

Dear Parents, Carers and Supporters of Ratton School,

I hope this edition of the newsletter finds you and your families well.

The start of this term has been significant for our Year 11 students who have been negotiating their mock GCSE exams. I must take the opportunity to highlight their maturity and engagement over the last two weeks in preparing for and sitting these exams. They really have demonstrated the Ratton virtues of effort and responsibility. I wish them all the best of luck for the remaining exams next week. Mrs Byroo has sent a separate communication home regarding contingency arrangements for Summer 2022 GCSE exams, published by Ofqual the exams authority yesterday, to Year 11 parents and carers. This details the arrangements if exams were not to go ahead due to any further Covid disruption. If you are a Year 11 parent or carer, please look out for this on Edulink.

I'd like to thank you for supporting the reintroduction of mask wearing in communal areas in school this term. We will continue to ask students to wear a face mask in corridors, unless of course exempt, for the foreseeable future. Please can you ensure your child brings a reusable facemask to school. Since the recent holiday cases have declined significantly within the student population compared to numbers at the end of last term. We'll continue to keep you updated with any developments around public health as they arise.

Finally, please do enjoy this edition of the Newsletter. It contains exciting news about our school production – Buggy Malone – which will be at the Hippodrome in January. I know staff and the cast are incredibly excited at the prospect of putting on a show again, after two years of disruption.

Best wishes,

Mr Peevers

## Important DATES!

**Thursday 16th December**  
Early closure at 12.30pm  
Festive Jumper Day

**Friday 17th December**  
Inset Day

**20th December - 3rd January**  
Christmas holidays

**Tuesday 4th January**  
Inset Day

**Thursday 13th January**  
Y11 Parents/Carers Evening 1

**Wednesday 19th January**  
Y9 Careers Day

**Thursday 20th January**  
Y9 Pathways Evening

**Tuesday 25th January**  
Y8/9 HPV vaccinations

**26th-28th January**  
Bugsy Malone

**Monday 31st January**  
Y11 mock interview day

**Thursday 3rd February**  
Y10 Parents/Carers evening

**14th—18th February**  
Mid-term break

**Monday 21st February**  
Early closure at 1.30pm

## RATTON ALUMNI

### Outstanding Futures

### Hannah Vera-Morris

Bexhill College student 2019-2021

Attended Ratton School

Hannah studied A Level English Literature, A Level History and A Level Spanish at Bexhill College. She is an outstanding student whose grit and determination has seen her blossom into a student who stands out amongst her peers.

During the first Lockdown, she worked with a homeless charity supporting guests serving hot meals and spending time with the clients. Hannah has also worked with friends to assemble hygiene packs for the Jungle in Calais. In addition, she volunteered in the MFL department of her old secondary school helping them develop resources for online learning.

Hannah is going onto study a BA (Hons) in English Literature and Spanish at Cardiff University. Hannah plans to pursue a career abroad working with charitable projects to support vulnerable groups from around the world.

### Outstanding Futures

### Reuven Furney

Bexhill College Student 2019 – 2021

Attended Ratton School 2014 – 2019

Reuven achieved the highest grade of an A\* in his Film Studies A Level and achieved excellent grades of A and A in his Media Studies and (Modern) History A Levels. In his first year Reuven produced an excellent short film for his Film Studies coursework that showcased his ability to communicate visually and produce professional quality production work. In his second year Reuven continued to develop these skills and wrote an outstanding screenplay which highlighted the improvement in his written work across all of his subjects as he moved into his second year.

Reuven is taking a gap year whilst he decides what he wants to do next, but has submitted applications to The University of Oxford, UCL and King's College London. With his excellent grades and enthusiastic and professional approach, Reuven will excel in whatever he decides to do with his future.

## MADDIE AND AMELIA MEET THE DUCHESS OF CORNWALL

Maddie Bartlett (Y11) and her sister Amelia Bartlett who left Ratton 2 years ago - meeting the Duchess of Cornwall at St Wilfrid's Hospice on 4th November.

This is where their mum was supported during her most difficult times and the girls were supported by them when their mum passed away earlier this year.

The girls spoke with the Duchess about the support they have been offered and had a delightful time chatting to her.





## ROAD SAFETY MESSAGE

We are really pleased that so many of our students choose to travel to school by cycle or scooter each day as it they a mode of transport that have multiple benefits for students' health and wellbeing, as well as the environment in general. However, we grow increasingly concerned about the behaviour of a small number of cyclists and scooter users that we would like your support with.

### Bike and scooter Security

All students using a cycle or scooter to school are required to use the designated bike shed/locking places within school to ensure the safety of the bikes and scooters. The bike or scooter must be accompanied with a lock as no responsibility can be taken for bikes or scooters that are not locked. The gates to the shed will be locked during the school day.

### Safety

We strongly advise that students wear a helmet to and from school and at all times that they are cycling. We also advise that students regularly have their bikes and scooters serviced to ensure roadworthiness. Finally, we would also strongly advise reflective clothing is worn and lights are attached to bikes. Bikes must have a front and rear reflector by law.



### Cycling to and from school

It is very important that cyclists and scooter users obey road traffic laws. Below is a guide:

**Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.

**Obey All Traffic Laws.** A bike or scooter is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals, and lane markings. Additional advice and guidance for cyclists can be found on the government's Highway Code page [here](#)

**Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others. This enables other road users to anticipate where you'll be as they approach and drive accordingly.

**Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, drain covers or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don't wear ear or headphones when you ride.

**Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.

**Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

## ART TEXTILES WINNERS!

We are delighted and proud to have received £100 to spend on Art Supplies for our textiles department thanks to the wonderful Year 11 students from 2021.

**Beau Lewis** won the front cover prize of £100 for her amazing mixed media Jellyfish and the runners up were **Ella Harris, Lara Vaney** and **Libby Kingham** who each won £25 to spend on art supplies.

These students worked so hard in school and in lockdown to create the most amazing outcomes which will be displayed for all to see at [www.dryadeducation.co.uk](http://www.dryadeducation.co.uk) and their winning pieces will feature in Dryad Education's brand new catalogue.



*Ella's work*



*Lara's work*



*Libby's work*



## BUGSY PRODUCTION: WE NEED YOUR HELP - FUNDRAISE & SPONSOR US!

You'll recall our recent announcement in respect of our Performing Art's students, showcasing their rendition of the infamous 'Bugsy' production to be performed at The Royal Hippodrome Theatre in January 2022, with tickets now available for sale.



Ratton's production is sure to be hugely popular, being our biggest production to date! DON'T MISS OUT! Book your tickets online now to reserve your seats for family and friends. Simply click the link below to book...

<https://royalhippodrome.com/.../ratton-school-bugsy-malone/>

The cast have been busy fundraising, with it being our biggest production yet, we need all the help we can get to make it as fabulous as possible! The shopping list is extensive, with professional costumes for our biggest cast to date, props (including 'buckets of splurge') and set designs.

To further our fundraising attempts, we're 'selling' pages in the production programme for sponsorship. We're a school of 1200 students, with Ocklynge (as part of our SDLT Trust) at 850 so a huge opportunity for local businesses to reach out and advertise to their local community. Get involved and take the opportunity to showcase your business through our wonderful schools!

To purchase an advertising space, kindly contact us on : 01323 504011 and ask for Mrs Potten or, should she not be available, Mrs Hamblin (who will take details to pass on). Thank you.

- £100 for a Full page

- £75 for a Half Page, and;

- £40 for Quarter of a Page.

Many congratulations to our students who have earned the highest number of achievement points between 18th October and 5th November

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Yara Haidary	Alicia Honorato Da Silva	Anneliese Grant	Amelia Ciupinska	Daniela Rodrigues De Oliveira
Jane Sear	Isabella Badawi	Syd Penfold	Olivia Ogden	Georgina Masawi
Eve Morris	Layla Bowles	Maisie Bell-Williams	Lea Ducat	Lacey Wallace
Libby Cherryman	Emily Taggart	Taea Trott	Rosie Williams	Kitty Yarnold
Sadie Kingsland	Dea Onuzi	Myah Brooks	Summer Hale	Daisy Kelleher
Finley Stevens	Daniel Nachon-Harris	Harry Orbell	Emmanuel Kamundi	Megan Tyrrell-Curtis
Kitt Lower	Henry Eldridge	Jimmy Zisis	Ethan Cheung	Alfie Taylor
Ollie Ayling	Tom Hogwood-Short	Charlie Walton	Harry Piggott	Charlie Piggott
Harvey Brown	William Myers	Reuben Butler	Ale Dam Acosta	Bora Piper
Logan Standing	Dyako Ahmed	Tedy Dimitrov	Dan Baldock	Oscar Smith
Xander Booker	Iwan Cheung		Freddie Brown	Loui Fry
	Marcel Dudkiewicz		James Tanner	
	Rio Watts			



# EXAM WELLBEING

As we enter the exam season I thought it might be helpful to share some reminders about helping our young people manage their stress.

The foundation for wellbeing for all people is made up of three things: Nutrition, Exercise and Sleep, so let's explore those in the context of exams.

## **Nutrition**

When under stress people often reach for the junk food; the biscuits, the burgers, the pizza. While treats might give a short burst of comfort those foods will not sustain the brain in its need to concentrate. In fact, it will make it worse. Instead our teens need to fuel up on fruits and veggies, low fat sources of protein like eggs and fish and slow release carbohydrates like porridge.

I quite often see Year 11 students coming into school with a pack of Doritos or bags of sweets as breakfast but the nutritional value will not sustain them through a two hour exam. So try and ensure they don't skip breakfast in favour of junk on their way to school. Whole grain cereal like Weetabix with chopped banana is a great exam breakfast and tuna pasta makes a good packed lunch to keep them going through an afternoon exam. If any of your young people are veggie or vegan they should come and see me as I have loads of great recipes for them.

## **Exercise**

Lots of Year 11 students are active in many sports or physical activities like dancing. Encouraging our young people to do half an hour of exercise per day can have enormous benefits for mental wellbeing. Even just walking for 30 minutes has been shown to improve mood, reduce hostility and improve cognitive function. Going for a walk together could be beneficial for both of you and give you a chance to have a longer conversation about how things are going in your lives.

## **Sleep**

This is an area where a lot of a young people fail on. Teenagers should be getting 8 to 9 hours of sleep a night. Many of our Year 11s tell us that they are often still awake at 1.00am or later. If they are having trouble getting good sleep then it means establishing strict routines. Sleep hygiene is all about preparation for sleep and telling the brain and body when it is time to switch off.

Firstly, if at all possible have a no screens in bed policy. Perhaps this could be negotiated for during the week and have screens allowed on the weekend. Aim to be screen free at least 30 mins before going to bed. If you think that you can't win on 'the no screens at all policy', then at least no consoles (PlayStation/Xbox) in bedrooms while the exams are on. I am a gamer myself and I know how addictive they can be. Some of our young people are staying up throughout the night playing games like Fortnite and then appearing tired, sluggish and dazed in lessons.

Secondly, have a set bedtime and stick to it. Aim to be in bed about 30 mins before you need to sleep. So, if they get up at 7.00am they ought to be in bed around 9.30 to 10pm. While the exams are on try to avoid having late nights and long lay ins at the weekend as the change of routine will create 'jet lag' come Monday morning.

Finally...

Find ways to reassure them and comfort them during the exams period.

Remind them of the lovely Christmas holiday that is coming soon.

Praise their efforts to keep them going.

Do some revision with them, let them teach you something.

Try to find time to help them relax at weekends.

Ratton is very proud of our Year 11 students this year. They are becoming confident, caring and creative young people. Every day they impress me with their growth, their humour makes me laugh and I congratulate them for their resilience.

If there is anything I can do to further support them or you with Wellbeing over these last 6 weeks then please do get in touch.

I wish them every success for the exams.

Ms Bryden



## YEAR 10 PHOTOGRAPHY TRIP TO BRIGHTON TOY & MODEL MUSEUM



Our Year 10 Photography GCSE students visited the Brighton Toy and Model Museum recently to develop their coursework theme, being 'Toys'.

Last week these students have experimented with their photoshoot, using 'Photoshop' to create a poster advertising the museum. They've done a brilliant job and come up with some eye catching and innovative ideas. Check out some of their photos from the day!

Well done to all the students who attended, you were brilliant and we hope you found the trip enjoyable and interesting.



## YEAR 10 CHILD DEVELOPMENT CLASS

Look at this brilliant lesson coordinated by Mrs Scott-Smith!

Her Year 10 Child Development class looked at the various stages of labour and utilised Pumpkins to visualise each stage of cervix dilations. Not only festive, but engaging and fun too!

A big well done to the students pictured who took part:

- Savannah A-S

- Alex F

- Ellie F

- Kitty Belle B



## YEAR 10 STUDENT APPRECIATION POST

A big shout out to one of our Year 10 students, Emeline, who recently swam at Sussex County Championships.

She came first in the 100m back and 200m back. She came 2nd in 200m IM, 3rd in 100IM and 4th in 50 back.

Emeline surpassed every expectation, swimming personal bests in all events!

Great work Emeline, what an achievement.



## YEAR 9 WRITING COMPETITION – ‘SPINE CHILLERS’



Towards the end of last year, over 40 of our Year 9 students entered a UK school wide writing competition called ‘Spine Chillers’. We are absolutely delighted to inform you that all of our students had their mini sagas (100-word stories) accepted and publication will be in December this year.

To give you an idea of what was required of the students, the task was to write the most spine-chilling story possible within 100 words. Quite the challenge!

We’re so proud of our students and what they have achieved. Thank you to all of those who took part.

Mrs Devine has shared a couple of examples of the student’s work. We think you’ll agree, although dark and eery, they show fantastic attention to detail and a real understanding for the task asked of them!

### The Darkness by Eva A

*Murky red liquid seeped from my nose. It was here. It followed me. How could I be so foolish?*

*Something dripped from the ceiling onto my grubby converse. I slowly looked up. My lip trembled. Darkness itself was here. Dried crimson blood adorned its dagger like claws and its eyes were wide and lupine like. A menacing grin spread across its face and the negative energy permeated around me like a cocoon.*

*“Aaahhh!” I hollered.*

*Something plunged into my side. My vision went fuzzy as the oozing blood stained my t-shirt. The darkness engulfed me...*

### The Door by Ted P

*“No Max, this is too far now,” came whimpering Charlie, his trembling hands buried deep in his coat pocket.*

*“I know,” replied Max but he continued clattering up the cobblestone steps towards the front door. The crying wind howled as Max opened the rotten mahogany gate, his hands numb in terror. Charlie was perched back at the bottom of the steps, terror filling his eyes as he saw Max make his way to the front door. A slash of lightning lit up Max’s cold face as he approached the door. The door opened... The front door of death!*

## SCHOOL NURSE 'DROP-IN' CLINIC

We are really pleased to announce the return of our school nurse drop-in session.

Working for the NHS, the school nurses are able to provide a drop in for our young people. They are there for any aspect of health and wellbeing, whether physical, mental or sexual health.

There will be a school nurse on site every Tuesday at second break in 'The Hippodrome' room on a first-come first-served basis. We already promote the excellent 'Chat Health' text/phone service, meaning that our students can text for help from one of the nurses should they ever need it.



## SUSSEX POLICE 'STREETS SAFE'

Sussex Police have informed us of a great service that they're running, called 'StreetSafe'.

StreetSafe is a pilot service for anyone to anonymously tell the Police about public places where you might have felt or feel unsafe, because of environmental issues, e.g. street lighting, abandoned buildings or vandalism and/or because of some behaviours.

<https://sussex.police.uk/.../str.../street-safe/street-safe/>



## LIBRARY ART COMPETITION



As part of our ongoing drive for literacy across the school, we wanted students at Ratton to feel a sense of collective ownership with the library. Also, for our established students to get involved in helping new students to navigate the books within the library, to find the stories that interest them the most. With this in mind, towards the end of the Summer we

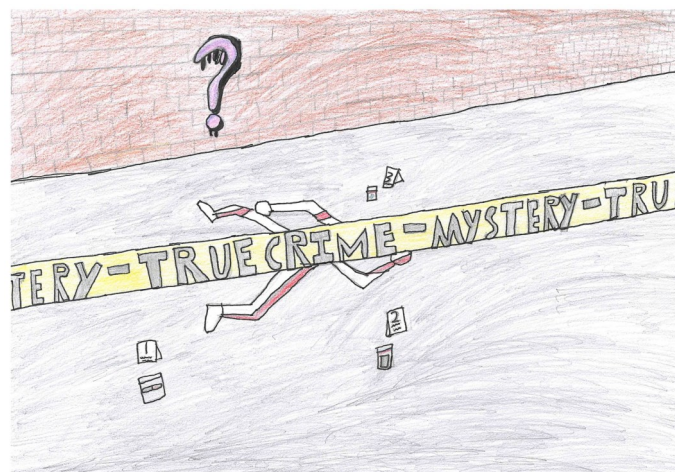
launched a 'Library Art Competition' across our KS3 students, where they could create a piece of artwork to represent a literacy genre. This not only offers students with artistic flair a chance to do something different, but also assists in creating a visual guide when searching for books.

Our Library Team were blown away by the enthusiasm of our students and how brilliantly they responded, with around 40 individual entries across multiple year groups. Needless to say, it will be a difficult task to pick our winning entries! Results to be announced soon...

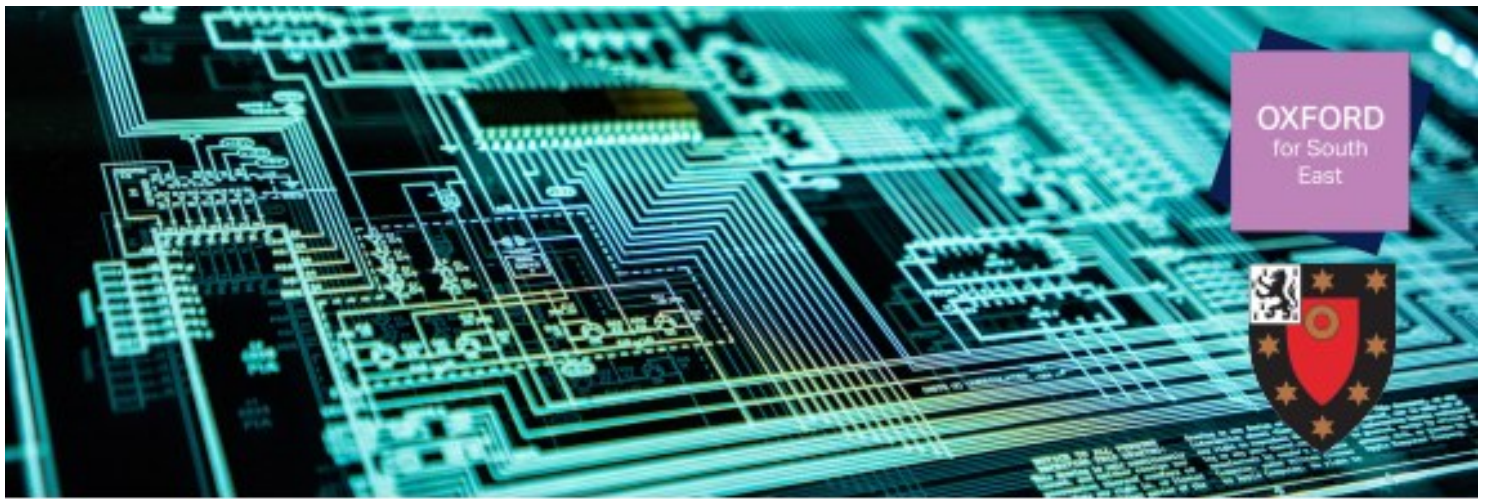
ANIMALS



The winning artworks will be used as a central image to help denote each genre section within the library, with the running up artworks being displayed elsewhere. A huge 'Thank You' to all of the students who took part







# St John's inspire programme

## for Years 9, 10 and 11 "Visions of the Future"

The Inspire Programme for Years 9, 10 & 11 is an online course focussing on a central theme which is approached from a variety of subject viewpoints; each virtual class includes articles, quizzes, and challenges. We also include information on making informed choices about A-level subjects and university study, study skills, and revision skills. By taking part in the programme you will have an opportunity to follow your interests in depth, while developing study skills and confidence in your ability.



### WHAT YOU'LL GET

- Virtual classes containing academic articles, puzzles and challenges
- Participation in an online or in-person Summer School in 2022 (dates TBC)
- Resources for preparing for your GCSEs

Amazon vouchers will be awarded to select entries from each challenge! If you participate in at least one challenge, you'll also receive a certificate at the end of the programme.

Virtual Summer School will be available for all participants, with Year 11 pupils eligible to apply for an in-person Summer School at St John's.

Reading lists, studying tips, videos and more!

Digital Assistance Awards available for eligible participants.

### HOW TO SIGN UP

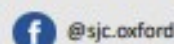
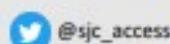
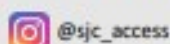
This programme is open to all Year 9, 10 and 11 pupils from non-selective UK state schools.

To register, you must complete the registration form, and your parent or guardian must also complete a consent form. The registration forms as well as full details about the course can be found here or by scanning the QR code:

<https://sjcinspire.com/students/year9-11-inspire-programme/>

The deadline to register is **Tuesday, 30 November 2021**.

Please get in touch at [inspire@sjc.ox.ac.uk](mailto:inspire@sjc.ox.ac.uk) with any questions, and follow us on social media!



# Eastbourne Junior Parkrun - weekly free 2k timed event for juniors

## What is Eastbourne junior parkrun?

It is a 2k event for juniors only (4 to 14 year olds).

## When is it?

It is held every Sunday at 9:00am.

## Where is it?

The event takes place at King Edwards Parade, Eastbourne, East Sussex, BN21 4BY. See [Course page](#) for more details.

## What does it cost to join in?

Nothing - it's free! but please [register](#) before your first visit. Only ever register with parkrun once. Don't forget to bring a **printed** copy of your barcode ([request a reminder](#)).

## How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

## We're friendly!

Every week we grab a post parkrun coffee at the West Rocks Beach Club Café (where you will get a 10% junior parkrun discount!) - please come and join us!

## Upcoming

Eastbourne junior parkrun takes place every week on a Sunday at 9:00am

## Tips

- We operate a **No barcode, No result** policy, so please bring a physical barcode with you.
- Barcodes on mobile phones and other electronic devices will not be accepted.
- If you need to reprint your barcode, please see your registration email, previous results or 'thanks for volunteering' email or you can [request a reminder email](#).
- Coming along for the first time? Please make sure you have [registered](#) and also read the [course description](#).
- Did you take part this week? Check out the [results page](#) and [news page](#) which includes event reports - we normally update these a day or two after the event.
- Not received your results email? It may be in your spam folder. [We've a few tips on our support site](#) to help you.
- You look great! Have a look at the [event photos](#).
- Want to know more? Read [about us](#) and the event.
- Our [links page](#) connects you to local and national running resources.
- This event is organised and delivered every week by volunteers; if you want to join us, find out more on our [volunteering page](#).
- Summary event statistics are at the [bottom of every page](#).
- Any other questions? Read our [dedicated support site](#).

**Keep your eyes peeled for exciting news about our award for Good Diabetes Care in School—we're setting the standard for great diabetes care in school and making a difference to all students with type 1...**



Please note that some of the info in this newsletter may have been included from other organisations. In including the info this does not mean that Ratton School is endorsing them in any way.

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