



Monday 7th May

Bank Holiday

Tuesday 8th May

Ocklynge LGC 5.00pm

Wednesday 9th May

Y8 Girls HPV Vaccinations

Tuesday 15th May

Ratton LGC 5.00pm

Friday 18th May

GCSE Dance Evening

Living our virtues

In the early part of this term we have been reminding ourselves about the 'basics'. These include being ready and equipped to learn, school uniform, attendance and punctuality and rules around using mobile phones. There are also many aspects of school life including in this newsletter that can be linked to our virtues below:

Compassion – Showing kindness and caring for other people and the environment.

Respect – Acting with respect to others both in and out of school. Valuing diversity and avoiding discriminatory language.

Creativity – Being curious about the world, solving problems and asking thoughtful questions.

Teamwork – Achieving together by working as part of a team. Understanding that we all have to do our fair share and get along with different people.

Effort – Putting effort into all aspects of school life. Demonstrating resilience when faced with a challenge.

Responsibility – Taking responsibility by being in the right place, at the right time, doing the right thing.

It was a pleasure to watch 60 of our Year 9 Sports Leaders supporting and leading sports events for 8 primary schools at Ratton. They acted as sports coaches, helping younger children both develop new skills and enjoy their time with us. A great example of all the virtues in action.

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 20th April

Billy Smith, Rachel Kersten-Freeman, Hannah Sivyler, Hannah Brook, Emily Ludlam, Zane Private, Alex Clarke, Dinis Carpalhoso and Harvey Crowther

Week ended 27th April

Amelie Chapple, Rachel Kersten-Freeman, Kimberley Woodhams, Macey Wilkinson, Charlotte Pelham, Hannah Moysey, Vinny Chandler, Daniel Bartus, Arnas Burauskas, Adam Cosci, Oscar Lawless and Glenn Earl

Year 9 First Generation Arts Strand Visit University of Sussex

On Thursday 19th April, our Year 9 First Generation Making Choices Arts students visited the University of Sussex for a day with the English department. During their first session, run by an English Literature lecturer, the students studied 3 different images of a bird and thought about how the image represented the bird, what kinds of metadata they could identify about the images and which image they would choose to best represent the bird. They then studied 2 poems and investigated the content, form & structure and gave their opinions on the poems. After a delicious lunch in the University cafeteria, the students returned for their afternoon English Language session. They had an animated lesson on conversation, sounds and spellings of sounds. The students enjoyed their day at the University – thanks to all the Widening participation team for another great day of learning about University studies. This was our last academic day of the scheme before all our students attend their Graduation on 9th May!



Year 10 Apprenticeship Information Session

Over 50 Year 10 students attended an Apprenticeship Information Session on Thursday 26th April where they learnt about apprenticeships in general with Stephen Allcorn from JTL Training, apprenticeships and traineeships with Louise Verrall from Heathercroft Training Academy and apprenticeships within the NHS with Ronda Prater. Our students found the session very informative and asked lots of questions! Thanks to all our presenters for a great afternoon - our students now have a better picture of all the amazing apprenticeships on offer and how to access them!

Higher Education Conference for Parents

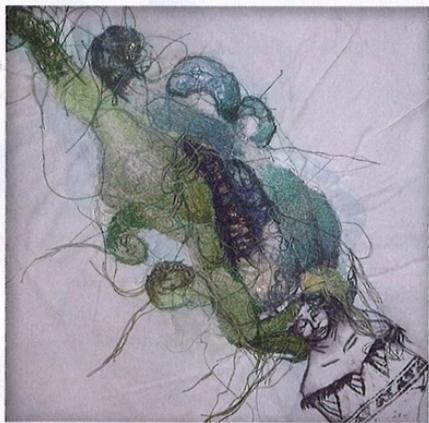
On Wednesday 25th April, we held a Higher Education Conference for parents at the Langham Hotel in Eastbourne. On arrival, parents were served tea and cakes and were then welcomed by Mrs Peters, Assistant Headteacher for Careers, Information Advice & Guidance. Presentations were given on various aspects of Higher Education including, “Why university?” and the actual cost of going to university. Parents then learned about apprenticeships, higher apprenticeships and studying degree courses at other colleges. At the end of the conference, there was an opportunity to network with the speakers and other parents. All parents who attended found the presentations very interesting and informative and their



initial responses were ‘The finance presentation was excellent’ and ‘I didn’t know that degree apprenticeships existed!’ Our thanks to Fay Lofty, Schools Liaison Programme Manager for the Sussex Learning Network: Collaborative outreach programme, Chris Derbyshire, Schools & Colleges Partnership Coordinator from the University of Sussex, Sarah Sawyer, Apprenticeship Ambassador for Apprenticeships in Sussex and Vicky Speirs from Sussex Downs College. Our thanks also to the Langham Hotel and all the parents who attended this new initiative.

STUDENTS' ARTISTIC SUCCESS HELPS DEPARTMENT

5 past students have won the Art Textiles department £600 to spend in the catalogue *Heart Education* as their work was selected from hundreds of students from across the country. The Textile department will spend it on a printing press and beautiful threads to help students gain high quality outcomes in Textile design. Congratulations and thank you!



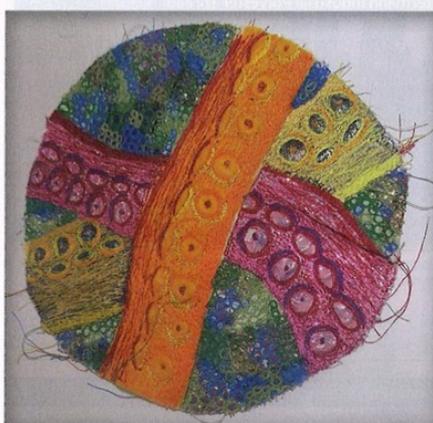
'Tribal Queen'
Alicia Drinkwater, 15.
Ratton School, Eastbourne.
Media: Free machine embroidery, lino printing, threads and Angelina fibres.



'Jellyfish'
Esme Stubbs, 15.
Ratton School, Eastbourne.
Media: Free machine embroidery, heat treated fabrics and appliqué.



'Mexican Day of the Dead'
Marie Hunnisett, 16.
Ratton School, Eastbourne.
Media: Free machine embroidery, fusing film and hand dyed background.



'Tropical Waters'
Lyla Tate, 15.
Ratton School, Eastbourne.
Media: Felt, appliqué and free machine embroidery.



'Tropical Waters'
Marie Hunnisett, 16.
Ratton School, Eastbourne.
Media: Free machine embroidery, appliqué and hand embroidery.



'Old and New'
Eloise Tear, 15.
Ratton School, Eastbourne.
Media: Free machine embroidery and hand embroidery with beaded detail.

I don't know but I've been told...

Ratton's Combined Cadet Force students have had a very busy couple of weeks at their Tuesday training sessions. They have been practising their rifle skills and learning First Aid skills including resuscitation. They have also been learning camouflage skills using face paint, twigs, leaves & vegetation. All skills vital to their survival!



Great work CCF group!

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.

This time we are going to get 'hands-on' - quite literally, and try a little hand-massage. This can be done on yourself, or you might want to try this with a partner.

I like to start by choosing a pleasantly scented oil or moisturiser; if you have trouble sleeping then lavender will be great for you, or if you need something to help give you energy try a citrus aroma. Rub this into the hand starting with the palms and then working around the base of the fingers. Then massage around all four sides of the fingers and thumb. Gently massage the nail beds and each joint of the fingers. Finish with gently squeezing around the wrist and give the hands a good stretch.

This is a quick and easy way to release tension that might build up throughout the day.

Gemma Bryden, AHT for Character Education

Animal Aid visit Year 10 Food and Cookery students

Animal Aid recently visited our school. Animal welfare was discussed as well as the pupils getting to try a delicious vegan chilli made by our guests and assisted by Matt Field. Students also got to try some vegan chocolate and sweets.



FREE TO ENTER ! South Downs National Park PHOTO COMPETITION

1ST APRIL - 31ST MAY 2018



CATEGORIES: CULTURE



WILDLIFE & NATURE



VIEWS & LANDSCAPES



ACTIVITIES & ENJOYMENT

The South Downs Society 'Friends of the South Downs' invite you to enter its photographic competition celebrating the beauty of the South Downs National Park - its landscape, wildlife, buildings and other man-made structures contributing to the cultural heritage of the area.

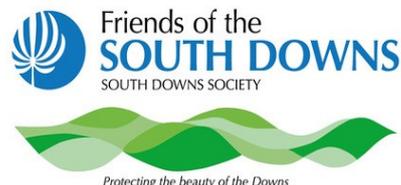
The Park stretches from Eastbourne to Winchester, covering the chalk downs of Sussex and East Hampshire and the sandstone country of the Western Weald. The rules of entry and boundaries of the National Park can be found on our website: www.southdownssociety.org.uk/photo-competition

ADULT CLASS - 1st PRIZE !

An overnight stay for 2 at the luxurious Pelham House Hotel, Lewes, including breakfast
2nd PRIZE: £100, 3rd PRIZE: £75

JUNIOR CLASS - 1st PRIZE !

4 tickets to Go-Ape Adventure Park, Guildford (+ 1 parent, if required)
2nd PRIZE: £50, 3rd PRIZE: £25



Eastbourne EBP

Young Chef 2018

This years theme is
"Summer Holidays"

A main course meal for two

Heat dates will be confirmed at a later date and will be held after school, for more information collect details from
Room 131

Group 1 - year 7 and 8

Group 2 - year 9 and 10



One student from each group will be chosen to represent Ratton School by a professional chef.

Competition date 28th June 2018

Protecting your child against measles

Public Health England has advised that there has been an increase in the number of measles cases in England with some local outbreaks. There are over 130 cases (confirmed and suspected) and some people have been ill enough to need hospitalisation.

They advise that if your child hasn't had TWO doses of the MMR vaccine, you should contact your child's GP to book an appointment for the vaccination as measles can cause complications including ear infections, diarrhoea, pneumonia and convulsions. It is more likely to be serious in pregnant women, people whose immunity is not working properly and babies under a year of age. Very serious complications, such as inflammation of the brain (encephalitis) are rare, but can be fatal.

By getting your child immunised, you will not only be protecting your child but also those people, especially children, who cannot have MMR because they have illnesses such as leukaemia. They are protected if enough of the population is vaccinated so measles is eliminated.

There is more information on measles on the NHS Choices website.

Sent on behalf of:

Public Health England, Screening and Immunisation Team, Surrey and Sussex

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