

MARK YOUR CALENDAR!

Monday 9th July

KS3 Sports Day

Y10 College Taster Day

Thursday 12th July

Y7 Careers Day

Awards Evening at The King's Centre

Friday 13th July

Y8 Careers Day

Wednesday 18th July

Whole School Sponsored Walk

Thursday 19th July

Activities Morning/Early School Closure for last day of term

Friday 20th July

Inset Day

COMMUNITY ARTS FESTIVAL HUGE SUCCESS!

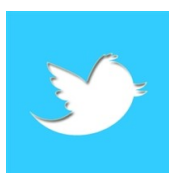
This is the last but one Ratton newsletter and we are in the middle of some of the most enjoyable and important events of the academic year.

The third Ratton Community Arts Festival was a huge success on Saturday 7th of July. The sun shone and there was music, song and dance. A number of different charities were represented and a large number of stalls and activities were led by our students. Despite the very warm weather and a bit of competition with the timing of the England vs Sweden football match, the whole event had a wonderful feel. We are very grateful to all the visitors, including children and families and staff from Ocklynge School, who came and enjoyed an event that is becoming an annual fixture! We will have a detailed article about the event in our next newsletter.

We have our annual Awards Evening on Thursday 12th of July where we celebrate all those students achieving excellence. This year it is being held in the Kings Centre and we look forward to rewarding a large number of students for their effort, contribution and success. It is also an opportunity to thank all our incredibly hardworking staff.

Please enjoy this Ratton newsletter, with inspirational articles about Year 11, Cadets and our amazing Science STEM club.

Mr Knox-Macaulay, Headteacher



Follow Us On
twitter
@RattonSchool

CELEBRATING SUCCESS!

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

15/6/18 - 28/6/18			
Year 7	Year 8	Year 9	Year 10
Nancy Richards Freya Blackler Halit Turak Folly Stanley Mara Gonzalez	Marlon Wiegand Billy Smith Leon Peters Brooke Nicholls Olivia Hindle	Chloe Duncan Zuzanna Biegun Max Lawrence-Mele Abbie Coxhead Holly Malyon	Bibiana Gomes Caines Klaudia Wosik Ana Christenson Jessica Hasib Rose Channer-Cleere

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.

I would like to share a specific kind of wellbeing strategy that is called a 'grounding exercise'. This is very useful for people who have had a shock, or who remember a painful memory or are dealing with anxiety (see the last newsletter for more information on anxiety). I often get very bad dreams and I use grounding exercises to bring me back to the awareness that I am safe and secure.

The first technique is to remember basic information and say it aloud (or just in your head if not appropriate to say it aloud).

For example My name is Gemma Bryden, I live in Eastbourne, I have been married for 8 years, my favourite film is Star Wars. I have three cats.

In order to recall that basic information I have to use parts of my brain other than the part that is making me scared and so I will calm down.

If you are with other people when you get anxious then slow down your breathing, listen to what they are saying and start to notice details about them. For example do they talk with their hands, How many people are wearing glasses? Have you ever noticed their accent? This mindfulness practice will involve critical thinking, which should unlock your mind from panic.

Finally, my most tried and tested practice is simply to focus on my breathing. Become aware of where the breath enters the body and what it feels like as the breath leaves. You might try to focus on producing 10 big belly breaths and see what effect this has. Usually we feel lighter, more open and less worried.

Gemma Bryden, AHT for Character Education

TOMORROW'S LEADERS

Last week saw the culmination of a hard season's training coming to an end for two of Ratton's Cadet NCO's.

Both David Carden and Hellen Stratakou attended Camp in Crowborough for the week taking part in a range of activities from 2 days the Field to Archery Tag and Mountain Biking at Bewl Water.

Both Cadets worked really hard throughout the week leading a group of students each from Eastbourne College that they have never met before, taking the role of section leader on and leading them effectively throughout the week.

Due to their outstanding efforts during the week both cadets were promoted to Corporal, with David winning Best Cadet NCO overall out of 70 Cadets who attended camp.

Congratulations to you both.



OCKLYNGE SCHOOL

INTENSIVE SWIMMING LESSONS

We are now booking intensive lessons through the Summer Holiday.

These will be offered in the mornings. Monday- Friday.

23rd July – 27th July 2018 30th July – 3rd August 2018

The cost will be £25.00 per week.

Should you be interested, please let the swimming teachers know

or contact the Pool Manager on 07928708540 Email: ockpool@ocklynge.e-sussex.sch.uk

Goodbye to the Class of 2018!

On Friday 15th June, our Year 11 students celebrated their graduation from Ratton School. The students were served a buffet in Refresh and were then ushered into the hall for the graduation ceremony. Mr Anderson congratulated them on their past 5 years of hard work and there were student and teacher awards. Two of Ratton's super talented musical students performed on stage. Louie Anderson-Douglas played Debussy's Clair De Lune on keyboard, which he had learnt by ear and Jane Scholes sang 'This is Me' from the Greatest Showman. The Headteacher presented students with their graduation certificates and there was a slideshow of 'Year 11 photo memories' including student trips, activities and school life, which was compiled by one of our Year 11 students, Rachel Davis.



Then on Thursday 28th June staff and students gathered for the Year 11 Prom for the Class of 2018 at the View Hotel. The air was tense with excitement as our students began to arrive in their finery.

Best Dressed Boy – Jack Samways
Best Dressed Girl – Crystal Belgrave
Best Transport – Beth's Bus
Prom King – Oscar Cresswell
Prom Queen – Jenny Rodrigues

Some wonderful modes of transport were used but some gorgeous classic cars were definitely the order of the day.

All our boys and girls looked absolutely wonderful and we were proud of each and every one of them.

After eating their buffet meal they danced their socks off until gone 11pm and then returned home weary (or maybe on to an after party!) but happy.



We wish all of our Year 11s the very best for their future.

Goodbye and Good Luck!

© NXPhotography 2018



© NXPhotography 2018



© NXPhotography 2018

Ratton Science Club scoops STEM Club of the Year 2018 in the South East Region

This year, eleven year 7 and 8 students from Ratton School entered projects in the South East Region Big Bang Science Fair Competition. This contest allows students to build their confidence and skills in science, maths and engineering. Students completed science projects that they have been working on throughout the year, and created a display board to show off their work. These projects were then explained to several panels of judges to compete for prizes, either for their individual projects or the school, alongside other students from numerous local private and public schools. Nearly 9,000 9-19 year olds, and their teachers, from across the region attended The Big Bang Fair South East, and enjoyed a day of exciting and fun-filled shows, interactive displays and hands-on workshops, inspiring them to consider the varied opportunities and careers that studying STEM subjects can open up to them.

Ratton School entered three projects this year. Tom Line, Cailen Pearce, Liam Griffin, Callum Green, Scott Pierce and James Hastie's project was titled 'Mag -Lev Train' and the students made their own working model of a levitating train and then explored these trains as an environmentally friendly replacement for our current rail system. The second project, 'Which plant reduces the most CO₂?', completed by Leo Sowdon, Leigha Thompson, Angela China and Gini Harvey investigated how efficient plants are at removing CO₂ from the atmosphere and the impact this could have on reducing global warming. 'The pH of soil and growth' completed by Ella Harris explored how the pH of soil effects plant growth, and the implications this has for food production and national health.

These projects were completed to an extremely high standard, and the subjects, how they were investigated and the write up were completed by the students from start to finish. Judges were impressed with the confidence and enthusiasm with which the students explained their ideas to them, and other members of the public, students and teachers. The judges

regularly commented the resilience of the students, and their determination to complete some complicated projects. The students also shared their experiences at Science Club, run by Mrs Belbin and Mr Crosby on Wednesday after school, including all the activities that they have done, the skills they have developed and how they have been inspired to think about scientific careers and their future.

The students had an excellent day finding out about new scientific ideas, industries and the opportunities open to them as young scientists. Ratton



School Science Club was also awarded STEM Club of the Year in the South East Region as a result of the students' enthusiasm and excellent communication of activities taken part in this year. This is a great achievement for students in Science Club and is a reflection of their hard work, enthusiasm and commitment throughout the year. If any Ratton students would like to join our award winning Science Club next year for an opportunity to compete in this event and enjoy a variety of fun science activities, come along on Wednesday after school next year, or ask for more information from your Science teacher.

Well done Science Club for being such excellent ambassadors for our school!

Dance World Cup achievements

Well done to Caitlin Hover, Jess Long, Eadie Cole and Hannah Rickard who went to Barcelona representing the Zoe Pennington Dance Studios as part of Team England in the Dance World Cup.

Zoe's girls were amazing coming home with 1 gold medal , 1 silver medal , 2 bronze medals and only missing out on a 3rd one by 0.1 of a mark. Such an amazing week for the girls in what is the biggest Dance competition with 46 countries and over 20000 competitors taking part.

Wow!



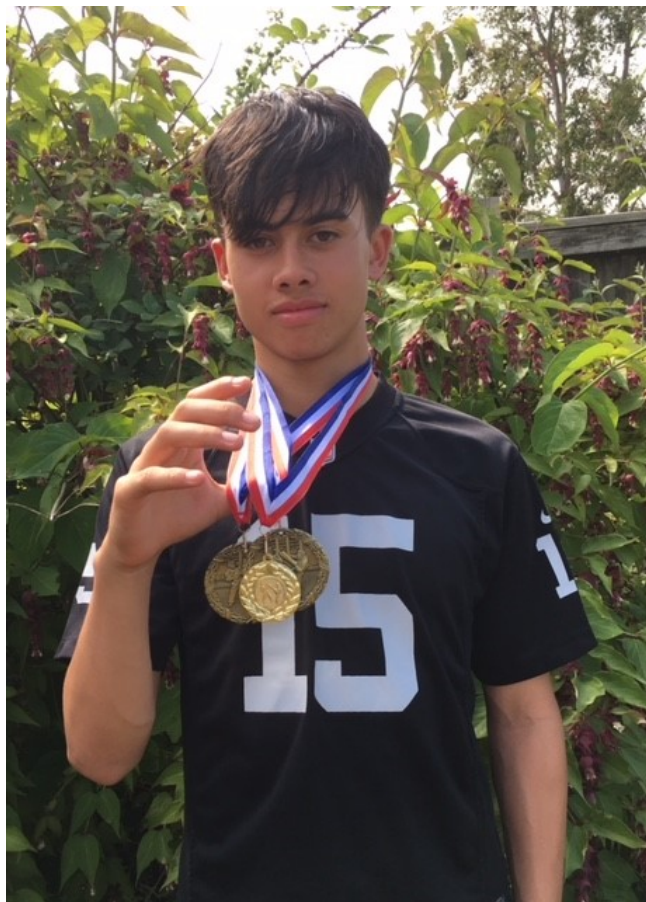
Don't mess with Dondy!

Dondy Sukoco, year 10, became triple Sussex Tae Kwon Do Champion at the weekend, winning gold in 3 different disciplines. He won all four rounds in the under 16 boys sparring with an exciting final round which went to sudden death - Dondy won the final point with a jab to his opponent's face.

He also won the Black-Tag belt pattern, performing a routine called Hura rang, scoring a very respectable 21 points.

Finally, Dondy took part in the tag team competition, in which he and his team fought 2 other teams to win gold with a score of 9-6.

Dondy is looking forward to capitalising on his winning streak in the forthcoming South East Championships at the end of the month.



Art Museum trip

Miss Wiacek, Mrs Welsh and 14 Year 7 pupils created beautiful weaving pieces based on landscapes from the South Downs on their recent weaving trip to Ditchling Art Museum.

All students had a great creative time and it was a lovely morning out!



Kids Get Active This Summer with Sport Eastbourne

It's sure to be a fun packed summer for Eastbourne's kids and teenagers as Sport Eastbourne announces its action packed season of sports camps and play schemes.

From tennis to Tekkers Football Camps plus an athletics programme with Track Active, youngsters will be spoilt for sporting choices throughout the school summer holidays.

Rascal's playschemes are OFSTED rated 'Good' and will be running at Sport Eastbourne's Hampden Park, Cavendish and Shinewater Sports Centres from 23 July – 3 September.

The sessions are filled with an exciting range of led activities for kids aged 4-12 years. Youngsters can enjoy fun games, sports, bouncy castles and the opportunity to play on gaming consoles such as the Nintendo Wii and Xbox consoles. The art and craft activities running each week will be based around some fun themes including, recycling, healthy living and celebrating Eastbourne's famous Airbourne festival, all designed to get the creative juices flowing.

Eastbourne Borough Council Lead Cabinet Member for Tourism and Enterprise, Cllr Margaret Bannister said "Sport Eastbourne's children's activities programme are a great opportunity for kids and teens to get active during the school holidays while offering them the chance to make new friends and learn new skills."

Future World Cup stars can take part in the **Tekkers Football Camp** for children aged 5 – 12 years old takes place on 23 and 24 July, 30 and 31 July and also on 6 and 7 August. From 9:30 – 15:00, it's priced at £15 per person per day.

It'll be game, set and match at the **Tennis Camps** on 13 August and 20 August for children aged between 9 – 14 years old, sessions run for two and half hours and are priced at £7.50 per person per day.

Get on your marks for **Track Active Athletics Camps** running from 13 August – 17 August which gives children aged between 7 and 16 the chance to work towards an English Schools Athletics' Award throughout the week. The week long programme costs £90 for 5 days and includes a free t-shirt and goody bag each.

Infants aged 4-6 years can enjoy mini athletics in the Infant Athletics Morning Sessions on 20 and 24 August. Taking place between 9.00 and 12.30, these cost £10 per child per day.

Camps must be paid for in advance when booking and camps can be booked for just one day except for the Summer Athletics Programme.

For more information, please visit www.SportEastbourne.com or telephone 01323 509859.



**CALLING ALL ASPIRING SECRET AGENTS!
HAVE YOU GOT WHAT IT TAKES TO BECOME A SPY?**

**CITY'S SPY SCHOOL IS BACK
and looking for 12-15 year olds to take part.**

**ARE YOU GOOD AT CRACKING CODES?
COULD YOU COMPLETE THE 'TRAINING SIMULATOR' ASSUALT COURSE?
ARE YOU UP FOR A CHALLENGE?**

If you think you've got what it takes to be a spy school cadet then please ask your parent or guardian for permission to email us for an application form:

spyschool@zodiakkids.com

You can apply by yourself or as a pair with a friend or relative



Ratton Rangers FC

Where fun, football & friends meet!

**We are currently recruiting
for our Under 12s Div1 Team.**

We never forget that the game of football is just that - a game.

Its success at youth level should not be judged by how many wins and losses

are accumulated or by how many trophies are collected. It's all about children enjoying the 'beautiful game' and at the same time, learning and developing both football and life skills.

Our club philosophy ensures children get to play football in a supportive, child-centered environment, where they are valued and can take pride in what they do.

Come and let your child enjoy football in a fun and friendly environment!

For further details please contact Walter Piper on 07737 667 133 or

Email: walter.piper@rrfc.co.uk Website: <https://rrfc.co.uk/>

Check us out on Facebook <https://www.facebook.com/rattonrangersfc/>

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