

A Guide for Pupils

At WSAPC, we know that everyone's journey through school is different.

That's why we offer a range of services and opportunities to help you get back on track with your education.

You might be finding it hard to fit in, struggling with lessons, not sure why you're getting into trouble, or feeling low, anxious, or worried. Maybe you just don't enjoy school and don't really know why.

Whatever your situation, we're here to help. We understand that things aren't always easy, and we want to work with you to find what works best for you.

This leaflet explains our different services in simple terms, so you know what's available and how each one could support you

Worthing Anxiety Centre

Our Anxiety Learning Centre is a calm and supportive space for pupils who find it hard to attend their usual school because of worries, anxiety, or mental health challenges. Instead of being in a busy centre every day, you'll come in three days a week and do supported home learning on the other two days.

At the centre, classes are small (around six pupils), and the environment is quieter and easier to manage. You'll still be able to work on your GCSEs, take part in life skills activities, and join in with lessons that build your confidence step by step. There's also emotional support if you're struggling, and staff who understand what it feels like when school feels overwhelming.

The aim is simple: to help you build confidence, re-engage with learning, and feel ready to move forward — whether that's back to your base centre, mainstream school, or another pathway that suits you.

Support might include:

- A calm, smaller environment with fewer pupils.
- A mix of on-site lessons and home learning.
- Extra help with anxiety through check-ins and wellbeing activities.
- Counselling opportunities if needed.

- Small group work that helps you reconnect with learning at your own pace.

Work Experience and Careers.

Thinking about your future can feel exciting, confusing, or even a bit scary — and that's okay. Our Careers Programme is here to help you explore what's out there and figure out what might be right for you. You'll get opportunities to meet people from different jobs, visit training providers, and take part in workshops and assemblies that give you a real taste of what life after school could look like. If you want something more hands-on, and you're in Y10 / Y11, you might be interested in our vocational study route, where you'll spend part of your week out on extended work experience and the rest of your time learning in school with subjects and study options that are tailored to you. It's all about finding a path that suits your skills, interests, and future goals.

As part of the programme, you will:

- Meet with a careers advisor and get personalised guidance.
- Take part in industry visits, workshops, and social enterprise projects.
- Try out work experience placements in real workplaces.
- (Optional) Join the vocational study route: 2 days extended work experience + 3 days tailored study including English, Maths, PD, and vocational courses.

Psychology Support (Assistant Psychology Team)

An Assistant Psychologist is someone who works with young people to support their wellbeing. We're not teachers, and we're not here to judge, our job is to listen, understand, and share helpful tools and strategies to make school life a little easier.

We run different activities like sport, drama, and art-based groups, all with a psychology focus to help you explore thoughts, feelings, and ways of coping. You might also see us for one-to-one chats, where we can check in on how you're doing and talk about anything that might be getting in the way of your school life.

Our aims are simple: to support your attendance, boost your engagement, and help improve your overall wellbeing. Whether that means learning new ways to handle emotions, finding confidence in joining activities, or working towards your own personal goals — we'll work with you, step by step."

Positive Pathways Programme

Our Positive Pathways Programme is here to help you make choices that keep your future wide open. It's not about judging you or getting you in trouble — it's about giving you the tools and confidence to handle tricky situations. Sometimes that means talking one-to-one, sometimes working in a small group, and sometimes even going on trips to see life from a different perspective — like hearing from people who have faced consequences of their choices

As part of the programme, you will:

- Participate in 1:1, group sessions and off-site activities.
- Received support in decision making, identity, confidence and equipping you for later life.

Educating and providing awareness around key challenges you face and the risks you take.

Support you to build resilience and empowering you to make positive choices, overcome your challenges, and feel confident about your future.

Mental Health Support

Everyone has ups and downs, and sometimes life can feel overwhelming. Our Mental Health Support is here to give you someone to talk to who will listen and understand without judging. You'll get the chance to learn new ways of coping when you're feeling stressed, low, or anxious, and you won't have to face it on your own. We'll also work with your family and teachers so that everyone is on the same page in supporting you. The aim is simple: to help you feel more confident, improve your wellbeing, and make it easier to enjoy school and life outside of it.

As part of the programme, you will:

- Have access to one-to-one support with trained professionals.
- Learn coping strategies for stress, low mood, or anxiety.

- Get support tailored to you, with your family and teachers included if helpful.
- Build confidence and resilience for the future.

Boxing Programme

Boxing at WSAPC isn't just about punches and footwork — it's about building skills that will help you in every part of life. Training will push you to develop focus, self-control, and confidence, while keeping you active and healthy. You'll move through different stages and earn certificates as you improve, giving you clear goals to aim for. Along the way, you'll learn how to work as part of a team, how to respect yourself and others, and even how to take on leadership roles like mentoring younger boxers. It's about more than the sport — it's about becoming stronger, more resilient, and ready to take on challenges both inside and outside the ring.

As part of the programme, you will:

- Train in a structured, safe, and supportive environment.
- Build skills in focus, self-control, and resilience.
- Earn certificates as you progress through different stages.
- Gain confidence and teamwork skills, with chances to become a role model for others.
- teamwork, and leadership skills, even mentoring younger boxers.

SEND Team

Our SEND Team is here to make sure you have the right support to learn in a way that works for you. Sometimes this means giving you extra resources, like overlays or reading tools, or helping you find strategies to process information more clearly. It could also mean making sure your teachers understand your needs, so lessons feel more manageable. Even if you can't quite explain what's tricky — maybe you just know you're finding things harder than your friends — the SEND Team will work with you to figure it out and put the right support in place. Their goal is simple: to help you learn, feel confident, and achieve success in school.

Support might look like:

- Extra help with reading or writing.
- Tools like coloured overlays, laptops, or larger print.
- Strategies to make it easier to understand and remember information.
- Teachers adapting lessons so you can access the learning in the best way for you.
- One-to-one or small group support if you need it

Remember

These opportunities are here for YOU. If you think one of them could help, talk to your teacher, tutor, or CAT staff member.