

## IMPORTANT DIARY DATES

**5th November -  
16th November**

Y11 pre-public exams (mocks)

**Monday 5th October**

Early finish for students 1.40pm

**Friday 9th November**

Rotary/Interactors breakfast

**19th November -  
23rd November**

Y11 MFL Speaking Mocks

**Tuesday 20th November**

Ratton LGC 5.00pm

Y11 Certificate Tea

**Thursday 22nd November**

Y9 Parents/Carers Evening

## Electronic Reporting

We are delighted to announce that we are moving to an electronic reporting system allowing you to access school reports at your convenience.

The reports will be emailed to you, but will also be available through our APP 'MyEd'. Full instructions for using the school APP are available on our website. Paperless reporting will provide increased funding for other areas of the school and help reduce our carbon footprint.

If you would like to continue with paper reports, please inform the school by emailing [adavies@ratton.co.uk](mailto:adavies@ratton.co.uk) or you will automatically be moved to our new system.

## WELCOME TO TERM 2!

After a successful term 1 we are all looking forward to good or better progress for all continuing in term 2. We know Year 11 are particularly focussed with their first pre-public exams starting on Monday 5<sup>th</sup> November. We wish them the best of luck with these important practice exams and know they have been working hard on their revision.



As the weather turns colder after a warm autumn and we become more susceptible to coughs and colds, we need to be a bit more determined to maintain high levels of attendance. We know that good attendance and punctuality support good learning so let's all aim for 100% attendance in Term 2 and beyond.

It was wonderful to see the work done by staff and students with the support of Sustrans on safe cycling. We have almost 10% of the school population travelling into school by bike, so an event promoting road safety and bike maintenance was very important. The onset of winter and darker mornings means that we want all our cycling students to travel safely.

Have a great term 2 and please enjoy this newsletter.

*Mr Knox-Macaulay, Executive Headteacher*

# 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 section of the newsletter I will be sharing a range of ideas, strategies and research around wellbeing and mental health awareness. While the ideas are aimed at supporting our young people, they could be adapted and used by anyone.

## The Wellbeing Award For Schools

As you may already be aware Ratton is working towards recognition in the Wellbeing Award for Schools. This is an award given to those schools that can show evidence across a range of areas that they are rigorous in supporting students' emotional health and wellbeing. One of the areas we are looking to improve is getting more students involved when it comes to wellbeing. I am absolutely delighted with how many of our young people have volunteered for some training in mental health awareness and that they are willing to give their time to help others. I am so proud that they understand the importance of compassion in supporting people who may be going through emotional difficulties. I have more than 70 young people who have stepped forward and demonstrated their caring nature.

I would also love to hear from any parents who wish to join our Wellbeing Group. This group meets three times a year to discuss how we support students and share ideas and resources. If you would like to be involved please just drop me an email at the address below. I welcome any ideas for supporting our young people's wellbeing.

Ms G Bryden [gbryden@ratton.co.uk](mailto:gbryden@ratton.co.uk)

## Raystede – October 2108

On the last Wednesday of last term the **Ratton Girls Can** visited and helped care for the animals at Raystede Animal Sanctuary. Having helped organised a campaign to raise and collect donations we arrived at Raystede with 21 large shopping bags overflowing with food and toys that you have all kindly donated. Thank you all very much for making our campaign a real success - it was a great feeling to be able to hand over such a huge quantity of goodies and Raystede were really overwhelmed by our donation and your generosity.

We met two excitable dogs and walked around the sanctuary with Ollie and Jet who had just arrived at the sanctuary as their owner was ill and unable to care for them.

After our stroll it was off to care for the cats, every day the cats need entertaining and nurturing, we went into the cattery and played with the cats Arno, Ginger Ninja and Boggles and had a volunteer talk to us about how rewarding volunteering is. We then had a real treat as we were able to socialise four tiny kittens that had been abandoned in Abbots Wood. They were four weeks old and tiny balls of fluff, now happy and healthy thanks to the care of Raystede.

Following our lunch in the tipi we went on an egg hunt with the chickens in the chicken enclosure and crafted toys and games for the exotic birds.

We had an amazing day, with **Ratton Girls Can** students being excellent ambassadors for the school.

All the animals that we met and helped care for can be seen on the Raystede website, click on the link and take a peek for yourself at <https://www.raystede.org/>



## Year 9 First Generation Campus Visit

On Wednesday 17<sup>th</sup> October, our Year 9 First Generation Making Choices students visited the University of Sussex for their introductory day on the programme.

Students were welcomed by Uni Sussex Ambassadors who walked the group to the Arts lecture theatre where they were introduced to the Making Choices programme. They played a game of True or False which involved answering lots of questions about University life: funding, courses, number of students etc. We think our students had been doing some research as they mostly all answered correctly every time!! 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 the Fulton building for a subject taster session. Students learnt some British Sign Language from one of our student Ambassadors, A.J. who is a second year undergraduate, studying psychology as well as sign language. We learnt how to sign the alphabet and some basic phrases including 'my name is'. 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! They really enjoyed finding out about the cost of going to University and asked our Ambassadors lots of questions!

Our students thoroughly enjoyed their day at Uni Sussex and our Ambassadors commented on how well behaved our students were, also how enthusiastic and engaged they were with the day's activities. Our thanks to the University of Sussex Student Ambassadors and the Making Choices team for a fantastic day on campus!

## Year 11 Careers Day

As part of Ratton's extensive careers programme, on Friday 12<sup>th</sup> October, we held our biggest Careers Day to date for our Year 11 students! The day kicked off with a fantastic motivational speaker, Cameron Parker, who got the day off to a great start with his positive, motivating talk!

We invited local colleges, apprenticeship companies, the RAF, the Army and East Sussex Fire Service to attend a Careers Fair in the school learning resource centre. Alongside the Careers Fair, we ran 13 separate workshops for our students throughout the day. Every student had the opportunity to attend the Careers Fair and a selection of workshops which ranged from apprenticeships to thinking about university and



preparing a CV to motivation and setting up your own business. They also had the opportunity of help with their UCAS progress online college applications. Our Year 11s really enjoyed their Careers Day and we had some excellent feedback from the day. Thank you to all our visitors and staff who helped make this a hugely successful day for our Year 11s and we hope that they now have lots of information to help them on their journey through Year 11 and beyond!



“ Choose a job you love, and you will never have to work a day in your life. ”

– Confucius

## Epipens

We have received information from the Department of Health & Social Care that due to limited availability for the remainder of 2018, certain batches of adult Epipen can be safely used for four months after the expiry date has passed. Advice is to check the expiry of any adrenaline auto-injector. If it is an Epipen, check the batch number is on the list of Epipens that can have their expiry date extended. If not, contact your GP. If it is another brand which is near its expiry, contact your GP. All spare Epipens kept in school have been checked and parents have been contacted. Please see this link for further information on batch numbers affected: <https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=102799>

## BIKE SAFETY INITIATIVE

As part of our commitment to promote road safety and healthy, active travel, on Thursday 17<sup>th</sup> October, Janie Burrage from Sustrans – the National Cycle Network – visited our school cycle shelter together with Paul Cragg, owner of Slipstream Cycles in Hampden Park. Janie talked to students about the basic checks that they should be carrying out on their bikes. The students learnt bike **A, B, C** checking A - air is in tyres & that they are pumped up correctly, B – that the bike brakes are working properly and C – chain is on properly and oiled. Paul was our 'Doctor Bike' who checked the condition of our students' bikes including tyres, brakes, gears, chain, oiling and general healthchecks on the bikes. The students were all given delicious smoothies as a reward for attending the bike safety session and also raffle tickets to be entered into a free prize draw!

During school's first lesson, our cyclists attended a bike safety presentation in the school hall. Janie talked to students about

cycling safely on the road. This included positioning on the road, common hazards, eye contact, wheelies in appropriate places, ways of being seen, the importance of reflective clothing and bike lights. Both Paul and Janie emphasised to our students how important it is to wear a cycle helmet whilst cycling on the road and gave real life examples of what may happen if you have a cycling accident and are not wearing a helmet. We carried out a quick hands-up survey and most of our cyclists in the bike safety session said that they do wear a cycle helmet, which is excellent!



# SLIPSTREAM CYCLES



The raffle prize draw took place and students won some fantastic prizes including reflectors, lights and the grand prize of a BMX helmet! Thanks to Janie and Sustrans for the generous donation of brilliant prizes!

Janie and Paul then ran a puncture repair session using one of our student's bikes – coincidentally he had a puncture on the way to school! The students were split into groups and shown how to remove a bike tyre, separate the inner tube, find the source of the puncture and repair the puncture. They then had to work in their groups to find the puncture, prepare it for repair

and then glue and stick the puncture repair patch. It was great to see how engaged all our students were with this practical session! Thanks Joshua for allowing your bike to be used as a real-life model!!

Huge thanks to Janie & Paul for an educational bike safety session and for their work on the students' bikes and to all the staff who helped at this event. We hope that our students who regularly cycle to school enjoyed their morning!

## CELEBRATING SUCCESS!

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

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Ted Brickley	Finn Warner	Lara Vaney	Thomas Tyrwhitt-Walker	Madison Modestou
Milula Searle-Boniface	Freya Blackler	Ella Harris	Wesley Greenley	Kaitlin Brown

Please find a link below to a tweet containing a Fortnite advice song for parents:

[https://mobile.twitter.com/natonlinesafety/status/1052469311388958720?  
mc\\_cid=2c8ffbe087&mc\\_eid=e3d54b3a2c](https://mobile.twitter.com/natonlinesafety/status/1052469311388958720?mc_cid=2c8ffbe087&mc_eid=e3d54b3a2c)

### Fortnite facts:

1. Fortnite is an online shooter that starts with 100 players and leaves one winner standing.
2. The entire point of the game is to kill other players, but the violence is cartoon-like.
3. Although the game itself seems pretty harmless, players can talk and type whatever they want to each other, and bad language is rampant.
4. In-app purchases can turn this free game into an expensive habit, with the average player spending about £70.
5. Short matches and accessible gameplay make the game addictive.
6. You can regulate your child's playtime (as well as in-app purchases) via parental controls on platforms like PS4, Xbox One, Switch and iOS.
7. If your child is showing signs of isolation or depression because of the game, seek professional help.



## Pevensey & Westham Girls FC wants you!



Pevensey & Westham FC would love to hear from any girls aged 13 and 14 interested in playing football for a brand new team. They are a family friendly non-profit club and always make players and parents welcome. All coaches are FA qualified, DBS checked and all have been trained on safeguarding.

If you are interested please contact the secretary, Hayley, on 07730 678857 or [haydrew1984@gmail.com](mailto:haydrew1984@gmail.com)

## Girls Rugby @ Eastbourne Rugby Club



Sessions start this Sunday at ERFC

1.00pm for ages 13+