

## IMPORTANT DIARY DATES

### Tuesday 29th January

Y9 Careers Day

Ratton LGC 5.00pm

### Thursday 31st January

Year 9 photos

Y10 Parents/Carers Evening

### Monday 4th February

Inset early closure 1.40pm

### Tuesday 5th February

Ocklynge LGC 5.00pm

### Wednesday 6th February

Y9/10 Careers Fair

### Friday 15th—Tuesday 19th February

New York trip

### Monday 18th—Friday 22nd February

Mid-term break

### 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*

## “Success is never accidental”

We have had a very positive start to 2019 and it has been great to see how many events students and staff have squeezed into the first 3 weeks of this term.

The launch of our on line parents/carers evening booking system has been a success with both the Year 8/11 evenings attendance near to 80% and higher than in previous years.

We really enjoyed the visit of the whole of Year 4 from Ocklynge who joined our Year 7 (x band) and Year 8 (Z band) maths probability fair. It was fantastic to see the Ratton Year 7 and 8 students explaining the chances of winning or, in some cases, losing the games they had designed. It really was our virtue of ‘Teamwork’ in action!

Year 11 are working very hard with the countdown to their second set of pre - public exams starting on Monday the 25th of February. In between all of this exam preparation, they have been involved in a practice job interview session and also a self-esteem day. While the interview was an opportunity to prepare them for the future, the self-esteem day was planned to reinforce some of the strategies to help them manage what can be a stressful time of school life.

It is not often that a school can celebrate a national champion. Congratulations to Jarvis Chater who won the U16 national basketball championships as part of the Sussex Storm team. We are very proud of his fantastic achievement.

Please enjoy this newsletter.

*Mr Knox-Macaulay, Executive Headteacher*

## INSET DAYS NOTIFICATION FOR REST OF ACADEMIC YEAR

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

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

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

# SAFER INTERNET DAY 2019



The UK Safer Internet Centre is a partnership of three leading charities – Childnet International, Internet Watch Foundation (IWF) and the South West Grid for Learning (SWGfL) - with a shared mission to make the internet a better place for children and young people.

This year in the UK, Safer Internet Day on Tuesday 5<sup>th</sup> February will focus on how consent works in an online context and will ask young people to explore how they ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data.

The campaign encourages young people to explore how the internet works, who owns the information that is shared on it, and how they can actively take ownership of digital spaces to empower them to take control of their online lives.

We look forward to welcoming AlterEgo Creative Solutions into school on Friday 8th February to present their Applied Theatre play **County Lines** to our Y9 students.

The play has been commissioned to raise awareness around Child Criminal Exploitation – specifically the strand of the County Lines drug trafficking model that sees vulnerable adults and young people targeted by organised groups and gangs to groom, trick, trap and manipulate them into trafficking drugs and sometimes weapons.

**Meet Dex. He's a nice guy. He'll offer you money. He'll offer you drugs. He'll be generous. He'll make you feel important. He'll make you feel part of something. He'll make your life exciting. He'll do whatever it takes to get you working for him and his mates... and when you do...**

**Meet Dex. He's a scary guy. He'll say you owe him money. He'll make you deal drugs and move packages. He'll blackmail you. He'll be violent. He'll make you feel terrified. He'll turn your life upside down. He'll do whatever it takes to keep you working for him and his mates...**

**And he's good at it. He knows he'll get you because he knows you'll make bad decisions... bad choices. Dex runs the County Lines.**





## Unseen Magic

Real life is monochrome grey  
We all see the same joyless sights  
Feel the same constant solemnity  
Breathe the same air.  
Real life is endlessly dull,  
Everyone has the same simple story:  
School-Work-Retirement-Death.  
There's a question I ask myself each dim day,  
Why must we stay trapped in this cycle,  
Silently crying every day,  
Could I live a life with a greater depth?  
Could I run away?  
But deep down I know there's a special world,  
Not so secretive, not far away,  
Full of magic you can see if you just look,  
Free your imagination,  
And pick up a book!

by Lily Vater in  
Creative Writing Club

## Fashion against Nature



Year 10 and Year 11 Art Textiles and Art Students visited "Fashion against Nature" exhibition at the V&A in London. The trip was used to gain ideas for the students' forthcoming exam. Gill Manger and Sasha Hyland helped enormously on the trip and we all had a great inspirational day.

Miss Wiacek

## Support my Challenge for Carers!

Hello, I'm Tom Egan-Payne, and I'm in Year 7 at Ratton. I've got a bit of a favour to ask. In May 2019, my family and I are doing a fundraising challenge to raise money for unpaid carers. My Mum and her partner Tim are walking the 100 miles of the South Downs Way, from Winchester to Eastbourne, in 5 days, and my little sister Freya and I are walking the last (and toughest!) bit at the end to help them finish – **all** the Seven Sisters and all the way back to Eastbourne! It's in aid of Care for the Carers who turn 30 this year, to help them support more carers.

I really want us to raise lots of money for carers like the young adult carers I cheered along when they did the Gauntlet Games last summer. They do so much for the people they care for, so let's do something for them!

It would be brilliant if you could sponsor us and tell everyone you know - to make the hills worth it and help loads of carers! Sponsor us on [www.cftc.org.uk/fundraisers/carerchallenge](http://www.cftc.org.uk/fundraisers/carerchallenge)

Thank you so much!



# Year 10 ICT Trip to Investigate User Interfaces

On Tuesday 15th January a group of Year 10 students had a trip into Eastbourne to investigate different user interfaces in the real world. We started at the library where we had a talk about all the features on the self-service machines for booking books in and out, including the ability to change the font size and language so users can access it.

From there we made our way to the train station taking in the simple crossing buttons and then looking at ticket machines, the barriers to the trains plus the cash points. Next, we made our way into the new Beacon Centre, where one brave soul even had a go on the health monitor machine! Having looked at the ticket machines and the photo booths in there, we made our way to McDonalds, where of course we all had to try out their ordering screens!



**Distinction Award - Brooke Nicholls Year 9**

Just before Christmas Brooke took his London College of Music grade 7 keyboard exam and received a 92% distinction! He is now going to be studying for his diploma which he will hopefully take at the end of the year!

Huge congratulations Brooke!



Many congratulations to our highest achieving students between 14/12/18-10/1/19 whose hard work and commitment we are delighted to recognise.

| YEAR 7                 | YEAR 8                | YEAR 9           | YEAR 10        | YEAR 11            |
|------------------------|-----------------------|------------------|----------------|--------------------|
| Emeline Hutchison      | Lyra Davison-Trickett | Daisy Battam     | Kira Smithson  | Maia Woolf         |
| Willow Brown           | Sofia Joaquim         | Sophie Drakeley  | Lauren Brown   | Menna Evans        |
| Ila Edwards            | Scarlet Holroyd       | Anna Burnett     | Victoria Gates | Charly Crook       |
| Jessica Waterman       | Aimee McIntyre        | Tiarne Mole      | Sadie Douglas  | Mackenzie McAndrew |
| Milula Searle-Boniface | Charlotte Anderson    | Hannah Dent      | Jess Gashi     | Sadie Drinkwater   |
| Fraser Mechan          | Ludovica Cantone      | Mercedes Valero  | Thomas Perry   | Joel Taylor        |
| Ralph Tomkinson        | Thea Booker           | Thomas Line      | Finley Wells   | Reuven Furney      |
| Freddie Wallis         | Harvey Crowther       | Bradyn Chandler  | Kai Stallard   | Suwi Simfukwe      |
| Ale Dam Acosta         | Joe Westlake          | Marlon Wiegand   | Riley Sleight  | Tadiwa Musarurwa   |
| Enrique Valero         | Leo Tang              | Meer Baram       | Tyler Moorton  | Connor Flaherty    |
|                        | Jordan Davenport      | Oliver Goodchild |                | Jacob Gunter       |
|                        | Dawid Kaczala         |                  |                | James De Savigny   |
|                        | Joakim Jequinto       |                  |                | Louis Pavey        |



# 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. These are: connect with others, be active, keep learning, give to others, be mindful.

In this edition of Wellbeing Matters I will look at how generosity can link to an uplift in mood and have surprisingly large impacts on our overall wellbeing. Giving time, affection and attention to others actively lowers stress in humans. An act of sharing helps build bonds with others and creates a mutually beneficial environment. I can think of two examples at Rattou recently. One is from the PE department who often give up their time after school and at weekends to support the sporting achievements of our students. In turn they get to share in the success of our nationally recognised sports people. That makes them feel proud and more inclined to help others and the cycle of goodwill continues. My second example is that a mystery person sent in a 'care package' for the staff to enjoy. It was a lovely basket full of fruit and treats to enjoy at break. Everyone who shared in those treats felt good about themselves and their mood was lightened. I don't know who it was from which means they didn't do it for kudos, but out of altruism and that made it all the more special.

Our acts of generosity, no matter how small, in turn provoke feelings of gratitude which also promote feelings of connectedness and community. A simple exercise on generosity is to give a small amount of time by reconnecting with a friend or family member that you might have lost touch with. Send them a message, or even better give them a call to have a catch up. Or another favourite act of generosity for me is when my partner notices that I am tired and offers to do one of my household jobs for me. My final example is having a good clear out of clothes, books and toys and making sure they get to the Charity Shop.

Who could you be generous with today?

As a bonus resource I would like to share this video on anxiety training. I am going to come back to this subject later, but I thought this link might help anyone experiencing or supporting with anxiety.

<https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/#video-moodzone-anxiety-control-training>

All well wishes to you,  
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 **PLETHORA** and this week it is **QUINTESSENTIAL**

## Year 7 Indoor Athletics

The year 7 Athletics squad represented Ratton against 5 other local schools last week. Pupils took part in a range of running, jumping and throwing events at Hailsham Community College and ensured that all of their efforts were put in to guarantee that each event scored the most points possible. The boys team managed to pip other schools

in most of their events to finish in first position, which means they will now move on to represent the whole of the South Downs Schools Partnership in Horsham next month. Well done to all involved!!!

Year 7 Squad: Jackson Bowles, Freddie Wallis, Josh Dowsett, Leo Romainis, Hadyn Owen, Jacob Williams, Willow Brown, Lilia Edwards, Faith Blackman, Lacey Russell, Lea Ducat, Milula Searle-Boniface



## Year 8 Indoor Athletics



On Thursday 17th January Ratton took an Athletics squad to Hailsham to compete in an Indoor Athletics competition against all the local schools. The Ratton students all performed incredibly and represented the school fantastically. The Boy's team managed to win the whole event, being crowned champions and have qualified for the next round which will see them compete in a County competition against all the other champions from other areas in Sussex. Well done everyone!

Year 8 Indoor Athletics Squad: Charlie Piggott, William Clarke, Leo Tang, Finlay Kelly, Halit Turak, Alex Clarke,

Jordan Davenport, Finn Warner, Victoria Cleary, Maddie Bartlett, Rachel Kersten-Freeman, Amelie Poppitt-Jones, Carly Smithson, Rosie Duggins, Darcy Hesslegrave

## 2018-19 Regional Schools Trampoline Championships

On Saturday 19th January Harper Winslet, Carly Smithson & Kiki Otto competed in the British Schools zonal trampoline competition up in Eastleigh. The 3 of them performed some beautiful routines between them with Harper scoring 54.95, Carly 47.6 & Kiki 40.5. Kiki placed 24th, Carly 21st and Harper 1st place, attaining herself a place in the next round of the competition. The girls scores were combined to give them a team score but they just missed out on qualifying to the next round of the competition! Excellent achievement for all 3 girls who have only recently started trampolining! Good luck to Harper for the final round on 2nd March 2019 in Cannock at the national event!





## Jarvis is a National Basketball Champion!

Jarvis Chater in Year 11, represented Sussex Storm who prevailed over Baltic Stars 85-76 to claim the 2019 Under-16 Boys National Cup title on Saturday afternoon at Essex Sports Arena.

It was Sussex who pulled away in the first half, taking a 20-point lead in the second quarter and were in cruise control. Down 21 heading into the final five minutes, things were looking bleak for Baltic, but a furious rally from Baltic saw them get the lead back to single digits before Storm were able to steady the ship and secure the win.

Storm Head Coach Mark Richards commented: "It's fantastic. They've worked so hard for this, come through some adversity in the early rounds but I'm really, really pleased for the boys. It was a nice start for us, we pushed it well at the beginning, we had some defensive lapses later, but fought through and got the win."

This is a huge achievement for Jarvis, who can now say that he is a National Champion!

Truly inspirational – we are so proud of you Jarvis!

