



19th February—2nd March

Y11 pre-public exams 2
(mock exams)

Thursday 8th March

Y9 Pathways Evening

Tuesday 13th March

Ocklynge LGC Meeting

Thursday 15th March

Y11 Parents Evening 2

Friday 16th March

Irish Night

Thursday 22nd March

Y11 Self-Esteem Team

Friday 23rd March

GCSE Dance Evening

RECORD BREAKING SCHOOLS!

We were very proud to see a group of Ratton students taking part in a Channel 4 programme about coastal archaeology. They were involved in studying the remains of a sunken forest on the beach at Pett Level in Hastings. They made very natural presenters on national television and were great ambassadors for our school – please see Channel 4 catch up from Saturday 17th February (available for 18 more days) -

www.channel4.com/programmes/britain-at-low-tide/on-demand/66195-002

We are coming up to National Science Week on 9th March and the science team will be organising a number of scientific experiences for our students. These range from a mobile planetarium through to a possible world record attempt on the number of people dressed as scientists, with students from both Ratton and Ocklynge involved. I am sure it will be a great experience and encourage an increasing number of our students to feel inspired by science and consider a career in science, technology, engineering or maths (<https://www.britishtscienceweek.org>)

On Thursday 8th March starting at 5.15pm, we will be hosting the important Year 9 Pathways Evening. This will give Year 9 students and parents/ carers an opportunity to hear about GCSE and GCSE equivalents subjects that are available in Years 10 /11. They will also be able to speak to our subject leaders about what different opportunities their subjects could open for the future. I am sure that we will have excellent attendance at what will be an informative evening.

Please enjoy this newsletter.

Mr Knox-Macaulay, Headteacher

CELEBRATING SUCCESS!

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

Week ended 2nd February

Emily Kinne, Ella Harris, Nancy Richards, Daniel Marley, Hannah Brook, George Fearn, Samuel Wright, Daniel Bartus, Oscar Smith and William Mulvenney

Week ended 9th February

Amelie Poppitt-Jones, Emily Ludlam, Hannah Brook, Lily Chumbley, Ella Vaney, Poppy Brett, Millie Springett, Thomas Tyrwhitt-Walker, Thomas Perry, Joseph Satchwell, Billy Putland, Riley Sleight, Luke Corteling-Rice and Marlon Wiegand

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.



Sleep

Getting the right amount of sleep is vital for our wellbeing and especially important for our young people.

There are lots of really good Apps and podcasts designed to help people sleep better. These are some key points to think about when planning for good sleep.

Avoid caffeinated drinks in the afternoon. The effect of these can stay in our systems for hours leaving us physically tired but unable to switch off.

Plan a half hour wind down before bed, eg a warm bath, a non-caffeinated warm drink or reading a book or magazine.

Avoid screen time before for about 30-40 mins before bed. Our phones, tablets and TVs all emit light which prevents us from making the hormone that tells us to go to sleep. In fact getting read of the TV or console from your room is a good idea for better sleep.

If you need to try ear plugs or an eye mask to ensure your room is quiet and dark.

Go to bed at the same time every night. Getting into a routine will help your body prepare for sleep and it expect it. Also set your alarm for the same time each morning.

Most adults function well on 7-9 hours. Teenagers need more sleep and should aim to get 8-10 hours of quality sleep a night. So if your teen gets up at 7am bedtime should be around 9 or 10pm. While we sleep new knowledge is integrated into our existing knowledge base while we sleep, meaning good sleep is vital to our young peoples learning. And of course we all know that trying to learn anything new is going to be much harder while tired.

Gemma Bryden AHT for Character Education

STAGECOACH BUS UPDATE RE SCHOOL BUS 501

There will be a road closure from Sat 10th March 2018 for 2 weeks and due to the diversion in place the 501 service will not be serving the Martello stop on Langney Rise.

If you normally use that stop please catch the bus at Pembury Road instead for the duration.

Consultation for 2019-2020 term dates

East Sussex County Council is consulting on a draft proposal for school term dates for the academic year 2019-2020. The Council would like to hear the views of schools, parents/carers and other interested parties before the dates are finalised and published.

The consultation will be open until **Sunday 18 March 2018** and comments should be submitted by this date.

The consultation is available on the Council's [Consultation Hub](#) or can be viewed by using the following link <https://consultation.eastsussex.gov.uk/>

Anna, Summer and Elodie dance off with lots of medals!



During the half term it was the Eastbourne Musical Festival and we're very pleased to let you know that Anna Jeffery won a lot of medals for solos, duets, quartets and groups as well as two more trophies, one for highest ballet mark in any age group 12 and over and also one for highest mark for ballet in both open and local festival.

Anna and Summer Young performed a ballet duet (above) and they won silver, and the National with Elodie Cooper (right) was a Ukraine group dance in which they also gained silver.

What a fantastic result girls—well done!





What an eye opener!

Year 9 students recently took part in their Careers Day events. This involved 3 activities which were run throughout the day. The students were split into 3 groups and each group attended 3 sessions.

First up was a session in the Hall called 'What's My Line?'. This activity involved asking visitors about their job/career and seeing if they could guess what job the visitor does for a living. Students enjoyed finding out about different careers – our visitors included a Pilot, an Author, a West End Dancer, an Architect, a Theatre Manager and an Estate Agent to name a few!



The second session was called 'Fast Tomato'. This is a website where students answer various questions from their interests to what they are good at and the website generates a job/jobs which may suit that particular student.

Lastly came a session called 'The Real Cost of Living'. Students had to decide how much certain things would cost them in real life from their first car to a mortgage, from getting married to going on holiday. This was quite an eye-opener! The students enjoyed their hands-on day of careers activities and found the sessions useful and engaging.

Thank you to everyone who came in to support this event and make it so relevant and fun!

Oxbridge Conference at the Birley Centre

Students from years 10 and 11 attended an Oxbridge Conference organised by Eastbourne College.

Students listened to a talk from staff from Oxford and Cambridge Universities which covered 'What makes Oxbridge different?' and they also gave students useful tips on applying to Oxbridge and preparing for interviews.



A great training day was had by the new Ratton School student leadership team at the University of Brighton. Team and trust games were accompanied by seminars on how to become an effective leader.





Well done to all our dedicated and motivated Reading Buddies who have been helping other pupils read once a week since term 2.

Special well done to the following pupils who have all improved their reading age by at least two years:

Fabiana Alves SCh	Paige Croker LWe
Marius Eidukas Adv	Alex Green WBr
Harrison Prater EHu	Louie Bennett KCl

If you would like to be a reading buddy, please see Miss Stark in the LRC office. Chocolates and Amazon vouchers will be rewarded to hard working buddies!

WANTED!

**LOOKING FOR
HARD-WORKING
CREATIVE
MOTIVATED**

pupils with a passion for writing, illustrating, designing, or editing to create an online newspaper, which will be entered into the national SHINE awards.

See Miss Kearney or Miss Stark for more details, or come along to the LRC every Monday 2nd break.

Year 9 Basketball

29-19

vs CAV



COPIES OF KEY POLICIES CAN BE FOUND ON THE SCHOOL WEBSITE INCLUDING OUR
CHILD PROTECTION & SAFEGUARDING POLICY