

24 JANUARY 2025

NEWSLETTER

Dear families,

We had a fantastic week at school this week, highlighted by an Army visit and recognition of excellent student work in the Book of Commendation. Read on for more details.

Key Dates:

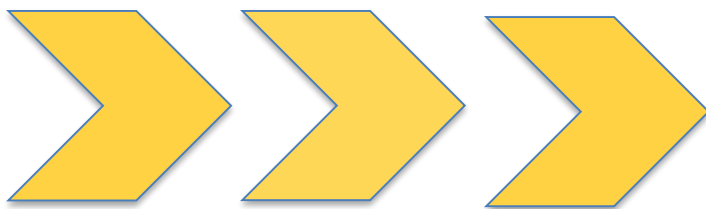
- 30 January 2025 - Year 9 Parents Evening
- 05 February 2025 - Parent Forum Year 7, 8 and 9
- 13 February 2025 – Year 10 Parents Evening
- 14 February 2025 – Term 3 Ends

Update

Homework wallets

To help keep offline homework sheets safe and undamaged, we will be providing each student with a homework folder. We kindly ask that you ensure your son or daughter has an appropriate school bag to carry their folder and other school items securely.

Thank you for your support.



NEXT WEEK IS WEEK A TIMETABLE



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ON TRACK TO EXCELLENCE

A member of Swale Academies Trust

Registered Office: Ashdown House, Johnson Road, Sittingbourne, ME10 2JS

Registered in England No. 07344732

REMINDERS

** Important Notice: Gas Network Upgrade Works & Parking Reminder **

Please be aware that gas network upgrade works are currently underway on **Millstrood Road**, which will last for approximately **12 weeks**.

Important Note: During this period, **there will be no access to Bellevue Road from Millstrood Road.**

To minimize disruption, please plan your child's drop-off and pick-up times in advance, as these works may significantly impact access to the school. We kindly request that parents park considerately during this time. We have received reports of double parking, which can create safety hazards and obstruct traffic flow.

To ensure the safety of all students and the smooth flow of traffic, we encourage parents to park further away from the school and walk with their child to the school entrance whenever possible. Thank you for your understanding and cooperation.

** Important Information for Bus 638 Users **

Please note that there will be changes to the **Stagecoach 638** bus service from January 6th. For full details of these changes, please see the following document: [[Stagecoach 638 service](#)] This information is important for students and families who rely on this bus route.

** Important Vaccination Reminder for Year 10 & 11 Parents! **

Does your Year 10 or 11 child need a Meningococcal ACWY (MenACWY) or Tetanus, Diphtheria, Polio (Td/IPV) vaccination?

We're offering catch-up vaccinations at **The Whitstable School on February 3rd & 4th, 2025.**

Parents will receive more information directly from the school.

For more information, click on the links:

- [Teenage 3 in 1 booster Td/ IPV](#)
- [Meningitis and Septicaemia](#)

** Engines Off **

To help reduce air pollution, noise levels, and respect our neighbour's, please remember to turn off your engine while waiting to drop off or pick up your child. Thank you for your cooperation.



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SIXTH FORM UPDATE

** Sixth Form Golf Academy **



**SIXTH FORM
GOLF ACADEMY**

STARTING SEPTEMBER 2025

- » Full membership at the Cave Hotel and Golf
- » Weekly lessons with a coach
- » Weekly supervised practice
- » Weekly Matches

**SIGN UP
NOW**

 twsw_admin@swale.at
F.A.O. - Mr. Lightfoot

 **01227931300**

 www.thewhitstableschool.org.uk

**CAVE
HOTEL & GOLF RESORT**

**The
Whitstable
School**

The Whitstable School **Cave Golf Academy**, offers an exceptional pathway for our KS5 students. Students on this pathway will also need to pick three Level 3 options to study alongside the Golf Academy.

What we offer:

- » Expert Guidance: Weekly coaching sessions with a dedicated coach.
- » State-of-the-Art Facilities: Access to world-class practice facilities providing ideal conditions for skill development.
- » Networking Opportunities: Connect with fellow golfers, make new friends, and enjoy the camaraderie of the sport.
- » Access to Competitions.

For more details, please send an email to twsw_admin@swale.at – F.A.O Mr. Lightfoot.

**** Sixth Form Applications Now Open! ****

Interviews for Sixth Form places at The Whitstable School will be taking place throughout January and February. All communication regarding applications and interviews will be made via Kent Choices.

If you haven't already, please visit our website for more information.

- View [Prospectus](#)
- View [Sixth Forms Pathways](#)
- View [Why Choose Our Sixth Form](#)
- Apply via [Kent Choices](#)

Want to join our Sixth Form Pathways?

➡ Contact Ms. Simons, Head of Sixth Form.

☎ 01227931300

✉ tws_sixthform@swale.at

We look forward to receiving your application!

THIS WEEK SO FAR...

****TRACK Excellence Raffle Winners Announced! ****

Each Wednesday, the school will run a 'TRACK Excellence' raffle with two prizes for students. To enter, students just have to have seven or more positive signatures over the two weeks. Students with negative signatures are still able to participate.

This week's winners are:

Craig (Year 8) and Victoria (Year 7)

This is **Victoria's** second time winning this term, and she has received a book voucher as a reward. Congratulations to both!



Students with their prizes in the TRACK Excellence raffle.

Are You on TRACK?



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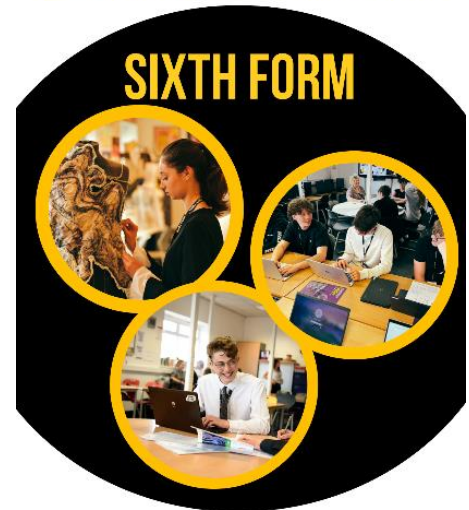


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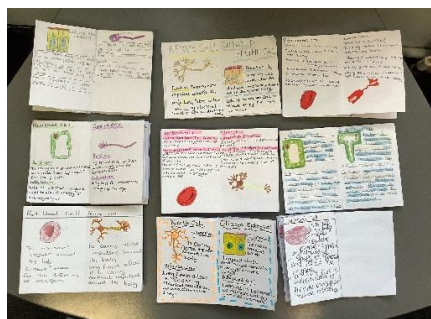
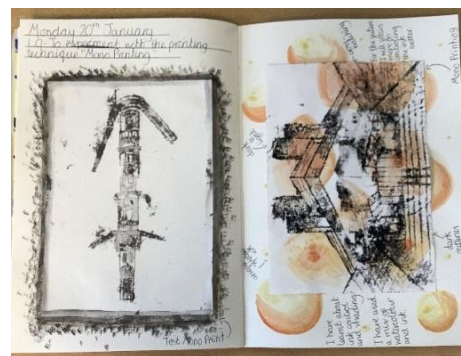
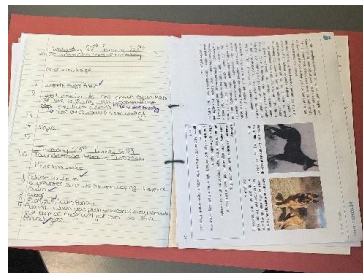
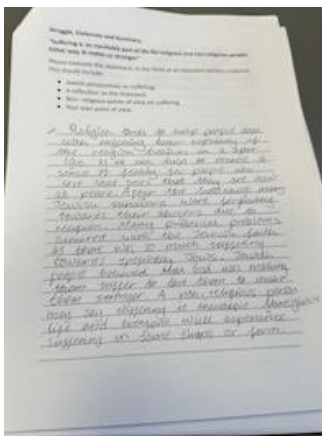
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**** Book of Commendation Highlights ****

We're thrilled to recognize the outstanding achievements of our talented students:

- **Scarlett (Year 10)** - Strong essay for Religious Education.
- **Kai, Ronnie and Cody (year 7)** - Creative drawings of Grafallo in Spanish class.
- **Daisy, Gabi and Molly (Year 9)** – Impressive mono-printing using ink in Art class.
- **Henry (Year 8)** - First to complete the science assignment on selective breeding in animals.
- **Elkie, Lottie, Scarlett, Zak, Isla, Holly, Camille, William, Emily (Year 7)** - Excellent work on human cells in science.
- **Clara (Year 7)** – Beautiful clay sculpture of a mushroom in art class.



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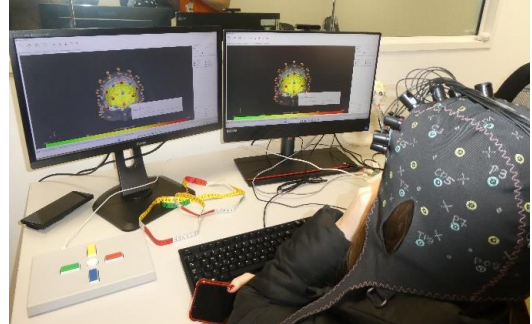
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** Exciting Psychology Trip **

Our Sixth Form Psychology students recently had an incredible opportunity to visit Canterbury Christ Church University! They explored cutting-edge psychology research labs, experiencing VR technology, brain activity studies, and more. This hands-on experience provided invaluable insights into the field.



** Unforgettable Day! **

Back in October, Olympic gymnast Max Whitlock visited The Whitstable School! He amazed our students with a stunning performance on stage and shared inspiring words on dedication and perseverance. Watch this video for highlights of the day!

[Max Whitlock Visit](#)



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**** Our school enjoyed a fantastic visit from the Army on Wednesday ****

The Army visited our school on Wednesday and it was a fantastic experience. Students learned about diverse career paths within the Armed Forces and participated in team-building workshops that strengthened their logic, communication, and problem-solving skills.



**** A Successful Day at Battle X ****

The Year 9 Duke of Edinburgh students had a fantastic time at Battle X! They actively participated in a variety of team-building games, demonstrating excellent teamwork and strategic thinking. Students enthusiastically embraced the challenges, following the rules and working together to achieve the highest possible scores. The positive atmosphere throughout the day was a testament to their teamwork and sportsmanship.



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**** Year 10 Food Preparation & Nutrition ****

This week, Year 10 Food Preparation & Nutrition students showcased their culinary skills and understanding of dietary needs. Students planned and cooked a dish suitable for someone with iron deficiency anaemia, skeletal disease, Coeliac disease, or lactose intolerance. They also produced insightful written work explaining the chosen condition and its impact on dietary choices. From delicious steak & chips to homemade pasta, garlic bread, burgers, and bread rolls, the range of dishes was impressive! Well done to all for their hard work and creativity!



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**** Year 8: Digging Deeper into Fossils with Clay ****

Year 8 students enjoyed a hands-on science lesson this morning, learning about fossils by creating their own clay models. Each student chose a unique shape to replicate, resulting in some truly amazing and creative work.



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**** Stage Academy Auditions Underway! ****

Auditions for this year's Stage Academy musical have been underway all week! Exciting details about the show and our plans for Comic Relief will be shared soon.



**** Exciting News: Basketball Super League Playoff Finals Tickets Available ****

Mr. Lightfoot has secured 40 tickets for the thrilling Super League Playoff Finals at The O2 Arena on Sunday, May 18th. This all-day event will feature both the women's and men's finals.

Tickets are priced at £50 per person.

Don't miss out!

Sign up now to secure your place: [Basketball sign up](#)



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UPCOMING EVENTS

** PARENT FORUM **

Year 7, 8 & 9 Parent Forum: 5th Feb, 5:00 PM.

Registration is compulsory for attendance. Please fill in the registration form by clicking on the link below:

[Parent Forum Registration Form](#)

Information for upcoming Parent Forums for Year 10, 11 and 12 will follow.

** Important Work Experience Dates for Year 10 **



Week of: June 30th - July 4th, 2025 (5 days)

Work experience is a valuable opportunity for you to:

- Gain exposure to the professional world and explore different career paths.
- Develop essential skills desired by employers, such as communication, teamwork, and problem-solving.
- Boost your confidence and build your personal and social skills.

Finding Your Placement:

You are responsible for finding your own work experience placement. This allows you to explore your interests and connect with potential career fields. We will be providing support through Unifrog, a platform that helps you track and manage your placement search.

Have Questions?

If you have any further questions about work experience, please don't hesitate to contact:

- Email: tw_s-workexperience@swale.at



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****Celebrate Our Amazing Staff! Nominate a Teacher of the Year! ****

A big thank you to the parents who have already nominated some of our staff for the Kent Teacher of the Year Awards. Your comments are so kind! If you wish to nominate a member of staff, there is still time to do so:

[Kent Teacher of the Year Nomination form](#)

Remember there are lots of different categories across all staff groups! Thank you for your support with this.

Nominations close February 28th, 2025!



 **Careers Fair**
Date 13th March 2025
Time 9:00-2:30pm

We would like to invite you to our Careers Fair 2025!!

Aims of the event:

- To engage the students through interactive displays and discussions
- To provide the students with information about different career paths
- To inform the students about a range of new careers and industries

For further information on how to get a stand at our event please contact us on 01227 931300 or tws_careers@swale.at



✦ Get Career Ready! ✦

Our **Careers Fair** is coming up on **March 13th!** Exciting opportunities and valuable insights await. Stay tuned for more details!



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****Calling Young Artists! ****



This free exhibition showcases the incredible talent of young artists aged 4-18 across the UK. Want to participate?

- **Students:** Speak to Miss Butler to learn how to submit your artwork through the school.
- **Teachers & Parents/Guardians:** You can also submit artwork on behalf of students.

A panel of esteemed artists and arts professionals will judge the submissions. Selected artworks will be displayed both online and at the prestigious Royal Academy of Arts.

Don't miss this exciting opportunity!
Submission Deadline: March 5th, 2025.



We're celebrating Chinese New Year next week with a special menu!
 A wonderful chance for students to experience diverse cuisines.



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NOTICE BOARD

At The National College, our 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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, blogs and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

- LACK OF PERSONALISATION**
Many apps take a one-size-fits-all approach, failing to account for the varying ages and weights of children. If a 10-year-old is given the same target as a 15-year-old, they may be at risk of injury. Parents should ensure that the app is designed for their child's age and weight, and that the app's safety features are appropriate for their child's needs.
- NOT DEVELOPED BY EXPERTS**
Some fitness and wellbeing apps are developed by non-experts. As such, there may be limited safety concerns by giving children access to these apps. Parents should ensure that the app is designed for their child's age and weight, and that the app's safety features are appropriate for their child's needs.
- REDUCED INTERACTION WITH OTHERS**
Physical wellbeing apps can reduce the social and interactive elements of physical activity. Parents should ensure that the app is designed for their child's age and weight, and that the app's safety features are appropriate for their child's needs.
- DATA AND PRIVACY CONCERNS**
Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, sleep or body weight, and their physical health and more. It's worth noting that some of these apps may not have the same level of security as other apps. Parents should ensure that the app is designed for their child's age and weight, and that the app's safety features are appropriate for their child's needs.
- ADDITIONAL COSTS**
While many fitness apps are free to download, the initial content is quite basic. Users will only receive more health or fitness tips, workouts, nutrition advice or a personalised plan by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the app, so it's worth checking out the app's pricing before signing up.
- DEPENDENCY ON THE APP**
While physical wellbeing apps can help motivate young users to manage their fitness, there is a possibility that, without being used regularly, users may become dependent on the app. Parents should ensure that the app is designed for their child's age and weight, and that the app's safety features are appropriate for their child's needs.

Advice for Parents & Educators

- EXERCISE AND SOCIALISE**
Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by exercising with others rather than solely relying on an app to measure their progress. Remind them of the importance of staying active, as well as the benefits of being a team player.
- PROMOTE POSITIVE BODY IMAGE**
While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.
- REVIEW THE APP FIRST**
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.
- USE PARENTAL CONTROLS**
As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but, most commonly, these will relate to screen-time limits, disabling or capping in-app purchases, and monitoring social aspects of features which aren't age-appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert
Dr Claire Letherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various educational papers and created content for the Australian Government's eSafety Commissioner and is a leading authority on young people in the UK, USA and Australia.

WakeUpWednesday | The National College

Source: See full reference for an online page at <https://nationalcollege.com/guides/wellbeing-fitness-apps>

[@wake_up_weds](https://www.facebook.com/thewhitstableschool) | [/www.thenationalcollege](https://www.facebook.com/thewhitstableschool) | [@wake.up.wednesday](https://www.facebook.com/thewhitstableschool) | [@wake.up.weds](https://www.facebook.com/thewhitstableschool)

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Ever thought about volunteering as a school governor?

Swale ACADEMIES TRUST

Want to know more? Scan the QR code to check out our website now!



We believe that effective governance is best delivered when school leaders are held to account and challenged on pupil outcomes as well as the quality of education provided.

You do not need to be from an education background - we value what people from outside the sector can offer!

Now considering becoming a school governor? Get in touch!

We'd love to hear from you.

hello@swale.at
01795 905989

For more updates and events, please visit our website and follow us on X and Facebook.

- <https://www.thewhitstableschool.org.uk/>
- <https://www.facebook.com/TheWhitstableSchool>
- <https://x.com/TheWhitSchool>

Best Wishes
The Whitstable School Team



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