

MAKING BREAKFAST A HIT NOT A MISS

I know just how difficult it can be to ensure that our teenagers have a good breakfast. This article is intended to congratulate and encourage those of you who persist in ensuring your sons and daughters eat a good breakfast.

Breakfast is a crucial meal for our bodies, providing the opportunity to replenish glucose levels lost overnight which are needed for us to think and learn. According to the Benenden Health Society, people who regularly eat breakfast can:

- Reduce the risk of obesity and diabetes
- Limit the prospect of having a heart attack
- Burn more calories in total during the day
- Catch fewer colds
- Suffer less depression
- Live longer on average
- Be less likely to crave junk food mid-morning.

Understanding the importance of Breakfast is one reason why we run a Breakfast Club at Ratton. Students are able to buy a breakfast and we also provide free tea and toast funded by local sponsorship and the Big Lottery 'Awards for All' grant.

David Linsell, Headteacher

PERFORMING ARTS NEWS

REDOUBT ARTS RIOT FAMILY ARTS DAY - SATURDAY 25TH APRIL

Arts and Crafts, Photography, Costume, Drama, Storytelling, Circus Stomp & Samba fusion, Poetry and the Ragati string band are all on offer at the Redoubt Fortress and Military Museum this Saturday.

Provided by Ratton, Cavendish, and Compass Community Arts the Redoubt hosts a whole day of free arts workshops and performances suitable for families and young people as part of the Eastbourne Festival. There is still space on our **free workshops** (age restrictions apply) phone 01323 410300 to book. Choose from **Pop-up Hats, Street Theatre and Comic Characters** or **Pinhole Photography**, where you will make a camera and take photographs of this interesting historic site - all at 10.30am. Entrance to the Redoubt Fortress is free and **spontaneous arts and crafts activities** suitable for all ages are available all day. In addition entrance to the Military Museum will be half price.

Come along and have a go at something different or just soak up the atmosphere, a perfect opportunity for anyone wishing to complete their Arts Award!

Later back at Ratton ...

Studio 216 Productions presents - **The Crucible**

Arthur Miller's epic play set in Salem, Massachusetts, America in the 17th century revolving around the famous witch trials which became forever linked to the Un-American Activities trails of the 1950's. This version is brought to life by Year 10 and 11 Drama students in the Drama Studio on Saturday evening starting at 6pm. The production is free but donations are welcomed. Arrive early as seating is restricted due to the intimate nature of this performance.

Miz Got Pied

Hopefully you all know about our abseil for the Sollomon Andal Trust by now - Arts Development Officer, **Miz Wells**, and Lyric student, **Curtis Tatner**, went head to head in a **Staff vs Student Competition** to raise funds for a local boy recovering from bone cancer. Curtis raised the most sponsorship and so as promised, following the abseil, Miz got the splatting!

It's now time to get your money in. Thank you to those who have done so already - those that haven't, cheques payable to Ratton School to the Drama office off room 216 by Wednesday 29th April please. If you didn't sponsor us, there is still time to donate, although you can't influence the splatting! Watch it on you tube -

<http://www.youtube.com/watch?v=Up7Bq1zIQMg>

<http://www.youtube.com/watch?v=I8RE1RfnygE>

<http://www.youtube.com/watch?v=ouJngHst3fc>

NATWEST - SCHOOL BANK

Representatives from NatWest Bank have taken assemblies this week to highlight to the students the importance of bank accounts in today's present financial climate. As a school we hope to open our own school bank on-site which students will run, together with staff from NatWest, and all students will have the chance to open an account. More information will follow about the account opening days and the offers available with the account which can be transferred to an adult account once the student reaches 18.

We are looking to appoint two Customer Service Managers, two Cashiers & two Marketing Executives from Year 7 who can apply by requesting an application form from the Finance Office. They will be fully trained and will experience a day working in the NatWest branch in Heathfield.

If you are a parent or guardian of a Year 7 student, please encourage them to take this opportunity.

DATES FOR YOUR DIARY

Monday 27th April
PFA meeting 7.30pm

Tuesday 28th April
Governors' Meeting 5pm
(Budget Committee)

Thursday 30th April
Neighbourhood Panel Meeting 3.45pm

Monday 4th May
MAY DAY BANK HOLIDAY

Tuesday 5th May
Governors' Meeting 5pm
(Achievements & Standards Committee)

Friday 8th May
PFA Pizza/Quiz Night 7pm
(bar opens 6.30pm)

MESSAGE FROM THE CHAIR OF GOVERNORS

GOVERNORS are doing their very best to communicate with parents as much as possible, and to this end we hold regular Parent Voice meetings.

This is an opportunity for parents to come into the school, once a term, and raise any issues - good or bad - they may have.

The meeting is normally on a Thursday from 6.30pm to 7.30pm, and it does genuinely (!) last only one hour.

I normally chair the meeting and Headteacher, David Linsell, or his Deputy, Anne Wardle, will be there along with Assistant Headteacher, Liz Fitzpatrick.

We split the meeting into three parts:

1. Feedback to issues raised at the last meeting;
2. A speaker will focus on a particular subject, last week for example it was our new arts officer Maria Wells speaking on Performing Arts;
3. Open forum for parents.

The one worry I do have about these meetings is the number of parents who attend - I am guessing that we had around 25 last time.

That kind of figure is fine, because some very good points are raised, and I believe it is a constructive 60 minutes, but we do want to encourage more parents to attend if possible.

I understand that the timing may be an issue, and we are flexible on that, but whatever day and time we choose will be a problem for some.

I would like to thank those parents who do turn up regularly. Their input and comments are much appreciated.

The next meeting is on **Thursday 14th May at 6.30pm** - why not come along...

Peter Lindsey, Chair of Governors
(petelindsey30@hotmail.com)

CONGRATULATIONS

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

Week ended 27th March

Michaela Message, Jessica Davis, Heledd Evans, Summer Donnachie, Sandyana Munisamy, Jack Baker, Lukas Ondrej, Elin Pugh, Ashley Hilton, Edward Stokes, William Chaplin, Megan Dennis and Jamie Russell-White

Week ended 3rd April

Jessica Davis, Michaela Message, Heledd Evans, Ashley Hilton, Elin Pugh, Jack Baker, Summer Donnachie, Alex Reed, Joseph Williamson, Marius McCarthy, Lukas Ondrej and Tom Cassidy

FILMING AT RATTON!

As you are all aware, Ratton is going to be the film location for a new 2-part drama being made by ITV for BBC2.

The producers would like to recruit students aged 12-16 years as potential background artists but will require written consent from parents/carers.

Please ensure that you have returned written consent for your child/ren to (possibly) take part otherwise they **will not** be included in **any** of the filming.

Forms should be returned to the form tutor by first thing on **Monday 27th April**

Thank you for your support