

## “A GOOD HALF OF THE ART OF LIVING IS RESILIENCE”

*Alain de Botton*

A few weeks ago, we were enjoying late summer sunshine and suddenly the temperature has dropped and autumn has started. We all know that this time of year requires some resilience; a bit like school life as we settle into the academic year and the learning and good progress really starts to build up.

We had almost 200 students acting as tour guides or helping in all subjects at our Open Evening last Thursday. There was an amazing atmosphere with the whole school community involved in showing the breadth of opportunity we offer as a school. The key to the evening was how our students reflected our virtues – particularly ‘**Responsibility**’ and ‘**Teamwork**’.

Our updated Success Evenings start on Thursday 5<sup>th</sup> of October at 5.15pm with Year 11. These events provide an opportunity for us to share our approaches to the year ahead with some of the significant changes in education and range of new developments including the new Ratton App. The new app, being launched over the course of the next few months, will allow parents/carers to track achievement, rewards, behaviour and attendance. We look forward to welcoming you to these popular events.

Please enjoy this newsletter.

*Mr Knox-Macaulay, Headteacher*



**PUT THIS  
on YOUR  
CALENDAR!**

**DAILY OPEN MORNINGS AT  
9.10am & 10.15am FROM  
2ND - 13TH OCTOBER**  
(by appointment only)

**Thursday 5th October**  
Succeeding in Y11 at 5.15pm

**Friday 6th October**

Y11 Careers Day  
Y7 Lyceum Disco  
A Night at the Races

**Thursday 12th October**  
Succeeding in Year 8 at 5.15pm

## The Big Jig 2017

Ratton's Irish dancers are holding a 'Big Jig' on Monday 23rd October (half term). This is a sponsored 12 hours of non-stop Irish dance in aid of St. Wilfrid's Hospice.

They need all the help they can get to reach their fundraising target and would love it if you could sponsor them! <https://www.justgiving.com/fundraising/thebigjig>

[Read Rinceoiri's story  
www.justgiving.com](http://www.justgiving.com)

## CELEBRATING SUCCESS!

Many congratulations to our highest achieving students whose hard work and commitment we are proud to recognise.

**Week ended 22nd September**

**Manuel Cantone, Jessica Shelton, Ruby Backler, Taylor Priestly, Louis Nicholls, Jessica Long,  
Conor Nicholls, Leon Robinson, Joana Lopes, Harry Kember and Ella Harris**

**Week ended 29th September**

**Lara Vaney, Marlon Wiegand, Luana Torres, Poppy wright, Thomas Perry, Alfie Taylor, Charlie Graves, Charlie Holbrook, Ella Harris, Rebekah Whitby and Sophie Drakeley**

# INTRODUCING THE SEN/LEARNING SUPPORT DEPARTMENT

Having celebrated the GCSE exam successes of students who had been supported by Ratton's Learning Support department, we would like to take the opportunity at the beginning of this new academic year to introduce ourselves to newcomers and remind others of who we are. Everyone at Ratton is committed to providing the opportunities to enable any child with Special Educational Needs or Disability (SEND) to be fully included in all aspects of school life. The SEN/Learning Support team operates across the whole school in a range of settings. The department has a team of nine teaching assistants co-ordinated by a senior teaching assistant. Detailed information about the approach of the department, how students are identified for support, and the types of support offered can be found in Ratton's SEND Information Report which is located on the school's website: <http://www.ratton.e-sussex.sch.uk/Special-Educational-Needs>



Y10 Art Textiles students visited the Sea Life Centre in Brighton for inspiration for their coursework project and had a great time! Thanks to Ms Wiacek and Mr French.



The department is led by our Special Educational Needs Co-ordinator (SENCO,) Lienna Gomm [lgomm@ratton.co.uk](mailto:lgomm@ratton.co.uk) and our Assistant SENCO and Specialist Assessor, Michelle Veale [mveale@ratton.co.uk](mailto:mveale@ratton.co.uk)



The department can be contacted directly on 01323 514321.

## A NIGHT AT THE RACES: Friday 6th October

Join us at the RAFA club in Wish Road for a fun and sociable evening, raising money for the **sensory garden project at Ratton** (Nick Morris will tell us all about it on the night).

The first race will be at 8.00pm, and there will also be a raffle on the evening. Hot food (Fish and Chips) will be available before the start of the event.

## SIBLINGS COMING TO RATTON?

If you would like the brother or sister of a Ratton student to start here in Year 7 next September, you must remember to apply for a place by the deadline of 31<sup>st</sup> October 2017.

Having a brother or sister doesn't allow you any special consideration for a place *if you forget to apply*. Your application will be dealt with *after* all other applications are dealt with in March.

# Wellbeing

A state of wellbeing is one where we feel healthy and at ease with ourselves, we are managing our daily lives well and feel optimistic for the future. There are a few strategies, actions and attitudes that can increase this sense of wellbeing. There are no magic wands for feeling good, but students and parents might like to try a wellbeing exercise and see if it works for them. I will share one or two new strategies every newsletter.

## 'Counting the Breath'

If you lead a busy life, feel stressed or anxious then this might help.

Find 10-15 minutes of alone time and go somewhere quiet. Sit in a comfortable, but alert position (don't get too comfy or you might nod off!). Close your eyes, or focus on a still point. Take some deep breaths in and out. It sometimes helps to place your hand on your tummy to feel the movement of the breath in and out. Now imagine large numbers appearing as you count. Breathe all the way in and all the way out and count 1. Then all the way in and all the way out and count 2, and so on. Try to get all the way to number 8 without becoming distracted. If your mind wanders - which it will - start again at breath 1. With practise you will be able to get to 8 without your thoughts interrupting.

## How does this help?

By bringing your full attention to the simple act of breathing you can gain some respite from the usual business of thinking. By sitting quietly and focusing on breathing we can relax and take a break from spaces that are often noisy and busy. Slow, deep breathing will lower your heart rate and aid relaxation. Taking a time out like this can feel very restorative and generate feelings of calm.

*Gemma Bryden AHT for Character Education*

## What's all this then?

Harrison Prater in Y9 has passed his police cadets exam & is now sworn in as a Hailsham Police Cadet!

We're all super proud of you Harrison!





We are a mixture of parents and friends that work together for the benefit of the school. Some are full time parents, some work part-time or work full-time. NONE are specialists in fundraising but all are vital to the success of the school. Involvement is totally flexible and you'll be part of a great network that makes a real difference.

We'd love you to join us so if you'd like to find out more please email [lbarrow@ratton.co.uk](mailto:lbarrow@ratton.co.uk)

**Parental Refusal of consent to be photographed and published**

If for any reason you do not wish your child to be photographed and/or have the photograph published on paper or uploaded to our website you have the right to withdraw your consent. Should you wish to do so, please can you write to Mrs Judith Linsell and we will record and hold the information on our system. Please ensure your child makes this known in any circumstances where their image may be captured.

**Emergency Closure**

If for any reason the school needs to be closed due to an emergency such as boiler breaking down, weather conditions, fire etc. and you do not wish the school to send your child home early can you write to Mrs Judith Linsell and we will record this information. Please note that the child would still be dismissed at 3.15pm in the usual way.

**Providing of information to providers of Youth Support Services and the right to opt out**

Once your child is aged 13 or over, we are required by law to pass on certain information to providers of youth support services in your area. This is the local authority support service for young people aged 13 to 19 in England. We must provide both the child's and parent's name(s) and address, and any further information relevant to the support services' role. However, if the child is over 16, the child (or the parent(s)) can ask that no information beyond names, address and your date of birth be passed to the support service. Please see below on how to opt-out of this arrangement.

For more information about young peoples' services, please go to the Directgov Young People page at [www.direct.gov.uk/en/YoungPeople/index.htm](http://www.direct.gov.uk/en/YoungPeople/index.htm) or the LA website shown above.

**To Opt Out** If you wish to opt-out of this arrangement, please inform the Sims Manager at Ratton School by emailing [jlinsell@ratton.co.uk](mailto:jlinsell@ratton.co.uk) or telephoning 01323 504011 ext 120.



# PE DEPARTMENT



## LUNCH & AFTER SCHOOL CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Late Lunch (1.40-2.10)	Year 7 Indoor Football (WBR)	Year 9 Indoor Football (JBU) KS3 Benchball (SLO)	Girls Basketball (JUP) Table Tennis (JCY)	Boys Basketball (JBU)	Year 8 Indoor Football (GKI)
After School (3.15-4.30)	Year 7-8 Boys & Girls Football Academy (BHAFC)	Badminton (SLO) Table Tennis (JBU)	Boys Basketball (JBU)	Year 7 Football (WBR) Year 8 Football (GKI) Year 9 Football (JBU) Girls Football (JCY) Netball All Years (JUP/SLO)	Staff Sport



@Ratton\_PE

**TERM 1**



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