

# Student & Parent School Bulletin

Monday 9<sup>th</sup> October 2023 week B

## Message from Ms Pike, Headteacher:

Dear Parents and Carers

Another really busy week comes to an end! We have really enjoyed welcoming prospective and current students in with their families for a number of different events: the last of our Open Mornings, Sixth Form Open Evening and Year 7 Information Evening. We thank everyone involved, including those of you who attended. We really welcome those opportunities to talk to you about what goes on every day in the classroom here at FCC, and to share key information with you so that you are equipped to know how best to support your child's learning.

An area of awareness and knowledge which is always front and centre for us is safety and student wellbeing - today's bulletin contains a number of items relating to this, and I would really encourage you to read them and access the linked resources if they are helpful.

Have a safe and happy weekend,

## 1. Diary

### Monday 9<sup>th</sup> October

- Students follow their week B timetable

### Tuesday 10<sup>th</sup> October

### Wednesday 11<sup>th</sup> October

- 18.00 Year 11 GCSE Exams: Information and Guidance Evening (see year group notice below)

### Thursday 12<sup>th</sup> October

### Friday 13<sup>th</sup> October

## 2. Year Group Notices

### Years 7 to 11 Flu Vaccination Programme

The Immunisation Service are coming into school on 21<sup>st</sup> November 2023 to offer students in Years 7 to 11 the Flu vaccination, information was emailed to parents and carers this week. The school code is in the letter and is here - SX126080. The deadline to give / decline consent is by 11.00am on Wednesday 15<sup>th</sup> November.

### Years 7, 9 and 11 - purchasing school photos

Students in Years 7, 9 and 11 were given their photo packs last week. A reminder that if you have not yet placed an order, the order closing date is Tuesday 10<sup>th</sup> October. Please visit [www.smileYellow.com](http://www.smileYellow.com) using the passwords on the proof-card in the pack.

### KS4 and KS5 - Inklings Club

A reminder that Inklings Club takes place afterschool on Tuesday 10<sup>th</sup> October in N4 for any KS4 or KS5 students who are interested in discussing books and creative writing.  
Ms Constantine and Mr Bulpett, English Department

### Year 11

#### GCSE Exams: Information and Guidance Evening

A reminder that we will be holding an information and guidance evening on Wednesday 11<sup>th</sup> October, from 6.00-7.00pm for parents/carers and students on how to navigate productively the way to success in Year 11. Please [click here](#) to view the letter emailed to parents last week. If not already done so, we would be grateful if you could email us at [fcc@felpham.org.uk](mailto:fcc@felpham.org.uk), indicating whether you are able to attend, and how many seats you will need.

#### CVs and Mock Interview Day - Friday 10<sup>th</sup> November

With Mock Interview Day just 5 weeks away, and with over 200 CVs still outstanding, I have put together a step-by-step guide on how to create your CV using Xello, [click here](#). For most of you your CV will be a skill-based one and should not take you more than an hour at most to complete. [This sheet](#) should help you link the things you do in your own time with the skills you are developing by doing them. If you have worked through Xello in previous years, completing the in-built lessons, you will find that some of the sections of your CV already have entries in them, based on what you have already recorded in the program.

As was shared in last week's bulletin I have extended the deadline to Wednesday 1<sup>st</sup> November. There are four netbooks, and a computer in the Careers Hub (S13b), that you are welcome to use at lunchtime or after school if you need support in completing your CV, with Mrs Nash and/or I available to support you. You can update your CV as many times as you want to before that deadline. If you send in an updated CV, we will make sure that the latest version is the one that will go to your interviewer on Mock Interview Day.

Not completing a CV does not mean that you will not be part of Mock Interview Day, but it **will affect** the feedback you will get for your performance on the day.

Mrs Woodman, Careers Leader

### English revision

A reminder that revision will run on Thursday 12<sup>th</sup> October with a focus on ACC - please come to English and we will direct to room and teachers.

Ms Constantine, Curriculum Leader: English

### Religious Studies

Revision/catch up sessions for GCSE Religious Studies will run afterschool on Thursdays in B2 with Mx Aston-Rose and Miss Wyatt. These will run every week right up to the GCSE examinations.

### Years 11 and 12 - students interested in a career in medicine

Our first Brighton and Sussex med school hub session is coming up next week - 11<sup>th</sup> October. This session is for students in Years 11 and 12 who are interested in a career in medicine. It will run from 3.15-4.45pm in L8. It will be an interactive session where we will explore the skills, attributes and knowledge needed to make a successful application to medicine and provide some pointers on how to go about developing these. We will also consider various component of the application process including entry requirements, admissions tests and interviews. Please e-mail [sbuckland@felpham.org.uk](mailto:sbuckland@felpham.org.uk) if you would like to attend.

### 3. School canteen

Please [click here](#) to view the menu for next week. Our lunch menus run on a 3-week cycle, below is a link to our website which shows all 3 menus and the morning break menu, [click here](#).

### 4. Students signing in and out of school

All students who are late to school, or who leave school during the school day for dental, medical appointments etc must sign in and out at the Attendance Office in N8b (English Department). This is mandatory for our fire registers and to keep students safe.

Mrs Crook, Attendance Officer

### 5. Election of Parent Governor

A reminder that we are holding a ballot for the election of two parent governors, the deadline for votes is 9.00am on Thursday 12<sup>th</sup> October 2023. Please [click here](#) to view the letter and the ballot paper which includes the candidates' election statements.

### 6. Fortnightly Family Maths Challenge

This fortnight's challenge is:

*After playing 500 games, my success rate at Spider Solitaire is 49%. Assuming I win every game from now on, how many extra games do I need to play in order that my success rate increases to 50%?*

Please email answers to me at [lpullen@felpham.org.uk](mailto:lpullen@felpham.org.uk) by 3pm, Friday 20<sup>th</sup> October. If there is more than one correct answer, the winning family will be drawn from those. Good luck!

Mrs Pullen, Maths Teacher

### 7. Pre-loved uniform

We need more uniform donations for the pre-loved uniform event taking place from 2-4pm on Thursday 19<sup>th</sup> October. If you have any outgrown, good quality uniform, PE kit, coats, shoes, trainers or football boots, please bring to Reception (in a tied bag) by 3.00pm, Friday 13<sup>th</sup> October. Many thanks for your support.

### 8. Student Council

The Student Council will meet in their Year Teams as follows:

#### 10<sup>th</sup> October - 8.30-8.50am

- Year 7 - Library
- Year 10 - Sixth Form Supervised Study Room

#### 12<sup>th</sup> October - 8.30-8.50am

- Year 8 - Library
- Year 9 - Sixth Form Supervised Study Room
- Year 11 - Cafeteria

Please can students go straight to the meeting, they will be registered there.

## 9. Sussex CAMHS Parent and Carer workshops

Sussex Partnership NHS Foundation Trust are offering parents and carers of young people in Sussex four workshops to support mental health. The workshops, all led by experienced CAMHS clinicians, will take place virtually between October 2023 and July 2024. Each webinar will be available at two different times, once during the day (10am) and once in the evening (7pm) to make it as easy as possible for people to attend, depending on their lifestyle.

The following topics for the workshops have been confirmed for October 2023 to January 2024:

<b>19<sup>th</sup> October 2023</b>	Attention Deficit Hyperactivity Disorder (ADHD)
<b>8<sup>th</sup> November 2023</b>	Building Self-Esteem and Resilience
<b>13<sup>th</sup> December 2023</b>	Depression
<b>17<sup>th</sup> January 2024</b>	Obsessive Compulsive Disorder (OCD)

Parents and Carers will have the choice of which workshop to attend, with recordings of any others being made available afterwards. The sessions last for 90-120 minutes with the opportunity to ask any questions to CAMHS clinicians. Due to anticipated high numbers of attendees, any questions will need to be sent in advance. Please [click here](#) to view a flyer.

To book a ticket, please go to our Ticketlab page: [Sussex CAMHS Parent/Carer Webinars | TICKETLAB](#)

Contact Sussex CAMHS Participation Team ([CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)) with any questions.

## 10. Safeguarding Corner - Report Remove

Report Remove has been developed by the NSPCC and the Internet Watch Foundation as a tool for under 18s to report inappropriate images or videos of themselves that have been shared online, to see if they can be removed from the internet. Please [click here](#) for more information. SCo

## 11. Online Safety

Over the last few years, we as a school and as a wider community have seen a rise in internet-based issues affecting our students' lives. At FCC we want to ensure that both our students and their carers feel prepared for tackling a variety of online safety issues and feel confident in navigating the support channels on offer. To support students and their carers we have produced the following 'top-tips' to help navigate some of the key issues surrounding young people and their internet use.

### Online Safety Top Tips:

- 1. Apply privacy settings** which allow you to control who can access your profile and communicate with you online. For instructions on how to access privacy settings, please click [here](#)
- 2. Only accept friend requests from people you know.** Be aware that some people may be using fake profiles – we call this catfishing. For more information on the signs of 'catfishing' please click [here](#).
- 3. Be cautious of location tagging** feature such as 'snapmaps', Instagram location tagging, TikTok location tagging. These features allow people to know where you are and can be potentially dangerous. It is good practice to only tag locations on your posts once you are home; rather than broadcasting your location.
- 4. Report any harmful or upsetting content** to social media platforms. If you have an issue to report or want advice on how to report – please click [here](#)
- 5. Ask our online safety coordinator for help** - If you are concerned about a specific online safety concern e.g. a particular app, trend or website. Please feel free to contact me, the school's online safety coordinator, at [ejarvis@felpham.org.uk](mailto:ejarvis@felpham.org.uk).
- 6. Speak to an expert.** Childline and O2 have teamed up to offer a free helpline for parents for any queries you may have regarding online activity, this could just be simple queries about online gaming or parental controls. The free phone number is 0808 800 5002.

Miss Jarvis  
Online Safety Coordinator / Maths Teacher

## 12. Charity Dog Walk

Calling all students with dogs! Come and have a great day out, exercise your dog (and yourself!) and help us fundraise for some excellent charities! Please [click here](#) for full information. Unfortunately, this event is not open to Year 11.

## 13. Community Safety Consultation

Arun District Council have launched a community safety survey (via the Safer Arun Partnership) asking residents of West Sussex for their views on crime and anti-social behaviour. This will run until Friday 3<sup>rd</sup> November. The survey can be found here <https://yourvoice.westsussex.gov.uk/community-safety> and should take around 10 minutes to complete. Please [click here](#) to view a flyer.

**14. Head Lice**

We would be grateful if Parents/Carers could regularly check their child's hair for head lice. The School Nursing Service does not carry out routine checks for head lice because this practice is ineffective.

To help prevent the spread of head lice:

- Comb your child's hair regularly with a nit or bug-busting comb;
- Inspect the hair of all your children in the family once a week;
- Help break the stigma of head lice by informing anyone who may have had head-to-head contact with your child.

For further useful information please [Click here](#)

Mrs Stout, Welfare Assistant

**15. Student health and well-being in school**

Please ensure that when sending your child into school they are well enough to attend the school day.

It is the responsibility of the parent/carer to assess the health and wellbeing of the child in the morning before school, the Medical Room will not make an assessment first thing.

FCC will always respect a parent/carer's decision to send students into school and therefore will encourage your child to continue on, once they have arrived.

If your child is sent home ill, after being unwell in school, they will be marked as ill (the same as if they were reported ill in the morning at home) and you will be contacted to collect them. Thank you for your support.

Mrs Stout, Welfare Assistant

**16. Non-school uniform day**

The last day of this half term - Friday 20<sup>th</sup> October - will be a non-school uniform day, raising money for Dementia Support (please see link below for information). Students and staff are encouraged to donate £1, with 50% going towards the charity and 50% towards improving facilities for students at FCC (the Student Council help co-ordinate this). Donations can be made via ParentPay, either £6 for all the non-uniform days for the year, or £1 each time. Alternatively, students can bring in cash on the day. Thank you for your support. <https://www.dementiasupport.org.uk/sage-house>

**17. Choosing the Charities FCC supports for Spring and Summer Terms**

Students and staff are encouraged to put forward suggestions as to what charities FCC should support in the Spring and Summer Terms 2024. Please email Mrs Chester at [gchester@felpham.org.uk](mailto:gchester@felpham.org.uk) your suggestions. The deadline for nominations is Monday 30<sup>th</sup> November.

Next half term, all students and staff will then have the opportunity to vote from who has been nominated, as part of UK Parliament week.

**18. Student safety - cycle helmets**

We strongly recommend all students wear a cycle helmet when cycling to and from school. We were contacted by a member of public this week who witnessed a student fall off his bike at the bottom of Firs Avenue, Felpham, at the side of a car waiting to turn out (of Firs Avenue) who was not wearing a helmet.

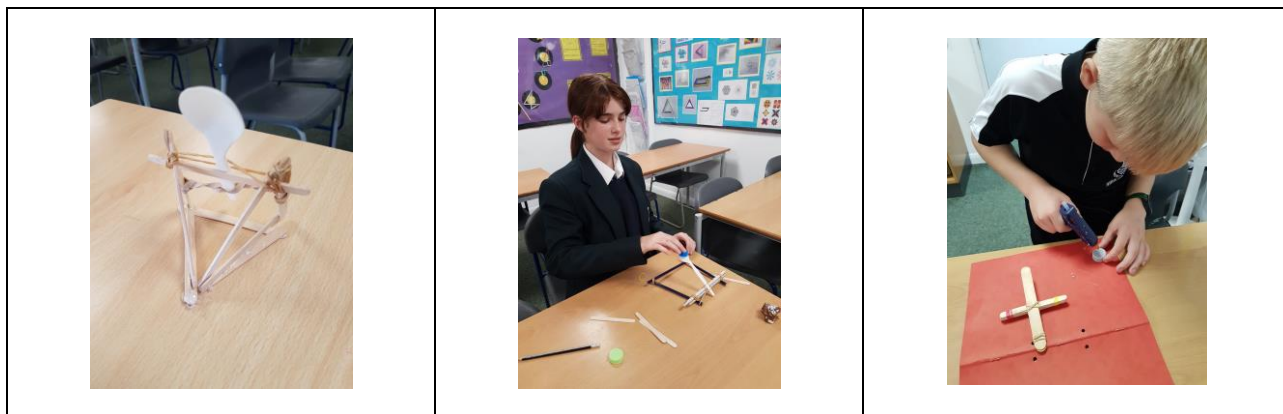
**19. History Department: Black History Month**

This week for Black History Month we are looking at the life and achievements of Shirley Chisholm the first woman of colour to be elected to Congress; please [click here](#) for more information.

Ms McAuley, Curriculum Leader: History

**20. STEM Club**

In STEM club we were looking at different types of catapults and how their design can alter the path of an object. We tried out different designs, making improvements to these at different stages.



STEM club takes place every Tuesday week A after school in N24.

Mrs Pullen, Maths Department

## 21. PE Fixture results - Girls Football Year 7 Girls Football

The Year 7 Girls football team played their first match together in a national cup fixture against Cardinal Newman - the team won 4-1. After going down 0-1 in the first five minutes, they never gave up; not long after Sophie crossed the ball to Sydney, she went on and scored a goal to make the score 1-1. Just before the halftime whistle Molly played the ball to Mazie, who passed it to Sydney at the back post who scored, making the score 2-1 at half time.

Cardinal Newman came out strong in the second half, however a great save from Sophie and excellent defending kept us at 2-1, with 15 minutes to go. Armel played a through ball to Sydney, who dribbled the ball through Cardinal Newmans defence, to score an excellent goal in the top-right corner making the score 3-1. Just before the final whistle was blown Thea had a 1vs1 with the goalkeeper; she stayed calm and slotted the ball in the bottom left corner.

All the girls showed lots of enthusiasm and sportsmanship throughout the match, wearing the FCC badge with pride. Building on to the rest of the season, and the next 5 years at FCC, the future is looking promising. If anyone would like to join KS3 Girls Football club, come along after-school every Thursday on the field.

Miss Shine, PE Department



**Team:** Molly H, Olivia V, Caitlin M, Mazie S, Chloe W, Thea C-H, Armel C, Grayce F and Sophie C

## Year 9 girls team narrowly miss out on 3<sup>rd</sup> round of the National football cup

FCC travelled over to Brune Park School in Gosport to play in the second round of the national U14 cup. Playing teams from out of the area always brings an air of anxiety by the players but, after the long journey it was clear the team were up for the battle.

The game started slowly, with Brune on the front foot but a solid defence of Sophia in goal, Isabelle, Juliet, Hattie, Willow and Paris continuously broke down every attack that was thrown at them. It was only due to a miss-communication and a failure to clear the ball that Brune went 1-0 up. This got the whole team going and FCC were clearly now in front on possession, and it was a through ball from Sophia to Millie that drew us level with a nice finish from Millie. They then built on this further when Izzy weaved her way through their Brune defence and slotted the ball home just before half time to make it 2-1 to FCC.

The second half was much the same with Brune working the ball well to create chances that were defended well from the midfield of Willow, Grace, Eleanor, Holli, Sophia and Lola, but they did break through twice to level and then go one goal up to make it 3-2 with 10 minutes to go. Izzy once again made a great run, fed through by Willow to draw the game level, however Brune took the game back to 4-3 with a well worked corner and slot in at the back post.

Most teams would begin to lose faith at this point; however, Grace grabbed the game by the scruff of the neck and hit a fantastic shot from outside the area, only for it to come off the bar; luckily for FCC it fell to Izzy who slotted it home to make it 4-4, a fair result after 70 minutes but up next were penalties. Grace led the team in organising the takers and it was a great atmosphere throughout, but even with Grace, Izzy, Eleanor, Sophia and Hattie scoring and Sophia saving one penalty, FCC lost 6-5 overall.

'Well done' girls on a determined performance, up next is the county cup journey.  
Mr Whiffin, Deputy Headteacher



### Team:

Sophia C, Paris N, Harriet R, Juliet D, Isabelle W, Willow Hr, Willow Ht, Lola W, Eleanor-May C, Grace K, Holli B, Sophia B, Izzy E and Millie S

## 22. Careers Update from Mrs Woodman, Careers Leader



➤ [Click here](#) to be taken to our dedicated Careers website, with lots of information/links for parents and students.

### Students in all Year Groups - Job of the week

This week's Job of the Week is [judge](#). Discover what the job entails, what qualifications you will need to get into it, what subjects are useful for it and the salary you might earn. If you want to find out more about a specific job pop along to the Careers Hub (S13b) and speak to Mrs Woodman or Mrs Nash.

### Year 11

#### Are you thinking of joining the Army?

As the Army celebrates its 100th year of offering apprenticeships this year, this webinar aims to provide insight and guidance for young people leaving school on how they can access an amazing apprenticeship and career in the British Army. At the Army Foundation College (AFC) in Harrogate, the Army support 16- and 17-year-olds in learning military skills, fitness and education (including English and Maths) so that they're ready for an apprenticeship and successful career in whichever part of the Army suits them best - all whilst earning a good wage and making friends for life. Sign up for this free webinar, taking place at 4pm on Tuesday, 7<sup>th</sup> November, [here](#). If you can't attend the live webinar, signing up will give you access to the recording.

#### Get Into Law Event - 12<sup>th</sup> October, 5.00-6.30pm

Do you want to understand how one of the UK's leading full-service law firms, has an annual turnover exceeding £110 million? Have you got a dream of becoming a commercial lawyer but don't want the student debt to go with it? Young Professionals are offering a fantastic opportunity for aspiring lawyers with their upcoming **Insight into Law at Freeths** on the **12th of October from 5pm - 6:30pm**. This virtual event will give you the opportunity to hear all about Freeths, their in-person event opportunities as well as plenty of networking opportunities throughout the session. You can sign up [here](#).

### Careers Information - week commencing 9<sup>th</sup> October 2023.

Please [click here](#) to view more careers opportunities for students and information for Parents and Carers.

## 23. Department information and students shout-outs

Please [click here](#) to view departmental information and student shout-outs for this week.