

I'm Mrs Gowland, I teach Thailand class every Monday and Tuesday. In school, my favourite subjects are History, PE and Maths. Outside of school, I live by the sea and spend a lot of time at the beach with my two daughters, Jemima, who is 9, Alicia who is 6 and my husband. We are an outdoorsy family and love geo-caching, walking, cycling and the odd triathlon (more Jemima and my husband, but I'm a great cheerleader!) I am a keen horse rider and I play netball in the Worthing league.

On the days I'm not teaching I have my own little business. I make bespoke children's clothing and accessories and reusable items such as sandwich wraps. My favourite things are Cadbury's Dairy Milk, time with my family, sewing, bees and reading. I dislike wet socks, mushrooms and housework!