

IMPORTANT DIARY DATES

Tuesday 20th November
Ratton LGC Meeting

Wednesday 21st November
Y11 Certificate Tea

Thursday 22nd November
Y9 Parents/Carers Evening

Tuesday 27th November
Y11 MFL (speaking) mocks

Friday 30th November
Trustees Meeting

30th November—1st December
Aachen Xmas Market trip

HEADTEACHER'S MESSAGE

Congratulations to Year 11 students who approached their pre-public exams in a very positive and professional way. We know that exams are not the most exciting part of school life, but a calm and well planned run in gave them the best possible chance for success. Their results will give us the opportunity to celebrate what went well and work on any gaps in learning. They have definitely shown the school virtue of *Effort* – demonstrating resilience when faced with a challenge.

I am looking forward to the assemblies celebrating the large number of students in Years 7 to 9 who have already achieved the Ratton Diploma. The purpose of the Diploma is to reward as many students as possible for their day-to-day effort in school. It is really important that we are working hard to recognise those 'quiet heroes' in school. The deadline for diploma stickers is Thursday 22nd of November and we are aiming for 100% of students completing their Diploma successfully.



The 2 minute silence on Remembrance Day at 11am on Monday 11th of November was observed with great respect by the whole school community and, over this important time, we have found other ways to remember through assemblies and tutor time.

This is one of the largest newsletters to date, with articles ranging from the achievements of two national champions through to our success in a Windrush based creative writing competition.

Please enjoy reading about all our talented students.

Mr Knox-Macaulay, Executive Headteacher

DANCING QUEENS!



Thea Booker (left) in Y8 is an extremely talented dancer and during this summer gained 3 certificates, 2 plaques, and 2 medals from The Park School of Dancing.

The certificates and plaques were for Grade 1 Theatre Craft, Grade 1 Ballet and the medals were for Juvenile Dance. The comments on her certificates were for excellent presentation, good improvisation and variation and excellent dance techniques.

Megan Archer (right) in Y9 competed at the British National Irish dance championships at the start of half term. Despite being VERY nervous she did really well, gaining a first and second place for 2 of her dances!

She was dancing against people from across the country who had been dancing since they were 4 or 5....and she's only been dancing for 3 years!

Huge congratulations to both girls!



UK YOUTH PARLIAMENT

On 9th November, Indya-Jayne Wardle went to the House of Commons with the UK Youth Parliament to debate the 5 most voted issues from Make Your Mark. The 5 most voted issues across the country were: End Knife Crime, Mental Health, Equal Pay for Equal Work, Tackle Homelessness and Votes At 16.



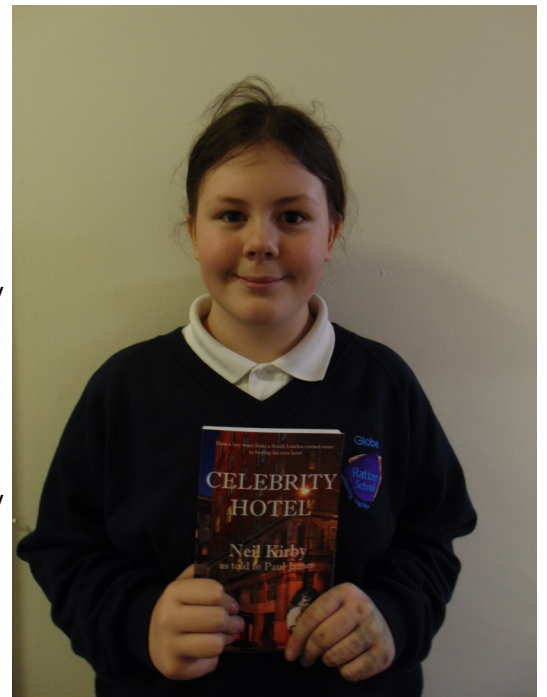
The two decided campaigns for the next year are End Knife Crime and Votes at 16.

Langham Hotel Work Place Visit

On Tuesday 13th November a group of our Year 8 students visited the Langham Hotel in Eastbourne for a work place visit. After being welcomed into the hotel reception by Mr Kirby, the owner, we were taken to the Langham's restaurant to meet Lucas the restaurant manager. Lucas told us about working in a hotel restaurant and what his team do on a daily basis. Then we were taken downstairs to the kitchen to meet Mike the head chef. He talked about how his job has changed over the years since he started working in a hotel kitchen. His job as head chef not only involves creating the menus but also ordering the food supplies and negotiating with suppliers for best prices. Students were each given a delicious homemade shortbread biscuit to taste!

Mr Kirby then took us to see a couple of the hotel bedrooms – one of which was a four poster! Students asked Sue, the housekeeping manager, lots of questions and learnt that the hotel has 3 floors and 77 bedrooms which are cleaned by a team of 8 cleaners! Next we were introduced to Peter, the reception manager, who described what working in a busy hotel reception involves on a daily basis. Staff can answer up to 150 telephone calls in a day and meet and greet up to 800 hotel guests during a the busy festive season. Reception is also the 'hub' of the hotel where everyone goes to pass information on to other departments.

Mr Kirby then told us about his experience in the hotel industry – he has been working in hotels since age 15 and has owned the Langham Hotel for 13 years. He then asked students how long he had been in the hotel industry and Jessica answered the question correctly so was presented with Mr Kirby's book that he has written called 'Celebrity Hotel'! Our students learnt more about what skills would be needed to work in the different departments in a busy hotel and how everyone needs to work together as a team to make the guests stay at the hotel a pleasant experience!



LEST WE FORGET

On Sunday 11th November the Ratton CCF showed their act of Remembrance at Eastbourne College. The cadets attended the service in the College Chapel where they heard of past students and staff that had been called up for National Service, many of whom did not return. They learnt of the hard work and determination that it took to remain brave and strong in those treacherous times and how their families have remembered them. The students then moved onto the college field where the 2 minutes silence was held and every student was given the opportunity to place a cross by the Tommy statue to represent each of the members of staff and students who were lost in WWI.



Year 8 Theatre Work Place Visit



On Monday 5th November, a group of Year 8 students visited Eastbourne Theatres for a work place visit. We were welcomed by the Theatres General Manager, Gavin Davis, who gave us a tour of the Devonshire Park Theatre. Our Year 8 students learnt about the different types of jobs that can be done in the theatre building: Box Office staff who sell the show tickets, Front of House staff who meet and greet the customers, Stage Crew who supervise and operate the various technical aspects of the show production during a performance. Gavin then showed us the Devonshire Park Quarter construction site where the new 'Welcome Building' is being built and talked about the multi million pound project to

rejuvenate the town's theatres. Finally students were given a presentation by Gavin about the other types of jobs within the Theatre: Programming & Marketing who book the shows into the theatres and sell the shows by advertising, mailouts and the theatre brochure and Operations who are in charge of running the buildings, finance, technical crew & duty managers. Our students asked lots of questions and are now more aware of what working in a theatre involves!

Windrush 70 Creative Writing Competition

East Sussex College (formerly Sussex Downs) ran this creative writing competition to celebrate the 70th anniversary of the arrival of HMS Empire Windrush bringing Afro-Caribbean people to the UK to start new lives here and help rebuild the country after the war. These people are called the “Windrush Generation” and their arrival marks the start of much greater diversity in British society.

The competition challenge was to produce an original piece of writing in no more than 500 words exploring the experiences of the Windrush generation, the significance of their arrival, and the contribution that people of Afro-Caribbean origin have made to British society with a prize of £250 in high street vouchers and for the top four entries to visit the Houses of Parliament at the invitation of Rt Hon David Lammy MP followed by afternoon tea at the High Commission of St Lucia in London, plus a book of poems by the St Lucian Poet Laureate Derek Walcott OBE

The response was tremendous with over 120 entries with almost 40 coming from Ratton and we were delighted to welcome Peter Boon and Caroline Croft from the College to an assembly in school last Thursday. The judges said the overall standard of entries was excellent and it was good to see so many young people engaging with a topic in such a thoughtful and sensitive way.

Ratton pupils were congratulated for participating so whole-heartedly and Peter said they were really impressed by all the entries from our school. Many Ratton students impressed the judges and special mention was made to **Ellie Rose Howe** Y11, **Corey Pragier** Y11, **Jessica Smith** Y10 and **Lily Vater** Y9.



One of the 12 runners up, **Laila Elroubi** Y10, is from Ratton and the overall winner is **Ella Harris** Y9 who won £250 in vouchers and will take part in the trip to London! The judges said that Ella’s piece of writing *The Cold Light of Day* was outstanding, showing remarkable sensitivity to the experiences of the people involved, an understanding of historic and contemporary events and an ability to express them in an engaging and eloquent form.

Our huge congratulations to all those involved and especially to Laila and Ella.

BAME mentoring session

On Wednesday 31st October, our very first BAME mentoring session took place in the Learning Resource Centre at Ratton. The mentoring sessions are tailored for students who identify as Black, Asian or from a Minority Ethnic background (BAME) and the programme is run in conjunction with the University of Brighton. The programme began on Monday 29th October with a presentation by John Lynch and Beth Hancock from the University of Brighton to our 10 BAME students. There will be 5 mentoring sessions at Ratton and the programme finishes with a visit to the University of Brighton campus. The programme has seen some fantastic results in other schools in supporting mentees in meeting essential academic targets and in helping them envision, and take steps towards, their career aspirations. There was a great buzz in the LRC in the first session where our students met their mentors for the first time and attendance was 100% which is fantastic! Keep up the good work.

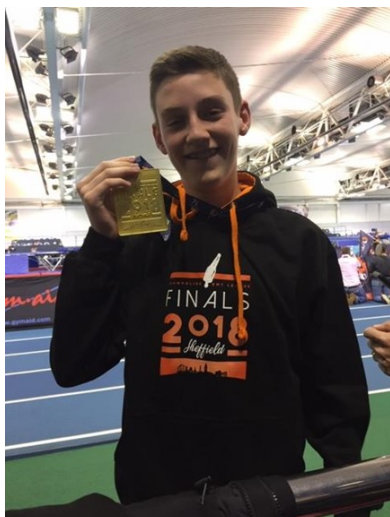


CELEBRATING SUCCESS!

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

12/10/18 - 1/11/18	Year	Total
Freddie Wallis	7	47
Rosie Walker	7	44
Kitty Hartland	7	42
Devon Whiteoak	7	41
James Burgoyne	7	40
Lily Chumbley	8	28
Alex Clarke	8	28
Andrew Zambrano Goncalves	8	28
Laura Tyborowski	8	27
Endi Gjerka	8	27
Carly Smithson	8	27
Poppy Wright	9	30
Hannah Crook	9	27
Sophie Drakeley	9	27
Thomas Line	9	26
Maia Wells	9	26
Ellie Parter	9	25
Victoria Gates	10	34
Millie Bagguley	10	34
Sadie Douglas	10	32
Rhys Parrott	10	28
Saffie Kingham	10	28
Madison Modestou	11	19
Bibiana Gomes Caines	11	18
Sydon Colaco	11	18
Klaudia Wosik	11	16
Rose Channer-Cleere	11	16
Ben Miles	11	16

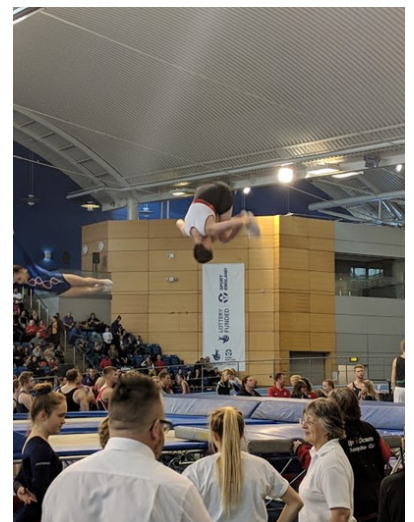
Cameron Jones secures Gold and retains his National Champion Status in the Trampoline National League Final



Cameron Jones travelled to the English Institute of Sport in Sheffield on Remembrance weekend to compete in the National League Finals for Trampolining.

After a brilliant set and voluntary routines completing 20 skills he entered the final in first place where another great performance secured Gold making him the Cat 2 National League Disability Men's Champion 2018.

Huge congrats Cameron!



DANCE ROUND UP

On Tuesday 6th November Mr Morris and Ms Papagna took 10 KS3 students to the Brighton Dome for a performance of Hofesh Shechter's 'SHOW'. The performance was a riot of movement, costume and sound (so loud that ear defenders were offered!) and the boys really enjoyed seeing such a challenging piece of work. The boys were fascinated by the amount of energy the professional dancers used and are now working on their own Hofesh pieces with Mr Morris in the boys Dance Company rehearsals. The boys rehearse on a Thursday after school 3:20-4:20 in 221 and it is open for any boys to attend. The Dance department hope to see you there.



On Tuesday 6th November Ms Papagna led a teachers training course with members of Pashley Down Infant school. Pashley are a school in our schools partnership and both teachers and pupils benefit from the subject expertise offered by Ratton. The Pashley teachers really enjoyed their training and will now have some tools to develop the teaching of Dance at Pashley School. 'I had a fantastic time at Ratton today! I really enjoyed meeting Ms P and found all her tips really useful... my brain has been thinking of ideas already based on the children's current projects for this term!!'.



Staff at Ratton and Ocklynge have been working hard to extend opportunities for all students across the Multi Academy Trust and one such partnership has been the success of Ratton's School Dance Leaders. The leaders have been attending Ocklynge's Dance club on a Monday after school and have been working with Mrs Holbrook to help the Ocklynge dancers develop their technique and to choreograph performance pieces for them. Ocklynge will be joining us at our annual Christmas Dance show on the 7th of December 6pm start, tickets on sale soon. Ocklynge are also hosting a primary schools Dance Festival at Ratton on the 7th February, more details soon.



On Wednesday 14th of November, 5 Year 10 students were invited by the East Sussex School partnership to attend a three day Dance workshop at Eastbourne College. The students work with a professional dancer from the prestigious Rambert Dance Company and collaboratively with other school students create and perform a piece of original contemporary dance.



The girls work exceptionally hard over the three days, developing their technique, their performance skills and their confidence. The piece will be performed on Friday 16th at the Birley Center Eastbourne.



In June, Anna Jeffery was invited to audition for the English Youth Ballet's production of 'Cinderella in Hollywood' and was successful in her attempt. In EYB the main parts are professionals so that the children have an opportunity to dance on a professional stage with ballerinas. It was an intensive rehearsal schedule of 6 hours a day at weekends and 5 days of half term, culminating in performances at the Hawth in Crawley. Anna should be congratulated for all her hard work and achievements. EYB will be performing *Coppelia* in Hastings in May 2019 so there is another opportunity soon for local dancers.

Dondy Sukoco shines at the British Championship

Dondy Sukoco, Year 11, made an outstanding debut at the British Tae Kwon Do Championships in Birmingham within his category of cadet black tag boys. Scoring highly in his black tag pattern Hwa Rang, Dondy performed with confidence and style and was rewarded with a trophy for third place.

His next challenge was continuous sparring in rounds of 2 minutes against 2 other competitors. Dondy launched a strong attack against his first opponent, blocking his kicks successfully. Unfortunately, his opponent was injured by one of the blocks and had to be attended to by medics; therefore, the win was awarded to Dondy.

The final was closely contested with Dondy skilfully scoring points for 3 head kicks and many body kicks. However, the winner was able to score some points with a succession of punches and no kicks, winning overall by 1 point.

It was a very proud moment for his family and Dondy was absolutely delighted to bring home another trophy for silver place. Dondy would like to thank his coaches, Ken James and Michelle Cavalin and everyone who supported and helped him at his TAGB Tae Kwondo Club.



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 my ongoing research around Wellbeing I found lots of great resources on the NHS Moodzone page. They list 5 things to regularly put in practice to increase our sense of wellbeing:

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

Over the next few issues of the newsletter I will look at each of these in turn. I would add a couple of things to this list, if you have been following this newsletter then you know how I always promote getting enough sleep and nutrition as vital to our mental health. One overall principle to keep in mind with wellbeing is that it is something that we have to work at, and this is why I think it ties in so well with the Ratton Virtues. Both wellbeing and virtues do need practice, but if you put the effort in then the rewards do come.

Ms Bryden

ENERGY DRINKS

Students at Ratton School are **not permitted** to bring or consume energy drinks on site. Any energy drinks brought into school will be confiscated.

Physical Side Effects & Learning Problems

Recent studies have consistently demonstrated that the consumption of energy drinks by children and adolescents are not only unhealthy but also dangerous, with additional risks for those young people who take medications or have mental health conditions such as ADHD. The average single serving of an energy drink contains over 100 mg of caffeine and over 12 teaspoons of sugar. Sugar and caffeine in this high a dose impedes attention, concentration, and our ability to learn.

Possible Medical Side Effects

Listed in order of most common to least common:

Palpitations/tachycardia – racing heart; Tremor/shaking, Agitation/restlessness; Gastrointestinal upset – stomach pain, diarrhoea, constipation; Chest pain/ischaemia – restriction in blood supply; Dizziness/syncope - fainting; Paraesthesia - tingling or numbing of the skin; Insomnia – difficulty falling asleep or staying asleep; Respiratory distress – having trouble breathing; Headache.

Travelling to and from school

Where possible, please can you ensure that students travelling to and from school:

- do not do so alone for their own safety; rather travel in pairs or threes
- wear clothing that is appropriate for the weather and easily visible
- obey traffic and highway regulations, e.g. crossing at designated places
- ensure bikes, where used, have lights, reflectors, are road worthy and ridden only on the road

This is particularly important at this time of year when the days are shorter, darkness and poor weather can reduce visibility for drivers and other pedestrians.



Duke of Edinburgh's Award

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Tuesday's
6.00pm—8.00pm

Hampden Park Community Centre
| Brodrick Rd | Hampden Park

Bronze

Silver

Gold

Consultation on Admissions to Community and Voluntary Controlled Schools in East Sussex 2020-21

The County Council is consulting on its proposed admission arrangements for 2020-21 for Community and Voluntary Controlled Schools (as well as Hailsham Community College, Langney Primary Academy, Parkland Infant and Junior Academies, and Shinewater Primary Academy).

The consultation will run until 15 January 2019 and you can leave your views and feedback by following the link <https://consultation.eastsussex.gov.uk/economy-transport-environment/have-your-say-on-the-admission-arrangements-for-20-2/>