

IMPORTANT DIARY DATES

Thursday 21st November
PE Awards Evening

Thursday 28th November
Y9 Parents/Carers Evening

29th/30th November
Aachen Christmas Market Trip

Monday 2nd December
Early closure at 1.40pm

Friday 6th December
Christmas Dance Evening

Wednesday 11th December
Y11 Parents/Carers Evening

Friday 13th December
Jeans for Genes/Xmas Jumper Day
Christmas Dinner
Christmas Fayre 3.20-4.45pm

Tuesday 17th December
Christmas Concert 7.00pm

Friday 20th December
Last day of term—early closure
at 1.40pm

23rd December—3rd January
Christmas Holidays

CLOSURE DAYS FOR REST OF 2019-20

Monday 13th January
Early closure at 1.40pm

Monday 9th March
Early closure at 1.40pm

Friday 26th June
Inset day—school closed to students

Dear Parents, Carers and Friends of Ratton School,

It has been a busy and eventful start to Term 2 at Ratton School. As you'll see inside the newsletter, sport has been an important ingredient so far this term, with our Inter Community competitions taking place in Years 7, 8, and 9. I was impressed by the number of students taking part and demonstrating our virtues of Teamwork, Responsibility and Effort to name but three. There was a real buzz around the school during competition time and an eagerness to take part and enjoy some purposeful physical activity. Exercise is so important for both physical and mental health and we want to instil a love of this in our younger people for later life. On the sporting topic, you'll also read about our Year 8 Rugby stars inside – well done to all students involved and to staff for giving up their time to organise such a great opportunity for young people in East Sussex to develop their rugby skills. We look forward to welcoming many of you to our PE awards ceremonies on Thursday 21st November.

In the last week we have reflected on the meaning of Remembrance Day with assemblies and tutor time activities devoted to exploring why we commemorate the fallen in conflicts throughout the last century. We held a minute's silence as a school to remember the sacrifices made.

Thanks to all Year 7 parents and carers who attended the recent Year 7 Success Evening. It was great to see so many of you there, and we look forward to continuing that strong relationship and working in partnership with you over the next four years. In the next month we have our Year 9 Parents/Carers Evening, and our Year 11 Parents/Carers Evening coming up. Please note that we have taken the decision to reschedule the Year 11 evening due to the General Election taking place on the 12th December. We took this decision as we wanted to maximise the opportunity for all parents and carers to be able to attend and have those crucial conversations with teachers following the first round of mock GCSE exams Year 11 have sat. We look forward to welcoming you to Ratton School over the coming weeks.

Mr Peevers, Head of School

PARK LANE NEIGHBOURS

**PLEASE DON'T PARK ON THE GRASS VERGES OUTSIDE OUR
NEIGHBOURS' PROPERTIES PARTICULARLY AFTER ALL THE
RECENT RAINY WEATHER.**

THANK YOU!

THE TRUTH IS OUT THERE!

Last month a group of Year 10 and 11 Ratton students assembled on the front lawn of the school for the first Astronomy Evening of 2019/20. These enthusiasts gathered with the aim of viewing a visual banquet of stunning celestial objects through telescopes, and they were not disappointed.

As darkness descended, the waxing crescent Moon (pictured by Issy Leshirley) revealed its intricate network of craters and rugged mountains before sinking below the horizon of the South Downs. Attention was then turned to the two giant planets Jupiter and Saturn; Jupiter was an impressive sight with its cloud belts and accompanying moons, and Saturn was breath-taking with its rings seen tilted to their fullest extent.

Attention was then turned to more distant wonders including the Ring Nebula and the Great Hercules Cluster, before the session was rounded off with a direction-finding tour of the constellations.

Ex-students Millie and Millie (yes, different people) were kind enough to bring their telescopes in alongside Mr Froom's telescope Bertha, and a great time was had by all. Further such evenings are planned during the winter months, weather permitting!



OCKLYNGE CHRISTMAS FAIR



On Friday 6th December it is the Ocklynge School Christmas Fair. If you are able to offer any donations of toys, books, puzzles, teddy bears, chocolates and sweets they would be gratefully received.

Please leave any donations at Ratton reception by 3rd December.

Thank you.

Year 8 Work Place Visit to The Grand Hotel

On Thursday 12th November a group of our Year 8 students visited the Grand Hotel in Eastbourne. They were given a tour of the hotel starting with the Mirabelle Restaurant. The Mirabelle is a fine dining restaurant with 2 rosettes and there are 5 chefs who work in the Mirabelle kitchen. We learnt that job opportunities in the 2 hotel restaurants include restaurant manager, deputy manager, sommelier (wine expert) and servers. The Grand Hotel is a 5 star hotel and customers expect the very best service. In order to achieve this high standard, every member of staff from housekeeping to maintenance, chefs to reservations, events to operations, have to all play their part in making the customers' experience an outstanding one. We then viewed the Garden Restaurant, lounge area, recently refurbished cocktail bar and the Compton Room.

Students asked what skills they would need to work in a hotel. Good customer service is vital and important staff skills are a friendly personality, teamwork and good communication. We then visited some of the 152 bedrooms & suites. Students learnt that the hotel charges a peak season and low season rate for its rooms and the Junior Suite we visited costs £355 peak season which includes breakfast. The team of 30 housekeeping staff have to make sure that the rooms are cleaned to perfection and they have a quick turnaround as check out is 11am and check in is from 2pm. The Grand Hotel has a heated outdoor pool and a spa with indoor pool and jacuzzi. Finally we visited the main kitchen where breakfast, lunch, afternoon tea and room service meals are prepared. There are 30 chefs and the hotel offers apprenticeship schemes where the apprentice can work in various departments and if successful could gain a full-time job. Work in the kitchen involves long hours and shift-work. We met an ex-Ratton student who is working part-time as a server/waiter! One of our students asked about job incentives. The hotel offers its staff a discounted rate for meals and overnight stays and staff are supplied with uniform and meals whilst on duty. There is a 'gems' scheme which stands for 'going the extra mile' where staff are rewarded for certain jobs over and

above what is expected. Rewards range from a £50 high street voucher to an overnight stay!

Huge thanks to Astrid at the Grand Hotel for her support and well done to all our students who were great ambassadors for Ratton throughout the visit.



Many congratulations to our students who have earned the highest number of achievement points from 25th October — 14th November

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Ria Bowles	Saffron Watts	Amelie Poppitt-Jones	Ella Harris	Millie Bagguley
Chloe-Louise Prior	Milula Searle-Boniface	Megan Parry	Sophie Sivyer	Lauren Brown
Elyshia Cole	Lola Harris	Hannah Brook	Rebekah Ebdy	Marija Rode
Larissa Starkey	Evie Ward	Francesca Baldock	Evie Gell	Abbie Lewis-Clarke
Jessica Baker	Faith Blackman	Daisy Crook	Megan Archer	Emily Hayward
Davison Kingshott	Hebe Warren	Joshua Attwell	Ashton Tate	Kira Smithson
Jay Green	Liam Townsend	Leon Ablewhite	Henri Compton	Poppy Crowley
Thomas Parry	Alexander Weston	Oliver Williams	Shelton Colaco	Nicola Kozusko
Leon Wilkinson	Eryk Sawicki	Callum Green	Luis Arto-Sanchez	Dj Robinson
Max Seefried	Freddie Brown	Freddie Roberts	Bukhosi Msipa	Joshua Denyer
	Alex Kirkwood		Cameron Jones	Max Osborne
	Lee Do Rosario			Charles Sear



Aaron Burrows
Bradley Walker
Max Lawrence-Mele
Olly Mason
Thomas Perry
Ryan Penfold
Mitchell Summerfield
Tyler Moorton

Year 9 First Generation Scholars' Scheme – Making Choices Campus Visit

On Wednesday 23rd October, our Year 9 First Generation Making Choices students visited the University of Sussex for their introductory day on the programme. Students were welcomed by Uni Sussex Ambassadors who walked the group to the Arts lecture theatre where they were introduced to the Making Choices programme. They played a game of True or False which involved answering lots of questions about University life: funding, courses, number of students etc. We think our students had been doing some research as they mostly all answered correctly every time!! Ambassadors then took students on a campus trail where they viewed the library, sports centre, meeting house, student union and student accommodation. We then had lunch in the University refectory – students were given a lunch voucher to the value of £7.00 and had to stay within budget which was a challenge with the delicious choices of food on offer! Ambassadors then took the group to the Fulton building for a subject taster session. Students then had an academic session with one of the student Ambassadors, Jorja who is studying International Business and Law. Jorja split the students into 2 groups and set the task of discussing ethical issues in International business. One group represented the legal team for Nike and the other group the legal team for The Guardian. Students were asked whether Nike should use the American ethical standards in their Vietnamese factory. The 'legal teams' considered important issues such as the age of employees, working conditions, working hours and the hourly wage. Students from each team put forward some well thought out arguments for and against each issue and we were impressed with their engagement. Finally, students played the 'Finance Game'. Students started by being given an idea of income that they may start University with: student maintenance loan, part-time job, savings & University bursary. They were then given expenditure choices for costs of living whilst at University. This included monthly groceries shop, travel costs, accommodation cost, clothing, socialising and other expenditure. Depending on their choices they may have had money left at the end of the month, no money or even be in debt! They really enjoyed finding out about the cost of going to University and asked our Ambassadors lots of questions! Our students thoroughly enjoyed their day at Uni Sussex and our Ambassadors commented on how well

behaved our students were, also how enthusiastic and engaged they were with the day's activities. Our thanks to the University of Sussex Student Ambassadors and the Making Choices team for a fantastic day on campus!



WELLBEING MATTERS

Wellbeing refers to the sense of positive regard we have for ourselves and that we feel satisfied with how things in our lives are going. In this part of the newsletter I share research, tips and activities to try and give our wellbeing a boost.

As we head into the colder and darker months of the year many of us find that our emotional health and wellbeing takes a dip. The lack of light and sunshine has a physical impact on us and we may find ourselves feeling a bit low. However with some tweaks to our daily routine we can boost our mood.



If you can, try and get a bit more sleep. Our bodies respond to the increased darkness by making more melatonin, the hormone that makes us sleepy so if you can try bringing your bedtime forward by 30 minutes it may help. And yes, I know I always mention it but trying to stick to fixed bedtimes and getting up times does prevent mood swings. Many of my older students tell me that lack of sleep is a problem for them so it might be worth looking at bedtime routines.

Bring more light into your home. The Danish have a special word coping with the winter blues, they cope with long dark winters by making their homes

hygge - meaning cosy. Candles, fairy lights and colourful blankets can all work to make us feel cosy even when its rainy and grey outside. Snuggling up with a family member or a pet to watch a feel good movie is one of my favourite winter blues busting activities.

Just because its cold outside try not to reach for the comfort junk food. We usually do feel hungrier in the winter and you may need to up our protein intake a little bit but this can be done in healthy ways such as lean chicken or tofu. And don't forget those leafy greens that help us absorb vitamins. There are some great winter recipes online, and cooking together is another way to build connections and lift mood.

All Well Wishes, Ms Bryden

Hygge [hew-guh]

A philosophical approach to beating the winter blues.

In Denmark, this loosely translates to "warm and cozy" or "wellbeing."



As part of an incentive to improve students' vocabulary, we have introduced a word of the week. There are posters displayed in every tutor room, as well as on the plasma screens, and students are rewarded for using any of the words in their verbal or written responses.

This week the word was **Revolutionary** and next week it is **Transient**

Inter Community Sport Results!

On Thursday 7th and Monday 11th November, all students in Years 7-9 competed in inter-community sport competitions, representing their communities and trying to demonstrate the Ratton Virtues in fun and competitive environments. The students were able to choose to participate in one of four sports: Football, Netball, Benchball and Badminton.

Well done everyone for your efforts!

Inter-Community Sport Overall Results

Term 2 –
November 2019

Year 7 Results

OVERALL 'Inter Community Cup' (All 4 Sports)			
		I-C Points	Overall Rank
	Adelphi	12	2 nd
	Lyric	10	5 th
	Apollo	11	= 3 rd
	Lyceum	11	= 3 rd
	Globe	17	1 st

Year 8 Results

OVERALL 'Inter Community Cup' (All 4 Sports)			
		I-C Points	Overall Rank
	Adelphi	11	4 th
	Lyric	18	1 st
	Apollo	12	= 2 nd
	Lyceum	9	5 th
	Globe	12	= 2 nd

Year 9 Results

OVERALL 'Inter Community Cup' (All 4 Sports)			
		I-C Points	Overall Rank
	Adelphi	14	3 rd
	Lyric	9	4 th
	Apollo	17	2 nd
	Lyceum	7	5 th
	Globe	18	1 st



Year 8 Rugby - CHAMPIONS!

On Thursday 24th November Ratton hosted a Year 8 Rugby tournament where schools from all over East Sussex were invited. The Ratton team managed to remain undefeated throughout the tournament and were crowned Champions after winning their final game by 6 tries! Each player was outstanding throughout and the team scored 13 tries as well as only conceding 1 try in the whole tournament which is an incredible achievement. Well done boys!

Year 8 Rugby Squad:

Lucas Taylor, Jackson Bowles, Leo Romainis, Ollie Lawrence, Josh Dowsett, Freddie Wallis, Jacob Williams, Freddie Brown, Ale Dam Acosta, Jack Rogers, Raph badawi, Ethan lalan, Ned Baldwin and Macauley Higgins



PE DEPARTMENT



LUNCH & AFTER SCHOOL CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Late Lunch (1.40-2.10)	Year 9 Indoor Football (WBR) Trampolining (KFJ)	Year 7 Indoor Football (WBR) Gymnastics (KFJ)	Year 8 Indoor Football (JBU) Years 7-8 Girls Basketball (JUP)	Year 11 Indoor Football (JBU)	Year 10 Indoor Football (GKI) Table Tennis (JCY)
After School (3.15-4.30)	Staff Meetings	Years 7-8 Netball (KFJ) Years 9-11 Netball (JUP) Years 8-9 Rugby (OFU)	Basketball (JBU) Year 7 Rugby (OFU) Trampolining (invite only) (KFJ) Badminton (JUP)	Year 8 Football (JBU) Year 7&9 Football (WBR) Year 10 Football (GKI) Girls' Football (ELU) Table Tennis (JCY) Badminton (OFU)	Staff Sport



@Ratton_PE

TERM 2



ADULT GUITAR GROUP

Saturdays at 10.00am and 11.00am

Learn guitar from scratch, or brush up on your existing skills

EASTBOURNE MUSIC CENTRE
Ratton School, Park Avenue, Eastbourne

For more information contact us on
esm@brightondome.org
01273 261540



LOCAL COLLEGE OPEN EVENTS 2019

East Sussex College HASTINGS – Ore Valley	Thursday 7 th November	4.30pm – 7.30pm
Plumpton College – Plumpton Campus	Saturday 9 th November	9.00am – 12.00pm
East Sussex College LEWES	Wednesday 13 th November	4.30pm – 7.30pm
Gildredge House Sixth Form	Wednesday 20 th November	5.00pm – 7.00pm
East Sussex College - HASTINGS Station Plaza	Thursday 21 st November	4.30pm – 7.30pm
East Sussex College EASTBOURNE	Tuesday 26 th November	4.30pm – 7.30pm
DV8 Sussex – Brighton & Bexhill	Tuesday 26 th November	6.00pm – 8.00pm
East Sussex College LEWES	Thursday 5 th December	4.30pm – 7.30pm
East Sussex College - HASTINGS Station Plaza	Tuesday 10 th December	4.30pm – 7.30pm

Please see individual college/establishment websites for further details