



**PUT THIS  
on YOUR  
CALENDAR!**

**Thursday 3rd May**

Y7 Parents/Carers Evening

**Monday 30th April—Friday 4th May**

MFL GCSE speaking exams

**Monday 7th May**

Bank holiday

## LEWES STEMfest

Don't miss the **Lewes Science, Technology, Engineering, and Mathematics (STEM) Fest** returning to **Lewes Town Hall** this year for its third year on **Saturday 28th April, 12-3pm** with activities for all ages.

No booking is required.

## PLANNING FOR A GREAT FUTURE

It has been a great start to the new term and we are wondering if the good weather is an early start to the summer. This change of seasons has helped everyone make a strong start and get learning and progress going from day 1. While many of us were on holiday, lots of Y11 students were in school, carefully balancing the need to have a holiday with keeping their GCSE exam preparation going. We are certain that all their hard work and commitment will pay off.

It was wonderful to watch the determination and commitment of an ex-Ratton student, Joe Townsend, who won a gold medal at the Commonwealth Games in Australia in the men's para-triathlon. I know that we are all very proud of his efforts and maybe we can persuade him to come back to his old school and tell us how he achieved such amazing success!

I am sure you will enjoy reading about Miss Dean, our Head of KS4 Languages, travelling to Shanghai over Easter. The purpose of her visit was to develop a new global partnership for the school. We are looking forward to see how this relationship will develop in the future for the benefit of students and staff in both schools.

Please enjoy this truly international version of the 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 23rd March**

**Rachel Kersten-Freeman, Tom Lester, Freya Packer, Khadijah Uddin, Lauren Brown, Jack Trubshaw, Jacob Kelly, Finn Warner, Tyler Moorton and Lili Francis**

**Week ended 29th March**

**Hannah Brook, Freya Backler, Nancy Richards, Leo Tang, Salman Uddin, Charlie Hookham, Mia Watt, Hannah Crook and Connor Osborne**

**Huge congratulations to Brooke Nicholls in Year 8 who has just received a distinction in his grade 6 London College of Music Keyboard exam gaining a 90% mark!**



# 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.*

## **Digital Wellbeing**

**There are a wealth of really good apps designed to promote wellbeing. Here are my recommendations for two free apps that I, or my students, have found useful.**

**1. Insight Timer:** this advertises itself as the largest library of free guided meditations on earth. You can choose which sort of guided meditation you would like, for example self-esteem building, stress relieving or creativity enhancing. I also like the feature that allows you to set timings for your meditations or periods of relaxation. The app also has podcasts and talks from experts such as Jack Kornfield. Also you can select calming, ambient noise which is sometimes useful to have playing when trying to focus.

**2. Headspace:** this is not an entirely free App, but it does have a free starter course in how to meditate. Headspace has had a lot of investment and so is very slick and user friendly. I like Headspace because 'Andy' who introduces you to the relaxation sessions is really down to earth and easy to understand. It is easy to pick up a few techniques that help us to unwind and collect our thoughts. I also like Headspace because it shows the research behind mindfulness practises and why they are useful.

*Gemma Bryden, AHT for Character Education*

## £175 raised by Charity Cake Sale

Students from across all communities came together to organise and run a cake sale at the end of last term to raise money for the **Just4Children** campaign **Tonia's Journey for Survival**.

You may have previously seen Tonia on DIY SOS. She is in urgent need of a lifesaving operation in Barcelona and so Milly and Cameron Jones set about getting friends and their families to support the cause by making, baking and buying cakes to donate to the sale. Students then ran a stall across both breaks at school and raised £175.00. This will shortly be paid into the main fund via <https://www.justgiving.com/fundraising/milly-and-cameron-jones>

The students involved helping Milly and Cameron on the day and organising it beforehand were Emma Steedman, Ebony Grant, Lucy Wells, Rebeca Wells, Brooke Nicholls, Leon Peters, Seb Chumbley, Hannah Dent, Gorazd Stojanovski and Tallulah Roberts.

Well done everyone—brilliant!



NCS is amazing value for money, the whole experience will cost you no more than £50. This includes all meals, transport, accommodation and activities. This is due to the programme being strongly backed by the government, who contribute more than £1,500 towards each place.

There are also bursaries offered to those who need financial support (including for those students on Pupil Premium and parents who receive tax credits or benefits) and support is provided for young people with additional needs.

The students are collected and dropped off at local/central meeting point for the first two Phases, and during Phase 3 the young people will be based in their local area – no costly travel required! They also have plenty of free time in the evenings and they'll be back at home for the weekend, giving them time to unwind, or get a weekend job!

NCS helps young people build their confidence and gain new skills for work and life whilst having fun and giving back to their community – the best possible springboard for their future. Whether they've just started sixth form or college, or preparing to enter the working world, signing up to NCS is one of the best decisions a teenager can make.



On Monday 26<sup>th</sup> March Mrs Peters and Mrs Griffiths were invited to a celebration event in London. At the event Ratton School was awarded the bronze award for **Champion School** status in recognition of the work that we do in supporting the engagement of our students to the NCS programme.

### What is NCS?

Students in Year 11 and 12 have the opportunity to sign up and will then be placed in teams of 12-15 with their friends and other students from local schools and colleges.

### **Phase 1: Adventure**

A five day outward bound residential to focus on team work, problem solving skills and getting out of their comfort zone.

### **Phase 2: Discovery**

Participants will then spend five days at a local college/professional environment developing their independent living skills and learning about their local community.

### **Phase 3: Social Action**

The teams will work from a local community base to plan and implement a 60 hour community project that benefits both young people and society. This will take place over the course of 10 days.

### **Graduation:**

Finally to celebrate their NCS achievements, we will hold a Graduation to present a signed certificate from the Prime Minister.



## Ratton develops links with Shanghai

At the end of last term a group of about 30 students and teachers from Eastbourne, Kent and Surrey were invited by the Putuo District of Shanghai to spend five days in Shanghai. The aim of the trip was to help us set up, or develop, links with partner schools in Shanghai.

Ratton has a link with the wonderfully named Sunshine Foreign Language School and it is affiliated to the Shanghai International Studies University. The philosophy of the school is “ Better School, Better Life, enjoying a sunshine dream”



It is a very modern school with amazing facilities and they are really committed to expanding their international links and their link with Ratton in particular. We spent a day at the school where we were given a performing arts demonstration and were shown around by their very enthusiastic students. The school, amongst other things, has a calligraphy room, a safety room, a



room where they make drones, an amazing library with loads of new technology and there was a wonderful, calm atmosphere. A small group of students from the school are coming to Eastbourne in July and will spend a day at Ratton. The aim is now to develop this link and communication between the two schools with a view to hopefully going to Shanghai in the future



We were so well looked after and the weekend was spent sightseeing including a trip to the lake city of Hangzhou where we saw tea being picked and visited a pagoda. We also went on a river trip in the centre of Shanghai and visited the old centre of Shanghai.



We are really grateful to have had such a fabulous opportunity and look forward to working with colleagues from Ratton and the Sunshine Foreign Language School to further develop this wonderful link.

*Miss Dean  
Curriculum Leader KS4 MFL*

## Ex-Ratton student, Joe Townsend, wins Commonwealth Games gold for England in the men's para-triathlon race on the Gold Coast

The inaugural Commonwealth Games Para-triathlon began with a staggered start, determined by athletes' disability sub-class. They competed over a 750m open-water swim, a 20km hand-bike and a 5km run segment on race wheelchairs.

Former Marines commando Joe, who lost both legs in an explosion in Afghanistan in 2008, added to his 2017 world triathlon bronze after race favourite and five-time world champion Chaffey severely damaged his handcycle in his crash allowing Joe into the silver-medal position, and he then hauled in Beveridge to win gold.



"I found myself in the lead coming out of [transition two] and I knew others in the field couldn't push past me," said Townsend "It seems narrow-minded but I know what my strengths are and it was a dream finish for me."

Joe, huge congratulations—you're an inspiration to us all.

# PE DEPARTMENT

## LUNCH & AFTER SCHOOL CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Late Lunch</b> (1.40-2.10)	Table Tennis (SLO)		Table Tennis (JBU)		Table Tennis (JCY)
	Tennis (Courts)	Tennis (Courts)	Tennis (Courts)	Tennis (Courts)	Tennis (Courts)
	Year 7 Football (Field)	Year 8 Football (Field)	Year 9 Football (Field)	Year 10 Football (Field)	Year 11 Football (Field)
<b>After School</b> (3.15-4.15)	Staff Meetings	Rounders (SLO)	Athletics (JLA)	Girls Cricket (JUP)	
	Windsurfing & Sailing (Term 6 only)	Tennis Coaching – Hampden Park (Jenny Hughes)	Year 7 Boys Cricket (WBR) Year 9 Boys Cricket (JBU)	Year 8 Boys Cricket (GKI) Tennis Academy (JCY) Volleyball (JLA)	



@Ratton\_PE

# SUMMER TERM



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