

IMPORTANT DATES

1st October—12th October

Open Mornings
(by appointment only)

Thursday 11th October

Succeeding in Y8 Evening

Friday 12th October

Y11 Careers Day
Berlin Trip departs

Tuesday 16th October

Ocklyng LGC Meeting 5.00pm

Thursday 18th October

Succeeding in Y10 Evening

22nd October—26th October

Mid-term break

Monday 29th October

First day of Term 2

Responsibility and Teamwork

I was very impressed with the level of responsibility demonstrated by our students around the 'Making the Mark' student leadership event. This involves all students taking part in the largest UK youth consultation for the UK Youth Parliament. One of our students, Indya-Jayne Wardle, who is a member of the UK Youth Parliament led the assembly and students were asked to vote on a range of important issues. We look forward to the results of this consultation and how our views are adopted by the UK Youth Parliament. Indya-Jayne had an exciting week because she also met the Duke and Duchess of Sussex (see P3).

Learning happens all the year round and is not just about what happens in school from Monday to Friday. I would like to congratulate the group of students who have been attending our Saturday School for some extra learning. They are showing great resilience in recognising that learning happens beyond the normal school day.

We had almost 200 students acting as tour guides or helping in all subjects at our Open Evening. 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**'.

We had our first well attended 'Success' evening last week for Year 11 and we follow on Thursday 11th October with the next Success evening for Year 8. The purpose of the evenings are to map out a range of important information for students and families and help their achievement over the course of this year.

Please enjoy this newsletter.

Mr Knox-Macaulay, Executive Headteacher

Luck of the Irish

It's an important month for the Rinceoirí Ratton Irish dancers as several members of the group prepare to compete at the British National Championships. We wish them all the best!

The girls will also be performing on Friday at the Big Charity Concert at the Hippodrome in aid of St Wilfrid's Hospice and at a charity Halloween Ball at the end of the month, as well as lining up a number of Christmas performances.

We have also welcomed over 40 new Year 7 dancers into the group who are all working hard to learn the steps, assisted by our older Irish Dance Leaders.

For more Irish dance news why not follow us on Facebook or Instagram @rinceoiriratton



**RINCEOIRÍ
RATTON**

WELLBEING MATTERS

Wellbeing refers to the sense of positive regard we have for ourselves and that we feel satisfied with how we are managing in life. I will be sharing a range of ideas, strategies and research around wellbeing and mental health awareness in the newsletters. While the ideas are aimed at supporting our young people, they could be adapted and used by anyone.

October the 10th marks Mental Health Awareness Day. Research suggests that 1 in 10 young people may be living with the mental health issue. There is still such a stigma about talking about mental health day that a group called 'Time to Change' is providing lots of resources and campaigns to encourage people to support each other.

I really like their Top Tips for talking and so I have shared some of them here. You will also find a link to their website which has further advice and guidance. I also think that Aunties and Uncles have a great opportunity here. Opening up to a parent can be really tough, some of our young people feel that their issue will come as a disappointment to their parents and so having another trusted adult can give them a way to try out these conversations before speaking to parents/carers.



Tips for talking

We all have mental health, like we all have physical health. It's important we take care of both as they are part of our overall wellbeing.

1. When someone experiences a mental health problem, it can affect their thinking, their mood and their ability to relate to others as they usually would. So it might take a few tries to get the conversation going.
2. Showing you're happy to talk and listen will mean a lot.

We're supporting #HandsUp4 HealthyMinds

World Mental Health Day

10 October 2018

Visit [mhfaengland.org](https://www.mhfaengland.org) for tips and resources to support young people's mental health in a changing world

MHFA England

3. You could chat while doing something else, like driving or preparing dinner - this can make the conversation seem less intimidating.
4. Hypothetical situations might be easier to talk about than personal experiences. For example, you could say 'How could I help someone if I thought they were depressed?'
5. You could suggest learning together, for example, you might sit down and look up strategies for dealing with stress together.
6. You don't have to be an expert, or have the answers, just listening without judging is invaluable.

Visit <https://www.time-to-change.org.uk>

Well wishes, Ms G Bryden

Indya-Jayne, Y11, meets Meghan Markle and Prince Harry

The Duke and Duchess of Sussex visited front-line charities on the south coast on Wednesday 3rd October as part of their very first joint official visit to the historic English county that inspired their royal titles.



"On Wednesday I was lucky enough to meet the Duke and Duchess of Sussex at the Joff Youth Centre in Peacehaven. Myself and another member of Youth Parliament hosted the couple and spent five minutes talking to them about our work campaigning on mental health in East Sussex. As part of that work we created a 'top ten tips' booklet to be used by staff in schools to support the mental health of their young people. As part of their Heads Together charity campaigning for better mental health support, they were very eager to see what we've been doing around mental health and provided really passionate conversations with all the young people attending. I was showing the Duchess three different groups of young people planning different parts of our takeover day in November and the other MYP was showing the Duke. It was an amazing experience and should have a great effect on the awareness of mental health."

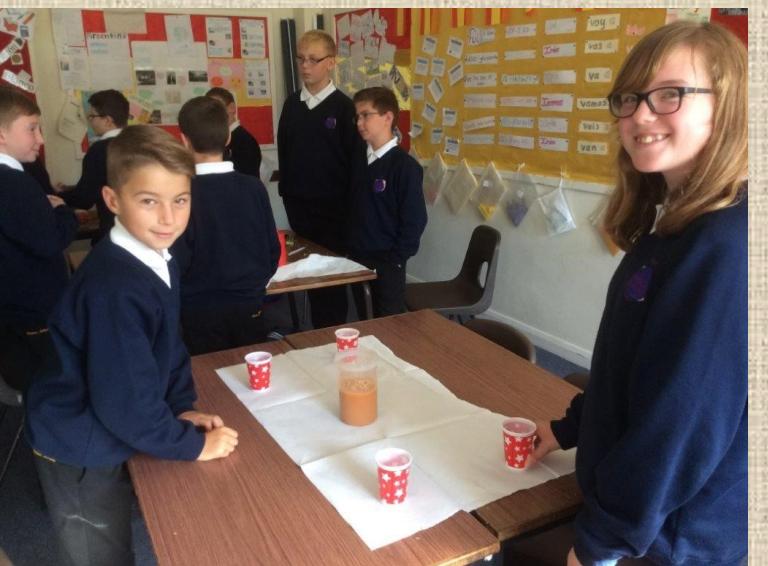
By Indya-Jayne Wardle (pictured next to the Duchess of Sussex)



Ratton goes international!

Wednesday 26th September all Year 7 students took part in activities to celebrate the European Day of Languages. At Ratton this has now turned into the International Day of Languages. There was a wide variety of activities on offer which included learning Japanese, Maltese, Polish and Greek. Some students cooked Turkish Food or made gazpacho and others did salsa dancing. We also offered European ICT, Maths and geography sessions.

It was a very successful morning and raised students' awareness of other cultures.



Dondy Strikes Gold Again!



Dondy Sukoco's winning streak continued as he won 3 gold medals at the South East Tae-Kwon-Do Championships, in Guildford, on Sunday. This takes his tally of gold medals this year up to 6 as he previously won the Sussex Champs. Competing at red tag level, Dondy came first in patterns, tag team and sparring.

His final match was closely contended, with Dondy being knocked out of the arena at one point. However, Dondy's strategic approach and skill paid off as he managed to kick his opponent on the head, winning the match.

Although terrifying to watch for parents, Tae-Kwon-Do is actually a great sport to teach young people discipline and skill, with the aim being to hit a target rather than hurt your opponent. Eastbourne TAGB club trains twice a week on Tuesdays and Fridays in Ratton School Gym and is open to everyone.

The next exciting challenge for Dondy is the British Championship in Birmingham in November, which he'll be training hard for in between revision for his first round of PPE exams.

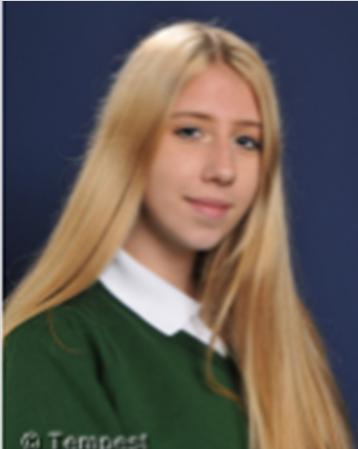
Good Luck Dondy!

George Thomas Dive Champion

George became the Sussex Boys 1 Metre Dive Champion last month winning gold at Worthing. He also won bronze in the men's dive championship.

Huge congrats George!



Jane**12 9-7 (A*-A)****Ben****11 9-7 (A*-A)****Jake****11 9-7 (A*-A)**

GCSE HIGH ATTAINERS

**Molly****10 9-7 (A*-A)****Honour****10 9-7 (A*-A)**

CELEBRATING SUCCESS!

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

14/9/18—27/9/18				
YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Tom Egan-Payne	Megan Tyrrell-Curtis	Ella Harris	Albie Springate	Jacob Gunter
Ted Brickley	Maisie Smith	Lara Vaney	Millie Bagguley	Jessica Richardson
Jamie King	Matthew Hilliard	Billy Smith	Katie Young	Hannah Mitchell-Mounce
Lea Ducat	Freya Blackler	Scott Peirce	Thomas Perry	Jack Matthews
Raph Badawi		Hannah Crook	Tyler Moorten	T'Sha Wells



THE 15th EAST SUSSEX JUNIOR RESTRICTED BADMINTON CHAMPIONSHIPS

Organised by The East Sussex Junior Badminton Association

Sunday November 18th 2018

Hailsham Community College, Battle Road, Hailsham BN27 1DT

9:15-12:30 All U11/13's & U15/18 Mixed. 13:00-5:00pm All U15/18 Singles and Doubles
Times could vary depending on entry level.

1. This Tournament is STRICTLY for players that have not been selected for any of the current Sussex County Squads.
*Further restrictions apply: for full details:
please see the full Tournament Rules & entry forms*
2. Places in the tournament are limited and therefore entries will be accepted on a 'first come, first served' basis
3. No late entries will be accepted (so if your partner has not returned their form, you could forfeit your place as well.)
4. Competitors must either live in, or attend a club or school within the Districts of Wealden, Brighton and Hove, Rother, Lewes, Eastbourne and Hastings.
5. Competitors must be born on or after:-
U 11's 1st January 2008, U13's-2006, U15's-2004 & U18's-2001

for full details, please contact

Mr William Brown. Fir Cottage, Park Crescent, Crowborough, Sussex. TN6 2QP
Phone: 01892 662700 or e-mail: sound@libraaudio.co.uk
OR download from our website: www.esjba.co.uk

ENTRY FEES

The entry fee is £8.50/1 event, £15.50/2 events, £23.00/3 events.

CLOSING DATE: 7th November 2018



Hi!

We are a group of year 9 students who will be going to visit Raystede Centre for Animal Welfare and we need your help!

We are collecting dog and cat food as well as toys that we are able to take with us and donate to Raystede.

If you are able to make a donation please bring it in and put it in the collection boxes in the Blue Room and outside of Refresh.

Please bring in your donation by 15th October.

Many thanks

Ratton Girls Can Project

Is your child entitled to free school meals?

If you meet the eligibility criteria below please apply on the ESCC website or contact Mrs Plummer by email at jplummer@ratton.co.uk for an application form.

- ⇒ Income-based Job Seeker's Allowance
- ⇒ Income Support
- ⇒ Child Tax Credit- providing your annual income does not exceed £16,960 **but not receiving Working Tax Credit**
- ⇒ Support under part VI of the Immigration Asylum Act 1999
- ⇒ Guarantee element of state pension credit

Please note that if you are entitled to free meals, then you may also be entitled to free school transport, provided you live outside a 3 mile radius of the school.

IS IT YOUR BIRTHDAY SOON?

Did you know that birthday parties can be booked for either lunch service in Refresh and the birthday student has a decorated table with balloons and banners.

Prices include a personalised cake and lunch for the birthday student:
5 students £7.50, 6-12 students £10, over 12 students £12.50.



COPIES OF KEY POLICIES CAN BE FOUND ON THE SCHOOL WEBSITE INCLUDING OUR

CHILD PROTECTION AND SAFEGUARDING POLICY