

IMPORTANT DIARY DATES

Monday 10th December

Dance Show 6.00pm

Thursday 13th December

Y11 Parents/Carers Evening

Friday 14th December

Christmas Jumper and Jeans
for Genes Day

Christmas Lunch

Ratton Christmas Fayre 3.15pm

Monday 17th December

Ocklynge Christmas Fair

Tuesday 18th December

Ocklynge LGC
Ratton Christmas Concert 7.00pm

Wednesday 19th December

Y11 Love Life Day

Thursday 20th December

Last day of Term 2

It's beginning to feel a lot like Christmas

There were some amazing assemblies linked to anti-bullying week led by a group of our Year 11 drama students. They acted out a powerful piece of theatre to all communities highlighting the impact of bullying and why it is not acceptable.

As we move towards that festive time of the year, we generally increase our fundraising and have a number of events to support our nominated charities including our Christmas Fayre after school on Friday 14th of December – I know it is going to be a great event.

We receive lots of positive feedback on the Wellbeing Matters section of the newsletter written by Ms Bryden. The series of articles helps us to think about the importance of wellbeing and how we can boost both our wellbeing and the wellbeing of others. Please read her latest article and consider how you can improve your wellbeing.

It was a pleasure to sit in Refresh and enjoy a great breakfast while hearing about the work of students in our Interact Club (Junior Rotary Club). We welcomed members of the Eastbourne AM Rotary Club and Stephen Lloyd MP to hear about their contribution to a range of voluntary work. This group of students really demonstrated our virtues in action.

Mr Knox-Macaulay, Executive Headteacher

Year 11 College applications

Year 11 students should now have made their decisions regarding what they are going to do when they leave us.
All college applications should be completed by the end of this term.

If you missed any of the open events at our local colleges then please see their websites for details on how you can visit to get more information on the courses they offer.

Please remember that the majority of colleges use UCAS Progress and you should be using this to apply.

Colleges have begun the interview process, please remember to take identification and your latest school report (sent out to parents via the app or email) with you.

If you have any concerns please talk to your tutor.



Ratton School Christmas Fayre

in support of our five community charities

Friday 14th December
3.20pm - 4.45pm



Year 11

As part of our extensive careers programme we arrange for each of our year 11 students to be given a mock job interview with a local employer/business person.



This year the event is taking place on

[Monday 14th January 2019](#)

The aim is to give students an idea of what a job interview would be like and how different it is to a college interview, students will be encouraged to complete a CV prior to the interview. The students will be allocated to interviewers randomly so the questions should be fairly generic in their nature. We already have a number of volunteers coming in to help us but as we have 230 students in the year group we need more! If you are able to offer any amount of time on that day

to help us out then please contact Janine Peters: jpeters@ratton.co.uk

On Wednesday 21st November, a group of our Year 11 students visited the University of Sussex to find out more about studying at University, the campus and University life. Students were welcomed by Uni Sussex Ambassadors who walked the group to the Jubilee building where we learnt some interesting facts and figures about the University of Sussex and heard about the different degrees that the Ambassadors are studying. We then played a game of True or False, which involved answering lots of questions about University life: funding, courses, number of students etc.

Ambassadors then took students on a campus trail where they viewed the library, sports centre, meeting house, student union and student accommodation. We then had lunch in the University refectory – students were given a lunch voucher to the value of £6.50 and had to stay within budget which was a challenge with the delicious choices of food on offer!

Ambassadors then took the group to a seminar room in the Fulton building for a subject taster session. Students had an Arabic taster lesson with one of our Ambassadors, Mona, who taught us some basic phrases as well as how to write our names in Arabic from right to left. Finally, students played the 'Finance Game' on ipads. Students started by being given an idea of income that they may start University with: student maintenance loan, part-time job, savings & University bursary. They were then given expenditure choices for costs of living whilst at University. This included monthly groceries shop, travel costs, accommodation cost, clothing, socialising and other expenditure. Depending on their choices they may have had money left at the end of the month, no money or even be in debt! We then had the opportunity to ask our Ambassadors questions about their University studies and experiences at University which was very useful and interesting.

Our Year 11 students thoroughly enjoyed their day at Uni Sussex and our Ambassadors and we were impressed with their behaviour and engagement throughout the day. Our thanks to



the University of Sussex student Ambassadors and the Making Choices team for a fantastic day on campus!

RATTON Interact and Eastbourne AM Rotary Club come together in Refresh for breakfast

Interact is **Rotary** International's service club for young people and **Interact** clubs are sponsored by



individual **Rotary** clubs, which provide support and guidance. Ratton's Interact is sponsored by Eastbourne AM Rotary Club, and the two work closely together. For example, Interact Ratton students recently helped with the club's charity bag packing day at ESK and Interact and AM Rotarians also met for an afternoon of ten pin bowling at Hampden Park.

At the breakfast, we were delighted to welcome our MP, Stephen Lloyd, who praised the students for their hard work and commitment.

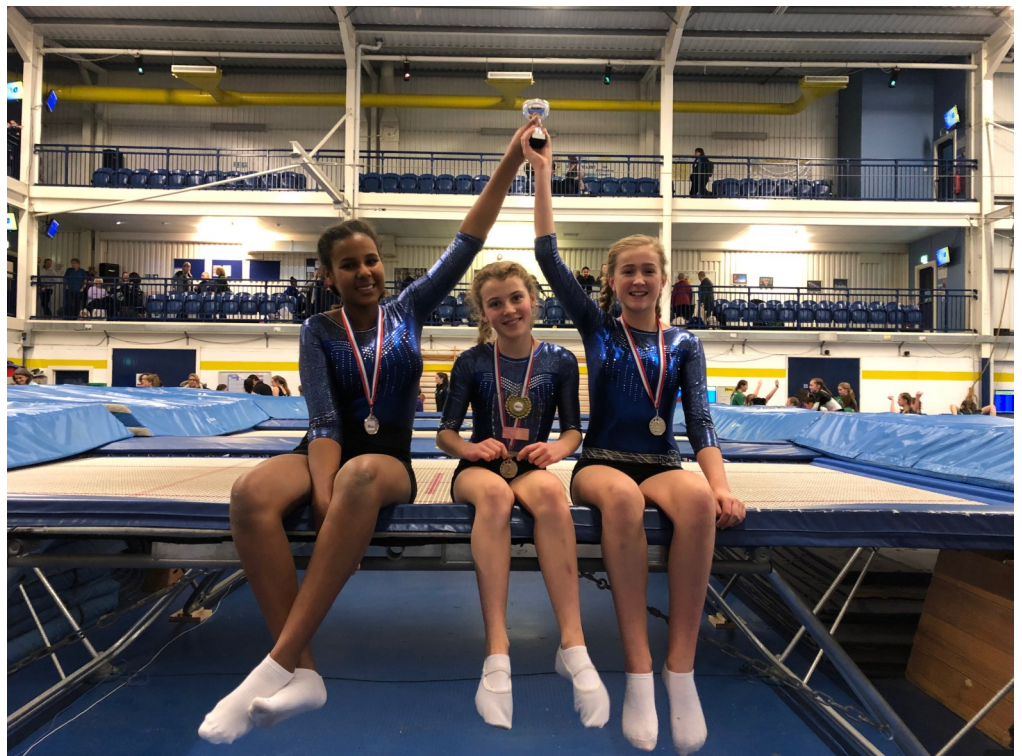
Past President Benny Norris was thanked for his great work over the last 12 months and everyone welcomed new joint presidents, Ella Harris and Rose Norris.

If any students are interested in Interact, Mr Morris is the man to speak to and for any parents/carers wondering what it's like to be a Rotarian, please email crosses4@btinternet.com



The sky's the limit!

On Sunday 2nd December Harper Winslet, Carly Smithson & Kiki Otto competed in the British Schools regional trampoline competition in Gillingham. The 3 of them performed 6 beautiful routines between them with Harper scoring 53.7, Carly 46.8 & Kiki 46.4. Out of 30 Kiki placed 13th, Carly 11th and Harper 1st place, gaining herself a place in the next round of the competition. The girls scores were combined to give them a team score and out of 8 teams they were placed 2nd meaning they attained a place as a team in the next round of the competition!



Excellent achievement for all 3 girls who have only recently started trampolining! Good luck in the next round on 19th January 2019 in Eastleigh!

More Radio Eastbourne Awards 2018

Courage Award with East Sussex Fire & Rescue Service

On Friday 16th November 2018 More Radio was at Eastbourne's stunning All Saints Chapel, celebrating all that's great about Eastbourne and the surrounding area, recognising everything from flourishing businesses, true community spirit, sporting brilliance and individuals with a heart of gold.



East Sussex
Fire & Rescue Service

This year, our Courage Award went to a young man who has shown incredible resilience, determination and bravery in the face of huge adversity. Refusing to ever give up, he is now very much the model patient, trialling a medical treatment that has the potential to make a real difference to the lives of many other young people. Always positive, he's not only extremely brave, he also is an inspiration to those lucky enough to know him.

**We are incredibly proud of ex-student
Kieren Browning who was the winner
of the Courage Award.**

The winner was:

Kieren Browning



Many congratulations to our highest achieving students between 2/11/18—15/11/18 whose hard work and commitment we are delighted to recognise.

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Milula Searle-Boniface	Carly Smithson	Ella Harris	Chloe Duncan	Amy Bleach
Brianna Mumford	Megan Tyrrell-Curtis	Aisha Barrie	Janey Hooper	Millie Springett
Roksana Soltys	Evie Chadwick-Welch	Leigha Thomson	Amelia Poore	Fleur Cashman
Bethany Cogger	Amelie Chapple	Scarlett Perry	Emily Hayward	Jessica Richardson
Rosie Walker	Ashleigh Wilson	Danielle Mapp	Imogen Tagliaferro	Elle Bridger
Jack Thoms	Rachel Kersten-Freeman	Grace Ives	Katie Bayne	Jemima Hadland
Harry Crowley	Sofia Joaquim	Billy Smith	Laila El Roubi	Mackenzie McAndrew
Joe Steedman	Alfie Taylor	Sebastian Chumbley	Rhys Parrott	Millie Jupp
Alexander Nachon-Harris	Finn Warner	Bradley Ironside	Marshall Grant	Tommy Nagy
Leo Rudwick	Gabriel Farcon	Cameron Jones	Riley Sleight	Levi Woolf
Zach Cosham	Joakim Jequinto	Matty Elliott	Tyler Moorton	Benny Norris
	Cookie Collict		Tom Lester	George Doust
	Dinis Carpalhoso		Wesley Greenley	Jack Matthews
	Dylan Sarna		William Harris-Moss	Suwi Simfukwe

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 this part of the newsletter I share research, tips and activities to try and give our wellbeing a boost.

In the last newsletter I shared a link to the NHS Moodzone website and the 5 categories that promote wellbeing. These are:

1. **Connect with others**
2. **Be active**
3. **Keep learning**
4. **Give to others**
5. **Be mindful**

Over the next few issues of the news letter I want to look into detail at the benefits of each of these. Starting with the importance of connecting with others.

Human beings are social animals and building relationships with others can help us feel connected, supported and give a sense of purpose. When we can build closeness with friends and family we feel supported and understood. Having someone to share positive experiences with and tell our troubles to is something to treasure.

We can strengthen our bonds with our nearest and dearest in a number of ways, these need not cost a lot of money but they do take time. When rifts appear in relationships it's often because we haven't been giving them the time that they need to flourish. If possible, include an hour in the day as family time. Eating together is great way to do this. Or even better, preparing the meal with someone else and then sharing it. Have sometime in the week when you are together with 'no screens'. Try a board game or card game to interact with each other and have some fun.

I know from working with teenagers that they sometimes find it hard to be open or communicative with how they feel. They can become withdrawn and seem indifferent, but that doesn't mean they are rejecting us. It may be that they don't yet have strategies to talk through what they are feeling. Often they are very scared of judgement or rejection and so they say nothing at all.

One of my students told me about a great way that she connects with her mum when she wants to talk about things but doesn't know how to start the conversation and she gave me permission to share it here. She and her Mum share a notepad. When either of them has something that they want to talk about they write it down and leave it on the bed of the other person. That person then can either write a reply back or start the conversation.

I love this idea, not only does it give the space and time to think about what to say, it also avoids the big build up to starting an awkward conversation. It also leads to a journal of your support for each other which can make the care you have feel tangible and real, and something to focus on when relationships become strained. You could develop the journal in lots of ways, for example writing gratitude messages, adding favourite photos or happy memories. Our young people often say they wished they could be more open with parents, but they not sure how so keeping a shared journal is something to try.

Finally, as we are talking about connecting with others I would like to say a big thank you to all of you who have given me feedback on these articles. It is great to hear that people are appreciative and finding it useful. Please do get in touch if there are any particular wellbeing issues that you would like to see covered. Ratton is going for the **Well Award for Schools** so your contributions are very welcome.

All well wishes to you, Ms Bryden



We always love to hear about what our students do outside of school and here we share a great insight into Y7 Hebe Warren's exciting pastime. Hebe was very keen to reinforce that perseverance and hard work have helped (plus a decent body protector....)

Welcome to the Pony Club

I started riding when I was 4 but really started to learn when I got my first pony Troy when I was aged 7. Smartie arrived in our lives when I was 9 and since then I have learned lots. He was not an easy pony to start off with. He would gallop out of control in the sand school and be very, very strong. He would be very sensitive when trying to groom him and he would move around a lot and he would try to bolt off after every jump! This made me fall off a lot as I was not used to a pony like Smartie.

As I carried on riding him, which I didn't want to do at the time as he had scared me, we began to make progress through hacking and flatwork.

By the time I was

10 we were working better together and started competing at small heights like 50-60cm showjumping or local dressage competitions. As we worked on our jumping with our instructor, he began to understand that galloping wasn't his only speed! Once I got Smartie nailed with jumping we started competing higher at 70cm. As we did so much jumping, my mum and instructor told me it was time to work on something else, so we did dressage. After a while of practicing this Smartie was looking so good that we did a few dressage competitions and in one of them we qualified for the Pony Club Regional Dressage Championships at Keysoe, which was a huge achievement and great fun as we got to stay away.



This year we have competed for the East Sussex Pony Club in Hunter Trials, Dressage, Arena Eventing and One Day Events. It can be tricky as there often aren't any age limits so I can be competing against people much older than me – in the open classes there are sometimes only a few children and about thirty adults! My eventing team have done really well this year; we won the East Sussex ODE and the Romney Marsh and Mid-Surrey events too. I also won the Romney Marsh competition overall.

Recently I have been competing at 70-80cm and have jumped my highest (1 metre) at a jumping lesson. This summer, I qualified for the Sunshine Tour 70cm and 80cm arena eventing (show jumping and cross country in one arena) and came 6th in the 80cm class at the All England Championships at Hickstead, being the highest placed child in that class.

My progress in my riding has been down to perseverance and hard work, as this has been a very challenging time of my riding life. I am looking forward to the next stage of working together with Smartie.



You're invited to trial for the
**MCC FOUNDATION
CRICKET HUB**

WHAT IS A HUB?

The Hubs are the flagship programme of the MCC Foundation – the charitable arm of Marylebone Cricket Club.

There are 50 Hubs nationwide providing free, high-quality cricket coaching to help young state-educated players improve their game. These intensive sessions will run weekly over the winter.

WHO CAN ATTEND THE HUB?

- To be eligible to attend you must:
- Attend a state secondary school
 - Be comfortable playing hard-ball cricket
 - Be 11-15 years old
 - Be willing to commit to attend all sessions
 - Register to attend the trial as detailed below

KEY INFORMATION / EASTBOURNE HUB

Location: Eastbourne College
Hub Manager: Robert Ferley; rsferley@eastbourne-college.co.uk
Trial Date: 8th December
Available age-groups: Mixed U13s and U15s
Programme Dates: Saturdays, 12th January - 15th March

For further information or to sign up for the trial, please contact the Hub Manager using the details above.

Year 7

Inter Community Sport Results – Term 2

OVERALL 'Inter Community Cup' (All 4 Sports)			
		Points	Overall Rank
	Adelphi	9	4 th
	Lyric	18	1 st
	Apollo	8	5 th
	Lyceum	11	3 rd
	Globe	14	2 nd

Year 7 Inter-Community	Winners	
Football	Lyric	
Netball	Lyric	
Benchball	Globe	
Badminton	Globe	

Year 8

Inter Community Sport Results – Term 2

OVERALL 'Inter Community Cup' (All 4 Sports)			
		Points	Overall Rank
	Adelphi	14	3 rd
	Lyric	9	5 th
	Apollo	16	1 st
	Lyceum	10	4 th
	Globe	15	2 nd

Year 8 Inter-Community	Winners	
Football	Apollo & Globe	
Netball	Adelphi	
Benchball	Adelphi	
Badminton	Lyric	



SPARK! CRICKET



**17, 18 AND 19
DECEMBER 2018**

An incredible opportunity to be coached in a world class setting by nationally recognised coaches and players. Our team have combined their 30 years' experience to create a unique program that simply cannot be beaten when it comes to developing passionate and skillful cricketers.

SIGN UP NOW AND BENEFIT FROM:

- a structured programme that develops all skills
- access to world class facilities in the stunning Winn Building
- the most advanced video analysis in the world
 - having fun and making new friends
 - taking your game to the next level

Place: Winn Sports Hall, Eastbourne College, Old Wish Road, BN21 4JY
 Dates: 17, 18 and 19 December 2018
 Time: 9.00am to 4.00pm
 Price: £45 per day or £120 for all 3 days. Lunch is included in the price.
 Book with: Rob Ferley – rsferley@eastbourne-college.co.uk

SPARK CRICKET also runs weekly sessions throughout term-time and offers 1:1 coaching. Please contact Rob Ferley - rsferley@eastbourne-college.co.uk to find out more.



Please make a phone call and help us!

The local Co-op stores throughout Eastbourne will donate money to us from their community fund every time you shop. All you need to do is join the co-op membership scheme and then telephone

0800 -0234708 and say “I would like to donate my community points to Friends of Ocklynge school”.

Each time you spend, Ocklynge School will benefit, with all the money raised helping local children, a really worthy cause.

Thank you.



RATTON SCHOOL ADMISSIONS POLICY 2020-2021



Please click on the link below to access the Admission Policy—Determination 2020-2021 for Ratton detailing a proposed change in the admissions criteria, whereby the higher priority currently given to children of Ratton School staff would be extended to include children of the South Downs Learning Trust staff.

<http://www.ratton.e-sussex.sch.uk/Policies-and-Procedures>

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/>