

## IMPORTANT DIARY DATES

### Monday 7th January

First day of Term 3

### Friday 11th January

Y10 GCSE Drama Workshop

### Monday 14th January

Year 11 mock interviews

### Wednesday 16th January

Year 9 photos

### Thursday 17th January

Year 8 Parents Evening

*Dates may be subject to change—please check the website for the most up-to-date calendar of events*

## Goodbye to one year and hello to another...

The end of one year and the beginning of another is always an important time. It provides all of us with the opportunity to reflect, celebrate achievements and plan how to achieve our goals in the new year.

Looking back at the last two terms, I think we should be proud about the achievements of all our students and staff and the focus on our virtues and achieving excellence. Our students have risen to the academic challenge and have been focussed on making good or better progress in the broad range of subjects they follow at school. My challenge to all students for 2019 is to maintain that focus on academic excellence and enjoy the wide range of activities available in and out of school, some of which are represented in this newsletter.

We look forward to welcoming our students back on Monday 7<sup>th</sup> of January at the normal time. Please have an enjoyable festive break and a great start to the new year.

*Mr Knox-Macaulay, Executive Headteacher*



The first update for money raised from the Christmas Fayre is:

**£428.00 for the five communities &**

**£63.00 for the toilet twinning project**

with a further raffle still to take place this week so watch this space for the final figure...

## WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!



# CHRISTMAS FUN

Once again, Ratton's Christmas Concert helped round off the year with a host of festive performances. Students have worked very hard over the recent months in preparation for this concert and it was fantastic to see the high quality and professionalism on display as a result. It was also great to see the audience get involved with some of the songs, particularly the finale. Many congratulations to all students involved from Ratton Players, Open Choir, Chamber Choir and The Minor Details. A special well done to all our soloists on the night; Brooke, Sophie, Katie, Luke and Grace.

Next is our school production of Little Shop of Horrors in March!



On Wednesday 12<sup>th</sup> December Ratton CCF took to their last Cadet session before the Christmas break. The Cadets enjoyed some fun and games on the range using balloons as targets. This was then turned into a challenge as the Cadets had 2 seconds to look at the target before the lights went out. The challenge was then to shoot the target and realign the sights once the lights came on again for 5 seconds. Cadets were in pairs and had 10 balloons and 5 rounds each to complete the challenge.



Further to this I had the privilege to promote two of our outstanding cadets to the Rank of Lance Corporal. The newly appointed CCF Colonel Cadets Antony Lamb presented both cadets with their rank slides and introduced them to their new roles. All Ratton CCF Cadets were then awarded their CCF Army basic badges.

Congratulations to Thomas Line and Leah Thomson.

Ms Agnew



## GOOD ENOUGH TO EAT!

Ms Manchip and Mrs Grant ran a Christmas cookery club from the 13th November until Tuesday 11th December and students cooked some gorgeous Christmassy things such as white chocolate cranberry cookies, fruit and mince pies,

Christmas biscuits and Yule logs. The picture shows Yule logs decorated with chocolate flavoured, butter icing and fondant icing figures which were made in the previous week.

It all looks thoroughly delicious!



## STAR GAZING



On Wednesday 12th December, a hardy group of students braved the low temperatures to spend an enjoyable hour and a half under the stars in the south playground at Ratton.

Despite the unwelcome presence of some bulky-looking clouds scudding overhead, we were able to spy some remarkable celestial objects in the clear patches of

sky in between. After marvelling at some striking lunar craters, we got an eyeful of the planet Mars and discerned the contrasting colours of the winter stars Capella and Aldebaran. Fuelled by hot chocolate and biscuits, we then hunted down the ghostly shell of the Ring Nebula, stared deep into the heart of the M15 globular star cluster, admired the contrasting blue and orange double star Albireo and managed to glimpse light from the Andromeda Galaxy that set out on its journey over two million years ago!

There will be further astronomy sessions in the New Year (weather permitting) - see Mr Froom in 136 if you are interested in signing up for the next one...

## BACK TO THE FUTURE!

Ms Manchip has been busy! In her Art Club, lead by Donnie Mason, students worked hard to renovate 1940's collection boxes for the RSPCA.

These dogs are life sized!





# Digital Christmas - Tips for Parents

## Buying new tech for your children this Christmas? Don't forget about online safety

It's that time of year again, and with the Christmas shopping well under way (at least for the prepared) many of us will be buying digital devices for children, with technology continuing to feature high on those wish lists for Santa.

Young people may well become frustrated when they can't get the same games or apps as their friends have on Android or iPad. Some devices offer a happy medium, allowing parents to set up password-protected profiles so they can give each child access to only the books, games and apps they want them to see. But what happens when children reach an age where they want to interact with their friends online? Games consoles have always been highly targeted at the teenage market. Once designed solely for playing games, consoles are now connected to the Internet to allow a more interactive and collaborative experience. Consoles today don't just allow gamers to play games with others, but also allow them to exchange photos, engage in live messaging and even 'host' parties online.

Despite being very different devices, games consoles and tablets carry similar risks for young people. A recent study of 11-16 year olds held by Kaspersky made for interesting reading. Whilst 23% had been asked personal or suspicious personal questions online, as many as 20% said that they trusted the gaming platform so much that they would see no problem meeting contacts from it in real life. Nearly 1/3 of the children in the study said that their parents had no idea who they talked to when they played games.

In the UK, a similar study held by the Oxford Internet Institute (OII) at Oxford University — which analysed Ofcom data from 515 homes with 12-15 year olds — found that 8% of those who had been interviewed had been contacted by strangers. 4% said they had encountered another person pretending to be them online and two percent had seen something of a sexual nature that had made them uncomfortable. Their parents were also interviewed about whether they had used technical tools to control or manage their child's access to online content. Only 1/3 of the parents said they used content filters, with 2/3 (66%) saying they had not. 1/4 (24%) of the parents did not know or were unaware of the filter technology at the time of the interview.

But whilst filtering might seem like a quick fix, one that can be 'switched on' and then forgotten about, questions still remain about whether this is truly an effective way of protecting young people. Even the best filters are never completely watertight, and on the flip side, some filters can be so strictly configured that they can over-block, preventing teenagers from accessing helpful content on topics such as sexual relationships or drug and alcohol abuse.

Rather than prioritising Internet filtering, the OII study (amongst others) suggests we should place greater focus on educating and supporting teenagers about using the Internet responsibly, with emphasis on how teenagers manage online experiences that make them feel uncomfortable or scared. Parents should start the conversation about online safety at a young age, so more serious conversations about risk can be discussed as the child gets older. Once young people know that their parents understand what can happen online, it gives them greater confidence to approach parents for an open dialogue about any concerns and bring to light any negative experiences they might have had.

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In association with:





# Celebrating Success!

Many congratulations to our highest achieving students between 30/11/18-13/12/18 whose hard work and commitment we are delighted to recognise.

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Brianna Mumford	Rachel Kersten-Freeman	Maia Wells	Kira Smithson	Emily Sivers
Daniella Berhane	Anya Seymour	Bibi Baldwin	Bluebell Myers	Khadijah Uddin
Kitty Hartland	Sofia Joaquim	Jessie Kavakli	Hollie Bird	Hannah Vera-Morris
Roksana Soltys	Amelie Poppitt-Jones	Matilda Budd	Isobel Stewart	Natalie Plummer
Eve Kyprianou-Hickman	Carly Smithson	Emily Goddard	Izzy Pike	Michalina Guzicka
Charlie Robinson	Rebekah Whitby	Maya Curtis-Evans	Lauren Brown	Jacob Gunter
Devon Whiteoak	Victoria Cleary	Rebecca Bridger	Sadie Douglas	Matthew Laing
Luke Barber	Gabriel Farcon	Rheya Ansell	Victoria Gates	Suwi Simfukwe
Joshua Dowsett	Jack Pearson	William Bixley	Alex Partridge	Bartosz Kuchta
Gabryel Cruz	Joe Westlake	Brooke Nicholls	Ryan Penfold	William Harker
Kaleb Berhane	Alfie Taylor	Thomas Line	Thomas Perry	
	Leo Tang	Leo Sowdon	Alex Green	
	Zephan Robinson	Adam French	Charles Sear	
		Gorazd Stojanovski	Harry Ermidis	
		Tobie Haylett	Joshua Denyer	
			Kieran Winters	
			Luca Beltrame	
			Wesley Greenley	



## 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.

Wellbeing over the Christmas Holidays.

I am certain that there must be a law that shows the more tired and stressed adults are in preparing for Christmas, the more excitable and energetic children become. Christmas is a time when we do so much for the children, our partners, friends and families that we can neglect our own wellbeing.

So here are a few pointers on self-care for grown-ups and young people over the holidays.

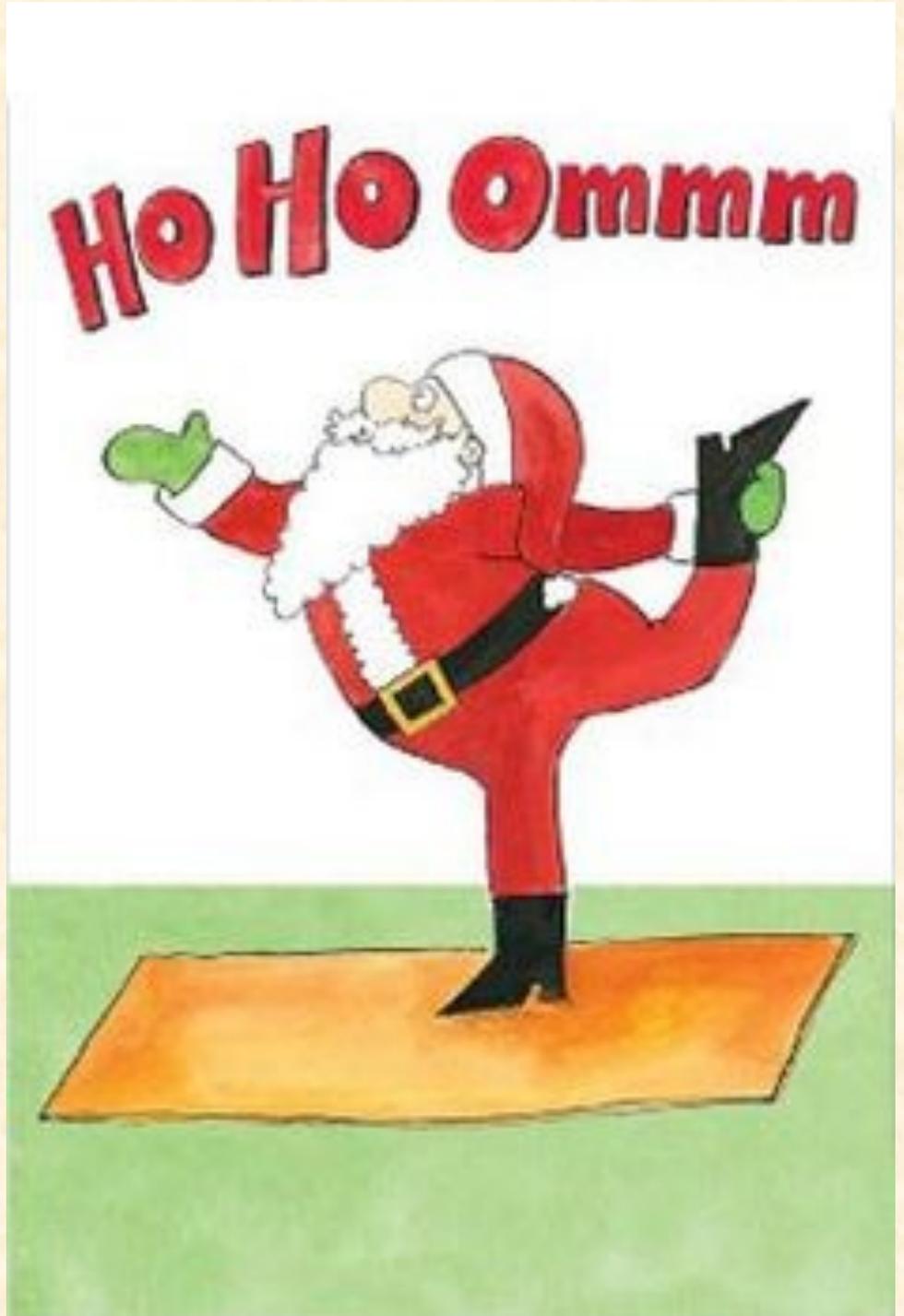
1. Don't abandon all routines. Many people (and most teenagers) thrive on routines around mealtimes, family time and bedtimes. These might be more fluid in the holidays but keep some routines and plans still the same to avoid mood swings or breakdowns in communication.

2. Winter sun. While the bright glowing thing may appear less during December, try to make the most of it when it is there. A brisk 20 minute walk on a bright day will boost vitamin D, serotonin and your immune system.

Share the load. As an adult I have so much appreciation for all that my Mum did to make Christmas special and how as a child I took that for granted. If you are feeling that you have too much to do then ask others to step in to lighten that load. It often helps students later in their own lives if they start taking on more responsibility now. Just tell them Father Christmas said that they have to wash up, do the laundry and clean the bathroom!

I wish you all good things for the festive period and that 2019 brings you smiles.

All well wishes to you, Ms Bryden



# RATTON KS3 BADMINTON CHAMPS!

Ratton boys came first in the East Sussex badminton tournament played on 28th November. Ratton entered 3 teams of 4 players each, which were a mixture of years 7,8&9.

The A team were unbeaten beating Lewes Priory & Willingdon in closely fought games in the final rounds where county players were foiled by Ratton's determination and skill. The team have been practicing hard over a number of months and we are very proud of their success.

The A team players who will be going through to the county finals on 15th March 2019: Oli Williams, Michael Tanner, Dale Upton, Taegan Byroo.

We wish the boys good luck in the next round. Keep practicing!!



KIM McCABE

'I can't believe how much depth and the range of ideas Kim has put into one book'  
STEVE BIDDULPH, bestselling author and psychologist



from  
daughter  
to woman

PARENTING GIRLS SAFELY THROUGH  
THEIR TEENS

[www.ritesforgirls.com](http://www.ritesforgirls.com)

tickets at [Eventbrite](https://www.eventbrite.com)

## From Daughter to Woman, Parenting Girls Safely Through Their Teens

seminar with author **Kim McCabe**

Kim will take you through practical ways to make the adolescent's journey safer, kinder and better supported - so everyone can enjoy the teenage years more.

This talk is for everyone interested in steering our children happily through their teens - parents of daughters age 8-18, flummoxed grandmothers and caring aunties too, and anyone who works closely with pre-teen and teenage girls.



Rites for Girls®

Thursday 10 January 7-8.30pm

The Lansdowne Hotel,  
King Edward's Parade, BN214EE, Eastbourne

[www.ritesforgirls.com](http://www.ritesforgirls.com)

tickets at [Eventbrite](https://www.eventbrite.com)