

IMPORTANT DIARY DATES

Monday 25th March

Surviving and Thriving in your GCSEs
6.00-7.00pm

Thursday 28th March

Y11 Parents Evening (2) 4.15-7.15pm

Tuesday 2nd April

Science Planetarium Day for Year 7

Thursday 4th April

Immunisations for Year 9

**APRIL BREAK FROM
8TH APRIL TO 22ND APRIL**

Tuesday 23rd April

First day of Term 5

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

BUSY TIMES!

Our school musical, A Little Shop of Horrors, was truly inspiring. There were over 60 talented students involved across the 3 nights who put on a very professional show. I am sure that the experience of performing in a real theatre has raised the bar for all our school performances. Thank you very much to all the staff and parents and carers who have given up so much time to bring this musical to life - a positive example of **teamwork** in action.

A group of students and staff from Ratton were involved in a beach clean on the seafront last week. The event provided the opportunity for our students to contribute to the local environment and raise awareness of the environmental challenges we face as a society. We will report regularly on our approach to sustainability and the environment as this develops over the course of this year and beyond.

We held another successful inter-community sports event for Years 7 and 8 last week. The PE team put a significant amount of work into planning and organising and used a team of specially trained Year 9 Sports Leaders to help coordinate the competition. Well done to everyone involved!

We spend so much time in school thinking about the students in Years 7 to 11, that we sometimes forget about former students and their lives and careers beyond Ratton. This is why we have launched Future First, a programme that helps us make contact with former students. We then plan to ask them to bring their skills and experiences back into school to help motivate and inspire our students. Please see more details in this newsletter.

Year 11 are on the final run in to GCSE exams and we have their last parents/carers evening on Thursday 28th of March. We are looking forward to a busy evening as staff share important points of advice for these last important weeks.

Please enjoy this newsletter.

Mr Knox-Macaulay, Executive Headteacher

**INSET DAYS
NOTIFICATION
FOR
REST OF
ACADEMIC YEAR**

**Full day closure on
Friday 28th June**



neighbourly[®]

We would like to form a 'Friends Group' with local residents to help to restore and maintain a local garden and archway structure near the school and would love to hear from anyone who would be interested in working with us or donating plants or materials to this worthwhile venture. One of the main goals of Ratton School is to care for and be engaged in the community/society we live in as well as the world beyond. We already open our premises for community use, sporting activities, youth services, adult learning, cultural events, and other community based activities.

What we need:

- volunteers
- donations of plants and landscaping/building materials

Please get in touch or see our neighbourly page at <https://www.neighbourly.com/>

Many congratulations to our highest achieving students between 1/3/19 to 14/3/19

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Brianna Mumford	Belle Monz	Danielle Mapp	Petra Freitas De	Hannah Vera-
Milula Searle-Boniface	Lola Brophy	Rebekah Ebdy	Abbie Lewis-Clarke	Rose Channer-Cleere
Freya Lewis	Amelie Poppitt-Jones	Grace Ives	Luana Torres	Samantha Deket
Scarlet Gregory	Rachel Kersten-Freeman	Poppy Wright	Leonie Hurtado	Ellie Howe
Rosie Walker	Daisy Kelleher	Amber Springett	Poppy O'Hurley	Jasmine Vine
Joe Steedman	Alfie Bell	Hajirah Uddin	Vanesa Garcia Ortiz	Reuven Furney
Alexander Nachon-Harris	Gabriel Farcon	Siarra April	Alex Partridge	Ryan Hover
Freddie Woodgate	Lucas Bird	Jack Byers	Tom Lester	Khadijah Uddin
Spencer Roberts	Joshua Attwell	William Bixley	Gabriel Private	Mackenzie McAndrew
Dylan Long	Jaidan Brooks	Brooke Nicholls	Oscar Allen	William Chan
Kaleb Berhane		Drew Parks	Kai Stallard	
Leo Rudwick		Dylan Green	Rio Pitcher	
		Louis Nicholls	Tyler Moorton	
		Luke Corteling-Rice		
		Luke Woolven		
		Taegan Byroo		
		Teddy Cook		

CALLING ALL FORMER STUDENTS

If you're a former student of Ratton School, we want to hear from you!

Your experiences since leaving could help to motivate and inspire our current students to feel more confident in making decisions about their future. We'd love you to join our alumni network and stay connected with the school.

We've partnered with the national education charity **Future First**, who specialise in helping schools like ours to stay connected with their former students.

You can choose how and when you help – perhaps you can act as a career and education role model, provide work experience, become a mentor in person or online, or help with donations, fundraising or even apply to become a governor.

It doesn't matter when you left us, whether you're in further education or employment, whether you still live nearby or have moved further away, there are still ways you can help.

In order to sign up, just follow this link and fill in the online form – we promise it will only take a couple of minutes.

<https://networks.futurefirst.org.uk/signup/ratton>



Harry Potter Trip - February 2019

The Harry Potter studio contained a wide variety of the original sets, props and animatronics used in the 9 Harry Potter films. Some of the sets included the Gryffindor Common room and platform 9 $\frac{3}{4}$ along with the Hogwarts Express Train.

Along with the detailed sets on the front, behind you could visibly see how they were constructed using basic materials such as plywood, MDF and even in some cases, entire walls made of only paper. The shop fronts of Diagon Alley were visible, being able to walk down the street. These included Olivanders Wand Shop and Gringots Bank.

Animatronics included a large range of components from the Weasley's house. These included floating knitting needles, an iron that functioned without the need for humans and dinner that stirred itself. Furthermore, animatronics such as the flying broom sticks were available to see along with how they were green screened to make them look like they were flying just like in the film.

Some of the recent additions to the studio tour was the inside of Privet Drive, Harry Potter's first house. Inside, various scenes from the movies had been recreated such as the letters from Hogwarts flying everywhere. In addition, the Hogwarts Express and platform 9 $\frac{3}{4}$ were new to the studio. This set included being able to walk through the train, with each carriage compartment set up from different films the train was featured in. The shop on platform 9 $\frac{3}{4}$ also sold the classic peppermint toads featured in the film. However in the coming months, the studio tour will also open up the inside of Gringots Bank to the public.

Harry Potter studios is also one of the few places on the planet where Butter Beer and Butter Beer ice cream is available for purchase, albeit, a bit overpriced!

Throughout the day everyone was well behaved and had a great time, setting a good example for our school.



We are stronger together

WE is a movement that believes when we come together we can create an even better world. WE makes it easy for you to get involved—whether at home, school or work—by offering resources to help you create positive social change in your community and around the world.

“Not so long ago I had the privilege of going to WE day. My peers and I all attend Interact, a club where we support a variety of charities and help enrich our community. We regularly volunteer, and as a result, we were fortunate enough to be granted tickets by the organization.

The event took place in Wembley Arena where many figures took to the stage to inspire all in the area.

There were many famous faces, such as: The Duke and Duchess of Sussex; Naomi Campbell (world-renowned model, actress and activist; Nicole Scherzinger (Grammy-nominated singer); Iskra Lawrence (Model + Self Care and Mental Health Activist); Natalia Vodianova (Supermodel, Philanthropist and Angel Investor); Nikki Christou (Creator of Nikki Lilly on YouTube and inspirational speaker); Craig and Mark Keilburger; and many, many more...

It was overwhelming, so many positive messages and inspirational speeches, it was an uplifting experience! We were constantly told how WE were the future, and only we could change the world for the better, and it is true, from picking up your own litter, to others on the school playground – every little action has a consequence. WE are the future and soon we will be in charge, so my question to you is: What are YOU going to do to make a difference?”

By Ella Harris



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.

Correction:

Last Newsletter I was talking about our wonderful Student Wellbeing Team and said they had received training with Vicky Williams, it should have said: **Vicky Ripley from Eastbourne Wellbeing**. Vicky Williams also works with our young people running our 'Ratton Girls Can' group. So thanks to both Vicky Ripley and Vicky Williams for their excellent work.

In this edition of the Newsletter I would like to share some practical advice I found on the Young Minds website about self esteem. It links directly to ideas I have shared before but encourages us to think about wellbeing habits and self esteem.

'Self-esteem is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives.

It can be caused by a number of things - comparing yourself to your friends, problems with family or at school or your health. Sometimes it passes on its own or you can take steps to help yourself feel better.

If you tackle low self-esteem early can help prevent depression or anxiety developing.

Step 1: Understand why you focus on negatives

What negative things do you think about yourself? When did you start thinking these things? What happened to make you think this way?

Step 2: Challenge the negative feelings

Ask yourself, if there is there another way of looking at things? What advice would you give to a friend who was having similar negative feelings? Remind yourself about things have happened which prove these negative thoughts aren't true. Include things that have happened that prove they aren't true. Maybe the thing that caused those feelings has stopped. Try writing down a list of these things to keep and bring out next time you feel low.

Step 3: Focus on the positive

Write down your best feature, the last time you received a compliment, the last time you did something for someone that made you feel good. These might seem like small things, but it is important to recognise all the good things about you, and the reasons why people appreciate you for being who you are.

Step 4: Find the right people

How do the people around you make you feel? Spend more time with the ones who make you feel good, and less with the ones who don't make you feel confident about yourself, or spend a lot of time criticizing others.

Step 5: Get Active

Think about doing something you enjoy – or trying something new. If you already have a hobby, do it more often. But remember, you don't have to keep plugging away at a hobby you don't enjoy, just because you think you have to.

Step 6: Set yourself some goals

Choose something you know you can already do and challenge yourself - but keep your goals realistic. Achievements can give you a positive feeling and remind you just how much you are capable of.'

For more expert help and advice visit: <https://youngminds.org.uk/>

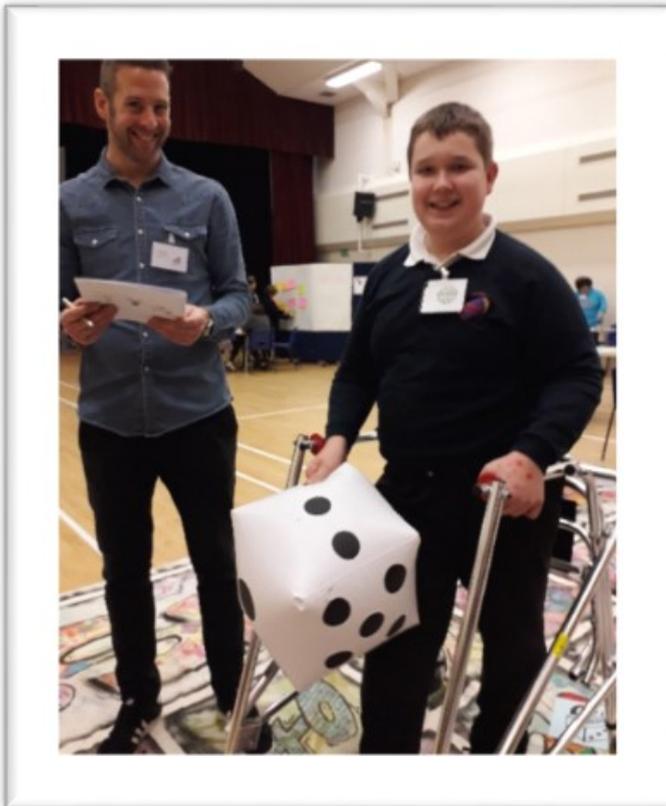
All Well Wishes, Ms.Bryden



As part of an incentive to improve students' vocabulary, we have introduced a word of the week. There are posters displayed in every tutor room, as well as on the plasma screens, and students are rewarded for using any of the words in their verbal or written responses.

Last week the word was **Yearn** and this week it is **Xenophobe**

Ratton students help to shape future SEND strategy at the 'Speak Up, Speak Out' ISEND Conference



On Thursday 21st March 2019, 4 Ratton students with special educational needs attended a countywide inter-active conference to give their views and experiences on a range of themes to support the development of SEND strategy: inclusion, transition, advice and information and participation in the wider community.

The students took part in various workshops including youth voice jenga, my dream appointment, planning your future, build a perfect school and the future tree. All the workshops were designed to facilitate students to give their views and share their experiences. County council members, health service professionals and external support agencies such as CLASS (Communication, Language and Autism Support Service), YES (Youth Employability Service) and AMAZE (Disabilities and inclusion charity) were all present to listen to the views.

The opinions that our students shared during the different workshops were relevant and honest. The 4 Ratton students that participated in the event showed great resilience and it was a pleasure to support them in this important conference.

Mrs Veale – Assistant SENCO

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.

Brilliant value and good fun!



WELL DONE HARPER!

Congratulations to Harper Winslet who competed on 2nd March in Cannock representing Ratton in the British Schools Gymnastics National finals competition. Harper put in a fantastic performance in her first routine and received the highest form scores of the whole competition. Well done Harper for your fantastic efforts and hard work representing Ratton School!

Congratulations to the schools Trampoline and Gymnastics team who competed in a local competition recently! All students performed excellently and represented the school to the highest standard. There were a couple of individual performances who were able to place in the top 3 positions for different categories and as a team they were placed 3rd overall—only 0.3 points between 3rd and 2nd place! Well done to all, a huge success for everyone who competed! Everyone is extremely proud of you all!



Tony's Tackle
Anglers Den

ANDERIDA
Beach Fishing Club



The "Eastbourne Nomads Angling Club", "Anglers Den", "Tony's Tackle", "A.T. Tackle", "Anderida Club", "Eastbourne Angling Association" & the Eastbourne "R.N.L.I."

Present the 8th

FISH 4 KIDZ

A CHANCE FOR CHILDREN AGED 5 TO 16 YEARS TO EXPERIENCE THE JOYS OF BEACH FISHING



FREE ENTRY

SUNDAY APRIL 28th 2019

CATCH & RELEASE

FROM 12noon UNTIL 2:30pm

ROVEX

IRONXPRO

BOOK-IN IS IN THE EASTBOURNE ANGLING ASSOCIATION at 10:30am

PRESENTATION AT EASTBOURNE ANGLING ASSOCIATION FROM 3.45pm

BAIT & RIGS SUPPLIED AS REQUIRED

5 years to 9 years
3 AGE CATEGORIES.....10 years to 12 years
13 years to 16 years

(ALL children MUST be accompanied by a responsible adult; an adult may accompany more than 1 child)

MAXIMUM 80 ENTRIES (first come, first served)

SPONSORED PRIZES

ENTRY BY PRIOR ARRANGEMENT ONLY

ALL ENTRANTS MUST BE REGISTERED BY SUNDAY APRIL 21st 2019

ENTRY FORMS ARE AVAILABLE AT..... ANGLERS DEN
(Parent or guardian must call in person and sign the form) (01323) 460441

TONY'S TACKLE
(01323) 731388



Lifeboats

Stay Safe on and around Water.

ANY ENQUIRIES TO ANGLERS DEN (01323) 460441
OR EMAIL STEVE FROST @ nomadsec@hotmail.co.uk



HAMPDEN PARK TENNIS CLUB

EASTER HOLIDAY JUNIOR TENNIS COACHING COURSE

Mon 8th April—Wed 10th April

10.00am—12.00 noon each day

Any age from 5-18 years

COST: members £30 each, non-members £36 each

To book, call Club Coach Jenny Hughes

