

Student & Parent School Bulletin

Monday 27th November 2023 week 12B

Message from Ms Pike, Headteacher:

Dear Parents and Carers

As you can see from the diary below, it is a busy week next week after our INSET day on Monday. We are very much looking forward to our Y11 Parents' Evening. This will be our first face-to-face consultation in a long while, but a very necessary one in our view - students will be able to receive their mock exam results and families will be able to have those essential conversations about what to do next to maximise their achievement in the Summer.

We also have our Christmas Fair after school on Wednesday 29th! I am really looking forward to this, as I am told it is a fantastic event. I really look forward to seeing as many of you as possible there!

A last note - we have recently had a couple of incidents on the journey to or from school in which a small number of students have behaved unacceptably, very much bringing our wonderful school into disrepute, and affecting our community's perception of the vast majority of marvellous students that come to FCC. I want you to know that we take this very seriously, and will deal with any such incidents accordingly. I would be really grateful if you could back this message up from home, engaging with your child around the need to be a good and responsible citizen when out and about, and supportive of friends, other students and their community.

Don't forget that we have an INSET day on Monday! Have a lovely long weekend.

Best wishes

1. Diary

Monday 27th November

- INSET Day 3 - school closed for students

Tuesday 28th November

- Students follow their week B timetable

Wednesday 29th November

- Year 8 Interim reports available for parents and carers
- 16.00-17.30 FCC Christmas Fair

Thursday 30th November

- 16.00-19.00 Year 11 Parents' Consultation Evening

Friday 1st December

2. Year Group Notices

Years 7 to 11 - Clinic information for missed Flu vaccinations

Sussex Community NHS Foundation Trust have asked us to share the following information with parents and carers:

The Immunisation Service attended your school for the Flu vaccinations this week.

If you have already completed a form and your child wasn't vaccinated in school, you will have received a separate email with clinic booking instructions and do not need to complete another form. Please refer to the 'How do I book an appointment for my child to be vaccinated' section in this email.

If you did not return a consent form, but would like your child to receive this vaccination, it's not too late. Please see guidance below on how to complete an online consent form, which has re-opened, and subsequently book an appointment.

How do I consent / refuse to my child having these vaccinations?

1. Visit the following web address: <https://www.susseximmunisations.co.uk/Forms/Flu>
2. Enter and confirm your preferred email address – you will receive a confirmation email following submission of the consent form.
3. Enter the school code: SX126080
4. Complete and submit the consent form, indicating your choice of consent - Please ensure you provide the child's registered address and GP.
5. Book an appointment by following the steps below.

Follow this link: <https://www.susseximmunisations.co.uk/clinicbooking/booking> to book an appointment at one of our Community Catch up Clinics, for your child to receive the vaccination(s). You will require your booking reference number which can be found within the email you receive(d) from

Cinnamon once your consent form has/had been submitted.

Arrange for an adult to accompany your child to their clinic appointment.

If you are unable to complete the online form, wish to change your consent or have any trouble booking an appointment, please contact your local Immunisation Team on: 01273 696011 ext 8100.

Year 8

HPV vaccinations - deadline reminder

Reminder emails for parents and carers to give / decline consent for the HPV vaccinations were sent this week. Please note the deadline is by 11.00am on Tuesday 23rd January 2024. The Immunisation Team are coming into school on Friday 26th January 2024 for these.

Year 8 Parents' Consultation Evening

Year 8 Parents' Evening will take place on Thursday 7th December, from 4.00-7.00pm; this will be virtual (online). A letter with information on how to book appointments will be sent next week.

Year 10 - Geography students

Year 10 are about to complete their first GCSE assessment. In lessons they are being taught how to revise effectively. Please [click here](#) for a summary of the best techniques for them.

Mrs Sloggett, Curriculum Leader: Geography

Year 11 - CVs and Mock Interview Day - Tuesday 9th January

During P1 and P2 on Tuesday 9th January we will be inviting the 35 students who missed the mock interview day recently to take part in this valuable experience. If you are one of the 35, and still have not produced a CV and sent it to Mrs Woodman or Mrs Nash, there is still time for you to do so.

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. Online safety

Both nationally and locally there has been a rise in teenagers visiting online chat room sites. Whilst the most popular site 'Omegele' has recently been shut down due to child exploitation concerns; a number still exist.

Whilst students may feel that these sites are harmless, there are a number of concerns presented by these sites:

- Seeing distressing, violent, or highly sexualised imagery without warning.
- Grooming by strangers who 'trick' them into performing inappropriate actions.
- Exposure to blackmail, sextortion, and threats which could be upsetting or scary.
- Pressure to remove clothing, reveal personal information, or send sexual images.
- Malicious links or spam that could make them vulnerable to hackers or scammers.
- Catfishing or cyberbullying, which could cause emotional or mental duress or fear.
- Intimate images or videos being recorded without their consent or knowledge.

If you are concerned that your child may already be using online chat rooms please find more information [here](#).

If you would like to discuss an online safety concern, please feel free to email me at ejarvis@felpham.org.uk

Miss E Jarvis
English Teacher and Online Safety Coordinator

5. Student support

The Student Leadership Team are available at lunch times if you wish to pop by their office for any support or if you need any help or would just like a chat. They are based in N25B - top floor, North building. Alternately, they can be emailed at studentleadership@felpham.org.uk.

The Student Leadership Team can help with homework, revision and exam techniques, friendship problems etc. If they do not know the answer, they will direct you to the correct person. They have all received safeguarding training.

6. Safeguarding Corner

Please find below information we would like to share with parents and carers.

Young Minds - Student Advent calendar



Please [click here](#) to view a well-being advent calendar sent to us from the Young Minds charity.

Window of tolerance - What is a window of tolerance?

Developed by Dan Siegel, a Clinical Professor of Psychiatry, the Window of Tolerance describes the best state of stimulation in which we are able to function and thrive in everyday life. When we exist within this window, we are able to learn effectively and relate to ourselves and others.

Thought-Full helping you think it through

Window of tolerance

west sussex county council

NHS

WINDOW OF TOLERANCE

FIGHT/FLIGHT - DANGER

Agitated	Irritation
Anger	Frustration
Anxious	Crying
Panic	Fear

SOCIAL ENGAGEMENT - SAFETY

At Your Best

Joy	Happy
Mindful	Present
Curious	

FREEZE/SHUT DOWN - THREAT

Tired	Numb
Detached	Shame
Hopelessness	Depressed

SHRINK your window of tolerance:

Stress, threat detection, anxiety, trauma.

EXPAND your window of tolerance:

Meditation, breathing, listening to music, engaging in hobbies and interests, building social connections, meeting basic needs (e.g. food, warmth), overcoming fears.

Parents often find that bedtime is a time when children open up, please find below some conversation starters.

A DOZEN THINGS TO SAY TO YOUR KIDS AT BEDTIME

You're exactly who this family needs.	I love the person that you are.	Nothing could change how much I love you.	I never expect you to be perfect.
You worked so hard on ____ today.	You kept trying. It got easier.	I noticed your kind heart when you ____.	You spread so much love.
Did anything surprise you today?	What's one thing you'd like me to know?	Do you have a question about anything?	You can always share or ask me anything.

Mrs Covill, Inclusion and Safeguarding Lead

7. Fortnightly Family Maths Challenge

Congratulations to Laila Eldessouki (Year 7) and her family on winning the previous challenge.

The answer was 240 pages:

- The student had $\frac{1}{4}$ of the textbook left to read and had read 120 pages more than she had left to read.
- So, she had read $\frac{3}{4}$ of the book which is $\frac{2}{4}$ more than she had left to read.
- So, $\frac{2}{4}$ (or $\frac{1}{2}$) of the book is 120 pages.
- Therefore, the book has 240 pages altogether.

'Well done' to all the families who had the correct answer.

Mrs Pullen, Maths Department

8. Message for Parents/Carers

What charities should FCC support in the Spring and Summer Terms 2024?

Students, their families and staff were recently invited to suggest charities, we now need everyone to vote. On the below link are the charities that have been nominated. All students, staff and parents/carers are invited to vote. Everyone has 3 votes each, the top 6 charities voted for will be the ones FCC will support in the next two terms at FCC - through the non-uniform days and the Youth Action Week.

Students will be encouraged to complete the form within registration time.

Parents/Carers: Please find the link below if you wish to join in.

<https://www.cognitofrms.com/FelphamCommunityCollege/UKParliamentWeek2023>

Mrs Chester, Senior Admin Assistant and Charity Coordinator

9. Bognor Foodbank

A reminder that we are collecting donations for the Bognor Regis Foodbank. All form rooms have posters and donation bags; please can students bring in a donation, if they are able to, by Friday 1st December. Please [click here](#) to view a flyer with suggested donations. Thank you for your support.

10. Food Technology - food containers

The Food Tech department would welcome donations of good-sized takeaway containers / big, sweet boxes. It would really support some students who are unable to bring containers in themselves.

11. Trampolining Club

Unfortunately, the trampolining afterschool club next Tuesday is cancelled.
Mrs Fuller, PE Department

12. Arun Youth Survey - message for students

The Arun Youth Council have produced a short survey to guide the Council on project planning this year; they have requested student opinion. Please can students complete this on the link below (it only takes 5 minutes) if they would like to. The deadline is Tuesday 28th November, 3pm.

<https://tinyurl.com/42bpd5j9>

13. Year 10 Boys Football

On Monday afterschool the Year 10 boys football team took on Varndean College, from Brighton, in the next round of the County Cup. Adaptability and leadership were key from Max before the game, having found out some of his players were absent; however, that did not stop the team from coming together and agreeing to play in positions they were not necessarily accustomed to - Leighton being one of them - who went in goal with borrowed gloves and made some outstanding saves.

The first half saw some excellent football played, some of the best I have seen at the school, and the game was played in fantastic spirits. Ronnie, Blake, Mason and Jacob were outstanding at the back - never panicking and creating opportunities to build from the back. Max, Teddie, Ethan and Oliver picked up the ball with ease in midfield and, with lots of communication, were able to keep possession for the majority of the game and release the strikers Jamie and Santiago to go close on a number of occasions. It was Max who was first on the score sheet with a fantastic free kick that deceived the goalkeeper and nestled in the bottom corner to make it 1-0. It wasn't long before the midfield were at it again following some great interceptions from Blake and Ronnie at the back to release Teddie - to play a ball through to Jamie - to put it away to make it 2-0 at half time.

With no subs due to injury, the second half was much the same, with FCC having most of the possession. Max rallied the team again with help from Blake, and Ethan created his own chance on the left and fired a hard low shot that the keeper could not handle to ensure FCC finished up 3-0 winners. 'Well done' boys and congratulations on progressing through to the next round.

Mr Whiffin, Deputy Headteacher

Team: Leighton B, Jacob M, Max C (Captain), Mason C, Ethan D, Santiago D, Blake G, Ronnie M, Jamie M, Oliver O and Teddie S

14. Year 11 Girls Netball



The Year 11s played in their last ever tournament against the schools in West Sussex west.

Playing in tough conditions, with a depleted team, they came 4th (playing) - coming down to goal difference in the end for second place.

'Well done' girls.

Ms Hudson, PE Department

15. 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 [physiotherapist](#).

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 students

Live Free Virtual Study Skills and Exam Technique Webinar - Sunday 3rd December

If you missed out on this webinar recently, you have another chance to sign up for this December date but do not delay - places are limited! Ten students from FCC have already signed up for this.

This webinar is suitable for any student who is interested in mastering their study habits, achieving academic success and developing skills to succeed in the future. Even if you are unable to attend the webinar live you can register to receive a recording along with some free handouts describing study techniques. Places will be allocated on a first-come, first-served basis and you can register [here](#).

Topics covered are:

- The power of effective study habits
- Study styles - which one are you?
- Memory boosters for exam prep
- Conquering exam anxiety
- A day before the exam
- Exam techniques specific to exam boards such as AQA, OCR, EDEXCEL

Careers Information - week commencing 9th October 2023.

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

16. Department information and students shout-outs

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

17. Christmas events for your diaries

Along with the Christmas Fair next week, we are pleased to confirm the following Christmas events:

Felpham Village Christmas Tree Celebration - Friday 8th December



Felpham Village Conservation Society has asked us to share this flyer with our parents and carers.

The school choir will be singing at this event - all welcome.

Felpham Community College Carol Service - Wednesday 13th December



We would like to invite students, parents and carers and their families to our Christmas Carol Concert taking place at 7.00pm at St Mary's Church, Felpham on Wednesday 13th December.

Mince pies and drinks will be available afterwards.

We do hope you can join us.

Mr Harrington, Curriculum Leader: Music

Felpham Community College
Christmas Craft Fair

Wednesday 29th November 2023 4.00pm—5.30pm at FCC

An event open to both the FCC and the local community!

FCC would like to invite you to join us with a fun and feel-good evening filled with activities!

- * Craft fair with local crafters
- * Christmas fun and games with year 7
- * Festive songs from the FCC choir
- * Tombola
- * Raffle - amazing prizes to be won supported by the local businesses
- * Homemade cakes and bakes
- * Hot drinks and sweets
- * Play your cards right with the student leadership team

So why not get festive at Felpham?!