



Monday 23rd—Friday 27th October

Mid-term break

**Monday 30th October—
Friday 10th November**

Y11 Pre-Public Exams

Thursday 2nd November

'Succeeding in Year 10' at 5.15pm

Huge thanks to everyone at the RAFA Club who raised £135.50 for our sensory garden project at last Friday's Race Night!

Fantastic!

Words of Wellbeing

As we come to the end of Term 1, it is amazing how much our students and staff have achieved in the last 2 months. In the middle of our complex and busy lives, it is also important to reflect on our wellbeing. We are working hard on improving wellbeing in school and are pursuing the 'Wellbeing Award for Schools'. If you look in this edition of the newsletter, you will see the start of a regular column on simple wellbeing activities 'Words of Wellbeing' that we can all try.

Year 11 have been very busy preparing for their PPE's (GCSE practice) exams starting straight after the mid-term break. I have been very impressed with the way they have approached developing their revision skills and I am certain they will be successful and gain confidence from the experience.

Over the course of the last two weeks we have had hundreds of visitors attend our Open Mornings to walk around the school and see it operating as normal. Our visitors have been very complimentary about our students and our school and I would like to thank everybody involved.

Please have an enjoyable and relaxing mid-term break.

Mr Knox-Macaulay, Headteacher

Creative and Digital Showcase

Year 8 students took part in a series of events designed to raise young people's awareness about working in different sectors at Eastbourne College.

Our students got to meet textile artists, creative producers, artistic directors, filmmakers, digital media specialists, photographers and an art gallery owner.



CELEBRATING SUCCESS!

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

Week ended 6th October

Danielle Mapp, Aimee McIntyre, Matilda Ranger, Dale Upton, Louis Nicholls, Dawid Kaczala, Lily Hickman, Summer Youldon-Hughes, Hannah Brook, Pedro Sousa, Daniel Zaman and Jordan Davenport

Week ended 13th October

Ella Harris, Natalie Plummer, Daniel Bradshaw, Jack Pearson, Charlotte Appleyard, Indya-Jayne Wardle, Rosie Clay, Charlotte Anderson, Leah Upton, Thomas Perry, Scott Peirce and Tiago Freitas

My first month at Ratton has been amazing. I feel I have settled into my classes well and the teachers are always supportive. (Y7 student)

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.

Spending Time in Nature

Before the colder weather forces us indoors, make the most of the beautiful East Sussex Countryside. Spending time in nature has been shown to boost the immune system, lower stress and raise energy levels. Get up on Butts Brow for an invigorating walk and a stunning view of our town. Or take a stroll though Friston Forest- the 'Butchers Trudge' is 1 mile and suitable for most fitness levels. The Japanese call walking in the woods Shinrin-yoku or Forest Bathing and have long studied the positive health effects.

If you can't make it up the Downs or out to Friston, even a stroll around some of our lovely parks or along the seafront helps you to appreciate the natural side of Eastbourne.

Information update: The Wellbeing Award for schools' is a new national award for schools that value the wellbeing of their students. This year Ratton will be pursuing this award. I will be sending out further information and a survey to all parents in the next term.

Gemma Bryden AHT for Character Education

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Step 2: Search for My Ed



Step 3: Download the app



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I love Science because you do very exciting things, like where you put jelly babies in a liquid and it flares up in different colours. (Y7 student)

My first month at Ratton has been epic because I've made tons of friends. (Y7 student)

RINCEOIRI RATTON NEWS

Big Charity Concert at the Hippodrome - 6th October

27 of our dancers performed at The Big Charity Concert last Friday, in aid of St. Wilfred's hospice.

They performed alongside Ashleigh and Sully and Classical Reflection from 'Britain's Got Talent' and the concert raised lots of money for charity. A huge well done to all involved!

Fusion Fighters Workshop

On Sunday 15th October world renowned Irish dance group, the Fusion Fighters will be coming to Ratton to lead a workshop with our Irish dancers as part of their #createnothate campaign. The choreographed routine will be professionally filmed and shared on the Fusion Fighters

social media platforms to their thousands of followers! Watch this space!

The Big Jig 2017

On Monday 23rd October Rinceoiri Ratton will be attempting a staggering 12 hours of non-stop Irish dance in aid of St. Wilfred's Hospice. Please help us raise a 'Crock o' gold' by sponsoring us on our JustGiving page <https://www.justgiving.com/fundraising/thebigjig>

The Mayor's Halloween Ball

On Saturday 28th October the Irish dancers have been invited to perform at the Mayor's Halloween Ball at the Winter Garden. Dressed as zombies, they will be performing an Irish version of Michael Jackson's 'Thriller'!





EUROPEAN DAY OF LANGUAGES

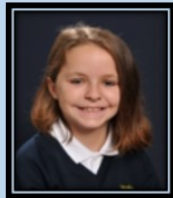
On Tuesday 26th September Year 7 students enjoyed a morning of activities as part of our European Day of Languages. Some students had a taster session of a new language, others enjoyed salsa dancing, cooking, making gazpacho, learning about European flags and Geography.

The aim of the day was to raise the awareness of European/International language and culture and it was a very successful day.

RATTON LIBRARIANS



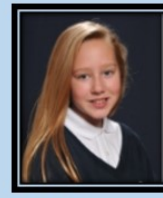
Hajiarah



Alana



Mollie



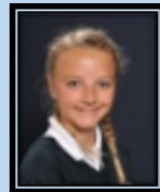
Amber



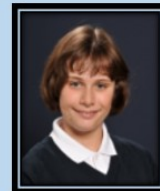
Ella



Georgia



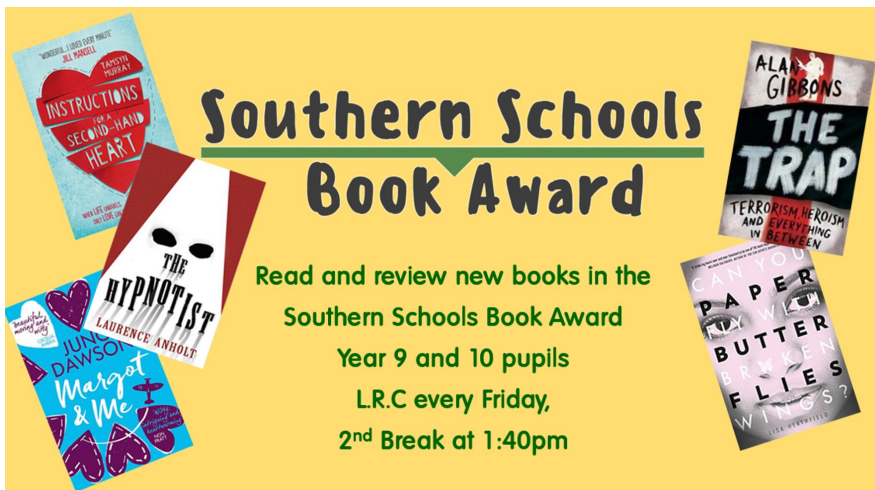
Tiarne



Danielle

These seven students have volunteered to be our new librarians for this academic year. This role involves helping with the smooth running of the LRC including making sure the LRC is tidy, books are on the shelves in the correct order, putting new books onto the system and loaning and returning of books.

All the students have a good knowledge of the LRC as they are keen readers and good ambassadors for the LRC.



Southern Schools Book Award

Read and review new books in the Southern Schools Book Award
Year 9 and 10 pupils
L.R.C every Friday,
2nd Break at 1:40pm

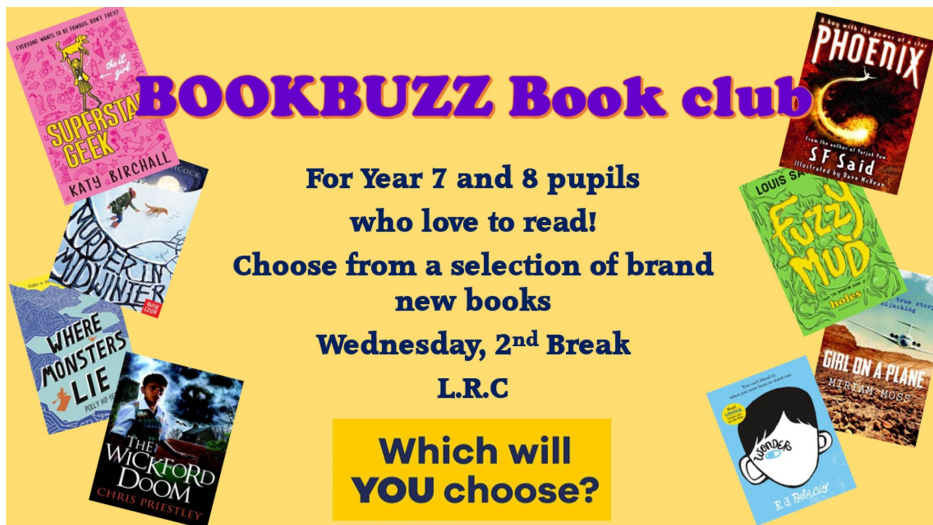
SPOOKY STORY COMPETITION

TO ENTER:

Write a spine-tingling, fantastically freaky, bone-chillingly, hair-raisingly scary story.

Prizes for the spookiest stories!

Stories should be no more than 1000 words. Hand your entries to Miss Stark in the LRC Office before 20th October.

BOOKBUZZ Book club

For Year 7 and 8 pupils who love to read!
Choose from a selection of brand new books
Wednesday, 2nd Break
L.R.C

Which will YOU choose?



**STARTING AFTER
HALF TERM!**
Every Thursday
2nd Break, 1:40pm in LRC
See Mr Potter for more information

EVERY THURSDAY

YEAR 7 FOOTBALL SQUAD

RATTON 6 - 5 PATCHAM (AET)



SCORERS: KELLY 3, WESTLAKE 2, SATCHWELL
THROUGH TO THE 2ND ROUND OF THE CUP!

SUSSEX SCHOOLS FOOTBALL SQUAD



UNDER 14S
CAPTAIN

UNDER 15S

SPORTS ROUNDUP AT RATTON

Year 11 Football



Ratton 5 - 2 Causeway

Barnard 2, Samways, Backler, Adams

YEAR 9 FOOTBALL

VS HAILSHAM



3-3

Scorers: Kyle & Max

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