

Sackville News



30th September 2016

Dear Parents,

Thank you for all your support in getting this academic year off to a purposeful start. The students have settled in well and learning has gathered pace.

Over the past two weeks, our **open evening** and **open mornings** have been key events for our community and we have been delighted with the turnout. Our open evening saw unprecedented numbers and great enthusiasm for the school, which was heartening for us all. We received much positive correspondence afterwards, an example of which I would like to share:-

"I would just like to express my thanks for the show round and talk that you gave last night. As I am one of the Governors at a local primary, I was incredibly interested in seeing the school first hand. What I saw was not a school, it was a community that I have never seen the like of before. The students were so engaging and polite, I would like to go back to school myself, because you really do give the children all the tools for them to succeed.

I am truly thankful that my daughter may have the opportunity to attend your school. Please thank your excellent staff for being so engaging and also thank the most important ones, the students, themselves."

It is always a privilege for us to share what we have to offer with prospective parents and it also gives us a chance to celebrate and showcase what we do day in, day out. This edition of Sackville News includes a number of images from around the school on the evening that I hope you will enjoy.



In this first month of the year, we have also seen a number of activities taking place and opportunities unfolding. Auditions for this year's school show, Fame, have already commenced with great interest. Many of our year 8 students enjoyed an afternoon of orienteering this week to celebrate high attitude to learning scores during their first year at the school. Year 7 students enjoyed the company of visiting professional musicians which also gave our older students a chance to take the baton and conduct an orchestra!

Many students have been looking ahead to aspirational higher educational opportunities, with year 11s visiting Sussex University on the inset day and year 10s attending a talk about Oxbridge opportunities.

I am delighted to report that Cameron Toogood (pictured right), one of our sixth form students, has been awarded an Arkwright Engineering Scholarship to support him in his studies ahead. This is a tremendous achievement and more details follow later in Sackville News.



With our year 8 students undertaking a coastal field trip day this week, I think we can truly say that the school has hit the ground running in this first month of the academic year. The days and weeks pass by so quickly that it is important to make the most of our time; equal measures of pace, challenge and support are key to ensuring that everyone gains in a positive way.

Best wishes,

Julian Grant
Headteacher

Open Evening at Sackville

A collection of images from our vibrant and busy Open Evening last week.





Guess the lowest whole number!

In the picture immediately above, you can see visitors engaged in the maths department's **Lowest Positive Whole Number** competition. Three year 8 girls, Jessica Aylen, Eleanor Lacey and Phoebe Smith, invited visitors to guess the lowest positive whole number that no-one else would guess. Nearly one hundred adults and children were brave enough to enter.

Fifty of the answers were below 20, and yet three numbers below 10 had only one entry. The winner, Ellie from Estcots School, won a scientific calculator by guessing the number 2! There is only one positive number lower than this of course, so Ellie must have thought no-one else would have been brave enough to choose it.

Well done to Ellie!

Watch out for more maths teasers in later editions of Sackville News.

Department of Mathematics
Lowest Positive Whole Number
Competition

Win a scientific calculator

Name: _____

Contact Number: _____

Primary School: _____

Write down the lowest positive whole
number that you think no one else will enter

"To have your kids at a school where people genuinely care for them and want the best is very special and I can't thank all the staff involved enough. I am glad you're not a school which just cares about results and statistics."

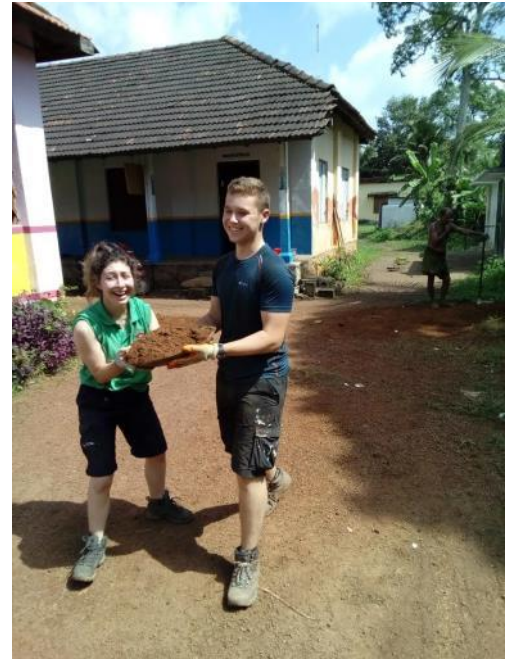
Parent, September 2016

World Challenge India 2016

Mr Wilcox writes: -

At the start of the summer holiday an intrepid team of seventeen year 12 students flew out to India along with three school staff and a leader from World Challenge. We landed in Cochin in the southern state of Kerala and began our adventure by undertaking a six day trek in the Western Ghats around the town on Munnar. The trek was hard work and not without a few hardships but the views from the top of the hills and the sense of achievement at the end of each day made all the effort, and leech attacks, well worth it. After the hard work of trek the team fully deserved a few days rest and relaxation and this was in the form of visiting the Kerala backwaters near Kollam and enjoying a very relaxing day on a Kerala houseboat.

Once fully relaxed we headed off to the town of Haripad in Kerala to visit our project school with the amazing name of Nangiarkulangara. The school was a primary school of around 700 students and our task was to finish off decorating the new dining area to give the students a safe and hygienic area in which to eat their lunches. As well as the basic decorating tasks of painting and helping to tile the dining room floor we also decorated the play area the students use at break time, one of the classrooms to help make it a brighter and more pleasant place to have lessons in and added some amazing murals to the classroom and dining area. As well as the manual labour of renovating parts of the school the students also visited some lessons and had a go at teaching English classes, playing games with the school children and getting to know a bit about their lives. After a hard day's work on one day we tuk-tuk'd to the outskirts of the town to visit some of the school children's homes and families. It was fascinating to visit their homes and to see how they live and how different it is to our lives back home and we were all touched by the warm welcome and cups of tea we were offered by all the families. On the last day of project we were invited to a celebratory opening ceremony for the new dining hall. This involved the team getting dressed up in traditional clothing and a ceremony of speeches, songs and traditional dancing. This brought it home to us just how welcome our visit was and how pleased they were with their new dining area.



After the hard work of project the rest of the trip was spent sampling the culture of India. This included flying up to Rajasthan and visiting sights such as the Amber Fort and Jantar Mantar in Jaipur and Agra Fort in Agra. The trip ended with a visit to the Taj Mahal and an elephant sanctuary. The Taj Mahal was an epic sight to see and the photos we had seen previously just didn't do the beauty and scale of the building justice. The elephant sanctuary was set up to rescue elephants from being misused. There are over 2,000 elephants in captivity in India and many are used for tourism, entertainment and begging and the charity was set up to rescue those elephants which were being mistreated and to try to educate the handlers, their families and the wider community. Whilst there we learnt about the elephants' individual stories and had the chance to wash and feed the elephants. The visit was fascinating and gave us an insight into the good work the charity (www.wildlifesos.org) is doing. It was an amazing end to a wonderful trip full of the sights, sounds, smells(!) and tastes which make up the assault on the senses which is a trip to India!



Cameron Toogood wins Arkwright scholarship

Mrs Wogan writes:-

Cameron Toogood of year 12 has been awarded an **Arkwright Engineering Scholarship** for two years, commencing in September. He will receive his award at a special ceremony in London in October. Mr Treen, Curriculum Leader of Design Technology, said "This is a fantastic achievement by Cameron in receiving this award which rewards his hard work over the past five years in Design & Technology."

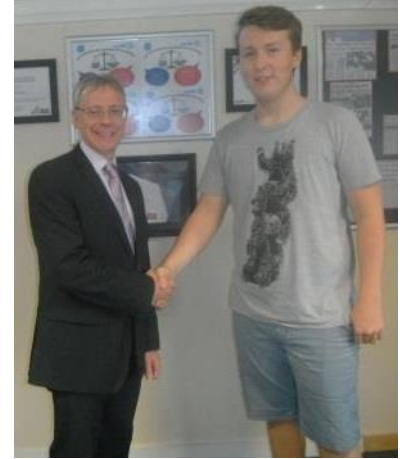
Cameron's sponsor for this award is The Nuclear Institute.

To achieve the award, students are required to complete a detailed application form, sit an aptitude exam and if successful attend an interview.

Cameron is shown being congratulated by Mr Grant.

The Arkwright Scholarships Trust administers one of the most prestigious scholarship schemes in the UK. They nurture future leaders in engineering and related areas of design.

Their Engineering Scholarships support students through their A Levels and encourage students to pursue engineering or related areas of design at university or through a high quality apprenticeship and to take up careers in the field.



News from the sixth form

A lot has gone on since the July edition of Sackville News. A major new initiative this year was to get all year 12 students a work experience placement at the end of the year. We feel that such experience is vital in helping students develop the 'softer' skills so valued in the world of work, to go along with the excellent exam grades they achieve at Sackville!

Mrs Valentine, who organises work experience, asked Anna Davison (right, below) to share what she got from it.

Y12 Work Experience Report

Anna Davison writes:-

In the week just before the summer holidays, the year 12 students completed a week's work experience in a variety of roles and locations. I chose to spend my week at the Laboratory of Apiculture and Social Insects, a research unit of Sussex University which focuses mainly on bees. I didn't know what to expect, having only basic knowledge of insects, let alone bees, but the PhD students took me under their wing and taught me so much about the work they are doing.

From the moment I walked into the lab what struck me most was how passionate everyone was about their work and how eager they were to teach me. I ended up getting involved in all manner of projects: hand pollinating foxgloves; recording and analysing honeybee foraging footage; and conducting field surveys of butterflies. An ever present task was to help decode footage of the honeybee's waggle dance for a PhD project. The dances are fascinating and are designed to tell other bees in the hive where good food sources are. The dances are recorded, then analysed on computers and can then be layered on maps to show where the bees are foraging; a technique which has various applications for their conservation.

My time at LASI was an intense learning experience and, although I will never love bees as much as the people I have met, I have definitely gained a better understanding and appreciation of them. Helping to overcome the complexities of setting up, conducting and writing up about various research projects has also solidified my desire to work as a conservation researcher. I am sure that the time I have spent in and around the labs here will make all the difference in the future.



Calling all festival goers

Meanwhile some sixth form students have already got their business ideas off the ground. Rosie Hooper, Siam Tongsam and Freddie Webb are part of the team behind the 'Wash Wizard' which allows festival goers to wash when there is no water.

You can see from the attached article how it works, and how successful it has been. The Reading Festival was a more fragrant place this summer I am told.

The bistro gets a makeover

At the end of the summer term, a dedicated team of year 12 students under the unstinting direction of Miss Bach redecorated the bistro.

The students chose a painting by Van Gogh and adapted it to decorate one wall of the room after they had completely refurbished the rest of the area. It now provides a relaxing and colourful place to be. Not only were they able to demonstrate their artistic talents but they learnt the important life skills of painting and decorating.

The room was officially opened by headteacher Mr Grant on Friday 16th September who commented: "Students at Sackville have had a long tradition of decorating their social space and this design is arguably one of the best!"

Students Making a Splash!

Four 17 year olds from East Grinstead have just launched a new product 'the Wash Wizard', a sponge designed to help you stay clean when things get dirty and there's no shower about! It's taking off at a rate of knots and here is a Q&A with the young entrepreneurs about their exciting product:

What exactly is Wash Wizard?

Wash Wizard is a small, compact sponge with just the right amount of soap and Aloe Vera and needs just a splash of water to activate. The sponge lathers up and enables you to wash all-over, and as they only contain natural ingredients there is no need to rinse.

Who came up with the idea?

Rosie Hooper, Sol O'driscoll, Siam Tongsam and Freddie Webb, we are four 17 year olds from the East Grinstead area and we came up with the idea for a school GCSE project. We were asked to create a business idea and all of us thought that the sponges were a great idea for keeping clean when there was little water (and washing facilities) available. We came up with a name and made sure all the domains were free, asked Sol's uncle to come up with a design and briefed the manufacturer. They did a special short run for us at a really good price and we started giving them away for people to try out.

How did the initial idea come up and what happened from there?



Rosie: Originally the sponges were used to wash patients in hospitals, and my mum had a couple lying around the house from ages ago. I thought they would be ideal for festivals or anywhere that you don't have access to a shower really. Because they're so small you can literally take them with you anywhere, just pop it in your pocket or handbag and you're good to go.

What has the feedback been so far?

It's already proven popular at all of the top UK festivals this summer: Secret Garden Party, the Isle of Wight festival and Glastonbury goers. Feedback has been amazing. Everybody who used them, loved them and wanted more and said we should go on Dragon's Den! The Wash Wizard sponges are now available to buy on Amazon.co.uk as we have such high demand from people wanting to buy them.

What local support from the school and community have you had so far?

We've had fantastic support from our school friends and family who have really helped spread the word and raise awareness via social media. It's been incredible!

Where do you see this going in the future?

We see the business expanding to other sectors such as travellers, sports, kids, even muddy dogs and being sold internationally. We will be donating a percentage of their sales to various homelessness charities in the UK. Each of us feels passionate about supporting the homeless, and Wash Wizard's donations will be helping towards finding people temporary and long term accommodation, jobs and generally helping people to re-enter society.

Fantastic product guys and all the best with its success!



Buddies make the transition easy for our new year 7 students

Mr Endersby writes:-

The Year 11 buddies attended a Celebration Breakfast with Mr Grant, Miss Jones (Transition Manager) and Mr Morris (Head of Year 7) to applaud their great success in being such great ambassadors for the school during the first days of the new term.

The buddy programme has once again



enabled our new year 7 students to quickly feel a part of the Sackville community.

The impact of the year 11 buddies can be summed up by Miss Jones, 'Our year 7s are now truly settled in and most importantly, happy!'.

Mrs Knock (Pastoral Support Officer for year 7) added: 'They've been truly awesome, nothing has been too much trouble, they've been polite & courteous & been so fantastic with the new students'.

BrightMed

BrightMed is a scheme run by the Sussex University to **encourage students to apply for a career in medicine**. Our involvement with this scheme goes back a decade now, with the first graduates of the scheme well into medical degrees.

Students are invited to apply in year 8 or 9, and if selected take part in regular Saturday sessions in the medical school in Brighton, and a full residential later on.

In year 13, Lucas Day is finalising his application for medical school by building on the experience he has had with BrightMed. We are delighted that Lily Kendrick in year 10 has been selected to join the scheme. We look forward to seeing how she progresses over the coming months. Watch out for a piece from her in a later edition of Sackville News!

Fancy conducting the professionals?

Mr Heatley writes:-

Earlier this month, Sackville was visited by an orchestra from a company called **Kidenza**. The orchestra featured players from the BBC Symphony Orchestra and performers from the English National Opera and musicians from the BBC's programme 'Maestro'. They performed a variety of movements from **Saint-Saens' Carnival of The Animals**, and commented on each movement after playing it.



They also gave a **conducting masterclass** to some of our GCSE music students in the afternoon where the students had the chance to conduct the orchestra!

Worth Less? Campaign

You will have received a letter this week about the campaign for fair funding for schools in West Sussex. This made it clear that we get a lot less to educate your child than the national average. The campaign seeks to address this transparent unfairness.



Some parents from the county have set up an online petition to make their views felt, and it has already attracted over 2000 signatures. It would be great if Sackville parents could visit this page and sign the petition. 10,000 signatures triggers a response from the government.

You can visit the petition here: <https://petition.parliament.uk/petitions/167761>

Please remember if you want to talk to a member of staff, it's much better to make an appointment than arrive unannounced at Reception. All teachers' email addresses are on the website under the **Contact Us** link

Sports News

Though we are only four weeks into the term, the number of fixtures played by the school teams is staggering. I'm not even sure if I have got them all in here. Our PE staff work tirelessly after school most evenings to ensure that this volume of competitive sport can take place.



Two special rugby games for Sackville have been played this term as well. The **Paul Keenor Memorial Game**, between a Sackville XV and representatives from Paul's school year was on Friday 9th September. It's fair to say that Paul's team could have done with his inspiration (and perhaps a little more fitness!).

Wednesday of this week saw the **Chris Cooney Cup** between Sackville and Imberhorne, in which Sackville this year ran out comfortable winners. Our year 9s are developing into a formidable rugby playing year. One of our parents wrote in after the game:-

I am e-mailing to say how much I enjoyed the Rugby at East Grinstead on Wed 27th September. Obviously the result was fantastic but, as important(?), was the great team spirit that Sackville displayed and the excellent standard of Rugby on show. I have been a keen watcher of the Rugby from when the team were in Yr7 so I know that the standard of opposition varies immensely, but on the day yesterday I think they would have put up a good match against any other school.

It is a credit to your training and teaching that the School team have improved so much. It was also good to see the side supported by so many smartly dressed Sackville (and Imberhorne) students

On top of all this we have had the first year 7 interform competition (pictured above) and a rugby day for year 8s at Hurstpierpoint School (right) where the boys enjoyed coaching from the staff of harlequins, including Jordan Turner-Hall (here with his arm round Mr Currie).



On Thursday 13th October East Grinstead Town FC will host the annual **Adam Dabell Memorial Football Game** between the first XIs of Sackville and Imberhorne Schools. As Adam's father writes:-

As I'm sure many of you will well know, on the 10th March 2004 our wonderful son Adam tragically, and without any warning, collapsed and died whilst playing in a local five-a-side tournament with his friends. He was 26. At that time, working on a suggestion made originally by Steve Hill, we, his many good friends with his extended family, decided that the best memorial, to a young man so full of life, would be a living memorial.

Contributions were made that provided for a Memorial Cup and Trophy in Adam's name. These are presented to the winning team from an annual football match between the two sixth form colleges in East Grinstead; Sackville, which Adam attended, and Imberhorne which many of his friends attended and where I now work. There were also sufficient funds left to enable us to purchase team strips for each of the participating teams.

Both teams receive commemorative medals each year, all presented by our Town Mayor and the event is increasingly heavily supported by the young people of the Town. It is a very joyous celebration!

For more information, please refer to Adam's website:- <http://adamdabell.net/>

SECOND HAND UNIFORM

The second hand uniform shop is now in place – all items £1 each.....

We have shirts, skirts, trousers and PE kits all waiting for a new home!



Please visit reception to ask to see the stock or ask your child to visit at lunchtimes.

We ask that you are patient if reception is busy at the time you visit.

Is your child now too big for the shirt you bought 6 weeks ago? Please give it a new home at the second hand shop, all clothes donations to reception gratefully received.

Janina Stromfield. istromfield@sackvilleschool.org.uk

Girls' sports results

Netball				
U19	Played 4 won 2 at West Kent Tournament (Player of Tournament Charlie Main)			
				
We would have won had Head Girl Esme Foreman not stayed behind to do parents' talks at Open Evening!				
U15	Sackville are Versatility Champions			
				
	Sackville	5	4	St Paul's
	Sackville	5	4	Millais
U13A	Sackville (report below)	23	4	Imberhorne
U13B	Sackville (report below)	18	4	Imberhorne
U13	Sackville (Player of Match Ellen Green)	2	0	Oathall
	Fourth in versatility tournament (report below)			
U16 county tournament (Player of Tournament Hannah Green)	Sackville	9	0	St Wilfred's
	Sackville	7	5	Imberhorne
	Sackville	6	5	Farlington
	Sackville	5	5	Warden Park
	Sackville	3	7	Millais
Hockey				
U14	Sackville (Player of Match Lucy Rogers)	0	1	Millais

Boys' sports results

Rugby				
U16 Barry Numan Trophy	Sackville (Tries Ryan Whiteman, Reece Donohue, Jack Howcroft, Dan Harding, Ben Sweetman, conversions Ryan Whiteman 3)	36	7	Imberhorne
U15A	Sackville	33	4	Imberhorne
U15B	Sackville	6	3	Imberhorne
U14	Sackville (Tries Alex Moore 2, Peter Kelly 2, Fin Gadd, Harvey Snashfold, Finn Crawford, Harvey Byatt, conversions James Young 3)	46	21	Christ's Hospital
U14 Chris Cooney Cup	Sackville (Tries Harvey Byatt 4, Alex Moore 3, Peter Kelly, Sam Kelly, Chas Barker, conversions James Young 3)	56	7	Imberhorne
U13 Tournament	Sackville	0	20	Warden Park
	Sackville (Tries Joe Sheridan, Bradley Stuart)	10	0	Heathfield
	Sackville (Tries Ben Aubrey 3, James Grimwood, Dan LeRoy)	25	5	Tanbridge House
Football				
First XI	Sackville (Toby Hill)	1	0	Hazelwick
Second XI	Sackville (Harry Durgan 2, Laveal Brown)	3	2	Hazelwick
	Sackville (George Saunders, Harry Bryant, Adam Kelly)	3	1	Imberhorne
U15A	Sackville (Theo McFarlane, Brice Major)	3	4	Notre Dame
	Sackville (Ethan Carrick)	1	4	Imberhorne
U15B	Sackville (Josh Wilcox 2, Aidan Galyer, Kieran Talbot)	4	2	Notre Dame
U14	Sackville (Fin Gadd 3, Lewis Rex, Harvey Byatt, Joe Stone)	7	0	Oakwood
	Sackville (Harrison Graham 2, Callum Stone)	3	1	Warden Park
	Sackville (Harvey Byatt 2, Callum Stone, Jamie Waghorn, Sam Kelly)	5	1	Wilson's
U13	Sackville (Joe Leslie 2, Olly Ally, Joe Sheridan, Charlie Stone, Jude Hayman)	6	1	Imberhorne
	Sackville (Joe Leslie 4, Jamie Webb 2, Dan Wheeler, Jude Hayman)	8	2	Oakwood
	Sackville	0	5	Warden Park
U13 National Cup	Sackville	0	1	TWBGS
U13 Area Cup	Sackville (Ben Aubrey)	1	4	Oathall
U13B	Sackville	2	7	Tanbridge House
Hockey				
U14 Mid-Sussex 7-a-side (won tournament)	Sackville (Luke Holman)	1	1	Tanbridge House
	Sackville	0	0	Oathall
	Sackville (Luke Holman, Fynn Jones)	2	0	Steyning
	Sackville (Luke Holman 2)	2	0	St Paul's

Netball reports

Miss Offler writes:-

U13 Netball vs Imberhorne

On Tuesday 28th September, Sackville's U13 A and B netball teams faced Imberhorne in their first match of the year. Both teams had a strong, positive attitude starting their games and showed excellent teamwork, communication and energy throughout. There was some excellent play from Lucy Plumb and Freya Healiss, whose shooting was fantastic. Meanwhile, Caleen Chery, Millie Knowles, Jasmine Miller and Amalie Foster McPhedran were key players in moving the ball down the court to set up some scoring opportunities for the B team.



The final scores were Sackville A's 23 – Imberhorne A's 4 and Sackville B's 18 – Imberhorne B's 4. A great result for both teams. Congratulations to Freya Healiss and Millie Knowles who were awarded player of the match.

A team: Lucy Plumb, Freya Healiss, Ellen Green, Issy Carrick, Hannah Plumb, Rachel Canepa-Anson, Eloise Bassett, Georgie Coughlan.

B team: Olivia Hepburn, Anika Raymond, Caleen Chery, Millie Knowles, Jasmine Miller, Amalie Foster McPhedran, Lauren Whitwick.

U13 Netball Versatility Tournament

On Wednesday 28th September, Sackville's U13 Netball team travelled to Warden Park to compete in their first **versatility tournament**, in which players are made to play out of their preferred positions. Having not played in this type of tournament before, the team were a little nervous. However, they had no need to be. Their first match against St Wilfreds resulted in a 9-0 win with some excellent shooting coming from Eloise Bassett.



On our second match we faced Downlands which was a tightly fought game with each team playing very well. The score kept tipping in favour for each team but in the end, Downlands managed to finish with just one goal ahead making the score 3-4 loss.

Our third game against Warden Park was another very tightly fought game with both teams having some good shots on target, but unfortunately, they didn't quite tip into the net! After the first half we were 0-1 down, so with everything to play for the girls got fired up for the second half. Their positive attitude and perseverance paid off with the end result being 1-1 draw.

Our last game against St Pauls saw a slightly worn out Sackville side, but despite this they kept their spirits high. There was some excellent play by Hannah Plumb and Freya Healiss, both making some excellent key passes to move the ball out of our half. Despite their efforts the final score was 0-5 loss.

The team came 4th overall in the tournament, something that they should be very proud of considering this was their first versatility tournament.

The team: Lucy Plumb, Freya Healiss, Ellen Green, Issy Carrick, Hannah Plumb, Georgie Coughlan, Eloise Bassett, Millie Knowles.

Former student Zara Williams

Ex-Sackville pupil Zara Williams recently competed in the World Lifesaving Championships held in the Netherlands from 4th September to 18th September. We are very pleased her dad got in touch with us to give us this news.

In her best event, the 50m manikin carry, she won the race beating a full time professional athlete from New Zealand by 0.01 seconds, to retain her title of World Champion, which she won two years ago in France.

Zara (in the middle of the photo on the next page) still swims competitively for East Grinstead Swimming Club and took up lifesaving with Crawley Town Lifesaving Club in 2010. Since then she has competed for England and Great Britain travelling to South Africa, Australia (twice), Japan, and all over Europe. In 2015 while competing for Great Britain at the European



Championships in Swansea she broke the World Record in her favourite event and also won a silver medal and two bronze medals while representing her country.

She currently holds the titles of World Champion, European Champion, top girl in the Commonwealth and European Record Holder. She holds 7 of the 10 British Records and is overall British Champion. In 2015 she won Sussex Sports Personality of the Year.

To join East Grinstead Swimming Club go to <http://www.egsc.co.uk/index.php/join-egsc/join-egsc>

And to join Crawley Town Lifesaving Club e-mail chair@CrawleyTownLSC.com



Thinking of Teaching?

Are you a recent graduate, or soon to graduate, with a good degree?

The University of Sussex offers a range of exciting routes into teaching in partnership with schools, colleges and nurseries across the South East.

PGCE and School Direct courses are available in a wide selection of subjects:

Art & Design, Biology, Business Studies, Chemistry, Classics, Computer Science, Design Technology, Drama, Early Years, Economics, English, Geography, Health & Social Care, History, Mathematics, Media Studies, Modern Foreign Languages, Music, Physical Education, Physics, Primary, Psychology, Religious Education and Social Science.

At Sussex you can also study the country's only MA in Early Years in Education at no cost to Home/EU students.

Depending on your subject and qualifications, you could be eligible for a tax-free bursary of up to 30k or a training salary of up to 21k while you train to teach.

To find out more about how you could make a difference to young people's futures, come and meet university tutors and school teachers:

Wednesday 12 October, 2016

5.30-7.30pm

Hove Park School

Nevill Road, Hove, East Sussex, BN3 7BN

Thursday 13 October, 2016

5-6.30pm

Careers and Employability Centre, The Library,
University of Sussex, Falmer, Brighton

- To reserve a place at either of these events, visit www.sussex.ac.uk/education/ite/meetus
- For more information about our courses, visit www.sussex.ac.uk/education/ite
- For enquiries, contact iteadmissions@sussex.ac.uk

US
UNIVERSITY
OF SUSSEX



An opportunity for **parents and professionals** to develop their understanding of

Autism and Social Communication Difficulties

Including sessions on

'Internet Safety/Cyber Bullying' 10.30-11.30am

'Supporting Siblings' 12.00pm-1.00pm

Worthing: Maybridge Church BN12 6DR **7th Nov**

Crawley: Crawley Library RH10 6HG – **8th Nov**

Chichester: East Pallant Hse PO19 1TY-**14th Nov**

All welcome to drop-in 10am-2pm

'Hands on' strategies and resources to support Children/young people at home and school.

Further Info: helen.cottell@westsussex.gov.uk



Forest Row Scouts present



Sunday 2nd October 2016

Registration from 8.30am; Start times from 10am

More information on www.forestrowrun.co.uk

FOREST ROW FUN RUN

10K or 5K plus NEW Mile Run

An off road run with something for runners of all ages or abilities

Entry fees from just £5

Online entries via **stuweb** at

[www.stuweb.co.uk/
events/2016/10/02/2543/](http://www.stuweb.co.uk/events/2016/10/02/2543/)

Limited on the day entry available



In association with
[Forest Row Church of England
Primary School](#)

With thanks to our sponsors ...



AED Included

Do you want to be a lifeguard?

The Royal Life Saving Society National Pool Lifeguard Qualification is the most awarded lifeguard qualification in the UK, it is widely accepted as a minimum qualification for a role as a lifeguard.

The qualification is made up of three units:

1. The lifeguard and the Law, Swimming Pool and Supervision
2. Intervention and Rescue and Emergency Action Plans
3. CPR, AED and First Aid

Course dates:	24th October - 28th October
Course venue:	The Kings Center
Course cost:	£225.00
Booking contact:	Email: andyrigg@pfpleisure.org Tel: 01342 328618

Course pre-requisites:

Applicants must be competent to jump/dive into deep water, swim 50 metres in no more than 60 seconds, swim 100 metres continuously on front and back, tread water for 30 seconds in deep water, surface dive to the deepest part of the pool and climb out of the pool unaided without using steps or ladder.

Additional Emergency First Aid and AED Courses may be available, please use the contact details above for more information.

Bookings must be made in advance. Please use the contact details above to make a booking or for further details.

