

Dear Parents/Carers and Friends of Ratton School,

I hope this latest edition of the newsletter finds you well.

We are almost at the end of term 5 and I can't believe where the time has gone since Easter! A major staging post of the academic year, and rite of passage for our young people is soon upon us, as Year 11 students will be leaving us next Friday 28th May. This is a little earlier than usual due to the cancellation of GCSEs this year. We have a range of activities planned for next week for our senior students which we hope will give them the send-off they so richly deserve. As this is the last newsletter before our Year 11 students leave, I'd like to wish them all good luck for the future, and we'll look forward to seeing them again in the summer when they pick up their GCSE results. Thanks also to all Year 11 parents and carers for the support you have given us over the last 5 years. The students have been a fantastic year group, and I know I speak on behalf of all of our staff when I say they will be missed greatly.

The wheel turns, and our current Year 10 will become the senior students at school. We will be working closely with this year group over the coming weeks to prepare them for the final year of secondary school and ensure that after all the disruption that students have suffered over the last 15 months they are as well prepared as possible for the year ahead and their potential post-16 choices.

Not to forget our younger students, I've also spent time visiting lessons in Years 7, 8 and 9 over the last weeks. I've been impressed with the effort, teamwork and creativity shown – some of our key Ratton virtues.

IMPORTANT DIARY DATES

Wednesday 26th May
Y11 vs Staff Sports Event

Thursday 27th May
Y11 Love Life Day

Friday 28th May
Y11 Valediction

Mid-term break
31st May - 4th June

Monday 21st June
KS3 Sports Day (TBC)

Friday 2nd July
Y11 Prom (TBC)

INSETS 2020-21

Friday 23rd July
Early closure at 12.20pm

I'm excited by the prospect of term 6. The school calendar is shaping up to look busy. I say busy, but really what we are seeing is a welcome return to some relative normality and the opportunity to provide a range of extra-curricular clubs, sports and trips culminating in our planned enrichment week to complete the term. Things are starting to look like they were pre-March 2020 again, and that can only be a good thing in offering our students a wide and rich experience at school, over and above the academic. Again, this is dependent on the Covid situation developing positively. We are anticipating that the current control measures will stay in place until the end of this academic year, but as a leadership team we are also planning for what we may retain in organising the school day that we feel has worked well during this Covid period and had a positive impact on learning and school ethos. We'll share more of this with you in term 6.

In the meantime, I hope you and your families remain well, and I hope you enjoy this edition of the newsletter.

Best wishes,

Mr Peevers, Head of School

Please find attached the latest Parenting Support Guide for June/July

To book places please email info@openforparents.org.uk

Incredible Year 7's

Two of our amazing Year 7's have recently done the most amazing act of charity work...

Hayley Chappell and **Caspian Beecham** have both had drastic haircuts to raise money for the Little Princess Trust and have donated their locks to be made into wigs for children who have lost their hair due to cancer treatment or other medical conditions.



We are so proud of them and for the incredible amount of money they raised. Well done!



Little Princess Trust

A charity to provide real hair wigs for children suffering hair loss

CAREERS

BRIGHTON AND SUSSEX MEDICAL SCHOOL – WIDENING PARTICIPATION TO MEDICINE

Years 9-11 BrightMed

BrightMed identifies and supports young people from across Sussex who have the potential to become tomorrow's doctors. The programme will increase awareness of what it takes to study medicine and healthcare subjects through fun, inspiring and interactive teaching focused on medicine, healthcare and science. Applications are open for students who are currently in Years 8, 9, 10 and 11. More details of the programme and the application form can be found on the BrightMed website: <https://www.bsms.ac.uk/about/info-for-schools-teachers-parents/widening-participation-to-medicine.aspx>



****Please note that to be considered for the programme, students must meet the all of the relevant criteria. The criteria 1 and 2 are outlined on the BrightMed website under 'How to apply to BrightMed'.****

Word of the Week WOW!



se concentrer



concentrarse



sich konzentrieren



全神贯注 (quán shén guàn zhù)



To concentrate (verb)

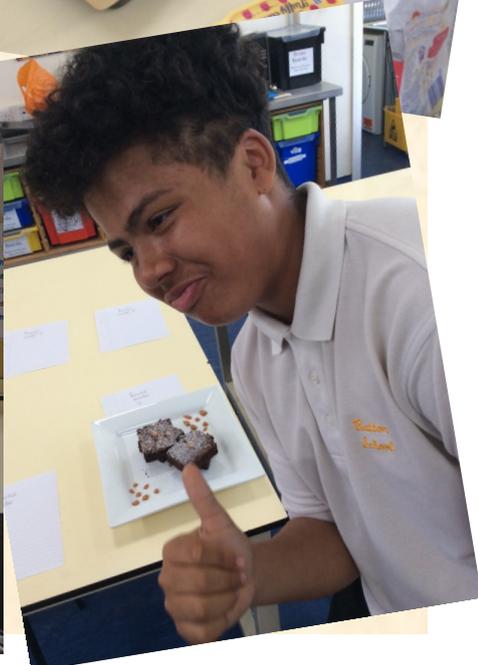


Tell your MFL teacher your sentences!



BAKE OFF – STAFF VERSUS YEAR 11 HOSPITALITY STUDENTS!

On Tuesday 18th May saw the schools first competitive bake off. A selection of staff and students were asked to produce a signature brownie within a time limit. There were some wonderful creations from both staff and students, but the winner was **Tyriece Whiteoak** who made some delicious salted caramel brownies. It was a great experience for all who took part.



Getting started with Sora



With Sora, you can get free ebooks and audiobooks from your school.

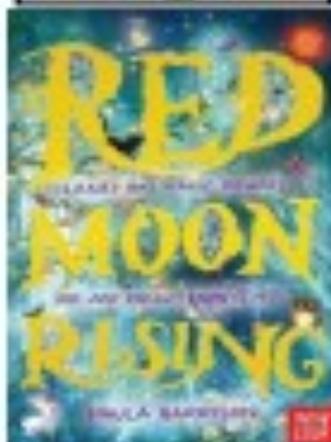
1. Install the Sora app from the Apple Store or Google Play Store, or go to soraapp.com
2. In Sora, find your school (or enter your school's set up code.) then sign in.
3. Browse the **Explore** tab and borrow a book. Your book will be open so, you can start reading right away.
4. Close the book and go to your **Shelf** to see all your books (including assignments). From there, you can:
 - Tap **Open Book** or **Open Audiobook** to read or listen to the book
 - Tap **Options** to renew or return the book, get to your notes and highlights and more.

Suggested Reads (based on SORA)

Science Fiction and Fantasy

Red Moon Rising Paula Harrison

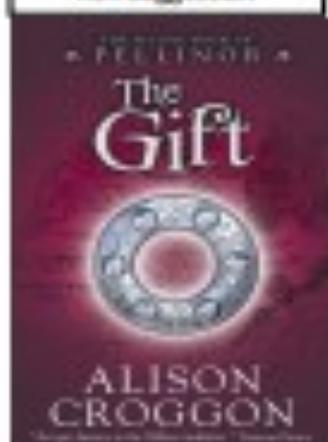
KS3 Suggestion



A world of dark powers and magic awaits in this dazzlingly - imagined, quest-driven epic from the author of *The Rescue Princesses*. From the moment Laney sees a blood-red moon, her life is changed forever. For Laney learns that she's a faerie, a member of the Mist Tribe, and she discovers this truth at a time of extreme danger. The faerie tribes are under threat from a dark power that wants to reign supreme. Laney will need all her new-found skills to hold the faerie world together.

The Gift Alison Croggon

KS4 Suggestion



Maerad is a slave in a desperate and unforgiving settlement, taken there as a child when her family is destroyed in war. She is unaware she she possesses a powerful Gift, a Gift that marks her as a member of the School of Pellinor. It is only when she is discovered by Cadvan, one of the great Bards of Lirigon, that her true heritage and extraordinary destiny unfolds. Now she and her teacher, Cadvan, must survive a punishing and uncertain journey

Through a time and place where the dark forces they battle with stem from the deepest recesses of other-worldly terror

Many congratulations to our students who have earned the highest number of achievement points from 3rd May - 14th May

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Amelia Cogger	Taea Trott	Megan McNamara	Izzy Daw	Poppy Wright
Marianna Forte	Isobel Sommers	Angelina Liagridonis-Dix	Molly Edwards	Jessica Long
Poppy Robinson	Larissa Starkey	Jessica Da Silva	Ebony Karasani-Jones	Megan Andrews
Carmen Tarukwasha	Niamh Read-Riseley	Brianna Mumford	Jessica Osborne	Olivia Cooper
Emilia Langford	Zuzanna Skoczylas	Chloe Smith	Annalie Brown	Abbey McKechan
Katy Brown	Ieuan Opie	Olivia Ogden	Oscar McKenzie	Rebecca Chisnell
Lucy Percy	Theo Trott	Xin Yi Chen	William Mulvenney	Summer Young
Iwan Cheung	Lukas Anta Fernandez	Joe Steedman	Jakub Diffenbach	Alex Hover
Ethan Smith	Daniel Whitmore	Lee Do Rosario	Alfie Taylor	Sebastian Chumbley
Jake Green	Luke Bennett	Alexander Nachon-Harris	Ben Sykes	Morgan Lindsay
Ted Warner	Max Seefried	Logan Richards	Boris Sankey	Tyreek Nengoma
Brandon Thompson		Leo Higgins	Cem Ali Cetin	Billy Smith
			Daniel Marley	Joe Whitmore
			Jake Gell	Meer Baram
				Mitko Veselov



WELLBEING MATTERS

Occasionally I encounter children at this school doing some odd things - deliberately throwing their own bag over the fence, eating some Pritt stick or putting cake in their pockets (all recent examples!). My response as an adult is to ask; 'Why would you do that?' and I always am greeted with the same reply - 'I don't know!' At first I was a bit exasperated with this as a response but over the years I have got to know the teenage brain quite well. During adolescence dopamine is free flowing in the brain and it creates that impulse driven behaviour. I found quite a good article on BBC Bitesize that can help us understand the teenage brain and is a good reminder that I need to be patient with them during these years - and that patience is good for all our wellbeing.

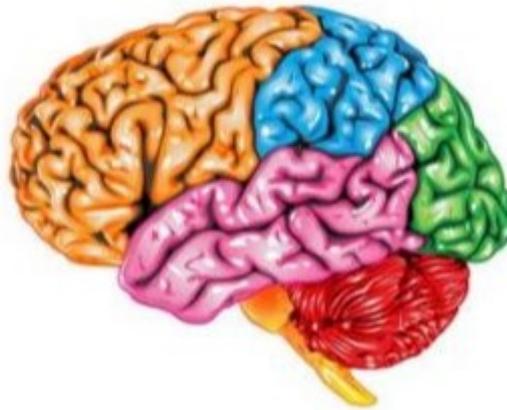
Adult Brain VS Teenage Brain

Our Frontal Lobe

- Judgement
- Decision making
- Reasoning
- Problem solving
- Impulse control
- Emotions and emotion control

Teenage Frontal Lobe

- Underdeveloped as the brain matures back to front
- Last the part of the brain to mature (at about 24 years of age; males and females differ)
- This occurs during a time they are trying to form their own identity



The article follows below... (Credit: Natasha Devon)

Natasha: Scientists have discovered that your brain keeps developing well into your early twenties. When you're a teenager, so much is changing that it can be a weird, exciting and sometimes scary time. Understanding the basic science of the brain can really help you cope. So what's going on up there?

Like a bicycle, your brain is made up of different parts all coming together to make the whole thing work.

It has two halves called the left and right hemispheres and in the biggest part, four lobes. Each lobe is responsible for processing different kinds of sensory information coming in from the outside world, so that we can function. Deep inside each hemisphere is an almond-shaped structure called the amygdala.

Together with the lobes, the amygdalae are involved in experiencing emotions, They send chemical messengers called neurotransmitters all over our bodies in response to evidence of threat or reward in our environment, so that we react to either avoid the threat, or receive the reward. When we're teenagers, we have high levels of a neurotransmitter called dopamine. Dopamine motivates us to do things, to feel interested in life, to seek out new experiences. Without it, we wouldn't get very far, but the natural spike in your teens means that the intensity of emotions you feel is higher than when you're an adult and this can lead you to risky and impulsive behaviour.

Back to the lobes, in the teenage brain, the frontal lobe, which is responsible for problem solving, judgement and impulse control, isn't fully developed, so because you're dealing with heightened emotions before you've developed ways of putting the brakes on, you may sometimes be feeling a little out of control...

... but the teenage brain is also unique and brilliant because it's open minded and flexible. It's also gaining new powers of organising and prioritising, so it's a time in your life you can experiment and evolve. If you do feel anxious, know that to a certain extent it's perfectly normal, and there's lots of support available.

Ms Bryden

FLOUR BABIES

This week we have welcomed some new additions to our school!



The Year 11 Child Development students have made their own 'flour babies' to mark the end of their child development course. The students have been learning about baby routines, feeding, changing and developing appropriate activities to stimulate the physical, intellectual and social development of their 'children'. They have had to take their babies to lessons or organise child care – thank you to the very willing and supportive 'grandparents' at home who have equally got involved in this fun learning project. Thank you too to Mr Morris and Mr K who have done their fair share of babysitting!



RATTON SPORTS LEADERS

It has been fantastic to see the 75 Sports Leaders from year 7,8 & 9 attending training on a regular basis over the past few months and how much they have improved as leaders!

Now they have opportunities at last to put their leadership skills to the test!

The training has focussed on developing their awareness of:

1. How to communicate effectively as a leader.
2. How to efficiently organise and set up both students and equipment.
3. Creating and adapting challenges to support different skills being led.
4. What it means to be a good role model.
5. How to work more effectively as a team.

The two events which the leaders will be supporting and leading over the next two months are:

Year 7 inter-form Summer Skills Competition - Each year 7 tutor group will be shortly selecting a team of 6 to represent them in this event. Year 9 & 8 leaders will be leading & supporting these two events.

Year 6 Primary Sports taster events - Yr7,8 &9 leaders will be supporting these events.

I have been very impressed with the leaders' commitment to the programme and the energy and enthusiasm they have brought to the sessions. I am hopeful more opportunities will be available in the future as the Covid restrictions are lifted. I look forward to welcoming more budding sports leaders next year!

A record of up-coming training sessions are set out below:

Year	1 st session	2 nd session	3 rd session	4 th session	5 th Session
7	Thur 17 th June Training 3-4pm	Mon 28 th June Training 3-4pm	Wed 7 th July Primary Sports event lesson 4		
8	Thur 27 th May Training 3-4pm	Thur 24 th June Training 3-4pm	Thur 1 st July Training 3-4pm	Mon 5 th July Yr 7 Tournament (3-4.30)	Thur 8 th July Primary Sports event lesson 5
9	Thu 20 th May Training 3-4pm	Thu 10 th June Training 3-4pm	Monday 14 th June Yr 7 Tournament (3-4.30)	Friday 9 th July Primary Sports event lesson 5	

Mrs Upton



EASTBOURNE NETBALL CLUB

May Half Term

Junior Netball Camps & Workshops

Hampden Park Sports Centre, Brodrick Road, Eastbourne (Outdoor Courts)

Camps – Year 3 to Year 10

Netball skills, fun games & match play

Tuesday 1st June – 9.30am to 12.30pm £20.00 pp*

Thursday 3rd June – 9.30am to 12.30pm £20.00 pp*

*sibling discounts available

Tactical Workshop – Year 7 to Year 11

For players looking to develop their tactical play, match scenario & set play workshop led by Samantha Kennerson

Tuesday 1st June – 1pm to 2.30pm £15.00 pp*

Thursday 3rd June – 1pm to 2.30pm £15.00 pp*

Small Group Session

Understanding Umpiring – Year 7 to Year 11

For player improvement and potential umpires, an interactive, out on court workshop led by Sue Ivemy

Tuesday 1st June – 3pm to 5pm £15.00 pp*

Thursday 3rd June – 3pm to 5pm £15.00 pp*

Small Group Session

To comply with CoVid and England Netball guidelines, our programme will be outside.

Toilet facilities available.

All courses are led by qualified Level 2 Coaches and experienced umpire mentor, Sue Ivemy.

To book your place.....

Request a booking form, email:

eastbournejuniornetballclub@gmail.com

For us to deliver the best experience and manage our player/coach ratio, the number of spaces are limited on each session and booking will have to be based on 'first come first served'.



UNDER 15 SQUAD GIRLS WANTED

IF YOU ARE GOING INTO
YEAR 10 OR YEAR 11
IN SEPTEMBER 2021 AND WOULD
LIKE TO PLAY FOOTBALL,
THEN PLEASE COME ALONG TO OUR
FUN, FRIENDLY, STRUCTURED
TASTER SESSIONS LED BY OUR
FA QUALIFIED COACHES.

VENUE:
THE MAURICE THORNTON PLAYING FIELDS
HAILSHAM, BN27 2JZ

EVERY TUESDAY AND THURSDAY
6:30 PM - 8:00PM

MORE INFO EMAIL
INFO@HAILSHAMUNITEDJFC.CO.UK



RESPECT



**CHARTER STANDARD
COMMUNITY CLUB**

Please note that some of the info in this newsletter may have been included from other organisations. In including the info this does not mean that Ratton School is endorsing them in any way.

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