

MARK YOUR CALENDAR!

Thursday 28th June

Y11 Prom

Friday 29th June

Inset Day

Tuesday 3rd July

Y6 Taster Day

Saturday 7th July 12-5pm

3rd Annual Ratton Community Arts Festival

Thursday 12th July

Y7 Careers Day

Awards Evening

Friday 13th July

Y8 Careers Day

Wednesday 18th July

Whole School Sponsored Walk

Thursday 19th July

Activities Morning/Early School Closure

Friday 20th July

Inset Day

THE VIRTUE OF TEAMWORK

Events involving our students come thick and fast at this time of the year. Last week I had the pleasure to see our group cadets parade at Eastbourne College for two senior Naval Officers. Ratton cadets were praised for their teamwork and the responsible way they approached the event.

There was also an emphasis on teamwork at the summer dance parade. Over 40 students were involved, with a wide range of pieces all choreographed by the dancers. It was a fantastic evening that showcased both their talent and hard work.

The final Year 11 GCSE finished on Friday 21st of June and I know Year 11 students across the country probably gave out a collective sigh of relief! Our Year 11 has been the first year group to experience the full, new exam system with virtually all GCSE subjects being graded at 9-1. We wish them an enjoyable summer and are looking forward to both the Year 11 Prom and celebrating their success on Thursday 23rd of August when results are out!

The recent Year 6 into Year 7 transfer evening was a very enjoyable event and it was pleasure to greet new students and families from a wide range of schools. I am certain that all the planning will make sure that this new year group will make a great start as a new team in September.

Please enjoy this newsletter.

Mr Knox-Macaulay, Headteacher

WANTED!

Please can any unwanted PE kit be brought into the PE department for us to use as spare kit for students next year. Every year we rely on donations offered to help stock our spare kit provision for students.

Please can you help by bringing it to the PE department before the end of term. Thank you!

CELEBRATING SUCCESS!

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

Year 7	Year 8	Year 9	Year 10
Halit Turak	Rebecca Bridger	Ruby Backler	Jemima Hadland
Emily Kinne	Harrison Haines	Lauren Brown	Levi Woolf
Carly Smithson	Jessica Long	Caleb Scott	Max Donoghue
Folly Stanley	Leon Peters	Abbie Coxhead	Vicenzo Resende
Charlotte Anderson	Summer Young		Khadijah Uddin



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.

What is anxiety?

I thought I would write a mini-guide to what anxiety is (and is not). We all get anxious from time to time - a driving test, a big bill or illness can cause us to worry. However if the anxiety persists after the stress has been dealt with then there may be an issue there.

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave and can cause physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can seriously affect day-to-day living. Some people have a very identifiable cause for their anxiety, and these people are often supported by others around them. For example, a car accident or being the victim of a crime might trigger episodes of anxiety. However, some people don't have one single cause for their anxiety. One way of thinking about your anxiety is to imagine your stress levels as being like a bucket of water. If we keep adding stressors to the bucket (even small ones like forgetting homework, or losing a game of football), over time it fills up until one day it overflows. This can be a good way of looking at anxiety as it explains why sometimes it can seem to come out of the blue with no significant trigger. However, what has happened is that the trigger was just a very small stressor that tipped us over the edge and allowed our bucket to overflow. This is why it can be hard for people to understand anxiety because the person who is upset may be perceived as over reacting to a small stress event, when in fact they are responding to a series of stressful events.

What we need is a leaky bucket with lots of holes in to reduce your overall stress levels. Each one of these holes could be something positive that you do to manage your anxiety, such as yoga, exercise, reading, listening to music or spending time with friends or family. If you feel you may have an anxiety disorder then your Doctor should be able to assess and recommend help. If you would like some help from school please contact Care and Welfare.

JUNIOR NETBALL CAMP

Summer Holiday; July & August 2018

With the momentum and popularity of netball growing, what better way than to spend a few days over the school summer holiday, developing netball skills and taking part in fun-filled netball related games!



This Summer holiday, Eastbourne Netball Club are hosting **TWO** junior skills camp which caters for all abilities. The camps will educate and develop both basic and tactical netball skills, whilst having lots of fun. Each of the scheduled days focuses on different elements, ensuring maximum learning opportunity and lots of variety. Opt to take part in as many days as you like.

Age: Years 3, 4, 5, 6, 7, 8 & 9.
When: 31st July – 2nd August 2018, 9am – 3pm
14th August – 16th August 2018, 9am – 3pm
Where: Bede's Prep School, Eastbourne, BN20 7XL
Cost: £30 per day (sibling discount available)
Coaches: Tamla Sparkes (Level 2 coach & County Player)
Samantha Kennerson (Level 2 Coach & C-Award Umpire)



For any queries or to book a place, please contact;
EASTBOURNE
Netball Club
samantha@eastbourne-netball.com

YEAR 9 BOWLATHON TO SUPPORT ST WILFRID'S HOSPICE

On Tuesday 26th June, we are organising a trip for the year 9 students who are in the English intervention groups to visit the tenpin bowling centre in Eastbourne. During the additional English lessons, the programme of study has been the topic of 'Charities and persuasive writing techniques'. We are using the tenpin bowling activity as a fundraising event for St Wilfrid's Hospice and encouraging students involved to ask friends and family for sponsorship.

If you would like to contribute to this BOWLATHON please send any donations to the FINANCE OFFICE by **Tuesday 3rd July**.

If you have any questions about this event, please contact Michelle Veale - mveale@ratton.co.uk



CCF Biennial Inspection at Eastbourne College

On Monday 18th June Ratton CCF took part in the Biennial Inspection at Eastbourne College. The Cadets had to parade in front of Rear Admiral Chris Gardner CBE and Capt. RN Nick MacDonald-Robinson, performing a series of drill movements they have been learning throughout the course. The Cadets then went on to partake in a number of activities from weapons handling to rock climbing and an engineering challenge.



All Cadets performed spectacularly, proving what a great bunch of students they

are and how much they have achieved this year. The Cadets have an overnight stay to look forward to at the beginning of July to end a great CCF season.

I look forward to them joining me again in September to start a new programme and progress with their military knowledge.

Miss Agnew



Dance World Cup in their sights

Caitlin Hover, Eadie Cole and Jess Long from Apollo year 8 and Hannah Rickard from Adelphi year 11 are heading to Barcelona on 22nd June to represent England in the Dance World Cup 2018.

The girls will be competing against 46 countries with the hope that England can come home top of the world in Dance for the 6th year running. Caitlin, Jess and Eadie will be competing in 3 Dances in the under 14's sections and 1 in the under 21's, and Hannah will be competing in two.

We would like to wish the girls Good Luck.



Shining Star

Anna Jeffery competed at the Kent Stars dance competition recently with her dance school friends from Shining Stars Dance Academy and they had the massive achievement of being first place in all their groups and Anna was thrilled to be a finalist also for her ballet solo, meaning they are all through to the UK finals to be held in London.

Huge congratulations!



Eastbourne Lions Basketball Club

The Eastbourne Lions Basketball Club is a volunteer, non-profit organisation serving children from 6 through to 18 and over, in and around Eastbourne. All and every session is open to everyone who loves basketball, despite experience or ability. They strive to assist players in developing to their full potential as people, students, and athletes and believe that athletic participation helps young people in the formation of values and their development as mature individuals.

The Lions Club would like to invite our students to their open days to try out basketball for the first time so why not go along and try it out?



**Junior Basketball
OPEN TRYOUTS**

SATURDAY 30TH JUNE
KS1 and KS2 years 2-6 at 11am - 12:30pm
KS3 years 7-11 at 12:30 - 2:00pm

SATURDAY 7TH JULY
KS1 and KS2 years 2-6 at 11am - 12:30pm
KS3 years 7-11 at 12:30 - 2:00pm

The cost will be
£3 per person

CAUSEWAY SCHOOL, LARKSPUR DRIVE, EASTBOURNE

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.



Become a Wildlife Ranger with the Sussex Wildlife Trust



Why not have fun being part of a group of young people who get outdoors during the school holidays.

Become a Wildlife Ranger and join other teenagers taking action to protect and learn about local wildlife, bushcraft skills and much more.

Go along to the Wildlife Rangers groups and work for wildlife identifying and learning about wildlife, carrying out practical conservation tasks to improve habitats, surveying and monitoring plants and animals, gardening for wildlife, taking part in country crafts and nature photography. Having fun!

Where: Seven Sisters Country Park, near Seaford

Day: Second Saturday of each month

TIME: 13:30 - 15:30

COST: £5 PER PERSON PER SESSION

Interested? Contact Paula Da Luz, People and Wildlife Officer on 01323 870100 or see www.sussexwildlifetrust.org.uk/get-involved/volunteer/young-people/wildlife-rangers for lots more details and venues.



East Sussex Junior Badminton Association
 Affiliated to Sussex County Badminton Assoc. & Badminton England. Reg. No:JNR 671
www.esjba.co.uk



TRIAL DATES 2018/19 SEASON

Trials are open to children born/living or attending school in East Sussex
 (E Sussex defined as Boroughs & Districts of Eastbourne, Hastings, Lewes, Wealden & Rother & Brighton)

U12's born on or after 1st January 2007
U15's born on or after 1st January 2004
U18's born on or after 1st January 2001

Date:- SUNDAY MORNING 15th JULY 2018

Freedom Leisure, Cade Street, Old Heathfield, Sussex TN21 8RJ

U12's	900-9:45
U15's	10:00-10:45
U18's	11:00-11:45

Coach contacts

*Martin Bilton 07796 993769 familybilton@talktalk.net
 Sean Newberry 07916 269477 seannewberry@btinternet.com
 All other enquiries-*

William Brown 01892 662700/07761 283736 william@libraaudio.co.uk

Parents are requested that players arrive on time, are correctly dressed for badminton and have sufficient refreshments. After 'warm-ups', unless there is a good reason, no tracksuits will be worn during play. ESJBA reserve the right to decide which 'squad' a player may be selected for, taking into account the players age and ability; this will be reviewed and may change during the season. Please be aware that if your child is considered too advanced for their age group, they will be asked to stay on to the next age group for trialling.

£5 play-in fee, just turn up on the day. Cheques payable to ESJBA.

Players will not be told on the day if they are to be offered a place.
 Letters /e-mails will be sent out shortly after the trials.

**Squad training is for two hours, fortnightly on Sundays.
 Session times and venues will be finalised after the trials.**

**For further information browse our website:
www.esjba.co.uk**



Wildlife Rangers

12-16yrs

Join us and find out about wildlife
 and learn new bush craft skills.

Second Saturday of the month 1- 3:30pm at Seven Sisters Country Park.
 £5 per person and booking is essential

For further information and bookings please call Paula on
 01323 870100 or email pauladaluz@sussexwt.org.uk

Registered Charity No. 207005. Photo © Darin Smith

Friday 8th June saw our second Rotary AM breakfast of the Year to celebrate 10 years of the relationship between Rotary AM and Interact. The plans for this summer's Rattton Community Arts Festival on 7th July were discussed and thanks were given to Rotary AM for their support in this and previous years.

It was noted that without such commitment, events like this would not happen and the community would be a much poorer place without them.



[@RattonSchool](https://twitter.com/RattonSchool)

Rattton School, Park Avenue, BN21 2XR

www.ratton.co.uk

Albion in the
Community

WINTER CON

DRUSILLAS
PARK



RATTON COMMUNITY ARTS FESTIVAL

Featuring Helen Ward Jackson

Boot Fair
2 Music Stages
Food Zone
Entertainment Arena
Workshops
Local Ales



Eco Zone
Community Zone
Drusillas Mini Beasts
Spirit Zone
Market Place
Demonstrations

The UK's No1 Adele Tribute Show

Saturday July 7th 2018 ~ 12:00 - 5:00

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