

12 September 2025

Dear PCS Families

FAO Year 7 Parents/Carers - Tune into your Brilliance! Message from Create Music

Create Music provides vocal and instrumental lessons in schools across Brighton & Hove and East Sussex, and we believe that music should be available to everyone.

Your child has recently attended a concert in school delivered by our dedicated instrumental teachers, and we hope that this will have inspired them to pick up an instrument and start a lifelong appreciation of music making.

Click here to find out more:

createmusic.org.uk/for-children-and-young-people/parentcarer-meetings-2025/

(See the attached poster)

PCS Uniform Donation Station Reminder we are accepting donations!

This is a reminder of the email that went out at the end of last term. If you have any uniform that you are able to donate, we would be very grateful. As you can see from the attached poster, in the first instance we are inviting families in on Friday 26 September to pick up any donated items.

'PCS School Uniform Drop and Swap - Message from the PCS Climate Ambassadors

In response to lots of interest by our parents and carers, we are delighted to be able to inform you of our PCS Uniform Drop and Swap donation station which will be up and running in September.

See the attached poster for details. Please feel free to donate any unwanted/outgrown items of school uniform to our school Reception any time, any day of the week that suits you. Leave your name with our Reception team and come back on the last Friday of the month to take your pick from our donated uniform items.

As we come to the end of this term we will be collecting for the first few days of the summer holidays as well.

Not only will this help with costly uniform expenses as your child grows out of items, it will also support our school sustainability plan.'

The Joff Youth Club is Back!

We will be having a pizza van 3pm-5pm (Fratello) and also a Games Van from GameOn mobile gaming who will be in the car park for a little bit from 3pm.

Youth sessions commence week of 15th September.

Please see the attached flyer.

Meet the Mentor Evenings - September 2025

Following the success of last year's 'Meet the Mentor' evenings, we are delighted to confirm the dates for this year. Letters have been emailed out to parents/carers today, and the Google Form links can be found below:

[Year 11 - Tuesday 16 September](#)
[Year 10 - Wednesday 17 September](#)
[Year 9 - Thursday 18 September](#)
[Year 8 - Tuesday 23 September](#)
[Year 7 - Wednesday 24 September](#)

Technology Attachment Information

Please see the attached poster.

Upcoming Key Dates

- **Tuesday 16 September** - Year 11 'Meet the Mentor' Evening, 5-6pm
- **Wednesday 17 September** - Year 10 'Meet the Mentor' Evening, 5-6pm
- **Thursday 18 September** - Year 9 'Meet the Mentor' Evening, 5-6pm



Messages from PCS Careers Team

FAO Year 9-11 Parents/Carers - Your Future Pathway Workshop, Message from Oxford International College Brighton

Please see the attached flyer regarding an exciting upcoming event OICB are hosting on campus: Your Pathways. Your Future. Your Build.

This workshop is designed for Years 9 -11 students, and it is taking place on Saturday 20th September at 2:00 pm.

What to Expect

- *Careers Pathway Session with Dr Kirsten Dickers, Head of Sixth Form — discover top university routes, explore career options, and map out personal ambitions*
- *LEGO SERIOUS PLAY Workshop — unlock creativity, reflect on values of Ambition, Belonging, and Curiosity, and engage in collaborative problem-solving*
- *A chance to connect with OIC Brighton teachers and gain insight into how we guide students toward success at the world's top universities*

FAO Y11 Parents/Carers - Parent/ Carer Phase Transfer Session, Message from Brighton & Hove City Council

Please see attached a leaflet for a parent/carers info session for parents of young people who have an EHC Plan and will be moving into post 16 Education in September 2026. In the above leaflet are details on how to book onto this session.

FAO Year 11 Parents/Carers - College Open Day Information

Please see the attached information sheet.

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Your Pathway, Your Future

Date: **Saturday 20th September, 2:00pm**

Location: **OIC Brighton**

Age group **Years 9-11**

Our Pathway Workshop: **Your Future, Your Build** invites students in Years 9–11 to explore their next steps with **confidence and creativity**.

- An **inspiring Careers Pathway session** led by our Head of Sixth Form, Dr Kirsten Dickers
- The chance to **explore** university routes and map personal ambitions
- A dynamic LEGO SERIOUS PLAY workshop unlocking **creativity, collaboration, and self-reflection**

At OIC Brighton, we believe education is about more than preparing for exams — it's about **building purpose, curiosity, and a pathway** to success at top universities worldwide.

BOOK YOUR PLACE

OXFORD
International
College
Brighton

A NORD ANGLIA EDUCATION SCHOOL

Ovingdean Hall, Greenways Ovingdean, BN2 7BA



College Open Day Information 2025/26

Information for Year 11 Students

BHASVIC

Wednesday 12th November & Thursday 13th November 2025

4pm - 8pm

www.bhasvic.ac.uk

01273 552200

East Sussex College

Hastings

Thursday 16th October,

3.45pm - 6:45pm

Thursday 20th November

3.45pm - 6:45pm

Lewes

Thursday 17th October,

3.45pm - 6:45pm

Thursday 20th November

3.45pm - 6:45pm

Eastbourne

Thursday 15th October,

3.45pm - 6:45pm

Thursday 20th

November, 3:45pm -

6:45pm

<https://www.escg.ac.uk/whats-on/open-events/>

Seaford Head Sixth Form

Thursday 9th October 2025

6.00pm - 8.00pm

Open days

Saturday 11th October 2025 10-12am

<http://www.seafordhead.org/sixth-form.php>

01323 891623

Brighton MET

Wednesday 9th October 2024 4.30 -

7pm

Saturday 23rd November 2024 10am -

1pm

Register here:

<https://www.brightonmet.ac.uk/events/brighton-met-open-evening-wednesday-9-october-2024>

Varndean

Open day - Saturday 27th September 2024

11am - 2pm

International Baccalaureate Talk

Tuesday 7th October- 6:30pm-7.45pm

Doors open at 6pm. Please ensure you arrive promptly as there is only one presentation.

Open Evenings - Thursday 6th

November 2025

4pm - 8pm

www.varndean.ac.uk

01273 561281

Plumpton College

Information Event:

11th October 2025, 9-12 Noon

22nd November 2025 9am - 12 Noon

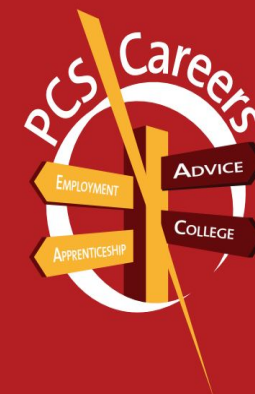
17th January 2026 9am - 12 Noon

21st March 2026 9-12 Noon

13th June 2025, 9am -12 Noon

Register here:

<https://www.plumpton.ac.uk/>





Parent Information Session

Phase Transfers for young people with Education, Health and Care Plans moving into post 16



Date: Monday 29th September 2025

Time: 10.00 - 11.30am

Venue: Virtual Session on Microsoft Teams

To book your place and to be sent the meeting link please email:

sen.team@brighton-hove.gov.uk

This is for parents of young people who have an EHC Plan and will be moving into post 16 Education in September 2026. This is your chance to understand how it works.

The session will be delivered in partnership with Amaze SEN Information, Advice & Support Service (SENDIASS) who provide a free and confidential service to support parents and carers of children with special educational needs and disabilities in Brighton and Hove

Parent/Carers will learn about:

- the phase transfer process for children with an EHC Plan
- Highlight the key dates in the phase transfer process
- Provide information about choosing a further education setting
- Respond to queries you may have on phase transfer process for young people with an EHC Plan

What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRuption and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



The National College



Create
Music

TUNE INTO YOUR **BRILLIANCE**

Inspired by our school performance? Sign
up for lessons and watch their love of
music grow

createmusic.org.uk