

THRIVE

South Downs Education Trust's termly magazine

Summer 2026

ON THE SLOPES

Highlights from our ski trip



Worthing High School's
new Headteacher

Teaching Excellence at
Worthing High School

Clapham & Patching
memories from 1948

FROM LAND'S END TO THE HIGHLANDS

A CEO'S 1,000 MILE MISSION

This summer, our CEO Pan Panayiotou will be taking to the saddle to tackle the ultimate British cycling challenge: Land's End to John O'Groats.

Starting at the tip of Cornwall and finishing at the northernmost edge of Scotland, this 1,000 -mile journey is a grueling test of endurance.

Covering over 50,000 feet of elevation — the equivalent of climbing Everest twice — the route spans the steep climbs of Devon, the heart of the Lake District, and the demanding Scottish Highlands.

This monumental effort is dedicated to Change of Scene, a Surrey-based charity that provides a vital lifeline for children struggling in mainstream education. Operating from a 16-acre smallholding in Farnham, they offer "nurture through nature" for young people facing significant social and emotional challenges.

By integrating animal-assisted learning and horticulture, the charity helps vulnerable children rebuild their confidence and re-engage with the world.

Pan says: "Change of Scene provides the sanctuary many of our local children desperately need. This ride is about ensuring



they have the support to find a new path forward."

We invite our Trust community to support this fantastic cause. Every mile pedaled and every pound raised goes directly toward transforming the lives of young people.

Please scan the QR code to visit Pan's fundraising page to track the progress and donate to this incredible cause if you are able.

Scan to donate



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printing

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WELCOME



Dear Parents, Carers, Staff, Pupils and Friends,

As we reach the end of another uplifting and inspiring year across the South Downs Education Trust, this edition of Thrive celebrates the people, achievements and partnerships that make our community so special.

At Worthing High School, we extend our sincere thanks to Adrian Cook, who joined us just before the pandemic — an incredibly challenging moment to step into senior leadership. Adrian's integrity, courage and resilience saw him guide the school through unprecedented times and ultimately into the role of Headteacher. We are deeply grateful for his dedicated service and wish him every success as he moves to Oakwood School in Surrey.

We are delighted that Alex Simpson will become Acting Headteacher from September, bringing continuity, stability and a clear sense of direction for the year ahead.

This year, Worthing High School has also been recognised nationally as an SSAT Ambassadorial School for the EFA project, a testament to the school's commitment to excellence, collaboration and evidence-informed practice.

Alongside this, the school continues its important work as a DfE Lead Attendance and Behaviour Hub School, supporting other schools across the region to strengthen behaviour, culture and inclusion. These achievements reflect the expertise and dedication of the whole Worthing High School team.

At Clapham & Patching CofE Primary School, there has been much to celebrate. Under Mrs Chubb's leadership,



the school has continued to flourish, receiving a positive Ofsted report in March 2026 and reaching the milestone of being full and oversubscribed. This transformation since joining South Downs Education Trust in November 2020 is a testament to the passion, care and ambition of the whole Clapham & Patching CofE Primary School team.

We have also made significant progress with Worthing High School’s long-term site improvements. After more than seven years of partnership with West Sussex County Council, the new zebra crossing outside Worthing High is now in place in St. Lawrence Avenue — a simple but powerful improvement that enhances safety, not only for Worthing High School pupils, but for the whole community. Even more exciting is the start of work on our new Specialist Support Centre (SSC) this autumn, beginning with the arrival of eight temporary classrooms to support the reconfiguration of Inclusion, Languages and Computing. This marks a major milestone for Worthing High School and the Trust and will continue to strengthen our provision for years to come.

Thank you to every pupil, member of staff, parent, carer and friend of our schools. Your support, energy and belief in our shared core values are what makes our community thrive.

Wishing you all a very calm, safe and restful summer when it arrives for you.

Take care and see you after the summer break.

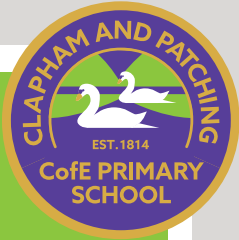
Pan Panayiotou, CEO, South Downs Education Trust



Top: Adrian Cook, leaving Worthing High School
Middle: Clapham & Patching CofE Primary School
Bottom: New zebra crossing in St Lawrence Avenue

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to receive
Thrive
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Key Dates



Tuesday 1 September 2026
INSET day

Wednesday 2 September 2026
INSET day

Monday 28 September
INSET day

Saturday 17 October 2026
Open day

Tuesday 20 & Wednesday 21 October 2026
Open Mornings

Thursday 22 October 2026
INSET day

Friday 23 October 2026
INSET day

Monday 26 October - Friday 30 October 2026
Half term

Friday 27 November 2026
INSET day

Monday 30 November 2026
INSET day

Monday 21 December 2026 - Monday 4 January 2027
Christmas break

Monday 4 January 2027
INSET day



Key Dates

Tuesday 1 September 2026
INSET day

Wednesday 2 September 2026
INSET day

Thursday 3 September 2026
Year 7 only

Friday 4 September 2026
All year groups

Saturday 26 September 2026
Open day

Monday 28 September
INSET day

Thursday 22 October 2026
INSET day

Friday 23 October 2026
INSET day

Monday 26 October - Friday 30 October 2026
Half term

Friday 27 November 2026
INSET day

Monday 30 November 2026
INSET day

Monday 21 December 2026 - Monday 4 January 2027
Christmas break

Monday 4 January 2027
INSET day

Over the Easter holidays, Worthing High School students headed off to the stunning Italian Alps for an unforgettable school ski trip.

Surrounded by breathtaking mountain scenery, pupils had the chance to build their confidence and develop their skiing skills with the support of experienced instructors. Whether complete beginners or more advanced skiers, everyone was challenged to improve while enjoying the excitement of the slopes.

Each day included five hours of skiing, giving students plenty of time to practise, progress and experience the thrill of skiing in one of Europe's most beautiful locations. Beyond the slopes, the trip was also a chance for students to spend quality time together and strengthen friendships within the school community.

Evenings were packed with activities, ensuring there was never a dull moment. Students took part in pizza and crêpe nights in the village, as well as a quiz night, movie night and

awards evening back at their accommodation, Residence Il Vigo.

Combining adventure, teamwork and plenty of fun, the trip created lasting memories for everyone involved.

Here is a snapshot of what the students got up to each day:

Sunday

We drove to Heathrow at 12:30am at night with so many fresh, excited faces around us. It was so surreal as we got to the hotel as a DJ set, right by the slopes, played as people skied.

Betsy Spencer (Y10)

Monday

On Monday we had the excitement of waking up for the first day of skiing. The sun was shining and the sky was blue. Then at the end of the day, we went to the local pizzeria for some fresh Italian pizza.

Callum Smith (Y10)



Intermediate group photo!



Relaxing after a full day of skiing

Tuesday

In the morning, we went down to breakfast and then did two great hours of skiing until lunch. After lunch we did another three hours of skiing. Then in the evening we watched Shrek 2 to finish an excellent day.

Oliver Preston (Y8)

Wednesday

After skiing all the way down to the hotel, we had our dinner, but saved some room for the delicious crepes and hot chocolate from the bar. After that, we went to reception for karaoke. The awesome night was wrapped up with the teachers singing Sweet Caroline!

Louis Le Gac (Y10)



Final day on the slopes

Thursday

We had a good morning skiing. In the evening, we had dinner and then went to the theatre room for a fun quiz night on the big screen. The winners won some chocolate prizes.

Sienna Calvert (Y8)

Friday

We skied the whole morning and had a great last day. In the evening, we had an awards night where everyone was given different awards. We then packed and had an early night, ready for our journey home.

Ivy Hampson (Y8)

Saturday

It was a very early start for the journey home and Sam lost his shoe! However, it did feel very much shorter than the way there. We were all very tired when we got home. The trip was amazing fun and I would love to do it again.

Hudson Soutter (Y8)

“The ski trip was a fantastic experience, helping students grow in confidence, support each other, and create lasting memories.”

Ms Novis



Day 1, beginner group on the slopes

LIFE ON THE SLOPES





Worthing High School staff and students with Tom Rutland MP

New Zebra Crossing Improves Safety for School Community

Worthing High School officially celebrated the installation of a long awaited zebra crossing on St. Lawrence Avenue, marking a major step forward in improving safety for students, families and the wider local community.

The new crossing has been introduced following years of concern about increasing traffic levels around the school. For many students and residents, crossing the busy road during peak times had become increasingly difficult and dangerous. The project was made possible through the determination and teamwork of school staff in particular Ms. Gannaway and Mr. Beasley, Tom Rutland MP, and West Sussex County Council.

To mark the occasion, the school welcomed Tom Rutland MP, who visited the site to see the positive impact of the new crossing firsthand. Also attending the celebration were members of the Student Leadership Team, senior school staff and representatives from South Downs Education Trust.

Among those present were Pan Panayiotou, CEO of South Downs Education Trust, and Headteacher Adrian Cook alongside Worthing High Students.

Speaking at the event, Pan Panayiotou, CEO of South Downs Education Trust said "The safety of our students is our absolute priority. As the roads surrounding our school have become

busier, this crossing has transitioned from a 'want' to a 'necessity.' We are incredibly grateful for the persistence of our staff and the support of Tom Rutland MP and West Sussex County Council in making our community a safer place for all pedestrians."

The zebra crossing is now fully operational and is expected to provide a much safer route for hundreds of pupils travelling to and from school each day. The achievement highlights the power of collaboration and the importance of ensuring students can travel safely within the local community.



News

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

Worthing High School



Year 10 Design and Technology Students at Bowers & Wilkins

Behind the Speakers

Our Year 10 Design and Technology students visited the Bowers & Wilkins research and development facility for an exciting insight into the world of acoustic engineering.

Students explored how premium loudspeakers are designed and manufactured, learning about sound technology, product development, and the many career opportunities available in engineering and British manufacturing.

The group engaged enthusiastically throughout the visit, asking thoughtful questions and representing the school exceptionally well. We are grateful to the team at Bowers & Wilkins for providing such an inspiring experience and helping to encourage the next generation of engineers.

Geography in the Field

Our GCSE Geography students recently enjoyed a successful fieldwork trip to Worthing, putting their classroom learning into practice through hands-on investigation and data collection. Working along the beach and in the town centre,



Students in Worthing town centre

students gathered evidence for their GCSE studies, carrying out activities including groyne measurements, traffic counts, and questionnaires. They explored geographical processes and patterns while developing valuable fieldwork, analysis, and evaluation skills.

The trip provided an excellent opportunity to experience Geography beyond the classroom, and students demonstrated impressive teamwork, curiosity and enthusiasm throughout the day. Well done to everyone involved for making it such a successful learning experience.

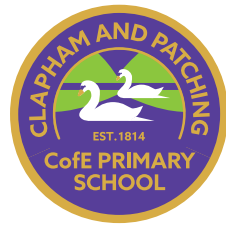
Cracking the Code

Forty of our Year 9 students recently visited Bletchley Park, the famous home of the World War II codebreakers, to explore the history of coding and the foundations of computer science.

During the visit, students discovered how mathematics and ciphers played a vital role in wartime intelligence, analysed code-breaking techniques and even saw a real Enigma machine up close. They also took part in a cybersecurity workshop, learning how to stay safe online in today's digital world.

Our students worked incredibly hard throughout the day and represented the school brilliantly. We are extremely proud of them all.

Clapham and Patching CofE Primary School



Camp Traitors

Camp Traitors

Students recently enjoyed another fantastic residential adventure as the school hosted its latest themed camp, Camp Traitors.

Building on the success of last year's Camp Get Me Out of Here, this year's event transformed the site into an exciting challenge-filled experience, complete with team activities, outdoor adventures and plenty of surprises along the way. The arrival of "Claudia" added an extra touch of authenticity, helping to bring the theme to life for everyone involved.

Behind the scenes, staff worked tirelessly to make the residential a success. Their dedication and enthusiasm helped make the experience both enjoyable and rewarding for all involved.

An unforgettable experience filled with teamwork, fun and friendship.

Exploring Rivers

Year 3 and 4 students recently enjoyed an exciting field trip to Fishbourne, where they explored the features of a river and experienced physical geography first hand.

During the visit, pupils identified key river features, including meanders and tributaries, before taking part in kick sampling in the river. Using classification keys, they investigated and identified a



Exploring creatures living in the water

variety of creatures living in the water, developing their scientific observation skills along the way.

The day concluded with a walk to the shore, where students observed the stream joining the estuary and saw how different environments connect. The trip provided a valuable opportunity to bring classroom learning to life, helping pupils gain a deeper understanding of the natural world through hands-on experience.

Making a Splash

Year 3 and 4 students recently enjoyed their first swimming lesson at the Arundel Lido.

The pupils had a fantastic time developing their confidence in the water, learning new skills and taking part in a range of fun activities.

A huge thank you to the team at Arundel Lido for providing such a positive and welcoming experience. We look forward to many more successful lessons ahead!



Our award!

LATEST FROM WORTHING HIGH SCHOOL

As I write this final foreword for Thrive, I find myself reflecting on what an extraordinary privilege it has been to serve this school community since joining as a Deputy Headteacher in September 2019.

The years since I joined the school have seen many changes and challenges, not least the pandemic. Looking back, what I remember most is not the challenges themselves, but the way our community responded to them. Time and again, I saw people support one another with respect and integrity, show resilience when faced with difficulty, and maintain a commitment to excellence in all that they did. Those moments reflected the values that continue to define our school community today.

Looking through the pages of this edition, I am reminded of just how much has been achieved. The school has continued to grow and flourish, building a reputation for providing a careful balance of academic rigour and exceptional pastoral support. Time and again, visitors comment on the warmth they experience when they walk through our doors. They notice the positive relationships between staff and students, the sense of belonging that exists within our community, and the genuine care that underpins everything we do. This is something of which I am immensely proud.

While schools are often measured by outcomes and achievements, it is the culture that truly defines them. The culture of this school has been shaped by countless individuals: staff, students, families, governors and the



wider community, who share a belief that every young person can be supported to always pursue excellence. It has been a privilege to work alongside so many dedicated people who make that vision a reality every day.

Although I leave with many wonderful memories, I do so with great confidence in the future. Mr Simpson, who joined the school at the same time as I did, knows this community exceptionally well and shares the values that have guided our journey over the past seven years. I have every confidence that under his leadership the school will continue to go from strength to strength, building on its successes whilst remaining true to the qualities that make it such a special place.

Thank you for the support, encouragement and kindness that I have received during

my time here. It has been an honour to be part of this remarkable community, and I will miss my colleagues and our students immensely. I wish you all a safe and restful summer break and every success as you continue to write the next chapter in the story of Worthing High School.

Adrian Cook

**Headteacher
Worthing High School**





MEMORIES FROM 1948

What was life at Clapham and Patching CofE Primary School like nearly 80 years ago? To find out, we spoke to Joan, one of our alumni who first walked through the school gates in 1948. In this special Q&A, she shares her memories. Her fascinating insights offer a unique glimpse into a very different era and remind us how much school life has changed.

What did the classrooms look like?

To me at the age of 5 it looked big. The infant part of the school had tables, but the juniors had desks with ink wells. The ink got everywhere and the desks were stained. The ink also got over our hands and clothes as I was always breaking the nib on my pens by pressing too hard. We sat at small wooden chairs. The teacher sat at the front. The Headmaster, Mr Ingerfield (AKA Inky) at a desk on a raised platform overseeing everyone in the class. There was a large chalkboard in front of the class.

There were three rows of desks to sit at in order of age. The wall colour was off white and the floors were wooden. The infant part seemed more homely than the juniors, I'm not sure why. The room was heated by a coal boiler and there were old fashioned radiators.

What was a typical school dinner like?

I loved the school dinners! All homemade. We had to go to the 'institute' which was a few doors up from the school where we were served hot dinners. We were given stews, pies, vegetables, usually mash but no chips! Jelly and custard but no yoghurt or ice cream. The whole school went up at a certain time. Dinners were served from a hatch. We always said grace. We had milk at mid-morning and the rest of the time we had water only. The institute was a wooden building which in later years was destroyed by a fire.

What was your uniform like?

We had no uniform. We could wear our own clothes. We wore a skirt and jumper, never wore trousers. Boys all wore shorts. Girls didn't wear shorts. No glamorous or fashionable clothes, just post-war clothes. My mother used to knit my school jumper - the wool was left over as we were still on rationing.

Did Clapham and Patching CofE Primary School do anything special for the Queen's Coronation in 1953?

Each child received a Coronation cup from the school and village WI, along with a Coronation coin featuring the Queen's head. We had no celebration at school but the village did a sports day at the cricket ground. Two weeks after the Coronation the school took us to the Odeon Cinema in Worthing to watch the film of the Coronation. We cheered as if we were there!

How did you get to school each morning?

I walked through snow, rain and storms! In my last year of school, I cycled. Every year in winters we had snow and walking to school down Coldharbour was very slippery.

What did you do for PE?

Occasionally we played rounders at the Cricket field. PE wasn't a regular part of the curriculum and we didn't have a PE Kit. We did sometimes do skipping and hula hoop.

Did you have assemblies?

On a Monday for the juniors, we had singing together. It was on the radio. We sang old fashioned songs "Good Morrow Gossip Joan" and they used to look at me and laugh. "Gathering Apples" was another song we sang.

What did you do during your summer holidays?

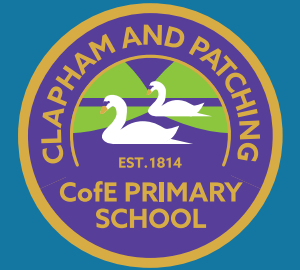
We used to go on the Downs and play with the village children. We never went abroad or on holidays. We did sometimes go swimming at Heene Baths.

Did you go on any school trips?

In those days we didn't have school trips. We only went to see the Coronation film, and in my last year the whole school went to Windsor Castle. The girls visited the Queen's dollhouse and the headmaster took others to see the Round Tower.

What was your dream job when you were at Clapham and Patching CofE Primary School?

In those days I loved art but I always wanted a typewriter. My mother encouraged me to be a secretary and not go into a job with art.



Did you have any after school clubs?

No, we didnt have any clubs at school.

What has changed the most at Clapham and Patching CofE Primary School today since you were at school?

School pets – we would have loved that! The school appears neat, bright and welcoming. The uniforms and toilets are clean and presentable. In my day we had bucket toilets for toilet and they didn't flush! We didn't have computers or even calculators.

Quick-fire favourites!

After school treat: My Mother bought me a comic.

Subject: Art and English

School memory: My friends, playing games, being able to do handstands, skipping and hopscotch.

Playground game: Creeping Jenny, hoola hooping and handstands.

FISH TACOS

Mr Panayiotou, CEO of the South Downs Education Trust visited a year 8 class at Worthing High School to demonstrate fish cookery. The activity was part of a campaign to get more students to eat fish. To find out more follow @fishheroes

Ingredients

1 fillet of white fish, skin removed (such as cod, mahi-mahi, or halibut)
1 tbsp oil
Pinch of salt
Pinch of black pepper
½ tsp cumin
½ tsp chilli powder
¼ tsp smoked paprika

For serving

3-4 small flour tortillas
Guacamole – avocado dip
Lime wedges
Pickled vegetables
Chilli sauce
Fresh coriander

Equipment

2 baking trays
chopping boards
mixing bowl
metal tablespoon
serving plate
fish and serrated knife



Method

- Preheat oven to 200 C/Gas mark 6 and line a baking tray with parchment.
- Remove any skin from the fish. Cut the fish into large strips and place to a small mixing bowl.
- Add the oil, salt, pepper, cumin, chili powder & smoked paprika. Stir to coat in the spices.
- Transfer to parchment-lined baking sheet and bake for 10-12 minutes or until fish is cooked through.
- In the meantime, collect any sides, such as guacamole, fresh coriander, pickled veg and cut the lime into wedges.
- Place the tortillas on a separate baking tray – warm in the oven for 2-3 mins
- To serve, top each tortilla with 1 tbsp guacamole and 2 pieces of fish. Add pickled veggies, chopped coriander and chilli sauce to add more flavour and texture (all optional). Serve with lime wedges



Mr Panayiotou and Year 8 students

GET TO KNOW OUR NEW HEADTEACHER

From July 2026, Mr Alex Simpson took over as Acting Headteacher at Worthing High School after joining the school as Assistant Headteacher in 2019. Get to know our new headteacher as we ask him questions about life in and outside of school.

What inspired you to become a teacher and eventually a headteacher?

I've always been driven by a desire to support young people and make education as inclusive as possible. Seeing students grow in confidence, overcome challenges, and achieve things they didn't think were possible is incredibly rewarding. Becoming a headteacher has allowed me to take that passion further by helping to shape a school where every student feels supported, valued and able to succeed.

Can you tell us about your journey before joining our school?

My journey into education started with a degree in Sports Science, before I moved into the specialist sector as an LSA for 2 years! Having completed my teacher training as a PE teacher at Newick House school, I started teaching students with additional needs and supported outreach work with local schools, which really shaped my understanding of inclusion. I later moved into mainstream education, focusing on teaching and learning, inclusion and curriculum design. I joined Worthing High School in 2019, and it's been a privilege to be part of such a fantastic community ever since.



What do you enjoy doing outside of school?

Outside of school, I love spending time with my family - my wife, our seven-year-old twins and our cat (I'm definitely a cat person!) I'm also a big fan of sport: I'm a keen golfer, used to play football and still enjoy keeping active. When I get the chance, I also enjoy reading and cooking - both great ways to relax after a busy week.

What do you think makes a great student?

For me, it comes down to kindness, integrity, effort, and resilience. A great student isn't just someone who achieves highly, but someone who shows determination, supports others, and is willing to keep going - even when things feel challenging.

ON THE SPOT

- **Tea or coffee?** Definitely coffee!
- **Early bird or night owl?** Early bird - I like to make the most of the day
- **Favourite book or film?** Kane and Abel by Jeffrey Archer, and Good Will Hunting - a brilliant film with a powerful message
- **Favourite subject at school?** Maths and PE - quite a mix!
- **If you weren't a headteacher, what would you be?** Probably an accountant - I've always liked working with numbers





Icelandic visitors with Worthing High School staff

TEACHING EXCELLENCE AT WORTHING HIGH SCHOOL

Worthing High School is celebrating a significant achievement after successfully completing the SSAT Embedding Formative Assessment (EFA) two-year whole-staff Continuing Professional Development (CPD) programme.

The programme has enabled staff to embed evidence-informed formative assessment strategies across all areas of teaching and learning, creating a consistent and highly effective approach to responsive teaching and feedback.

Through strong collaboration, reflective practice, and the dedication of teaching staff, the school has developed a shared commitment to improving classroom practice and student outcomes. The impact has been clear, with enhanced student engagement, confidence, and progress across the school.

In recognition of this exceptional work, Worthing High School was awarded SSAT EFA Ambassador School status an impressive six months ahead of schedule. This prestigious accreditation highlights the school's

commitment to high-quality professional development and its drive for continual improvement.

The school has already begun sharing its success with others. On 14 May 2026, Worthing High School welcomed 25 education professionals from Iceland who visited to observe EFA strategies in action. The visit provided an opportunity to celebrate the collective efforts of staff and students while showcasing the vibrant learning culture that exists across the school.

Visitors were particularly impressed by the warm welcome they received and commented on the politeness, engagement, and confidence demonstrated by Worthing High students. The experience reinforced the strength of the school's community and the positive impact of its teaching and learning practices.



It made me understand the questions better so I had a better insight on why and how we do it"

Student feedback on how successful criteria help them learn and progress

Julian Pope, Maths Teacher and Deputy Teaching and Learning Community (TLC) Leader at Worthing High School talked about the impact the EFA programme has had on his teaching:



Visiting the Learning Resource Centre

"As an experienced teacher, I am naturally protective of my tried-and-tested classroom strategies. I rarely adopt new methods unless they demonstrate an immediate, tangible impact on student progress. This is why the EFA programme has been so transformative for my practice.

"The programme's structure of focusing on a single, actionable goal per session, encouraged me to step outside my comfort zone and trial strategies I might have otherwise dismissed. The termly TLC meetings have been a key part of the process; regularly engaging with colleagues across different subject areas has offered invaluable perspectives, helping me refine my approach. The peer observations and the quality of the subsequent

feedback also provided the perfect incentive to go the extra mile in my planning. It has also been a privilege to support the coordination and delivery of the programme as a deputy TLC group lead.

"Several strategies, most notably comment-only marking, are now permanent fixtures in my teacher toolkit. This is a shift in practice I couldn't have imagined prior to this programme."

As Worthing High School continues to build on this success, its achievement serves as a powerful example of how collaboration, professional learning, and a shared commitment to excellence can make a lasting difference for both staff and students.



Observing lessons



It made me more confident in completing my work"

Student feedback on how success criteria help them learn and progress



Meeting pupils during their PE lesson



It highlighted key points so I know what to learn"

Student feedback on how success criteria help them learn and progress

8 TIPS FOR PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. Exercise can reduce stress, improve mood and boost self-esteem.

To help our students thrive both mentally and physically, here are eight key strategies for promoting physical wellbeing, adapted from The National College's expert guidance.

This guide was created by The National College. The content is current as of the date of release: 19.06.2024.

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.



MAKE IT FUN

Physical activity is about more than just fitness; it boosts self-esteem and reduces stress. Engage in physical activity by incorporating games, dancing or team sports that foster a sense of social belonging.



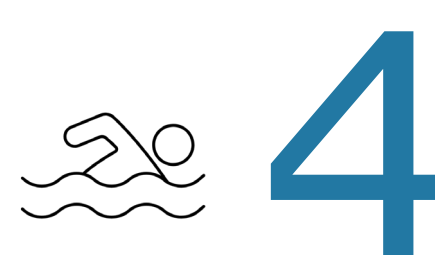
MIX MOVEMENT WITH LEARNING

Exercise doesn't have to stay on the playground. "Revision walks" using podcasts or flashcards can help older students, while movement breaks during lessons can enhance focus and cognitive function.



PRIORITISE ENJOYMENT OVER COMPETITION

Focus on effort and personal progress instead of winning or being perfect to help reduce stress. Learn to enjoy being active.



PROVIDE VARIETY

Prevent boredom by trying a wide range of activities. Beyond traditional sports, consider swimming, cycling, yoga, or martial arts to help discover what they truly enjoy.



CREATE DAILY OPPORTUNITIES

Ensure there are clear chances for activity throughout the school day, such as before and after school as well as during breaks and lunchtimes.



SET REALISTIC GOALS

Set achievable targets based on your specific interests and abilities. Celebrating these small successes helps maintain long-term motivation and enthusiasm.



ENCOURAGE PERSISTENCE

Use physical activity as a tool to build resilience. View challenges and setbacks as opportunities to practice perseverance and understand the value of effort.



LEAD BY EXAMPLE

Parents and carers can be positive role models when exercising. Create family opportunities to exercise together like gentle walks, bike rides or sports activities.

Friends of Worthing High School (FOWHS) are a parent and carer led group who support the school through fundraising initiatives.

They organise a range of events and fundraising opportunities throughout the academic year to raise funds to pay for school resources and activities which benefit all students.

FOWHS



Ways you can help

Sponsor,
Join or
Give your
time

Donations

Fundraising

- Donate Raffle and tombola prizes
- Donate pre-loved uniform
- Donate prizes through your business or your employer

- Sponsor an event -Do you own a business or can the business you work for sponsor an event?
- Can you help with advertising of events
- Come and join our events
- Give your time to FOWHS - we are grateful for any time you can offer

Join our Easyfundraising - FOWHS
<https://www.easyfundraising.org.uk>

Do you work for an employer who offers match funding? This is a great way to help boost money that is raised for our school

REFRESHMENTS
AT SUBJECT
REVIEW
EVENINGS
£400

PRE-LOVED
UNIFORM
£1300

FRIENDS
of WHS
WORTHING HIGH SCHOOL

QUIZ NIGHT
£900

THIS YEAR FOWHS HAVE RAISED...

BINGO
NIGHT
£ TBC

NON
UNIFORM
DAY
£453

WINTER
RAFFLE
£2046

EASTER
TOMBOLA
£143

HOW FOWHS SUPPORTED SO FAR...



FUNDING FOR
GREENPOWER



FUNDING FOR THE
ECO AREA



FUNDING
FOR FOREST
SCHOOL
RESOURCES



FUNDING FOR
FEMALE LEADERSHIP
(CHALLENGING GENDER
STEREOTYPES)

Get in contact with FOWHS: fowhs@worthinghigh.net

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[@friendsofworthingschool](https://www.instagram.com/friendsofworthingschool)

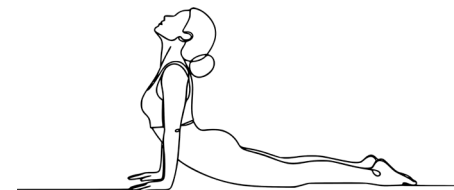


POWER UP YOUR CORE

When people think of core workouts they often picture endless sit-ups or crunches. But building a strong core doesn't have to be boring or uncomfortable. In fact, some of the most effective exercises come from a mix of fitness training and yoga, helping you build strength, balance, and flexibility all at once.

Here are four powerful core exercises you can try anywhere with no equipment needed.

UPWARD DOG



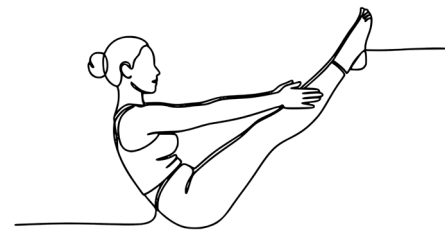
Upward-facing dog is a yoga pose that strengthens your core while opening up your chest.

Start lying face down, then press your hands into the floor and lift your upper body, keeping your legs extended and off the ground.

While it may feel like a stretch, your core is working hard to support your spine. It also helps improve flexibility and posture, which is great if you spend lots of time sitting at a desk.

Hold for 10 seconds and gradually increase your time as you get stronger.

BOAT POSE



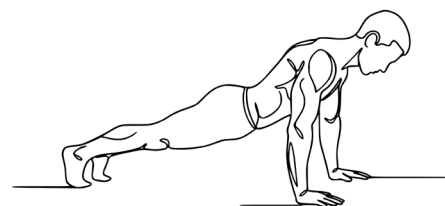
Boat pose is a yoga move that really tests your balance and core control. Sit on the floor, lean back slightly, and lift your legs so your body forms a "V" shape. Stretch your arms forward alongside your legs.

This exercise fires up your deep core muscles while also improving balance and concentration.

Keep your chest lifted and avoid rounding your back -this makes the exercise much more effective.

Hold for 10 seconds and gradually increase your time as you get stronger.

PLANK



The plank might look simple, but don't be fooled it's a full core powerhouse. To do it, hold your body in a straight line, supported by your forearms and toes. Keep your back flat and avoid letting your hips drop or rise too high.

The plank targets your abdominal muscles, lower back, and even your shoulders. It teaches your body stability, which is essential for everything from sports to posture in class.

Hold for 10 seconds and gradually increase your time as you get stronger.

WARRIOR POSE



Warrior pose is all about stability and control. Step one foot forward into a lunge, bend your front knee, and stretch your arms out to the sides.

This pose strengthens your core, legs, and back while improving balance. It also helps build focus and endurance.

Keep your core engaged and your shoulders relaxed to get the most out of the pose.

Hold for 10 seconds and gradually increase your time as you get stronger.



MEET... Emma Peachey



Emma is the Deputy Subject Leader for English at Worthing High School. Alongside her work in the classroom, she also runs the female leadership group.

What inspired you to become a teacher?

Originally, I planned to become a vet, but I quickly realised that A-Level Science and GCSE Science are VERY different. English was always my favourite subject. I was also known for talking a little too much at school, so becoming a teacher feels like my personal karma!

What's a typical day like for you at school?

Every day begins with a fight with the printer!

What's been one of your most memorable moments as a teacher?

Teaching during Covid definitely stands out.

What hobbies or activities do you enjoy outside of school?

Reading-cliché!

What's one surprising fact about you that students might not know?

I have a pet snake called Steve. I also used to be an adult instructor for the Army Cadets.

Can you tell us about your role in supporting female leadership within the school?

I wanted to create a community where girls feel safe to share their ideas and explore important issues. We equally think this is important for boys too, and that's why we love Mr Pope's positive masculinity mentoring programme.

What's been your proudest moment so far while working with the female leadership group?

Seeing the female leaders stand up and confidently deliver assemblies to the whole school for International Women's Day and seeing how proud they felt about themselves afterwards.

What do you have planned for the future for female leadership within Worthing High School?

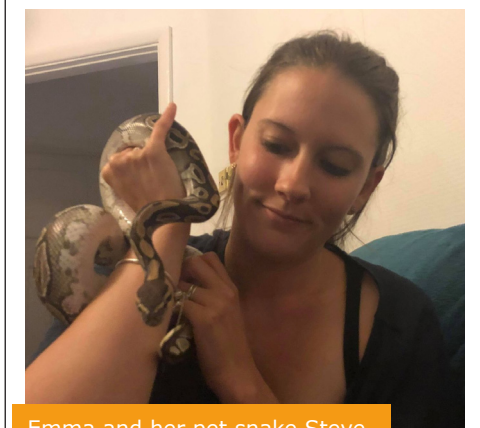
At the moment, we're working on raising funds for free sanitary product vending machines in the toilets. In the future, we'd love to bring in more inspirational women to speak about their careers and experiences, helping students to see the huge range of opportunities available to them.

Quick Fire Questions

Tea or coffee? Tea
Early bird or night owl? Night Owl
Sweet or savoury? Savoury
Cats or dogs? Cats
Would you rather be able to fly or be invisible? Be invisible



Emma with some students from the female leadership group



Emma and her pet snake Steve



Next Step Coaching

What do you do?

We provide football coaching, goalkeeping coaching, PE delivery, after-school clubs and holiday camps for children aged 5–13 across Sussex.

Founded February 2021
Based Worthing, West Sussex

Facilities Using at Worthing High School
3G Astro Pitch

At Worthing High School Since 2021

Session Times

- Tuesday Night Club: 5:30pm – 6:30pm
- Development Centre (Wednesday): 5:30pm – 8:00pm
- Goalkeeping Group (Thursday): 6:00pm – 8:00pm
- Soccer Saturday (Saturday): 9:00am – 12:30pm

Tell us about your organisation?

Next Step Coaching is an award-winning sports coaching company based in Worthing, founded by Owen Leake and Jack Fagan in 2021. We deliver football coaching, goalkeeping coaching, PE lessons, after-school clubs and holiday camps to children across Sussex, working with other schools and helping thousands of young people develop through sport.

Who can get involved?

Our sessions are open to children aged 5–13 of all abilities and experience levels. Whether a child is taking their first steps into football or looking to further develop their game, we provide a supportive and enjoyable environment where everyone is welcome.

What makes your club special?

We focus on far more than football. Every session is designed to help children build

confidence, develop social skills, make friends and enjoy being active. We pride ourselves on creating a welcoming atmosphere where every child feels valued and supported, regardless of their ability level.

Why did you choose to use Worthing High School's facilities?

Worthing High School offers fantastic facilities in a great location. The quality of the 3G Astro Pitch allows us to provide high-quality coaching sessions throughout the year in a safe and professional environment.

How have the facilities supported your growth?

The facilities have played a huge role in helping us expand our provision. Having access to a reliable, high-quality playing surface has enabled us to accommodate more children, introduce additional sessions and continue delivering the standards that families have come to expect from Next Step Coaching.

Contact Details

Website

www.nextstepcoachinggroup.co.uk

Email

info@nextstepcoachinggroup.co.uk

Instagram

@nextstepcoachinggroup



Owen and Jack, Next Step Coaching

Motus Coaching

What do you do?

We run small group strength, mobility and fitness sessions for adults over 35 in Worthing. Every session is fully coached and built around real people, helping them get stronger, move better, and have more energy for the life they want to live.

Founded March 2025
Based Worthing, West Sussex

Facilities Using at Worthing High School
Sports hall and gym facilities

At Worthing High School Since 2025

Session Times

Monday, Tuesday, Wednesday and Friday at 6pm.

Tell us about your organisation?

Motus Coaching exists for adults over 35 who want to get stronger, move better, and have more energy. We run coached strength, mobility and fitness sessions at two locations in Worthing: Peak Boxing Gym for mornings and Worthing High School for evenings. Sessions are adapted for different fitness levels, injuries, and people returning after a long break. No experience needed, no egos, just good people working hard together.

Who can get involved?

Anyone over 35 who wants to build strength, improve mobility and feel better day to day. Whether you have never set foot in a gym, have not trained in years, or are already active but want proper coaching rather than doing it alone, there is a place for you here. It is not just for beginners. It is for anyone who wants to train well and enjoy the process.

What makes your club special?

The community. We have only been open just over a year and already have around 40 members who genuinely get along. Sessions are kept to a

maximum of 4 or 12 (depending on the time), so everyone gets proper attention. But the culture is what keeps people coming back: warm, honest, and a little bit mad in the best possible way.

Why did you choose to use Worthing High School's facilities?

We needed an evening venue that was well equipped, accessible, and local to our members. Worthing High School was the right fit from the start and has been a great base for our evening sessions since we launched.

How have the facilities supported your growth?

Having a reliable evening location has been really important for offering flexibility to members who work during the day. The team at Worthing High School have also been brilliant to work with. Any changes to sessions, location queries or logistical questions have always been handled quickly and with great communication. It makes a real difference.

Contact Details

Website

www.motuscoaching.co.uk

Email

info@motuscoaching.co.uk

Instagram

@motuscoachinguk

BEYOND THE SCHOOL DAY

Through Worthing High School's extensive lettings programme, our facilities are used by a wide range of community groups, sports clubs and organisations throughout the week, helping to bring people together and promote health, wellbeing and lifelong learning.

From our sports hall and gym to specialist activity spaces and outdoor facilities, the school provides a welcoming home for organisations that share our commitment to developing confidence, skills and community connections.

We spoke to two of our regular lettings partners, Next Step Coaching and Motus Coaching, to find out more about their work and what makes Worthing High School such a valuable community venue.



MOTUS SMALL GROUP COACHING
COACHING



Motus Coaching

Hire Our Facilities

Did you know that Worthing High School's excellent facilities are available to hire by local clubs, organisations and community groups?

Whether you're looking for a venue for regular activities, training sessions, meetings or special events, the school offers a range of high-quality indoor and outdoor spaces to suit a variety of needs.

Our facilities are available during the evenings throughout the school week (with the exception of Thursdays, when school events take priority), as well as all day on Saturdays and Sundays. During school holidays, facilities can be hired every day from 8.00am until 10.00pm, subject to availability.

Available facilities include a range of indoor rooms and sports spaces, alongside our popular synthetic turf pitch, making the school an ideal venue for sporting, recreational and community activities.



Fitness Suite

WHATS ON - AUTUMN TERM 2026

Monday

6pm Motus Coaching
6pm D&D Basketball
6:15pm Bam Fitness
7pm D&D Basketball
7:40pm Belly Dancing

Tuesday

5pm Active Worthing
5:50pm Motus Coaching
6pm Ultimate Pilates
6pm Volleyball
6:45pm Funk Fit

Wednesday

6pm Hed TKD

6pm Motus Coaching
6:15pm Bam Fitness
6:30pm Ferring @ GOC
6:45pm S Leak Bootcamp
7:30pm Worthing Thunder
7:30pm Hed Tkd

Thursday

5pm Active Worthing

Friday

6pm Motus Coaching

Saturday

8:30am Baby Ballers
8:30am S Leak Bootcamp
2:30pm HED TKD

Sunday

9am Dance Shack
4pm Volleyball

For more information, check availability or to make an enquiry, please contact:

Ella Whitfield,
Deputy Facilities Director
and Lettings Manager
• 01903 229270
• lettings@worthinghigh.net
• www.worthinghigh.net/join-us/lettings



Dance Studio

Hello & Goodbye

STARTERS FROM JUNE 2026

Worthing High School

- Lily Addis, Music Lead
- Charlie Goacher, Art Technician
- Amber Shepherd, Welfare Assistant and First Aider (returned from maternity leave)

STARTERS FROM SEPTEMBER 2026

Worthing High School

- Alex Melody, English Teacher (returning from maternity leave)
- Archie Dore, Trainee Teacher (was Cover Supervisor)
- Lucie Fuller, Reprographics and Admin Assistant (was Examinations Manager)
- Monika Padgett, Learning Support Assistant (was Behaviour Support Officer)

Clapham & Patching CofE Primary School

- Chloe Lawrence, LSA/HLTA

As another busy and successful year unfolds, we take the opportunity to recognise the changes within our staff. We are delighted to welcome new colleagues who have joined our Trust, bringing with them a wealth of experience, enthusiasm and fresh ideas. We look forward to the valuable contributions they will make in supporting our pupils.

At the same time, we say farewell to members of staff who are moving on to new opportunities and exciting next chapters in their lives. We thank them for their dedication, hard work and commitment to our school, and wish them every success and happiness for the future.

LEAVERS



Adrian Cook
Headteacher



Claire Banes
Receptionist



Sorrell Worle
Welfare Assistant
and First Aider



Dean Fuller
Facilities Officer



Emma Willett
SENCO



Emily Peach
Therapeutic
Behaviour
Support Lead



Jasmine Keys
Admin Assistant



Dylan Clark
Learning Support
Assistant



David Martin
Music Teacher



Alena Martauzova
Learning Support
Assistant



Sigal Decourcy
English Teacher
(maternity leave)



Vanessa Peek
Office Manager,
Clapham and
Patching CofE
Primary School



Information correct as of 1 July 2026

Good luck to Miss Novis, on your sabbatical year. We can't wait to welcome you back in September 2027!

OPEN DAY

9am – 1pm

Saturday 26 September 2026



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 9am on 29 & 30 September and 1 & 2 October 2026.



Book online at www.worthinghigh.net

