

DEMOCRACY IN ACTION

I think that there are some political systems that could learn from the way that we run our 'Big Vote' process to elect our Head Boys and Girls. The selection process starts with applications from interested students and then presentations in front of their whole community. This followed by the whole school voting for their preferred candidates. The vote has brought in a fantastic new group of 10 students whose names are below. I would also like to thank the inspirational group of Head Boys and Girls, who finish in the next few weeks, and also all the other students who made very strong applications to these leadership posts at Ratton.

Congratulations to the following students: Adelphi – James De Savigny and Lily Dixon, Apollo – Haydn Richards and Callum Halton, Globe – Matthew Laing and Jemima Hadland, Lyceum – Menna Evans and Bartosz Kuchta, Lyric – Lynette Riley and Cameron Thomson.

Over the mid-term break, learning will still be happening in school. We have over 12 different subjects offering revision sessions for Year 11. It will be a great opportunity to support their preparation for their Pre-Public Exams that start straight after the mid-term break. Good luck to them all!

Have an enjoyable break and looking forward to an exciting and slightly warmer term 4.

*Mr Knox-Macaulay
Headteacher*



12th-16th February

Mid-term break including
Y11 revision sessions

Monday 19th February

First day of Term 4

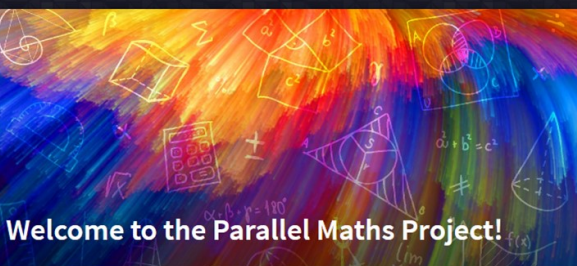
Monday 12th—Friday 16th February

Mid term break with revision sessions
for Y11 students (see last page)

Monday 19th February

First day of Term 4

parallel
by Simon Singh



Welcome to the Parallel Maths Project!

Dr Simon Singh, author of the No. 1 bestseller *Fermat's Last Theorem* and *The Simpsons and Their Mathematical Secrets* has created a set of weekly maths challenges – roughly 30 minutes of interesting, fun and challenging material that goes beyond school maths: mystery and history, activities and oddities, puzzles and problems.

- Sign up and each week you will receive a Parallelogram, a weekly set of maths challenges.
- It's FREE to sign up and all the materials we offer are FREE.



Simon Singh & @GoodThinkingSoc have relaunched their weekly Parallel maths puzzles for kids aged 10 to 14. Sign up for a free account, with 2 new Parallelograms released every Friday. Find Mrs Chalmers for her teacher code if you want to be entered for prizes!

Anna dances her way to first place!

Anna Jeffery took part in the Worthing Music and Arts Festival coming first and winning a trophy for her ballet dance, and also third place in Greek dance (Styx, Goddess of the River).

Congratulations Anna!



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.

Good Mood Food

My next wellbeing tip is very close to my heart. I love to eat home cooked food made from scratch. I used to think that it would be really difficult and I relied on processed foods or takeaways but putting together a few recipes for my family made me realise that it is not that difficult to produce mood boosting foods.

Look for ingredients/recipes that are rich in omega-3, vitamin D, Vitamin B12, folate, zinc, iron or selenium all of which may help to banish the winter blues. I don't eat meat so here are a few veggie ideas you could try, or look up meaty versions of these. You should be able to find recipes to go with them quite easily.

- Aromatic Black Bean Curry
- Fresh veggie wraps served with guacamole
- Roasted sweet potato with fresh tomato salsa and herbs
- Tagliatelle with kale, green pesto and green beans

These meal ideas are all very low fat, packed full of vitamins and can be made by a novice in the kitchen. You might even make them with your children and share the eating together!

Gemma Bryden AHT for Character Education

Music Day at University of Sussex

On Monday 29th January our Year 9 Making Choices Arts students visited the University of Sussex for a day of Music.

The University's Music team took the students out in groups to record 'sounds' around the campus site. The students recorded sounds such as footsteps, voices, the wind, a bell, rustling leaves, scraping, a creaky door opening, twigs snapping, trickling water & seagulls squawking!

After a delicious lunch in the University refectory the students returned to the Music studio to download all the sounds they had recorded. Each student then produced their own piece of music using the incredible tools on Logic Pro. They used their own choice of selected sounds which they mixed using a combination of clipping, fading, repeating, looping and distorting.

The students thoroughly enjoyed their Music day – thanks to all the University of Sussex Making Choices team for a very interesting and productive day!



National Apprenticeship Week Roadshow 2018

National Apprenticeship week is 5th - 9th March and in partnership with Apprenticeships in Sussex, East Sussex Council will be holding two Apprenticeship Roadshows events.

Students, parents and carers will be able to meet local employees, training providers and current apprentices at the roadshows and there will be panel discussions on the different types of apprenticeships and levels available

The event details are:

Thursday 15 March - Eastbourne Town Hall, 5-7pm

Wednesday 21 March – Stade Hall, Hastings, 5-7pm

5-7pm Employers and training provider stalls

5.30-6pm Traineeships and Apprenticeship talks

6.30pm-7pm Higher and Degree Apprenticeships talks

For more information and to book, go to www.c360.org.uk/NAW2018



First Generation Year 9 visit University of Sussex for Physics Day

On Monday 8th January, our Year 9 First Generation students visited the University of Sussex campus in Falmer to spend the day exploring Physics. The morning session started with our students constructing cucumber boats and experimenting how well the boats would float depending on how much flesh was scooped out of the cucumber. The students then made rowers out of modelling clay and placed them in the boats to see if the heavier boats would move faster through the water. The boats were then pitched against each other in a race. Students then moved to their second workshop where they were given footballs, a pump and a measuring stick. They recorded how high the footballs bounced according to how much air was in the football. They then plotted the data on a graph and analysed the results.

After a delicious lunch in the University Refectory, students then returned to their afternoon sessions. The first workshop involved the physics of Frisbees! Students tried out Frisbee flying & learnt about aerodynamic lift and gyroscopic stability. Students were then challenged with constructing their own Frisbee out of paper plates and a test/competition was held to see whose flew the furthest. The last workshop

was all about kinetic energy. Students tried out a static bike to see whether they could pedal fast enough to power a DAB radio, Laptop Computer, Games Console, Desktop Computer or a Small Television.

The students enjoyed their day of practical Physics, and have lots of ideas to bring back to school! Our thanks the University of Sussex and the Widening Participation team for another engaging and educational day at the campus.



CCF BASHA

On Tuesday 30th January, Ratton School's Combined Cadet Force students met at Eastbourne College for their weekly training sessions.

This week they made a 'Basha', which in Army terms means a shelter! The CCF group are thoroughly enjoying their training and all look very smart in their CCF uniform.

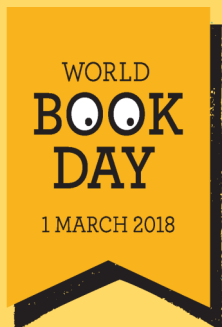
What a great bunch!

DESIGN YOUR OWN BOOK COVER

Re-design the cover of your favourite book,

Entries can include a blurb on the back of the cover and they need to be as colourful and interesting as possible!

See Miss Stark in the LRC office if you would like a book cover template. Entries must be handed to her by 26th February.
Prizes for the best covers!

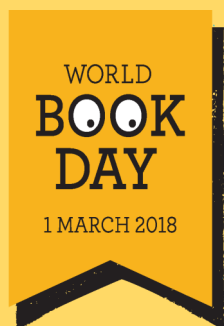


tweet me a story

can you tell a story in 140 characters?

Send in a **very short** story- no longer than 140-280 characters!

Hand your entry to Miss Stark in the LRC office by 26th February.
Prizes for the best stories!



YEAR 11 Half Term Revision Timetable



The following subjects are offering revision sessions in the Half Term break. If you wish to attend a session **you must sign up** for the session in advance with the relevant teacher.

Day	Activity	Teacher	Room	Time
Saturday 10.2	French	ICl	202	9.00 -12.00
	German	CDe	201	9.30 - 11.00
	Chemistry Paper 2	JWe	127	9.00 - 11.00 & 11.30 - 1.30
	Art	EHu	222	9.00 - 2.00
Monday 12.2	PE – NEA Analysis and Evaluation	WBr	111	10.00 -12.00 & 12.00 - 2.00
	Maths	RMn	116	10.00 -12.00 & 12.00 - 2.00
	Physics Required Practical's	OFr	136	10.00 -12.00 & 12.00 - 2.00
Tuesday 13.2	Physics Required Practical's	OFr	136	10.00 - 2.00
	Biology Required Practical's	DNb	127	10.00 - 2.00
	Ethics Christianity Ethics Buddhism	GBr	211	11.00 -1.00 1.30 -2.30
Wednesday 14.2	Maths	JPs	120	10.00 - 2.00
	English - Unseen Poetry	JKe	105	10.00 - 12.00
Thursday 15.2	Chemistry Revision Paper 1	CBn	126	10.00 - 4.00
	Art	LBr	223	10.00 - 3.00
Friday 16.2	Chemistry Required Practical's	CBn	126	10.00 -12 .30 & 1.00 – 3.30
	Art Textiles	NWe	224	10.00 - 4.00
	DT	NHo	134	10.00 - 2.00
	Science Revision Chemistry Paper 2	JWe	127	9.00 - 11.00 & 11.30 - 1.30
	Music	RKe	219	10.00 -3.00

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