

## Families' Bulletin - Monday 6 February to Friday 10 February 2023

#### **HEADTEACHER'S MESSAGE**

#### **Dear Families**

The events of this week were perhaps somewhat dominated by the strike action that took place on Wednesday. I know that any disruption to learning is far from ideal however, I am pleased at the way that students and staff adapted to ensure that learning could continue. Year 7 students worked hard in school and those in the other year groups who engaged in their live lessons via Google Meet and took advantage of the wealth of resources on our website, did equally well.

There are still **3 further scheduled days of industrial action** that are due to affect West Sussex. These are:

- Thursday 2 March 2023
- Wednesday 15 March 2023
- Thursday 16 March 2023

We are already working towards a plan for those days so that we are able to give you plenty of notice. We will be prioritising in-school sessions for those students taking examinations this summer as it is likely that we will have a large number of teachers unavailable for work as was the case this week. We will however, do our very best to have as many students in school as possible, with their safety being of paramount importance.

Please note that we also have a long standing and pre-planned **INSET Day on Monday 6 March** during this same period, which we are unable to move.

In other news this week, many of our **Year 9** students enjoyed a bowling **rewards trip**. Congratulations to all of them for their hard work. Whilst there was some thin cloud cover on Wednesday evening at this month's **Observatory Open Evening**, it didn't stop around 40 guests from getting a close up view of the Moon and Mars. You can see more information and some photographs on our Facebook page **HERE**. Last night we had a full hall of students and their families attending our **Higher Education Fair**. We had guests from 14 universities from across the country including Sheffield, Lancaster, Canterbury, Stirling, Aberystwyth and university of Creative Arts. Speakers included Emma Fallon from Sussex University who spoke about how to choose a university and university course, followed by James Brooklyn from Ask regarding apprenticeships. East Surrey, Plumpton and Chichester Colleges were also in attendance. It was wonderful to see so many students there from across years 9-12 planning their future.

And finally, this weekend is the set-up weekend for our **school show Grease**. It will be all hands to the deck, painting sets, setting up the lighting and bringing the onstage performers and the music together as they move into their final few days of rehearsals. I am looking forward to seeing the culmination of all of the hard work our talented students have put in over the last few months.

Have a lovely weekend.

Jo Meloni **Headteacher** 

#### **Key Dates**

Tuesday 7 February Year 13 - Talk delivered by Newcastle University 3.00pm - 4.00pm

Wed 8, Thurs 9 and Fri 10 February GREASE - School Show

Friday 10 February Years 7 to 9 – Influenza Vaccination Programme

Friday 10 February

Year 8 - HPV Vaccination - 1st Dose
Friday 10 February

Year 9 - HPV Vaccination - 2nd Dose

Friday 10 February Year 11 Art Trip - Tate Britain

Monday 13 – Friday 17 February Half-Term Break

Monday 20 February Return to school after half-term break Wednesday 1 March Observatory Evening – 7.00pm to 9.00pm

**INSET** Day

Tuesday 7 March Year 10 – Hospitality & Catering Exam (Actual)

You can view the full parents' calendar here

Monday 6 March

#### Hot Chocolate with the Head



I had another great end to the week as I was joined by Theo, Oskar (Year 7), Scarlet (Year 8), Jayden, Maud and Anna (Year 13) for my Hot Choc Friday reward group. I say this every week but listening and watching the younger students engaging with the sixth formers and vice versa is such a pleasure to see. Strengthening those links is so important with older students acting as such positive role models for others to aspire to and them all sharing their stories of school and hobbies and interests. As a special treat this week we got to hear Scarlet sharing news of her horse-riding win at the Equitogs Arena Eventing Final.

Congratulations to Scarlet and her horse, Dream.

#### Ms Jo Meloni Headteacher



### **Extra-Curricular Clubs**

#### Year 7 & 8 - New Dance Club

A new dance club for our year 7s and year 8s is to start from the first week after half term, Friday 24 February. This will be held after school in the top gym.

#### Mrs Emma Weatherby and Miss Dayna Parchment

We offer a wide range of after school activities at Sackville. You can browse through all the clubs, by year group, via the website parent link **HERE**.

If you have any questions regarding a particular activity, please contact the member of staff who is running the club.

#### Safeguarding - On-line

#### **Safe Against Scams**



More than ever before, we have been relying on technology to enable us to work, learn and connect with each other. Inevitably, criminals have exploited and used our increased digital lives to their advantage. This has resulted in a rise in scams including: telephone, courier and romance fraud which have all become an increased concern in West Sussex. Not only is there the financial impact on victims but the emotional impact can be even more significant.

To help raise awareness of these different types of scams, how to spot them, and what to do if you or your family become a victim, the West Sussex Community Safety & Wellbeing Team, alongside Trading Standards, are running free monthly scams awareness webinars for you to attend.

7 February 14.00-15.30. Reserve a space here

**Mr Kevin Treen** 

#### Wellbeing



Next week is Children's Mental Health Week organised by Place 2 Be, they are marking their ninth year. This year's theme is **Let's Connect** and the focus is making meaningful connections for everyone. We all know that people thrive in communities and connections with one another are vital for our wellbeing. Healthy connections with loved ones, whether they are friends or family, helps support mental wellbeing and our sense of self. We also know that feeling lonely, isolated and disconnected can have a negative impact on our mental health and wellbeing. I only need to cast my mind back to the national lockdowns to remember how difficult I found it being so disconnected from people.

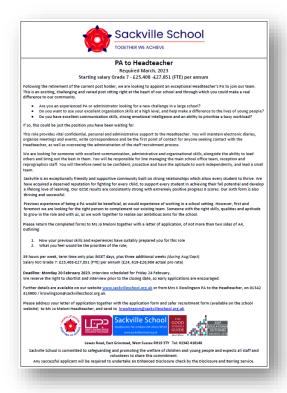
Life can be very busy and you could go so far and say, hectic, and I know when I feel busy and stressed I become less present when someone is talking to me. I find that I have not heard and remembered what someone has just said to me as I was "multi-tasking" and busy scrolling on my phone or replying to an email or message. This can lead to confusion and conflict between me and the other party. Next week, I am going to carve out different times where I am device free and make the most of the time I have with my family to be fully present and connected with them.

If you are interested in striving for more meaningful connections with your loved ones, please see the two page **Top Tip Sheet**.

I have also enclosed the Action for Happiness' calendar for February and their focus is Friendly February. I think the work of both Place 2 Be and the calendar fit together very well.



#### **Vacancies**





Please follow the appropriate link to view any current vacancies within <u>teaching</u> and <u>support staff</u> areas of the school.

## **External Clubs, Events and Services**

## Volunteer Fair - Saturday 4 February 10.00am - 12.00pm

We have the following groups coming along, we would love young people to come along as we want to open the conversation and show what a positive impact young people can have. But not only for the young people, also for the parents to set example and volunteer for themselves and the community:



Age UK East Grinstead & District, Quarry Cafe & Community Fridge, Grenestede Talking News, Citizens Advice, East Grinstead & District Lions, Kangaroos, East Grinstead Community Bonfire, SSAFA The Armed Forces Charity, St Catherine's Hospice, Being Neighbourly and Jigsaw (South East).

# Half-Term Self Defence & Personal Safety Workshops



### **Medication & Illness**

#### Medication



To ensure that we continue to support students when they are unwell, we need to make sure our records are up-to-date. As a school we will continue to administer ad-hoc medication as per the consent slip you have completed. If you wish for this to change, please contact the relevant year team. Should your child be diagnosed with any new medical condition please contact us. In addition, should your child's medical condition change

(i.e., they no longer need to use their inhaler) please contact their year team.

We will continue to provide the support and medical assistance you have already agreed to unless we hear from you.

#### Illness

In order to keep the more vulnerable members of our school community safe, a reminder to inform the school if your child contracts any of the following: Chickenpox, Shingles, Measles or Mumps. Please call the relevant year office, thank you in advance.

