



Families' Bulletin

Week commencing Monday 10 October 2022

HEADTEACHER'S MESSAGE

Dear Families

As our Year 11 students prepare for their first mock exams next week and Year 10 do the same for their Beliefs and Values mock, it has been such a pleasure to see students focused on work and revision as you go around the school. It was equally lovely to hear all of the positive feedback from families during our final two Open Mornings this week.

This week has also seen us inviting parents/carers in for two valuable information evenings for Year 7 and Year 9. Families who attended have fed back that they found the evenings hugely informative and helpful as we all work together to support our students to achieve their very best.

On Wednesday evening we had a really successful Observatory Open Evening, our first of the academic year. Families came from around the local community to thankfully see the clouds clear just in time for an enjoyable evening of star gazing and learning about astronomy.

Today I welcomed a new group of students who were nominated for demonstrating our school values, being extremely community spirited and supporting our new Anti-Bullying Program. They are, as ever, a credit to themselves, their families and our school community.

I wish you all a lovely weekend,

Jo Meloni
Headteacher



Community

"The greatness of a community is most accurately measured by the compassionate actions of its members."

Key Dates

Monday 10 – Friday 21 October	Year 11 Mock Exams
Thursday 20 October	Year 7 Meet the Tutor Evening
Monday 24 – Friday 28 October	Half-Term
Monday 31 October	Year 11 Geography London Trip
Wednesday 2 November	Observatory Evening – 7.00pm-9.00pm
Tuesday 8 November	Sixth Form Options Evening – 5.00pm-7.00pm
Wednesday 9 November	INSET Day – No Students in School

Remember you can see the full parents' calendar [here](#)

Safeguarding Weekly

Alert for Parents & Carers: Self-generated sexual abuse imagery



Self-generated" child sexual abuse is a term used to describe how images and videos of children engaging in sexual activities are captured by someone using a camera on an internet-connected device. Often the child has been groomed and coerced online and the abuser is not physically present.

New data released by the Internet Watch Foundation (IWF) shows almost 20,000 webpages of child sexual abuse imagery in the first half of 2022 included 'self-generated' content of 7 to 10 year-old children.

That is nearly 8,000 more instances than the same period last year. And when compared to the first half of 2020, when the UK entered its first Covid lockdown, there's been a 360% increase in this type of imagery of 7 to 10 year-olds.

Parents and carers are encouraged to T.A.L.K to their children about the dangers. Visit talk.iwf.org.uk for a parent-and-carer-friendly guide on preventing this type of abuse.

- Talk to your child about online sexual abuse. Start the conversation – and listen to their concerns.
- Agree ground rules about the way you use technology as a family.
- Learn about the platforms and apps your child loves. Take an interest in their online life.
- Know how to use tools, apps and settings that can help to keep your child safe online.

Year Group/Department Notices

Year 11

Year 11 have been impressing with their hard work and commitment since September and the time has come upon them to show off the great progress they have been making. The [Mock Exam Timetable](#) can be found by following the link. In this week's [assembly](#), all information relating to these was shared.

Follow the link so that you, too, know what is happening as there are some changes to timings. If you have any questions, please contact your child/ren's form tutor or the year office. All the best to year 11! They will be amazing, I am sure.

Craig Thompson
Leader of Year 11



Administrative Assistant Required November 2022

Grade 4 - Term time only

Are you a team player with good IT skills and attention to detail? Would you like to contribute to providing excellent educational opportunities to young people? If so, this could be just the role you have been looking for.

We require an Administrative Assistant to work in our school office, alongside supportive colleagues at the heart of the school. The role requires a competent use of I.T, (including Office software packages and Google Drive) but we are mostly looking for a team player who is equally at home in using their initiative and problem solving, with good communication skills and a willingness to learn in a supportive team. Training will be provided on our Management Information System and tailored to your personal development needs thereafter. This is an exciting opportunity for anyone who likes working in a busy and friendly office environment.

Hours: 30 hours per week, term time only

Salary range: Grade 4 point 5 £19,650- £20,403

(pro rata £13,297 - £13,807) based on 30 hrs/pw term time only)

Sackville is a large, mixed, 11-18 comprehensive school, close to East Grinstead town centre. We are a popular and oversubscribed school with 1700 students on roll. Our outcomes at both GCSE and A Level are consistently strong with extremely positive progress made by students. We place equal importance on developing our students holistically through clubs, trips, visits and are very proud of the pastoral care we provide.

We are a welcoming and friendly school with over 200 staff who, no matter what their role in school, all want the very best for all our students.

If you think this is a role that would suit you or you would like to find out more, please do get in touch. Further details about the role and our school are available on our website www.sackville.w-sussex.sch.uk or from Mrs K Rowlingson PA to the Headteacher, on 01342 414900 krowlingson@sackvilleschool.org.uk.

When applying, please address your letter of application together with the application form and safer recruiting sheet (available on website) to Ms Jo Meloni, Headteacher.

Closing Date: Friday 14 October. Interviews are scheduled for Tuesday 18 October although we reserve the right to interview early for exceptional candidates, so early applications are encouraged.

Our Motto – 'Together We Achieve'

Lewes Road, East Grinstead, West Sussex RH19 3TY Tel: 01342 410140

Sackville School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure and Barring Service.



Sackville School
Headteacher: Ms Jo Meloni BA (Hons) NPOH
www.sackville.w-sussex.sch.uk





Action for Happiness

This month Action for Happiness is encouraging us all to be a little more *Optimistic in October*, as the nights get darker, the weather cooler and wetter it can feel a little harder to be positive. This calendar seems like a timely reminder to see the good in each day, the calendar is below. Did you know, the calendar is available in languages other than English? They can be found [here](#).

Optimistic October 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

ACTION FOR HAPPINESS

Happier · Kinder · Together

World Mental Health Day

Monday 10 October also marks World Mental Health day, the focus this year is to rekindle our efforts to protect and improve mental health. I firmly believe that this starts with us and our own mental health and wellbeing. As such, I have a simple multi-step thought experiment for you:

- a) If I set you *Happiness Homework* in which you had to spend an hour doing something you enjoy, something that might refill your emotional reserve or energy tank. What would you choose to do?
- b) How do you imagine you would feel after that hour?
- c) Can you find 15 minutes (or even an hour!) each day to try to do that one thing?
- d) Can you find 5 minutes each day to imagine yourself doing it?



I hope you enjoy
your *Homework*!

Hannah

Teach



Inspire the next generation

Are you a 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 range of subjects and phases for a September 2023 start.

PRIMARY PHASE

SECONDARY PHASE: Maths, Chemistry, Physics, Biology, Computer Science, Business Studies, Computing & Business Education, English, English & Media Studies, English & Drama, Art & Design, Geography, History, Modern Foreign Languages, Religious Education, Music, Media Studies, Design Technology, Drama and Latin & Classics.

Postgraduates could be eligible for a tax-free bursary or scholarship, or a training salary - depending on subject, qualification and location - while training to teach.

Free Subject Knowledge Enhancement (SKE) courses are also available prior to training in eligible subjects, including Maths, English, Geography, Latin, Biology, Chemistry, Physics, Computer Science, Design Technology (DT), Religious Education, French and Spanish.

We also offer an innovative Early Years Education MA (with Early Years Teacher Status) at no cost to Home/Pre-settled or Settled EU students.

Find out more about how you could make a difference to young people's futures:

Autumn Teacher Training Information Open Evening

Wednesday 19 October 2022
6-8pm
Jubilee Building, University of Sussex

- Book your place at <https://bit.ly/3FILEh6>
- For more information about our courses, visit www.sussex.ac.uk/education/ite
- For enquiries, contact iteadmissions@sussex.ac.uk



UNIVERSITY OF SUSSEX



PAINT

WORKSHOP

WITH

ART STYLES ACADEMY

AT

STUDIO 3, CHEQUER MEAD ARTS CENTRE, EAST GRINSTEAD



JESSICA NICHOLAS

DATE: HALF TERM WEDS 15th FEB 2023, 10am to 3pm
SUITABLE FOR: BUDDING ARTISTS OVER 10 YEARS & OVER
BOOKING & INFO: <https://www.artstylesacademy.co.uk/book-online>



DRAW

WORKSHOP

WITH

ART STYLES ACADEMY

AT

STUDIO 3, CHEQUER MEAD ARTS CENTRE, EAST GRINSTEAD



JESSICA NICHOLAS

DATE: HALF TERM TUESDAY 14th FEB 2023, 10am to 3pm
SUITABLE FOR: BUDDING ARTISTS OVER 10 YEARS & OVER
BOOKING & INFO: <https://www.artstylesacademy.co.uk/book-online>