



**PUT THIS
on YOUR
CALENDAR!**

**Monday 30th October—
Wednesday 8th November**
Y11 Pre-Public Exams

Wednesday 15th November
Year 11 Certificate Tea 3.45pm

Thursday 16th November
Eastbourne Youth Radio
(Ratton timeslot 8-9am)

MAKE EVERY DAY COUNT

I am pleased that our attendance rates have improved on last year and the school average attendance is currently close to 96%. We would like all students to achieve 100% attendance so they have an uninterrupted run of learning. As we move into the winter months, we know that coughs and colds affect us all. If that means that you are absent, then please don't forget to ask the question 'What did I miss while I was away?' or 'How can I catch up?'

School buildings aren't always very glamorous things to write about. But, as we have been able to win £1.3 million to spend on our roofs, boilers and windows it means that our tightly managed budget won't have to stretch to expensive repairs in the future.

Over the course of next week we will be remembering the World Wars and their impact on so many people and will be having a minute's silence at 11.00am on Friday 10th of November.

Year 11 have the first Parents/Carers Evening on Thursday 23rd of November and, as for all year groups, we are aiming for 100% attendance. We appreciate this is ambitious and families are busy, but we want to make sure that all students and parents/carers have the opportunity to hear feedback on their success and targets for improvement. It also provides the chance to discuss the outcomes of the first set of practice GCSE exams that are happening now.

Please enjoy this copy of the newsletter.

Mr Knox-Macaulay, Headteacher

LOOKING BLUER — GOING GREENER!

In 2015, we commissioned construction consultants Baily Garner LLP to undertake a condition survey of the School estate.

As a result of this survey, a bid was put into the Department of Education and Ratton School was awarded £1.3 million over the course of two years to improve the school infrastructure.

The first part of the building improvement works, a window and door replacement project and boiler upgrade works have been completed successfully.



Contractors will also be starting soon on a roof replacement project.

The building works have made significant improvements in both the appearance and energy efficiency of the building and have created an improved teaching and learning environment for our students and staff.

INTERACT BREAKFAST MEETING

Interact Club sponsored by Rotary Eastbourne AM came together for a special breakfast meeting with Stephen Lloyd MP on Friday morning when new Interact President Benny Norris took over from outgoing President Luke Drakeley.



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.

'An attitude for gratitude'



There have been several long term studies on the impact of being thankful for what we have. People who are able to reflect on the positive aspects on their life report increases in life satisfaction, better sleep, happier relationships and more energy.

There are many ways you can focus on gratitude; this website has lots of great exercises: <https://positivepsychologyprogram.com/gratitude-exercises/>

I like this one because you can do it with other people, so maybe you could try doing this exercise a family.

Gratitude Prompts - gratitude prompts are a great way to get started, continue your practice, or kick start a stalled gratitude practice. This is also a relatively simple exercise, with only one instruction: fill in the blank!

These prompts provide several ways to begin a gratitude statement, with infinite possibilities for completion. They cover multiple senses, colours, people, and things. The goal is to **identify** at least three things in each category that you are thankful for.

The prompts include:

- I'm grateful for three things I hear:
- I'm grateful for three things I see:
- I'm grateful for three things I smell:
- I'm grateful for these three animals/birds:
- I'm grateful for these three friends:
- I'm grateful for these three teachers:
- I'm grateful for these three family members:
- I'm grateful for these three things in my home:

You could do this as a written exercise, or just talk about it over dinner. Thank you for reading.

Gemma Bryden AHT for Character Education

Rinceoiri Ratton's BIG Jig for St Wilfrid's Hospice

On Monday 23rd October our Irish dancers endured a sponsored 12 hours of non stop Irish dance for charity! Dancing from 8am until 8pm was a huge undertaking, but the dancers kept a smile on their faces despite their burning legs! Starting out with an aim to raise £500 for St.Wilfred's, the dancers quickly smashed their initial target as they posted live videos on their Facebook page to raise awareness. As the countdown clock ticked away the donations kept rolling in, and they hit the

£1000 mark shortly before the 12 hours was up! The final amount raised was over £1200 in 12 hours. An incredible achievement for all involved.



Mayor's Halloween Ball

On Saturday 28th October the Irish dancers were invited to perform at the Mayor's charity Halloween ball at the Winter Garden. Dressed as zombies, the girls performed an Irish dance to Michael Jackson's 'Thriller' and received a standing ovation from the audience!

FOCUS ON... LITERACY AND COMMUNICATION

As part of a bespoke series of after-school interventions being offered during term 2 to targeted Key Stage 3 students, the Learning Support Department is running an eight-session programme focusing on Literacy and Communication. In particular, these interactive workshops will provide support for individuals who have difficulties with communication, memory and sequencing skills. Such difficulties can restrict a student to communicate with others which in turn could affect their learning both inside and outside the classroom. A young person's motivation to communicate might be reduced and their self-esteem could suffer.

Literacy and communication difficulties affect all interactions and aspects of life. Language underlies everything that goes on in the classroom and is a key part of how we think, learn and interpret what we hear. The ability to express one's self is paramount. Literacy and language support may help achieve a greater ability to use and understand language, to communicate with others and express themselves more clearly.

This support programme is operated in a small friendly group which gives everyone the opportunity to take part. The effectiveness of the programme is monitored through completion of questionnaires by participants.

These sessions are being facilitated by Mrs Weller, Teaching Assistant, who has been trained by the Speech and Language Therapist Service and the Communication, Learning and Autism Support Service.

For more information about the types of interventions offered by the Learning Support Department, please contact Ms L Gomm (SENCO) lgomm@ratton.co.uk or Mrs M Veale (Assistant SENCO and Specialist Assessor) mveale@ratton.co.uk

Ocklynge School is pleased to be offering another brilliant free event this month in collaboration with their Triple P experts

(Positive Parenting Programme)

The topic will be:

'Helping our children as they move into their teenage years'

and will focus on children in years 5, 6, 7 & 8

This will be take the form of a discussion group so that you can share ideas or listen to the advice from their expert

This event will take place at Ocklynge School on Thursday 2nd November 7pm – 9pm



If you would like to join this wonderfully insightful session or would like more information, please contact: Jo Edgoose edgoosej@ocklynge.e-sussex.sch.uk or Sylvia Berhane berhanes@ocklynge.e-sussex.sch.uk or [01323 725839](tel:01323725839)



Teen Triple P

Positive Parenting Program



A SERIES OF FREE PARENTING DISCUSSION GROUPS FOR FAMILIES WITH

TEENAGERS AGED 11–16 YEARS

Triple P – a positive parenting programme strengthens families by promoting positive relationships

For just 2 hours per session at The Archery Youth Centre, Willoughby Crescent Seaside Road, Eastbourne, BN22 7RR

- Wed 15th November 10 am Building Teenagers' survival skills
- Wed 22nd November 10 am - Coping with Teenagers' emotions
- Wed 29th November 10 am - Getting Teenagers to Co-operate
- Wed 13th December 10 am - Reducing Family Conflict

To book your FREE place:
Call or text: Julieann Evans 07834171526

Ellie Parter year 8 Adelphi



Poppy Dyball year 8 Lyceum

Cutting our hair short on 11th November !!

Our hair goes to make wigs. They need 5 peoples hair (7 inches) to make one wig.

We have raised over £150 so far!

We need your support by sponsoring us. We will be coming round to tutor groups after the holidays. Just 50p will make a difference. Thankyou!

SUSSEX DOWNS COLLEGE OPEN EVENTS 2017

EASTBOURNE CAMPUS
THURSDAY 9TH NOVEMBER,
4:30PM - 7:30PM

LEWES CAMPUS
TUESDAY 14TH NOVEMBER,
4:30PM - 7:30PM

These events are also open to adults interested in Access to HE, Degree Level & Leisure Courses!



WWW.SUSSEXDOWNS.AC.UK

BOYS AND GIRLS COME OUT TO PLAY!



PE DEPARTMENT



LUNCH & AFTER SCHOOL CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Late Lunch (1.40-2.10)	Year 7 Indoor Football (WBR)	Year 9 Indoor Football (JBU) KS3 Benchball (SLO/JLA)	Girls Basketball (JUP) Table Tennis (JCY)	Boys Basketball (JBU)	Year 8 Indoor Football (GKI)
After School (3.15-4.30)	Year 7-8 Boys & Girls Football Academy (BHAFC)	Girls Basketball (JBU) Table Tennis (SLO)	Boys Basketball (JBU) Badminton (JLA)	Year 7 Football (WBR) Year 8 Football (GKI) Year 9 Football (JBU) Girls Football (JCY) Netball All Years (JUP/SLO)	Staff Sport



TERM 2



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