

IMPORTANT DIARY DATES

Monday 2nd December
Early closure at 1.40pm

Friday 6th December
Christmas Dance Evening

Wednesday 11th December
Y11 Parents/Carers Evening

Friday 13th December
Jeans for Genes/Xmas Jumper Day
Christmas Dinner
Christmas Fayre 3.20-4.45pm

Tuesday 17th December
Christmas Concert 7.00pm

Friday 20th December
Last day of term—early closure
at 1.40pm

23rd December—3rd January
Christmas Holidays

Monday 6th January 2020
First day of Term 3



CLOSURE DAYS FOR REST OF 2019-20

Monday 13th January
Early closure at 1.40pm

Monday 9th March
Early closure at 1.40pm

Friday 26th June
Inset day—school closed to students

Dear Parents, Carers and Friends of Ratton School,

As we start to move into the festive period we are as busy as ever at Ratton School. As you can see from the important diary dates, we are holding a range of seasonal events, including a Christmas Dance Evening and our Christmas Concert in the final week of term. It would be great to see as many of you as possible attending to celebrate one of the key strengths of our school; the performing arts. The students who are preparing for these events have put in a lot of work around our virtues of teamwork, effort and creativity in particular and they are looking forward to sharing this with a big audience.

In the last week two trips have ventured out to climes near and far. A group of Year 9 students visited the University of Sussex to find out more about what university may offer in terms of a pathway in future life as part of the First Generation Making Choices Scheme. We had some fantastic feedback, with the University telling us that our students were in the top 10% in terms of behaviour and engagement during the visit. A credit to themselves and the school. Also, students and staff visited Aachen in Germany for a Christmas market over the weekend, and renewed ties with German students who had visited and spent time at Ratton earlier in the academic year. Again, students were impeccably behaved and took advantage of this excellent opportunity to practise their German and get into the festive spirit.

We are reminding students at present that they need to fill up water bottles before and after lessons, and not to ask to leave class during lessons. Teachers are saying no to these requests as we need students to take responsibility and maximise their learning time in class, rather than in the corridor. I hope you can support us in this insistence. It has been proved that attendance at school is linked to good GCSE results, but that also means that when students are with us they need to be in lessons every one of the 60 minutes learning time.

Finally, it was good to see so many parents and carers supporting the learning of Year 9 students last week at the parents and carers evening. There were some great conversations happening around progress and all teachers that I spoke with after the event said what a great evening it had been because of the positive conversations they had had with young people and their families. They really felt a sense of working together and momentum, which is crucial for educational success. We are looking forward to a repeat experience at next week's Year 11 Parents/Carers evening on Wednesday 11th December, a change to the previously published date due to the General Election taking place on the 12th December.

Best wishes,
Mr Peevers, Head of School

PHYSICS FUN!!!!

Two groups of Year 10 and 11 students have had a taste of higher academia during recent Physics trips to the University of Sussex.

On two Thursday nights in October and November, 15 Year 11 students (pictured in jocular mood at the second event) attended public lectures in the Sussex Universe series. These talks are delivered by academics and aimed at undergraduates, so the content was challenging but nevertheless fascinating; the first was a discussion of the workings and potential uses of quantum computers, whilst the second was an elucidation of how astronomy can be applied to such unexpected uses as diagnosing brain illnesses and forecasting droughts!



On Tuesday 12th November, a group of Year 10 students, meanwhile, experienced an Institute of Physics public lecture by Professor Joanna Haigh of Imperial College London, on the subject of Climate Change. This talk strongly conveyed the credibility and gravity of the threat to our environmental and economic wellbeing, and it certainly fired up the students, some of whom stayed behind to grill the excellent speaker (pictured).

Further such events are planned throughout the winter season – watch this space!

OCKLYNGE CHRISTMAS FAIR



On Friday 6th December it is the Ocklynge School Christmas Fair. If you are able to offer any donations of toys, books, puzzles, teddy bears, chocolates and sweets they would be gratefully received.

Please leave any donations at Ratton reception by 3rd December.

Thank you.

WELCOME NEW JOINT PRESIDENTS!

RATTON Interactors hosted a breakfast with their sponsor club, Eastbourne AM Rotary.

Interact is, in effect, a young version of Rotary, and AM has sponsored the club at Ratton for more than 10 years. The two work together to raise funds for charities as well as providing practical support for others. For example, they assisted at Breakaway 2019, when AM organises a weekend break for disabled people and their families and carers. The two also come together for social events.

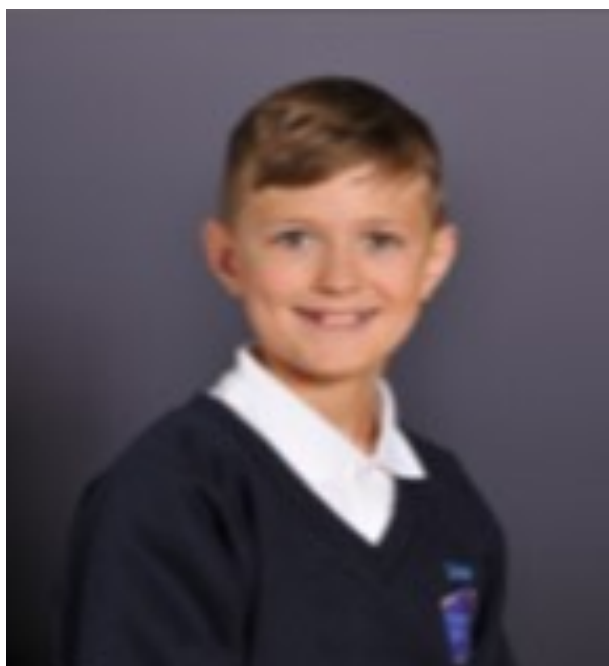
Mayor Steve Wallis was at the breakfast and Rotarian Chris Purcell praised the work of the Ratton students and said they set a fine example to others.

Outgoing presidents Ella Harris and Rose Norris congratulated **Lily Vater** and **Emily Burke** as the new joint Presidents of Interact.

If you want to become an Interactor or just find out more, contact Miss Jensen.



WELCOME TO THE YOUTH CABINET JEM!



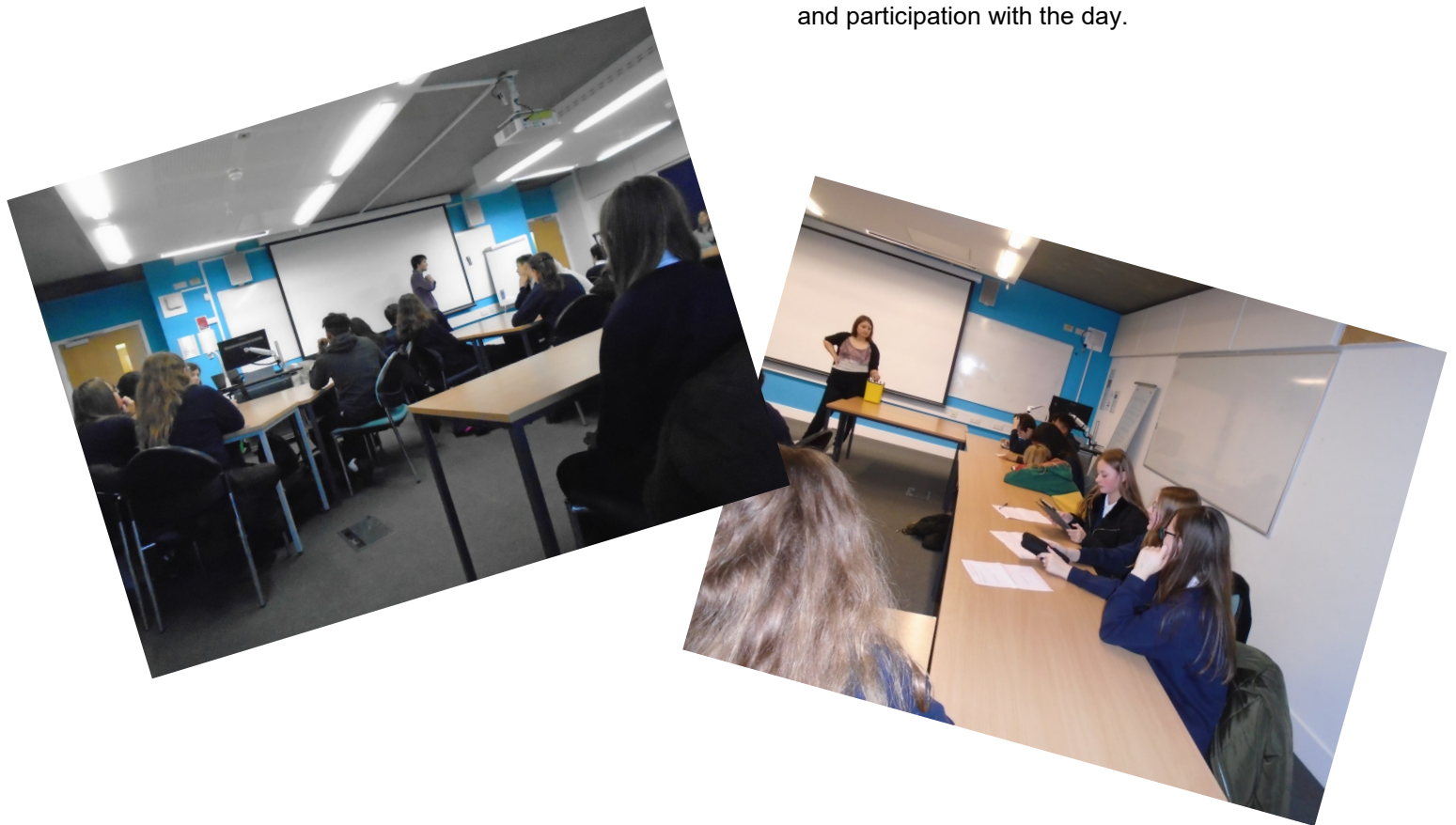
In our recent elections, Jem Wilson was elected to represent our school on the East Sussex Youth Cabinet.

He is interested in environmental issues and what we can do to support local charities. Jem was ecstatic when he received the good news.



It's a problem-free Philosophy!

Our Year 9 First Generation Scholars' Scheme students visited the University of Sussex for their first academic day of the Making Choices programme. The academic session was Philosophy and our students had an excellent introduction to this subject. They learnt that Philosophy is the study of 'everything'. Students considered deep and meaningful questions such as 'is it right that there is no good and evil?' 'is it right to kill the student ambassador if it will save 100 lives in the future?' We considered how a philosopher would answer these by trying to apply logical answers to moral questions. We enjoyed watching film clips from Harry Potter and the Philosopher's Stone and Batman 'The Joker's Social Dilemma' and discussing the social and moral dilemmas in our groups. Our students had some excellent debates around the topics of Ethics and Logic. We then learnt about Metaphysics – the study of reality – do we really exist? What is our purpose? 'Is there a parallel universe?' Finally our lecturer talked to us how University studies are more independent and focussed than school and college and what are the potential job choices for a student with a Philosophy degree. These included graduate schemes with British Airways, MI5 and also teaching, writing and publishing. Our students really enjoyed their Philosophy academic sessions and our lecturer was very impressed by their engagement and participation with the day.



WORD OF THE WEEK

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.

This week the word was **Ultimatum** and next week it is **Versatile**

Many congratulations to our students who have earned the highest number of achievement points from 15th November — 28th November

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Freya Wood	Nicola Gucev	Jessica Osborne	Frida Henze-Jones	Luana Torres
Alice Glen-Barron	Amelia Einarsdottir	Krishna Hughes-Shellam	Hannah Dent	Abbie Lewis-Clarke
Anabel Murphy	Leah Jones	Emily Ludlam	Lara Vaney	Olivia Prentice
Jessica Baker	Sophia Moule	Lili Francis	Amelia Burton	Izzy Widdows
Grace Linzey	Elise Hewlett	Olivia Brunt	Ella Harris	Emily Hayward
Davison Kingshott	Faith Blackman	Rebekah Whitby	Lewis King	Wesley Greenley
Max Seefried	Leo Romanis	William Mulvenney	Harry Hacker	Thomas Tyrwhitt-Walker
Django Swanmens	Daniel Bainbridge	Sonny Pitcher	Dylan Green	Tom Lester
Billy Graves	Jackson Bowles	Harvey Crowther	Oliver Goodchild	Harry Ermidis
Ieuan Opie	Tom Elliott	Thomas Hammett	Cameron Jones	Harry Robinson
James Stott	Freddie Brown	Andrew Zambrano Goncalves	Gorazd Stojanovski	
Kyle Pink	Valentin Veselov	Jakub Diffenbach	Sebastian Chumbley	



QUESTION TIME WITH STEPHEN LLOYD MP

On Monday the 18th of November, Stephen Lloyd took some time from his busy schedule to speak to our students. He spoke to a group of 11- 16 year olds and told them about the part that democracy has to play. He then invited them to ask him questions.

Ratton students were astute and mature as they voiced their concerns such as pacts being made with other parties and the impact that will have on the upcoming elections as well as the issues about the NHS locally and nationally. Billy Smith was keen to hear Stephen's views on proportional representation. Stephen explained the way it works and some of the risks associated with it, which gave the students something to think about further.



Rose Norris pushed him on his plans to make Eastbourne greener with regards to our carbon emissions. In his response, he encouraged young people to spread the word and to get other young people in the town to get involved and "build momentum" on this very important issue.

Ella Harris asked him about what he proposed to do to ensure helping our struggling schools and where is the funding coming from? Stephen reiterated that for him this is a high priority. He pledged to continue to put constant pressure on whoever is leading and whoever has influence. He explained that he considers it to be a high priority and promised to keep up the debate wherever he can.

The group enjoyed some light refreshments after their discussion and a great time was had by all.

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.

One thing that people who have experienced a mental health issue often realise is that before their issue started to impact of their everyday life, there were thought patterns or habits that were very negative. In medicine of all kinds we know that prevention is better than cure so I wanted to share some ideas about the importance of self-esteem to our emotional health and wellbeing.

Self-esteem is our sense of self and how we feel about ourselves. A person with good self-esteem recognises their own strengths and weakness. They realised that they can make progress and make mistakes. They know that they are a worthwhile person.

Sometimes we might go thorough a period in our life when we doubt ourselves, or feel that we are not good enough. The Young Minds website says this about low self-esteem: *"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."*

For our teenagers this can be difficult to manage because of how their brains are growing and changing. The teenage brain is far more sensitive to comparisons with other people than the adult brain. This why they often 'cringe' at any show of emotion or get embarrassed easily. This is also why they may become negative if their perception is that they are somehow not as 'good' as their peers. This might be in terms of looks, height, academic ability, sporting achievements- absolutely anything really. So if we notice them being very down on their own abilities or exhibiting signs of low self-esteem there are a few counselling strategies to use and maybe ward off more serious issues down the road.

From the Young Minds website:



Step 1: 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 that 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 2: 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 3: 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.

Ms G Bryden

BRITISH SCHOOLS GYMNASTICS ASSOCIATION

On Sunday 24th November 22 Ratton students from years 7-11 went up to Gillingham to compete in the regional BSGA Trampoline competition. It was a very successful day all round with everyone able to show off their trampoline routines they had been training for over the last few weeks. The students competed against other schools from all over the South East so there was a high level of competition. Each and every one of them were amazing throughout the day when on and off the trampoline. Parents and other teachers were complimentary about how incredible they were as a team and on how beautiful their performances were. 9 students have not qualified through to the next round due to their results, meaning they will compete against all of the top performers in the South of England. A special shout out to Henri Compton for unfortunately injuring himself a few days before but still coming along to support his team and to help out on the day.

The results are as listed below:

U13M Novice

Zachary Shrubbs - 1st (Qualified to zonals)

Otis Bradley - 2nd(Qualified to zonals)

Jimmy Linzey - 4th (Qualified to zonals)

David Constancio - 5th (Qualified to zonals)

Charlie Henderson - 6th (Qualified to zonals)

Taylan Bleach - 7th (Qualified to zonals)



U13F Novice

Ellie Funnell - 3rd (Qualified to zonals) Ellie was only 0.2 marks away from 1st place!

Izzy Smith - 6th

Elissa Kovac - 8th

Rhiannon Sowdon - 12th

Gabriele Balsaityte - 14th

Myah Atkinson - 17th

Polly Bickers - 18th

Lilia Edwards - 20th

Mia Acosta - 21st

Abigail Line- 23rd



U15F Novice

Carly Smithson - 7th

Kiki Otto - 10th

Lily Hickman - 19th

U19F Novice

Beth Higgins - 2nd (Qualified to zonals)

U14F Elite

Harper Winslet - 1st (Qualified to zonals)



100% *Perfection*

98% *Impressive*

Equates to 4 school days off each year.

96% *Good*

Equates to 7 school days off each year.

95% *Nearly there*

Equates to 9 school days off each year.

94% *Coasting*

Needs to improve
Equates to 11 school days off each year.

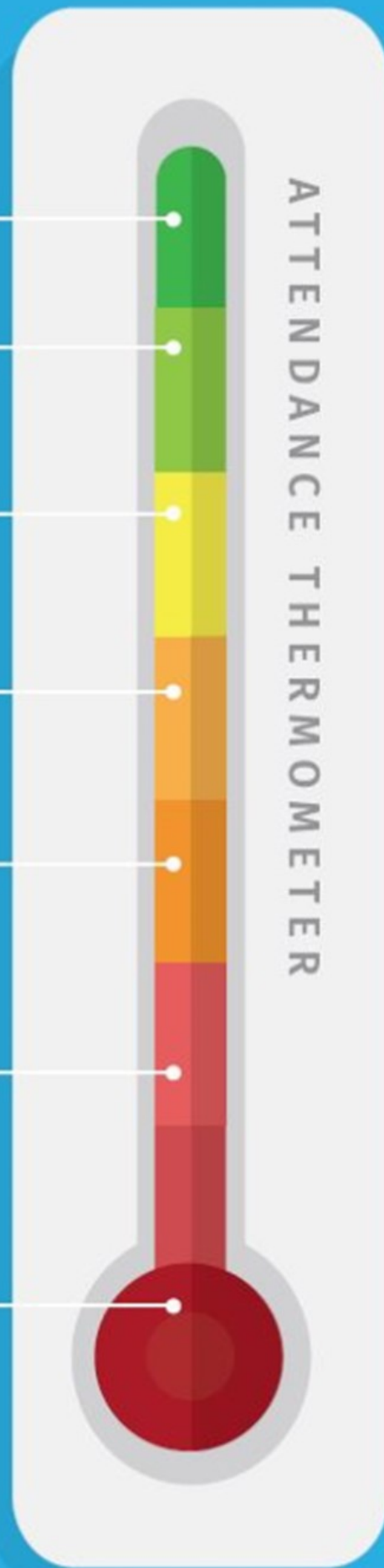
90% *Danger Zone*

Equates to 1 month off each year.

80% *Danger Zone*

Equates to 2 months off each year.

ATTENDANCE THERMOMETER



We always give special consideration to students with medical conditions

CHRISTMAS {countdown}



From Monday 2nd December we will be launching a three week 'Countdown to Christmas' which rewards attendance (we will give special consideration to students with medical conditions.)

In the first week (w/c 2nd December) there will be a draw for 100% attendance, in every tutor group and the winner will receive a Christmas prize.

At the end of the second week (w/c 10th December) any student who has two weeks of 100% attendance will receive a Christmas prize.

At the end of the third week (w/c 17th December) any student who has three weeks of 100% attendance will be eligible again and will go into the draw.



1st Prize £200 voucher towards a new bike or ipad

2nd Prize is 2 x £50 vouchers for 7ply or Jack Wills

3rd Prize is 2 x £25.00 vouchers for Cineworld or Nandos

LOCAL COLLEGE OPEN EVENTS 2019

East Sussex College LEWES	Thursday 5 th December	4.30pm – 7.30pm
East Sussex College - HASTINGS Station Plaza	Tuesday 10 th December	4.30pm – 7.30pm

Please see individual college/establishment websites for further details

Student Memberships



At The Sovereign Centre Eastbourne

Ages 12 years to 17 years—
(Off peak hours only)

£19 Per Month

- No Setup Costs
- Monthly Rolling Contract



Call 01323 744521 now to book
your
FREE TRIAL SESSION

Hang out with your mates whilst looking and feeling great as you Get Fit Together!

Proposed admission arrangements for 2021-22 admissions

The County Council is consulting on its proposed admission arrangements for 2021-22 admissions. A link to the consultation can be found [here](#).

This consultation outlines the proposed admissions arrangements for community and voluntary controlled schools from September 2021.

ESCC are not proposing any changes to the admissions criteria. Priory School, Lewes and Hailsham Community College's criteria mirror that of the local authority. They will consider any comments made through this consultation.

There is a proposal to increase the planned admission number at Willingdon Community School.

The proposed co-ordination schemes for admission to primary and secondary school is included.

ESCC are proposing two changes to community areas in the primary sector.

You can give your views online at <https://consultation.eastsussex.gov.uk/economy-transport-environment/have-your-say-on-school-admission-arrangements-for/consultation/intro/>