

IMPORTANT DIARY DATES

Friday 15th—Tuesday 19th

February

New York trip

Monday 18th—Friday 22nd

February

Mid-term break
Y11 revision sessions

Monday 25th February—

Friday 8th March

Y11 pre-public exams 2

Monday 4th March

Early inset closure 1.40pm

Thursday 7th March

Y9 Pathways Evening

*Dates may be subject to change—please
check the website for the most up-to-date
calendar of events*

As we approach the midterm break, I have been impressed with how our students have maintained their focus on learning and our virtues over the course of this term.

Year 11 are working hard to make sure they are well prepared for their final set of pre-public exams after the mid-term break. We are running a range of revision sessions in the mid term break to support their efforts and we wish them the best of luck.

We have been in the middle of our student leadership selection process over the last few weeks. It has been inspirational to hear all our aspiring student leaders talk about what leadership means to them and what they want to do for their community and school. Our focus on leadership has also resulted in the school receiving an award from the UK Youth Parliament for promoting student voice and democracy.

We have just launched our first ever enrichment week for the end of term 6. There are a wide range of exciting activities and experiences on offer and I am sure it will be a fantastic experience for all involved - so please sign up!

Please enjoy this newsletter and have a relaxing and enjoyable break and don't forget to read the wellbeing section on mindfulness.

Mr Knox-Macaulay, Executive Headteacher

INSET DAYS NOTIFICATION FOR REST OF ACADEMIC YEAR

**Early closure at 1.40pm on
Monday 4th March**

**Full day closure on
Friday 28th June**



Dear Parents/Carers,

Thank you for supporting your child's attendance at school.

On the rare occasion that your child is unable to attend, we would now appreciate you notifying the school via the Ratton School App or text message. This will allow us to code the registers in a more timely way, ensuring we can quickly follow up on any safeguarding concerns.

Your support is appreciated.

Many congratulations to our highest achieving students between 14/12/18-10/1/19

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Ale Dam Acosta	Finn Warner	Meer Baram	Tyler Moorton	Jacob Gunter
Luke Barber	Halit Turak	William Bixley	Rhys Parrott	Nathaniel Osborne
Freddie Wallis	Logan Anta Fernandez	Marlon Wiegand	Caleb Scott	Jose-Carlos Valero
Joe Steedman	Alex Clarke	Thomas Line	Adam Cosci	Ryan Hover
Alexander Nachon-Harris	Oscar Smith	Jacob Packer	George Dixon	Charlie Rogers
Olivia Ogden	Rebekah Whitby	Nathan Collier	Louie Bennett	Khadijah Uddin
Brianna Mumford	Nancy Richards	Rebekah Ebdy	Abbie Thomas	Hannah Vera-Morris
Scarlet Gregory	Carly Smithson	Anna Burnett	Victoria Gates	Jessica Richardson
Jessica Da Silva	Victoria Cleary	Megan Stannard	Petra Freitas De Sousa	Amelia Kember
Lara Kyprianou-Hickman	Lili Francis	Daisy Battam	Jess Gashi	Beatriz Freitas
Macy Bryson		Matilda Budd	Sophie Devile	Daisy Karasani-Jones
Yasmin Kingshott				Destiny Donnachie

HAS YOUR YEAR 11 STUDENT SIGNED UP FOR NCS?

Earlier in January the National Citizen Service (NCS) came in to deliver an assembly to our Year 11 students about how they can get involved in the government-backed development programme during their extended summer holidays. Not only does the programme teach your young person valuable life skills, it also helps them stand out on CV's and UCAS applications. The experience is great for meeting new people however if students feel more comfortable bringing a friend, let the team know and they can arrange to put them in the same groups and/or accommodation.

In Year 11, students have an extended summer holiday which can last for up to three months. NCS runs for four weeks however participants have all their weekends off. Employers, colleges, and other professionals will ask questions about what your young person got involved with during their summer holiday and NCS is the perfect solution to be able to answer these questions. Here at Ratton School, we have had many students take part in the programme so we would like to make you aware of the opportunity before spaces fill up.

For Phase 1 which is titled 'Adventure', participants will head to North Devon where they will meet their team of 15, all of whom will be from Eastbourne and surrounding areas. During this stage they will try their hand at a variety of different activities which may consist of rock climbing, expeditions, and stand up paddle-boarding! It is all about trying something new and stepping outside of their comfort zone. Although NCS will actively encourage students to get involved, they will never force participation or make anyone do anything they do not want to do.

Phase 2 is the 'Discovery' stage of NCS where young people will live in halls of residence at the University of Kent. During the day they will get involved in a number of activities including; interview skills, first aid, public speaking, and team-building. Then in the evenings they will work with their mentor and team to budget and then prepare their own meals.

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Southern School Book Awards

It wasn't so long ago that I was lucky enough to attend the incredible Southern School Book Awards. It is an amazing event in which entails meeting the authors of the 5 shortlisted books you have read and then voted for.

I remember sitting down at the front, my stomach doing little fizzes and a huge grin was plastered on my face. Then the lights dimmed, and brighter lights that had before been poised, now turned on, and last year's winner- Lisa Heathfield – came on stage and everyone went silent in anticipation and then cheered. She spoke of the authors and their journeys and then – the moment we were all on the edge of our seats for- the authors came on! I was so excited, the grin already stretched across my face grew wider, and I couldn't wait for them to begin their speeches!

One by one they went on, it was amusing to see all the different personalities and thought processes that they had gone through to complete their novels. Many had tried for years until they had succeeded and they all told us that giving up is never the answer, because if they had done, where would they be now?

Then – my favourite part- each author read aloud one of the chapters in their book and it was so interesting to see the way they perceived their characters (voices and gestures). It was mesmerising! We then collected our book token and were able to buy the books from the authors and get them signed and even have a conversation; it was so surreal, I never thought I would meet the person who was behind the neat ink letters that formed stories on my page.

Afterwards, I was elated and was absolutely determined to read my new books with the little light the moon provided on the journey back.

It was such an incredible, once-in-a-lifetime opportunity and it really opened my eyes to genres and authors that I normally would not pick. My vocabulary and creativity has definitely expanded since and I have been fervently reading ever since!

By Ella Harris 9ADv Lyceum

BATTLE ORDERS!



Last week our cadets were learning about battle orders. These are a distinct set of instructions given in a specific order to ensure all information is delivered clearly and precisely. Part of the orders is to produce an accurate and detailed map of the land, showing landmarks, rivers, and the routes troops/ sections will be taking. Cadets were split into teams to produce a map representing orders that they had previously been given. All cadets worked exceptionally well and produced excellent replicas of the maps provided. Well done all!!



Year 9 Careers Day -Tuesday 29th January

On Tuesday 29th February, all of our Year 9 students took part in their Careers Day events. This involved 3 activities which were run throughout the day. The students were split into 3 groups and each group attended 3 sessions.

First up was a session in the Hall called 'What's My Line?' with 20 visitors from the local business community. This activity involved the students asking our visitors about their job/career and seeing if they could guess what job the visitor does for a living. Students enjoyed finding out about different careers – our visitors included an Author, a West End Dancer, an Architect, a Quantity Surveyor, a Management Consultant and an Estate Agent to name a few!

The second session was called 'Fast Tomato'. This is a website where students answer various questions ranging from what their interests are to what they are good at and the website generates a job/jobs which may suit that particular student.

Lastly came a session called 'The Real Cost of Living'. Students had to decide how much certain things would cost them in real life from their first car to a mortgage, from getting married to going on holiday. This was quite an eye-opener! The students enjoyed their hands-on day of careers activities and found the sessions useful and engaging.

Thank you to everyone who came in to support this event and make it so relevant and fun!



Mock Interviews

On Monday 14th January, as part of Ratton's extensive Careers programme, all 230 of our Year 11 students attended a mock job interview in the Learning Resource Centre. This was organised entirely in-house and delivered by our many professional contacts from the local business community.

Students each experienced an individual real-life interview and gained skills and techniques for when they go out and apply for the real thing! They were encouraged to prepare a CV and think about what their aspirations are when they leave school and college.

Students found the experience useful, encouraging & informative. Our interviewers gave very positive feedback including the following: 'your students were inspirational', 'my interviewees were well prepared and engaged', 'what a lovely, polite group of young people'.

A very big thank you to all of our interviewers who gave up their time to come into school and support our careers programme.

CAREERS FAIR EXTRAORDINAIRE!



On Wednesday 6th February, we held our biggest and best ever Careers Fair for Year 9 and 10 students.

The Careers Fair took place in Ratton's school hall and this year we had over 20 stands with representatives from local colleges and businesses including engineering, hotels, insurance, construction as well as the NHS, RAF, Army, Military Prep College and East Sussex Fire & Rescue Service. Our students spent time visiting the stands and asking questions as well as collecting informative literature. This will help to inform them, not only for their college choices, but also for their future career decisions.

Our thanks to all our visitors who came into school & made this an informative and engaging event for all our students.



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 few newsletters I shared a link to the NHS Moodzone website and the 5 categories that promote wellbeing which are: connect with others, be active, keep learning, give to others, be mindful.

In this issue I will explain a little bit about mindfulness. It's become quite a popular buzzword around wellbeing and you can buy all sorts of things that are said to promote mindfulness from colouring books to skincare



products. In fact, the 'mindfulness industry' is worth an estimated \$1.1 billion in the US. I have a daily mindfulness practise that does not cost me anything so don't feel that you need to spend any money. Mindfulness can be different things to different people. To me, it is about setting aside time to check in with my emotions, thoughts, worries and stresses. A short space of time with no distractions and no demands. I try to do 5 minutes in the morning before my shower and I aim for 10 minutes before I start dinner in the evening. I use breathing techniques to help my mind and body connect. A really simple one is called 'watching the breath.' I sit comfortably, with my back straight and spend a minute or so addressing my posture. Then I spend a few minutes taking deeper breaths and focus all my attention on how my breath feels as it enters and leaves the body. As thoughts or worries pop into my head I notice them and then return to my breath. When I manage a few days of this mindfulness I find I am more patient with people (including myself) and I have greater clarity of thinking.

There are hundreds of different Apps that are good for mindfulness too. These provide guided visualisations or meditation for beginners. I would recommend 'Insight Timer' for a more spiritual approach or Wellmind from the NHS for good mental health strategies. Give it a try and find out what works for you.

All well wishes, Ms Bryden



As part of an incentive to improve students' vocabulary, we have introduced a word of the week. There are posters displayed in every tutor room, as well as on the plasma screens, and students are rewarded for using any of the words in their verbal or written responses.

Last week the word was **SERENITY** and this week it is **TENACIOUS**

Eastbourne Wellbeing for children and young people

Work as a team with your tween/teen and help them to learn to manage their big emotions!

Running on Tuesday evenings 7.15pm-8.15pm, this five week course is designed for parents/carers who would like to learn more about supporting their child's emotional wellbeing, and for young people who would like an insight into their own feelings and behaviours.

Along with ideas for how to boost general wellbeing, you will learn basic cognitive behavioural techniques which can help with common difficulties such as anxiety, low mood, worry, exam stress and low self-esteem/confidence.

Each session will end with a practical strategy to help relax body and mind.

Each ticket admits one parent or carer and one young person.

This course is suitable for parents/carers and young people aged 11+



Dates: 26th February, 5th March, 12th March, 19th March, 26th March 2019

Time: 7.15pm-8.15pm

Location: Devonshire Room, St Elisabeth's Church, 268 Victoria Drive, Eastbourne, BN20 8QX

Cost: £60.28 for each young person and parent/carer

Tickets available from Eventbrite: <https://www.eventbrite.co.uk/e/teen-building-with-eastbourne-wellbeing-tickets-54976743921>

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For the final two weeks of NCS, your young person will be back living at home but meet up with their team during the day. This phase is called 'Action' and participants will decide with their team a project to give back to the local community or to a charity of their choice. A few examples of community projects in the past include: supporting awareness for homelessness, raising awareness of disability through sport, and creating sensory gardens.

We will round off the NCS experience with a celebration. During this part, your young person will receive a signed certificate from the Prime Minister and be told about all the opportunities available to them after such as joining their local youth board and becoming a mentor on the programme the following year.

How to get your young person involved?

Due to the popularity of the programme, we recommend signing up as early as possible to avoid your young person missing out. There are several start dates which are: 24th June 2019, 8th July 2019, 22nd July 2019, 5th August 2019

To sign up to the programme please visit <http://www.ncsyes.co.uk/?fbclid=IwAR1k-8vPyQAZtMG0TZ9ioebwO0adS9yb51az8KwjankIbRaHB1G2OGedoU> or call the team on 0800 197 8010



KS3 Swimming Gala

Well done to the Swimming Squad who represented Ratton at a gala against all the other schools in East Sussex Partnership. The team did incredibly well finishing in 2nd place overall (only 2 points behind 1st place)! Every single swimmer completed fast times and contributed to Ratton's total points score and they were all a credit to the school throughout the event. Well done!!



STARGAZING SOUTH DOWNS



Celebrate the 50th anniversary of the moon landing with us

**WEDNESDAY 20 FEBRUARY
LEWES TOWN HALL, 4-8PM**

- Indoor planetarium shows
- Talks on the moon, telescopes and nocturnal wildlife
- Giant 'sky at night' colouring wall
- Advice on how to set up your telescope
- Virtual Reality Experience of our dark night skies
- Science experiments
- Astronaut selfie stands
- Outdoor 'moongazing' if the night is clear
- Free 'Stargazing South Downs' booklets to take home

To find out more about this and the many other events happening during the South Downs Dark Skies festival

SOUTHDOWNSGOV.UK/DARKSKIESFESTIVAL

Dark Skies Festival 2019
Friday 15 February - Sunday 3 March

SOUTH DOWNS
NATIONAL PARK

East Sussex School Term and Holiday Dates 2020/2021

East Sussex County Council is consulting on a draft proposal for school term dates for the academic year 2020-2021. The Council would like to hear the views of schools, parents/carers and other interested parties on the proposed dates before they are finalised and published.

The consultation will be open from **Wednesday 13 February** until **Tuesday 19 March 2019** and comments should be submitted by this date.

The consultation is available on the Council's [Consultation Hub](#) or can be viewed by using the following link <https://consultation.eastsussex.gov.uk/>