trust, as we welcome new faces and watch our pupils take their next steps in learning. From our youngest Ducklings at Clapham and Patching CofE Primary School to our newest cohort of Year 7 students at Worthing High School, every child's transition is thoughtfully supported to ensure they feel confident, cared for and ready to thrive.

At Clapham and Patching CofE Primary School, our Reception class has settled in brilliantly under the care of dedicated staff, already making friends and exploring their new environment with curiosity and joy. Meanwhile, at Worthing High School, our Year 7 students are embracing the challenges and opportunities of secondary school life, from discovering new subjects to joining clubs and meeting teachers who will guide them through the years ahead.



Children arriving at school

These smooth transitions are the result of strong partnerships both across our trust and within our community - from home visits and stay and play sessions at Clapham and Patching; to summer school, open days and primary school visits at Worthing High School. Together, we ensure that every child's journey begins with confidence and a sense of belonging.

Ducklings Thrive

At Clapham and Patching CofE Primary School, Reception Teacher Heather Cox describes how the new Ducklings have settled in "brilliantly", with

smiles, laughter, and growing independence already evident in the first few weeks. Heather explains that "staff and children here are warm, caring, and welcoming", which helps the new students feel comfortable.

"Everyone takes time to check in with each other throughout the day. The older children love looking out for our youngest members and often play with them during break times, which is lovely to see". Heather highlights the strong sense of community that underpins the start of school life. The older Cygnet children even created handmade welcome cards for



Reception children exploring the outside space

the new starters of the summer - "all their own idea", she adds proudly.

Transition at Clapham and Patching CofE Primary School begins well before September. Through home visits, nursery visits and a series of "stay and play" sessions in the summer term, including the much-loved Teddy Bears' Picnic, children and families begin to form positive relationships with staff and one another.

"Meeting families in their own homes helps us to build strong, trusting relationships right from the start", Heather explains. "These early connections make the transition into school much easier for children and lay the foundation for effective collaboration with parents, which is key to every child's success". Heather describes how the "stay and play" sessions "allow children to explore the environment, meet their new classmates and for parents to meet and chat too!"

Heather gives the children "a calendar for July, August and September with photos of our setting, where they can cross off the days until they start" and Clapham and Patching CofE primary School send postcards home during the summer "to let them know we are thinking of them and looking forward to them starting with us". This thoughtful preparation ensures a smooth start, even for children who find the start of school a little overwhelming. A staggered start allows each child to move to full days at their own pace, and additional support is always available for those with additional needs.

Already, this year's cohort have enjoyed their first Forest School experiences, where they learn about perseverance, resilience, and teamwork whilst enjoying the outdoors. Heather says: "everyone loved the freedom of exploring the woods and it was lovely to see friendships forming between the children who may not usually work together".



Duckling class learning



EYFS and KS1 Teacher, Heather Cox



Big School Big Opportunities

Starting secondary school is a big milestone, full of excitement and new opportunities. Our newest Year 7 students at Worthing High School have now completed their first term and we caught up with a couple of them.

For Romilly Bond, who joined from Clapham and Patching CofE Primary School, the transition has been a big but exciting step. "I felt nervous and excited on my first day", she said. Romilly continued, "I feel very comfortable at Worthing High because all of my teachers are very nice and supportive, and my friends are very kind". Romilly also found that the size of Worthing High School was a big change.



Walking to school



Romilly Bond

Whilst Romilly stated that Clapham and Patching was really homelike, the transition events and close connections within the trust meant that Romilly had visited Worthing High School and experienced lessons such as Maths and Science long before September.

Her favourite subject so far is Philosophy and Ethics: "it helps you see things you thought were simple in a different light, it has been mind-blowing!" Romilly has already joined football, netball and dance clubs, and encouraged next year's Year 7s with: "don't be nervous and if you get confused just ask. Everyone is so friendly and supportive - you will be fine".

Freya Chapman, who also joined from Clapham and Patching CofE Primary School, said she felt "nervous but excited to see friends" and has particularly enjoyed Science "because of the cool experiments". Freya also noted the change in size from Clapham and Patching to Worthing High School. Freya listed several staff members and her friends as individuals who have helped her adjust



Freya Chapman

here at Worthing High School. Her advice for future Year 7s is "try not to be late" as it's a big school!

At Worthing High School, events such as Year 5 taster days, open mornings, Summer School, primary school visits and the Open Day allows pupils to explore the school, meet teachers and make connections early on.

For Clapham and Patching CofE Primary School students, this close partnership offers an especially smooth transition into an oversubscribed secondary school. Being a member school of the South Downs Education Trust provides a level of support and security in education, ensuring a seamless transition into secondary education; each school benefits from a shared commitment to excellence.

The trust also offers families a unique level of encouragement, continuity and reassurance that every child is known, valued, and encouraged to thrive from the start.



Year 7s in class



From the moment they joined us, Year 7 showed immense resilience and enthusiasm. Their PGL trip highlighted their integrity and support for one another. They impress us daily by engaging positively, embracing clubs and regularly volunteering to help. I am full of confidence for their future success."

Claire Farrell, Year 7 Progress Leader

News

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

Worthing High School



Science room on Open Day

Open Days

Thank you to everyone who joined us for our successful Open Day and Open Mornings in September.

It was fantastic to see so many visitors experience the school, especially on a normal teaching day during the Open Mornings.

Parents and carers saw firsthand what makes our community special: engaged students, inspiring lessons and a vibrant and a welcoming atmosphere.

Focus Days

Worthing High School recently held its first Focus Day of the year, dedicating an entire off-timetable day to enriching

activities designed to build skills, teamwork and career awareness. Each year followed a bespoke programme packed with unique opportunities.

Year 7

Tackled confidence and resilience on a PGL trip, while others engaged in baking and practical design activities.



Year 7 Focus Day

Year 8

Focused on environmental responsibility, hearing from a coastal charity and local diver before taking part in a beach clean-up.

Year 9

Explored themes in STEAM (Science, Technology, Engineering, Arts, and Maths) forensics and fashion, alongside crucial drug awareness and post-16 pathways planning.

Year 10

Engaged in a comprehensive careers carousel with visiting businesses, including an inspiring talk from a WHS alumnus who travelled from the USA.

Year 11

Benefited from a full day run by Cappgemini, focusing on employability and digital skills with sessions on AI, interview techniques, and a challenging Sphero-coding teamwork task.

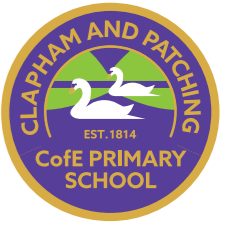


Year 11 Focus Day

Worthing High School



Clapham and Patching CofE Primary School



Cake & Bake sale

Cake & Bake

Worthing High School rallied behind a fantastic cause for the annual Macmillan Coffee Morning on Thursday 25 September by hosting a Cake & Bake Sale!

Our dedicated Student Charity Reps successfully organised a lunchtime sale in the Millennium Hall to raise vital funds for Macmillan Cancer Support.

Students, staff, parents and carers showed incredible generosity by baking and buying a spectacular array of treats.

With everyone's support the event was a massive success, helping to make this year's bake sale the biggest yet for an truly incredible cause!

A big thank you to everyone who baked, bought and donated cash to support this wonderful charity. Worthing High School managed to raise an incredible £278.96!



Brinsbury College at the Post 16 evening

Post 16 Evening

Worthing High School hosted the popular Post 16 Options Evening on Thursday 6 November 2025 in the Sports Hall.

This essential event brought together local colleges, sixth forms, apprenticeship providers, businesses and armed service representatives all under one roof.

It offered an invaluable opportunity for Year 11

students to finalize their post-16 pathways and for Year 10 students to begin exploring their future options early.

Thank you to everyone who came!

Breck Foundation

Worthing High School was thrilled to welcome the Breck Foundation for an inspiring training session with our Online Safety Ambassadors.

Our four dedicated ambassadors were specially trained to share the powerful and tragic story of Breck Bednar, reinforcing the vital message of online safety to their peers.

This story, which has also been featured in a Channel 5 documentary, is highly relevant and crucial for our students.

Our ambassadors have led assemblies across all year groups this term, empowering their peers and making a real difference in promoting digital safety!



Breck Foundation training



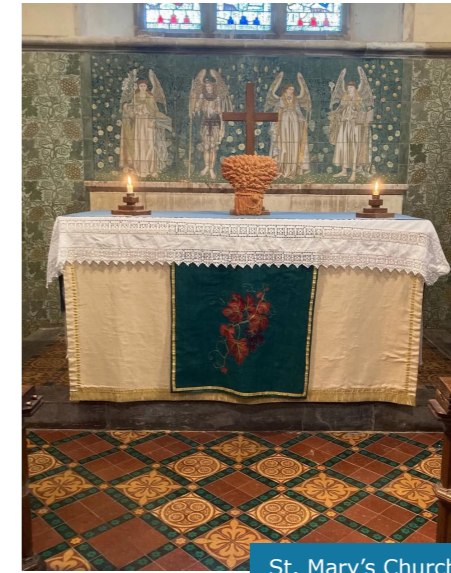
Odd Socks Day

Clapham and Patching CofE Primary School took a joyful and mismatched stand against bullying by participating in Odd Socks Day for Anti-Bullying Week.

The children ditched their matching pairs of socks in favor of stripes, spots and every colour imaginable! This fun, simple gesture championed the message that it's okay to be different and highlights the importance of celebrating our uniqueness.



Odd socks!



St. Mary's Church

Harvest Festival

Clapham and Patching CofE Primary School celebrated their annual Harvest Festival with warmth and reflection on Thursday 23 October 2025 at St. Mary's Church, Clapham.

The service was a significant occasion as it marked the final Harvest Festival led by the much-loved Rev. Helena Baque.

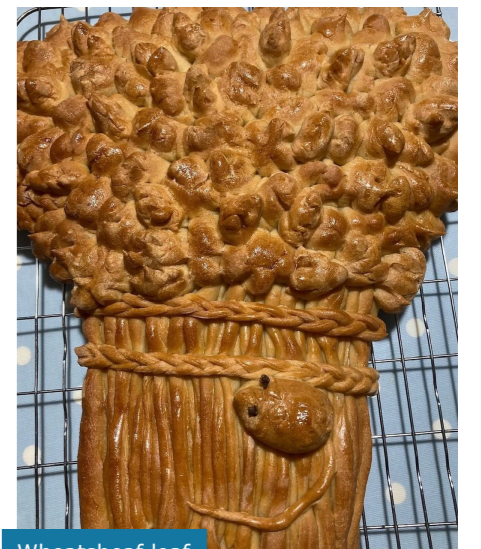
The pupils showcased their creativity by crafting a magnificent wheatsheaf loaf, complete with a charming little bread mouse - a beautiful symbol of the autumn harvest.

Food contributions were collected for local charity Turning Tides, who support those experiencing homelessness.

To find out more visit: turning-tides.org.uk



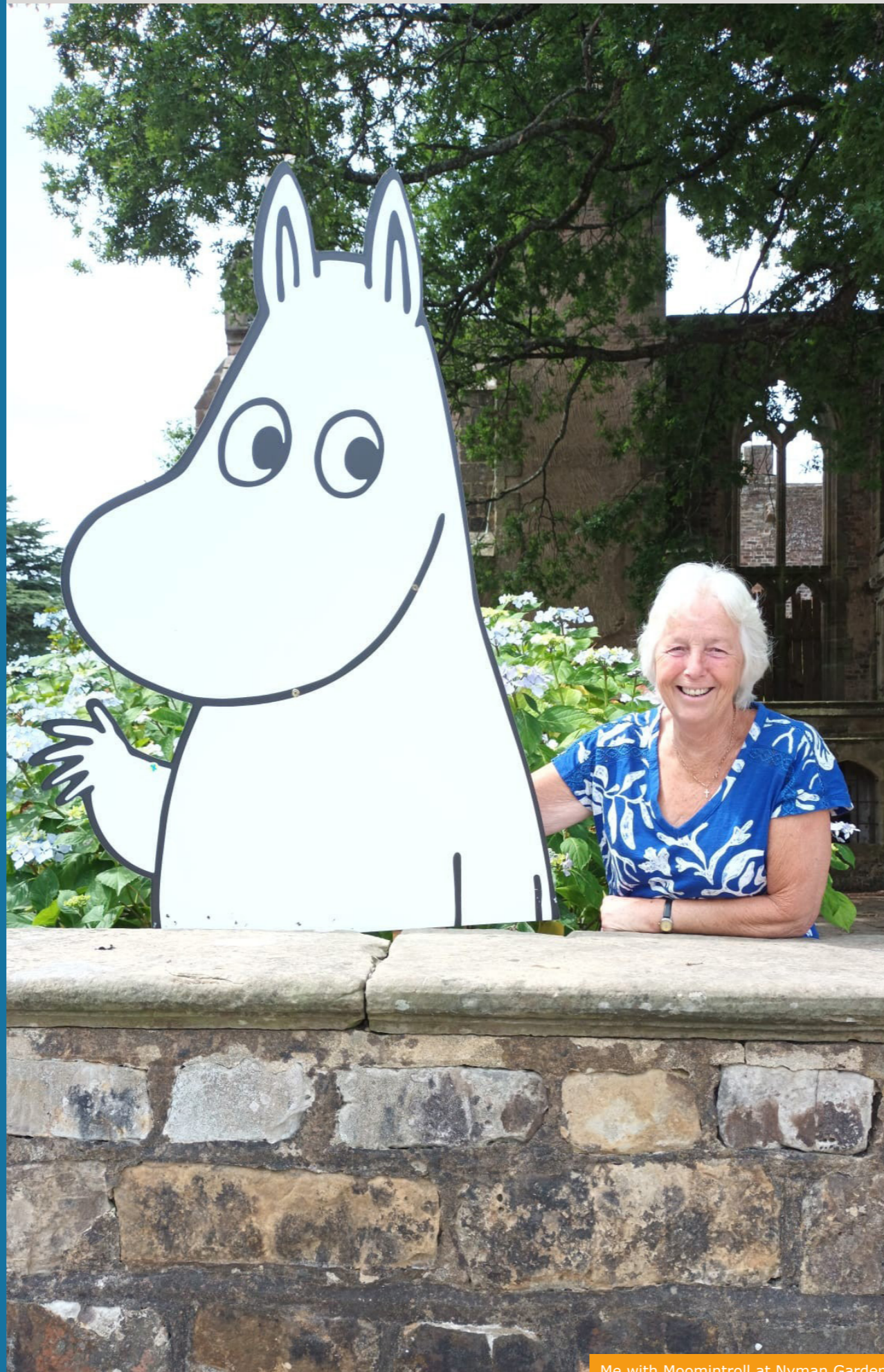
Making the wheatsheaf loaf



Wheatsheaf loaf

My Life

- November 1955, born in Helsinki.
- Moved to Worthing when I was two.
- After passing my 11+ I moved to Worthing High School for Girls.
- I started work in a microbiology research lab at Beechams. I got an ONC and HNC in Applied Biology.
- 1978, got married.
- 1982, our first child was born and I became a full time mum. I enjoying teaching Sunday School and joined the Church choir.
- I trained as a Primary Teacher whilst still very involved at my local church in Durrington.
- A few years on, having been appointed a SENCO at the church school where I was teaching, the Head surprised me one day by saying that I should be a Vicar!
- After training, I was offered the Post as Vicar of Findon with Clapham and Patching.
- The Archdeacon asked if I would be a Trustee for SDET when they embraced Clapham and Patching just before County closed it down.
- I am turning 70 shortly and am retiring. I'm going to stay with my daughter and family in Australia for a couple of months in the new year.
- Thankful to God for all he has blessed me with, I look forward to continuing to support the schools when I return to Sussex in March!



Me with Moomintroll at Nyman Gardens

At the Heart of Village Life



Rev. Helena Baque has been the Vicar of Findon, Clapham and Patching for over 30 years. The churches and Clapham and Patching C of E Primary School, sit at the heart of village life. Helena plays an important role in keeping a strong sense of community alive. Here, she shares more about her journey and what makes Findon, Clapham and Patching such special places.

What's so special about Clapham and Patching and its churches?

Clapham & Patching are very special villages because of the amazing sense of community, both within each village and jointly through

the Friends of Clapham & Patching Churches, whose fundraising events enable us to maintain our lovely historic buildings and their grounds. This sense of community was evident at the meetings when County tried to shut our little school, which is such an integral part of the community. Many villagers comment on how much they enjoy seeing the pupils, chatting as they walk up The Street on their way to one of the churches. Their behaviour is exemplary!



My Easter Bonnet in Clapham

How do the children at Clapham and Patching get involved with the church?

Both Churches are used for celebratory Collective Worship, led by the whole school regularly through the year and groups also use Clapham Church and grounds for curricular activities. At the end of the autumn term, the pupils put on a Nativity performance for family to enjoy in Patching Church, where there is more space for the sheep and donkey (or ponies) to join in. Some pupils also contribute to our Sunday Worship, reading a Lesson or prayers or singing a song they have learnt at school.

What moments of joy stand out most in your career?

What really fills me with joy is when I am greeted by families from the school outside the school or village – hands waving from a car window as they drive past, shouting 'Hello Helena!' It is also wonderful when a family approaches me saying their child has asked to be christened; this comes no doubt from them being encouraged to explore their faith in context within the curriculum. It is a joy to have seen how each pupil is nurtured and encouraged within the school, witnessing how confident they are in themselves as we send them on their way to secondary school.



Marching in the Light of God at Messy Church

Which moments in your career are you most proud of?

I am proudest of the improved sense of unity across the three villages of the Parish. There used to be a sense of division between Findon (the larger village) and Clapham and Patching and it took a lot of patient listening and prayerful diplomacy to help some church members recognise that we are one Parish, working together to serve our Lord across the villages.



Blessing the new lychgate at Patching

What hobbies and passions do you have outside of the church?

Outside being a Vicar, I love to walk with my dog Tilly and spending time relaxing with family and friends. After my time in Findon, Clapham and Patching, I look forward to having a little more time to come into school and time for my other hobby, reading. When I retire in January, I hope and pray that I leave a prayerful and united church community who are ready to embrace change with confidence.



Me and my dog Tilly on holiday

LATEST FROM WORTHING HIGH SCHOOL

As we reach the end of a busy and rewarding term, I want to take a moment to reflect on some of the highlights that have made this period so memorable for our school community.

Our Year 7 cohort have embedded themselves into the community very positively and it has been an absolute pleasure to present so many students with gold awards for receiving 200 merits. This is a reflection of their hard work. At the other end of the school, in Year 11 students are readying themselves for the final stages of their education, having completed their mocks, which they did in exemplary fashion. For Year 10, they will be looking ahead to their first set of mocks in the summer term and Year 9 will soon begin making curriculum choices for their GCSE years. Year 8 continue to work incredibly hard and have been a great source of support for our Year 7 cohort.

One personal highlight this term was the extraordinary opportunity to visit schools in China. What an experience it was: professionally, culturally and educationally. I was inspired by lots of things that I saw and I sincerely hope that this visit will open new opportunities for our students in the future, building connections that broaden their horizons and enrich their learning.

Another source of great pride has been the number of alumni returning to support the school.

It has been brilliant to see former students contributing to events such as our Focus Day, sharing their expertise and helping to inspire the next generation. Will Carleysmith,



who is chief designer and engineer at Brompton Bikes was a particular highlight. It was so inspiring hearing how his time at Worthing High School gave him the foundation to achieve such amazing things. If you, or any of your friends, are WHS alumni, please do get in touch, we would love to continue growing our alumni network.

I also want to express my appreciation for the ongoing support from families regarding attendance. Your partnership makes a real difference, and we are grateful for your continued commitment to ensuring students are in school, ready to learn.

This term we also received the fantastic news that we have been recognised by the Department for Education as a Behaviour and Attendance Hub Lead School. This is a significant achievement and

a testament to the hard work of our staff, students and the ongoing positive partnerships with families. I am incredibly proud of our community and the standards we uphold together.

As we head into the festive season, I would like to wish everyone a very happy Christmas.

I hope you enjoy a restful break, and I look forward to welcoming you all back in the New Year.

Adrian Cook

**Headteacher
Worthing High School**



MEET THE APPRENTICES



At South Downs Education Trust, we believe in investing in people. Our apprenticeship programme is designed to upskill individuals and provide clear pathways for career progression. Apprentices gain hands-on experience in a supportive environment while working towards nationally recognised qualifications. We focus on developing practical skills, confidence, and leadership potential, ensuring our apprentices are equipped to make a meaningful impact within education and beyond.

Louise Hrycyszyn

School Business Management Apprentice

What were your expectations going in – and how have they changed?

I had no previous knowledge of what a school business manager did or what their daily tasks looked like. I'm still learning and definitely have a long way to go, but I have enjoyed the challenge so far.

One thing that has surprised me is how varied the role is - the apprenticeship gives me the chance to work with different departments, which has helped me to understand the behind-the-scenes.

What's been the most exciting project you've worked on so far?

The procurement exercise for the new fitness suite. It was a big responsibility and something quite different from my usual day-to-day tasks. I got to be involved in researching suppliers, comparing costs, and making sure that everything met the school's needs within the budget. It felt good to be trusted with something that will have a real, lasting impact on the school community.

What's been the biggest challenge you've faced – and how did you overcome it?

One of the biggest challenges for me has been presenting and meeting with the Senior Leadership team because I'm naturally quite nervous speaking in front of groups.

This apprenticeship has thrown me off the deep end and has really helped me become more confident in these spaces. Having support from my line manager and colleagues has made a big difference.

Can you share a proud moment or achievement during your apprenticeship?

One moment that I'm proud of was receiving some positive feedback from the CFOO on a project report I had worked on. I put a lot of work into that project, and being new to managing something of that nature, I was quite nervous about it. Getting that encouragement gave me a real boost and it was a nice reminder that my work is still valuable, even whilst I'm still learning and making mistakes.

How has this experience shaped your career goals?

This apprenticeship has opened up opportunities that I didn't have access to before, even with my degree.

Huma Caglayan

Sports Coaching Apprenticeship

How did you discover this apprenticeship opportunity?

I discovered this opportunity on the gov.uk website while looking for sporting apprenticeships.

How do you balance work and study, and what's that been like?

I'm very lucky that I am given allocated time during my work day to complete any outstanding work I need to finish. It is never easy trying to finish 100 different jobs in one work day, but my department always help me where they can and are very appreciative for what I do.

What new skills have you gained since starting?

Since starting I have been able to gain many new skills. The most important one I've found is learning how to support pupils throughout all different aspects of their learning.

Where do you see yourself in the next 2-5 years?

Hopefully still at Worthing High School as a qualified teacher or a member of safeguarding/SLT.

How has the apprenticeship helped you grow professionally – and personally?

I have gained a lot of confidence on how to work in a professional setting since starting my role. It has allowed me to understand boundaries between friendships and colleagues within the school.

Being a part of a community that consistently shows respect makes personal growth very easy. I have made mistakes as well as victories within my time at Worthing High School, and knowing I will always have people looking out for me makes learning so much easier.

What kind of support have you received?

I have amazing friendships within my department where I know I am able to ask whatever questions I need. I also am constantly greeted with smiles and 'how are you' from other members of staff throughout the day.

I also have constant support from my tutor who allows me to schedule a one-to-one call whenever needed, as well as weekly reviews to make sure I am on track.

How has this experience shaped your career goals?

This experience has shaped my career goals in a massive way. I've always been so unsure on what path to go down but since experiencing a school environment and making a difference in pupils' lives it's really inspired me to stay in the educational sector.

What advice would you give someone considering an apprenticeship?

Definitely do it if you're unsure on where to take your career. It's a real like look into the job and you see all the best parts and all the worst.

Quick Fire Questions

Tea or coffee?

L: Herbal tea on a good day, coffee on every other day
H: Hot chocolate

Biggest work day essential?

L: Friendly colleagues
H: Water

Describe your apprenticeship in three words?

L: Challenging, rewarding, encouraging
H: Educational, supportive and meaningful

One word your colleagues would use to describe you?

L: Quick-witted
H: Positive

Favourite part of the job?

L: I like the variety, no two days are the same and I'm always learning new things.
H: The office chit-chat

Hobbies and passions people might not expect?

L: Ancient history and classics
H: I really enjoy reading

Go-to snack during the day?

L: A warm drink and a biscuit
H: Anything sweet!

What do you do to unwind after work?

L: Running, seeing friends, reading and baking
H: Sleeping on the train home and cuddling my puppy



Louise Hrycyszyn



It's a great way to gain real experience while learning on the job, and it can open doors that you might not have considered before."

Louise



Huma Caglayan

FROM WORTHING TO BROMPTON

Will Carleysmith, Chief Design & Engineering Officer at the world-renowned Brompton Bikes, has returned to Worthing High School to inspire the next generation of innovators.

Born in February 1981, Will grew up in West Sussex and attended Worthing High School. It was during these formative years that he first developed his deep passion for design, engineering and practical problem-solving interests that would ultimately shape his career.

This term Will revisited Worthing High School to attend the Year 11 presentation evening, offering students a direct link between their current studies and global professional success.

After completing his university studies, Carleysmith joined Brompton Bikes, a specialist London manufacturer. Over two decades, he has been central to the company's incredible transformation into a global



Coming back to Worthing High School feels really special. It was here that I first realised how powerful design and engineering can be in shaping the world around us. The curiosity that started in these classrooms has carried me through my career - from sketching ideas on paper to leading teams that build products used by people all over the world. My hope is that today's students see that their creativity, determination and willingness to solve real problems that can take them anywhere."

Will Carleysmith

leader in urban mobility. Today, he leads the Design, Engineering, and Product Management teams, having been appointed a company director in 2014.

His leadership has been key to the creation of landmark products such as the lightweight, titanium-framed Brompton T Line and the innovative Brompton Electric. These innovations uphold the company's trademark balance of portability, durability and engineering precision.

Will's design philosophy is problem-led, centred on solving the real challenges faced by urban commuters

rather than following passing design trends. He emphasizes functionality, longevity and materials innovation, believing that performance and reliability are just as crucial as aesthetic appeal. His visit showed students the tangible, real-world example of how the education you receive can help you achieve your career goals.



MAKE YOUR OWN FELT KEYRING

By Miss Baptiste
Textiles Lead
Worthing High School



Our Textiles Club students have been busy designing and sewing their own felt keyrings. It's a fun and easy project you can try at home - all you need are a few basic materials and some creativity.



YOU'LL NEED

- Felt (two pieces for the body, plus smaller scraps for decoration)
- Needle and embroidery thread
- Scissors
- A small piece of ribbon or fabric for the loop
- Keyring or split ring
- A little stuffing (cotton wool or scrap fabric works too!)
- Optional: buttons or sequins for decoration

HOW TO MAKE IT

1. Draw and cut your shape from paper (a heart, star or creature).
2. Pin and cut two felt pieces using your template.
3. Decorate one piece with eyes, buttons or shapes.
4. Place both pieces together and sew around the edge using a simple running or over-stitch.
5. Add your ribbon loop at the top as you sew.
6. Leave a small gap, fill with stuffing, then sew it closed.
7. Attach your keyring — and you're done!

Tip

Use bright thread and contrasting felt to make your design stand out!

Share with us on
Instagram
@worthinghighschool





Creature Care Club

Tuesday after school and Thursday lunchtime
All years, Mrs Petrie, C5

Lunchtimes are never dull on a Tuesday for our Creature Care club! Our enthusiastic students spend their break tending to some of the school's most fascinating residents including woodlice, geckos and bearded dragons.

In the mini-terrariums, the tiny woodlice are busy burrowing through damp, leaf-littered soil - all thanks to the careful maintenance of our club members, who know just how important a moist environment is for these mini marvels.

Meanwhile, Citrus, our friendly leopard gecko, basks in some well-deserved attention (and gentle handling!) from the students.

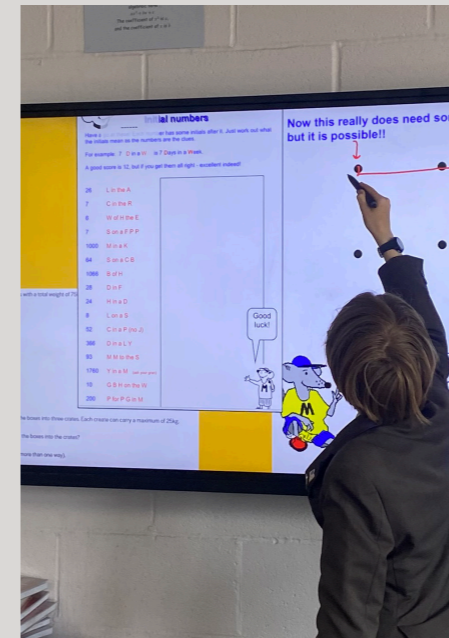
Watching Citrus climb across curious hands is a highlight of the sessions, proving that even small creatures can have big personalities.

The bearded dragon also gets his fair share of care and admiration, reminding everyone that looking after reptiles takes patience and confidence.

Maths Puzzle Club

Monday lunchtime,
Mrs Ozdemirciler, M3
Free biscuits and drinks!

Every Monday lunchtime, M3 becomes a hub of laughter, logic and lively discussion as Worthing High School students gather for the Maths Puzzle Club, led by Mrs. Ozdemirciler.



It's not your average maths lesson: here, numbers meet creativity! Students take on intriguing puzzles, riddles and problem-solving challenges that stretch their thinking and spark teamwork.

There's no pressure, no judgment - just a relaxed space to explore ideas, share strategies and have fun while learning.

Of course, no good club is complete without snacks! Biscuits and soft drinks are provided to keep those brains fuelled and energy high as students work together to crack the toughest challenges.

Many students say they look forward to the club each week - not only for the puzzles but for the chance to collaborate and support one another.

The friendly atmosphere makes it the perfect place to grow in confidence while having a great time.

“

Maths club has given me a great opportunity to interact with other like-minded individuals who share the same passion for Maths that I do. It has given me time to connect with Maths and stretch my brain.”

Lyra Petrie 8T1

“

We do Maths questions with Mrs Ozdemirciler. It is fun because the questions aren't about things you do in lessons. You can bring your lunch.”

Thomas Reeve 8H2



BEYOND THE CLASSROOM



At Worthing High School, clubs aren't just about after school fun - they're about passion, teamwork and learning in new ways. From feeding geckos in Creature Care club to solving tricky puzzles in Maths club, students are discovering how curiosity can take many forms!

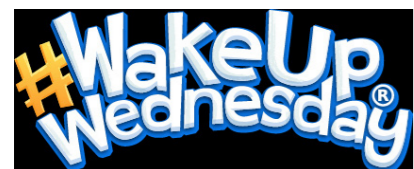
8 TOP TIPS FOR RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed, with stress impacting their learning, emotional wellbeing, and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression, or disengagement.

This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage, and recover from stress in healthy ways.

This guide was created by The National College. The content is current as of the date of release: 03.09.2025.

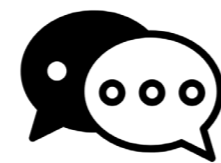
The National College's WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change.



1

SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. Adults can help children feel heard and supported before issues escalate by tuning into these cues early and offering a calm, non-judgemental space to talk.



2

KEEP CONVERSATIONS FLOWING

Make time for open, informal "check-ins"—whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.



3

MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy, from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.



4

SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.



5

PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.



6

SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used. Suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.



7

NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Ensure children have people around them they can talk to and spend quality time with—whether it's a trusted adult, a sibling, or a good friend. Help them build those bonds through shared activities and meaningful interaction.



8

PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.



HAPPY
**CHINESE
& LUNAR**
NEW YEAR



FEBRUARY 12TH 2026



Christmas Spiced Chocolate Cake

Ingredients

Serves 8

220g Self raising Flour

185ml Vegetable Oil

25g Cocoa Powder

1 ½ tsp Bicarbonate of Soda

185ml Semi Skimmed Milk

185g Granulated Sugar

3 Eggs

50g Golden Syrup

Frosting

125g Butter

125g Icing Sugar

25g Cocoa Powder

1 tsp Mixed Spice

35ml Semi Skimmed Milk

Serve with fresh raspberries & mint



Directions

1 Place the flour, cocoa powder (smaller amount) & bicarbonate of soda into a bowl with the sugar & mix together

2 Make a well in the centre & add the oil, milk (larger amount), syrup & eggs

3 Mix on slow speed until incorporated, scrape down & mix on medium for approx. 4 minutes until fully incorporated & smooth

4 Pour into a greased & floured shallow 10" cake tin & bake for 35-40 minutes at 160C until well risen, firm to the touch & when a knife is inserted it comes out clean

5 Spiced Frosting - cream the fat in a bowl until soft, add the icing sugar, cocoa powder & mixed spice, add enough milk to make it fluffy & spreadable

6 When the cake is cold, remove from the tin & pipe or spread with the spiced frosting

7 Decorate with fresh raspberries & mint, portion into slices

Allergens:

Gluten (Wheat, Oats, Barley), Milk & Egg

To omit the Gluten & Milk allergens in this dish, use GF flour, vegan fat and coconut milk

MEET OUR HEAD STUDENTS



Meet Worthing High School's Head Students. Discover how avid sailor Jack, award-winning football coach Soraiya and netball player Lillie are leading the school, focusing on mentoring, public speaking and community.

JACK BOOTH

What are your main responsibilities as Head Student?

I believe my main responsibilities are being a role model for all years, as well as a voice and symbol for extra curricular activities.

What kind of events or initiatives have you been involved in?

I have been involved in many events such as the PE Presentation Evening, in which I prepared a speech to deliver to a large audience thanking our special guest, as well as planning and running the end of year assemblies. I have also been tasked in the mentoring of a younger student who has been struggling on their transition into secondary school.

What hobbies or activities bring you joy outside of school?

I am an avid sailor, sailing three times a week during the summer and racing all through winter. It would be a dream of mine to one day race for New Zealand at The Prada Cup as a Trimmer.

How do you hope this role will shape your future goals?

I hope this role allows me to go to my dream college and university, as well as carrying the skills I learn from my role.

What skills do you hope to develop through this experience?

I hope to develop my listening skills, taking in information from the students and then passing that on to new people.



SORAIYA MUSTAFA

What does being Head Student mean to you?

This role means more than just a title to me; it has taught me so many important life skills such as responsibility, respect, importance of community, leadership, resilience, and it has given me the opportunity to serve as a role model to others. All of these skills have shaped my future positively. It's empowered me to feel confident enough to pursue whatever path I choose.

How do you support younger students or the wider school community?

I like to be very prominent within the school, especially with the younger years so they know they always have someone to go to. I've also buddied students in the younger years to make them feel more confident being in school.



LILLIE FERRIS

What inspired you to apply for the role of Head Student?

I thought it would give me the opportunity to do all the things I enjoy; talking to people, listening to students and staff, sharing my voice as well as being involved in school events.

What skills do you hope to develop through this experience?

I hope to develop my public speaking skills, which I feel I have done a lot already, my listening skills, and being able to take on feedback and improve myself. All of which I will carry with me into my future.

How do you hope this role will shape your future goals?

I hope this role will make me stand out as a candidate for future jobs and roles I may undertake, not just because it'll be on my CV but because I will be able to demonstrate all the amazing skills I have learnt throughout this experience in day-to-day life.

What are your main responsibilities as Head Student?

As a head student my responsibilities are, but not limited to: organising the prefects, running meetings, feeding back to staff, leading assemblies and speaking to prospective parents.

What hobbies or activities bring you joy outside of school?

I do a lot in the wider community and participate in activities outside of school. I am a footballer, playing for Worthing Town U18s, I also coach an amazing U9 girls football team where I won the 'young volunteer of the year' award. Alongside my sports I am a grade 7 LAMDA student, which is a fancy word for drama/public speaking, meaning I do an exam every year and also partake in the Worthing Music and Arts Festival, which I have won several times.



Being a Head Student is one of the most incredible experiences I have had the privilege of doing."

Soraiya Mustafa, Head Student



Being a Head Student is everything I ever wanted out of my Worthing High School experience from the moment I joined in year 7."

Lillie Ferris, Head Student

What hobbies or activities bring you joy outside of school?

I enjoy going to football with my grandad, where I have a season ticket at Brighton, as well as going to away games across the country if possible.


I like music and recently went to an Oasis concert which was an amazing night, as well as the obvious things like seeing my friends and being with family. I also play netball outside of school which is good fun and allows me to meet new people and challenge myself physically.

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

At the moment the most important habit is revising - I am aiming for top grades and to ensure this happens, I make sure to spend half an hour covering a topic then usually answer exams questions.



UNDER NEW OWNERSHIP



**THE
JUNCTION**

**Grrreat Coffee, Cafe
& the Bear Necessities**

OPENING TIMES

Wednesday - Friday 8.30am - 4.30pm

Saturday 9.30am - 12.30pm