



**Monday 18th December**

Y11 Love Life Day

**Tuesday 19th December**

Christmas Concert 7pm

**Wednesday 20th December**

Last day of term—early closure at  
1.40pm

**Christmas Holidays**

21st December—1st January 2018

**Tuesday 2nd January**

Inset day—only staff to attend

**Wednesday 3rd January**

First day of term for students 8.40am

## Merry Christmas and Happy New Year!

We are pleased to inform you that Sarah Smith and Darren Sear were nominated as parent governors and it has been confirmed that they are joining the Ratton Local Governing Committee (LGC).

The end of one year and the beginning of another is always an important time. It provides the opportunity to reflect, celebrate achievements and plan how to achieve your future goals.

Looking back at the term, I think we should be proud of the achievements of all our students and staff and the way we demonstrate our six virtues of Compassion, Respect, Creativity, Teamwork, Effort and Responsibility.

At the recent Year 9 Parents/Carers Evening, it was inspiring to hear about so many students making good or better progress in the broad range of subjects they follow at Ratton. My challenge to all students for 2018 is to maintain their focus on academic excellence, but also to make sure that they are participating and enjoying the wide range of activities available before, during and after school.

Please enjoy this newsletter and have an enjoyable Christmas break and a happy New Year.

Mr Knox-Macaulay, Headteacher



Merry Christmas  
and Happy New Year!



*Ratton School*  
**Christmas Concert**  
Tuesday 19<sup>th</sup> December 2017  
7pm  
Tickets available in Advance from the  
Finance Office  
Adult - £3  
Student/Concessions - £2  
Proceeds will go to:



**“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.”**

As we break up into the Christmas holiday that might mean an increase in pressure for the adults at home. Mind - the charity for Mental Health - have a great support service online.

You can visit their website at [www.Mind.org.uk](http://www.Mind.org.uk)

I found some really good advice that I would like to share with you all: 6 Christmas wellbeing tips by the Mind Team

### **1. Honesty**

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it. Sometimes you need to put yourself first.

### **2. Press pause**

If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself.

### **3. Pyjamas!**

In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas.

### **4. Full moon**

It's a full moon on Christmas day, so have a look at that if the sky is clear. It won't happen again for 19 years!

### **5. Get unstuck**

Make sure you're not too house-bound and spend all the time eating and drinking! A brisk walk outside is a nice way to spend time with loved ones, or a day trip somewhere. Things can get quite intense if you're stuck in the house all the time, and a bit of exercise helps too.

### **6. Don't believe the hype**

Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes. Don't get sucked into measuring your experience against something that's ultimately fake.

**I would like to take the time to wish you well this Christmas and I hope that 2018 brings you joy.**

*Gemma Bryden AHT for PSHE and Virtues*

Ratton School Careers Department are looking for help from parents/carers for upcoming Careers Events in school. These include Year 11 Mock Interviews on 15th January, Year 9 'What's My Line' Event on 30th January and the Year 9 & 10 Careers Fair on 7th February.

If you would like to help or for more information, please contact Mrs Peters on 01323 504011 or email [jpeters@ratton.co.uk](mailto:jpeters@ratton.co.uk). Thank you.



## **Christmas Fayre**

**Overall takings for last Friday's Fayre reached almost £600 and will be spread between the sensory garden project and the 5 community charities.**

**What a fabulous result for a 1 hour event— well done to everyone for their organisation, involvement and generosity.**

## **Health Promotion Events**

As you may be aware, we provide a school nurse drop in at the school and as part of their termly offer they also provide Health Promotion Events with the aim of:

- promoting the availability of the School Nurse to students;
- promoting the Chat Health text advice service; and engaging students in positive informal conversations about a range of health and wellbeing themes.

Two members of the Eastbourne, Hailsham & Seaford School Health Team work alongside the school nurse based around a tabletop display over the lunch period, giving out leaflets and freebies – usually their popular Chat Health pens – and chat to students.

We are grateful for these opportunities to reach out to young people within the school setting, to increase the uptake of the free, confidential nurse drop-in and to have an impact on healthy behaviours amongst students.

**We are pleased to advise you that the next events are scheduled for 24<sup>th</sup> January 2018 (theme: Healthy You) and 14<sup>th</sup> March 2018 (theme: Managing Stress).**

## Aachen Christmas Market Trip Friday 24<sup>th</sup> November – Sunday 26<sup>th</sup> November

Students visited the Aachen Christmas market in Germany on the most hard-core trip of the year! Leaving Ratton at 11.30pm on Friday evening and travelling through the night, they arrived in Aachen on Saturday morning just in time for the opening of the Christmas market and shops!

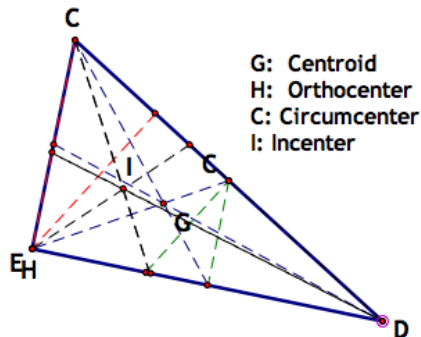
Aachen is one of the top ten Christmas markets in Europe and the students weren't disappointed. With over 100 twinkling wooden chalets spread out across the market place, the students browsed the handicrafts on sale and traditional delicacies before sampling lebkuchen (traditional Christmas ginger cakes). The group couldn't leave without

a visit to the famous Lindt factory where they purchased their advent calendars and Christmas Lindt chocolate gifts. There was also the opportunity to visit the picturesque Cathedral and Town Hall in the historic centre of Aachen. At 5.30pm it was time to start the journey home with festive singing on the coach by both students and staff! They finally arrived back in Eastbourne at 1am on Sunday morning!



# INNOVATIVE APPROACHES TO TEACHING AND LEARNING

Did you know that a triangle has more than one centre?



Our high ability year 10 Maths students were intrigued by this fact as well, as they spent some time with Mrs Chalmers recently, learning the accurate constructions needed to find them.

Sharing expertise by combining two classes, more than 60 Y10 students worked together in Refresh to construct these centres. Instead of a whiteboard, students worked from Nearpod on the iPads, where the instructions appeared immediately in front of them. They could work through them at their own pace, and go back and double check instructions if they got a little lost. Teamwork was absolutely necessary, as they helped each other through the steps, following the instructions laid out for them, and trying not to get their construction lines in a muddle!

Applying the constructions to a challenge like this meant that the work had to be incredibly accurate, and gave a purpose to the skills being learned, following the Maths department aim of making Maths REAL (**R**elevant, **E**njoyable, **A**chievable and **L**ifelong).

Mrs Chalmers was very impressed with the quality of work produced, the respect and support students showed each other and the acceptance and enjoyment of trying something a little bit different!

While learning about density, Mrs Chalmers and the top set year 7 mathematicians investigated the density of different liquids, and tried to predict which liquids would mix and which would separate. After constructing a Density Tower like the one shown here, and watching a can of Diet coke float, while a can of normal Coke sank in water, we tried to work out which two liquids would give the clearest layers.



The clearest we made was fairy liquid and maple syrup (see below) – these were fully mixed together and separated out very nicely indeed!



## Cameron Secures Gold at National Finals

Cameron and his trampoline club Up'n'Downs travelled to the Lee Valley Velopark in London to compete in the National Trampoline & DMT League Finals. After completing his set routine and voluntary routine he came out on top ready for the finals. In the finals it was still all to play for as the scores were zeroed and the competitors had to show their best again. In the final routine Cameron continued on top form increasing his lead yet further and secured his Gold in the Disabled Trampoline 9+ Male Category 2. Fabulous — well done Cameron!



## Ocklynge Fair helped by Ratton's little elves!

Wow! What a busy and buzzing afternoon we had helping out at Ocklynge Christmas Fair. It was a busy event where 800 Ocklynge pupils and grown-ups came to spend their pennies, trying to win prizes and buying Christmas gifts.



Ratton students helped run the stalls ranging from tombola's, cakes, popcorn, candy-floss, sweets and chocolate, toys, books, lucky dip and games. Students were serving customers, taking payments and giving change, organising displays as well as smiling all the time! A great time was had by all, with a magnificent £4000 being raised. Well done and thank you to everyone who supported the fair.

Miss Williams



Do you have a son or daughter currently studying at university?

Would you like to share your knowledge and experience about university life and student finance with other parents and carers?

The Sussex Learning Network are working on the National Collaborative Outreach Programme and would like to enable parents and carers who have children at university to share their experiences with other parents and carers in school and in community settings.

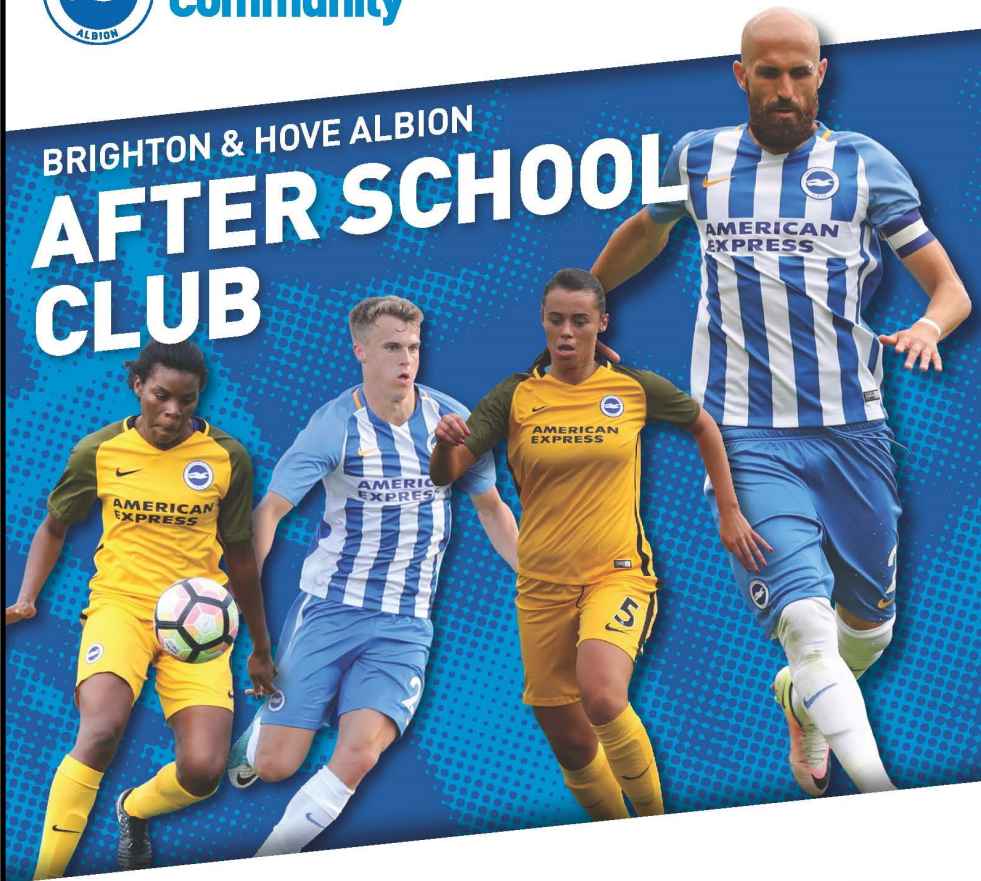
The ambassador role pays £10 per hour, full training and support would be provided and there are no minimum or maximum hours.

Please email Fay Lofty at [f.lofty@brighton.ac.uk](mailto:f.lofty@brighton.ac.uk) for more information and to apply. The deadline for applications is Friday 22<sup>nd</sup> December.



**Albion in the Community**

# BRIGHTON & HOVE ALBION AFTER SCHOOL CLUB



### Ratton School - Football

Mondays from 8 January - 26 March (excluding 12 February).  
3.30 - 4.30pm, £38.50 for 11 weeks.

**BOOK ONLINE NOW**  
[www.albioninthecommunity.org.uk](http://www.albioninthecommunity.org.uk)

Email: [soccerschools@albioninthecommunity.org.uk](mailto:soccerschools@albioninthecommunity.org.uk) for more information.

Brighton & Hove Albion After School Clubs delivered by Albion in the Community.  
American Express Community Stadium, Village Way, Brighton BN1 9BL Tel: 01273 878265  
Company limited by guarantee in England and Wales (No. 5122343). Registered charity in England and Wales (No. 1110978).

**Years  
7 - 9**



**Christmas Jumper Day!**



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