



Families' Bulletin

Monday 3 July to Friday 7 July 2023

HEADTEACHER'S MESSAGE

Dear Families

There will be some sleepy eyes in town today, both from our graduating year 11 and year 13 students and staff who attended the 'proms' last night. There was a wonderful atmosphere at both venues and our students yet again did themselves proud. They can now look forward to a well deserved long summer holiday ahead.

We also welcomed the new Town Mayor to our Art Exhibition this week, where he commented on the outstanding work on display. Today there will be both artwork and music from Sackville School students on display at St Swithun's church.

Also this week we have had a number of trips for year 12 with our A level economics students going to London and another group of year 12 who are considering applying for Oxbridge visited Oxford University.

The weather has certainly cooled off a bit this week with some welcome rain and cooler classrooms. Just as a reminder, all students should be coming to school every day in full school uniform (with the exception of their jumper until the end of this term), including ties which must be worn at all times. If students ever have an issue with their uniform, it is helpful if parents/carers call in ahead of time to let the year offices know, so that we can either issue a replacement, or give them a uniform transgression note for the day. Thank you for your support with this.

As we look forward to next week, we are moving ever closer to naming our new small communities. Thank you to those of you who have voted. We have had an amazing response with well over 1,000 people casting their preferences. The following week we will be letting students and yourselves know which Community they will be part of, and who will be their Community Team for you to get in touch with should you need to.

Have a lovely weekend.

Ms Jo Meloni
Headteacher

Key Dates for the Diary

Friday 30 June to Tuesday 4 July
 Monday 3 July
 Tuesday 4 July
 Saturday 8 to Monday 10 July
 Mon 17, Tue 18 and Wed 19 July
 Monday 17 to Friday 21 July
Friday 21 July

Year 13 and 11 Art Festival Display – St Swithun’s, East Grinstead
 Parents Information Evening for the **Cantabria Trip** – 5.00pm
Year 11 into Year 12 Evening – 5.00pm to 6.30pm
Year 10 Geography Trip to South Wales
Years 7,8,9 & 10 Curriculum Enhancement Week
Year 10 Spanish Trip
Last Day of Term

You can view the full parents’ calendar [here](#). If you have any questions regarding a particular activity, please contact the member of staff who is running the club.

Start Dates for the 2023/24 School Year:

Friday 1 September	INSET Day – No students in school
Monday 4 September	Years 7 and 11 only. (Year 12 Enrolment)
Tuesday 5 September	Years 7,8,9,10,11 and 13 only
Wednesday 6 September	All students in school

Hot Chocolate with the Head



For this week’s Hot Chocolate with the Head, I was joined by Mihai in year 7, Elsie, Bea and Ami (year 8) and Hannah (year 12). I enjoyed learning about how school was going and their personal achievements which included running a bake sale, performing outstandingly well in their business A level course and producing an excellent piece of work in history.

I always like to go on and ask students about a topical issue and this week was the use of vapes by young people in society. This was a topic that they brought up and are clearly a group of students who had a fabulous understanding of the potential risks involved to young people. They spoke of some of the pressures on young people today to conform or ‘look cool’ through social media and other influences. I am going to take this forward and see what we can do next with our students to help give them the courage to just ‘say no’ and to have the confidence to be themselves.



Jo Meloni

St Swithun's Festival of Arts

A selection of high quality pieces of artwork will be on display at St Swithun's Church as part of their annual Arts Festival. The artwork will be on view from today, Friday 30 June, through to Tuesday 4 July 2023. Sackville students from both Year 11 and Year 13 have pieces on display. Please go along if you are able.

Sarah Stirling, Curriculum Team Leader of Art



ST SWITHUN'S
FESTIVAL OF ARTS
30th June - 4th July 2023
www.swithun.org.uk

THE PARISH OF
S SWITHUN



NHS - Nits



Please be vigilant with checking for nits over summer. Please find useful advice from the NHS as follows:

<https://www.nhs.uk/conditions/head-lice-and-nits/>

Welfare

Year Group Notices

Find It out Thursdays – open to all year groups



Your child has the opportunity on Thursday's lesson 5 to come and hear from people in different industries. They can find out from the people that know what that profession is like, ask them questions, start to explore different careers available and consider if they are right for them. We invite a different profession each week and your child is able to sign up for one talk, each half term.

Please encourage your child to sign up and use these opportunities to start investigating different career choices.

- **Thursday 6 July 2023** - Jonathan Ramsden from the **Cat's Protection League** talking about the work they do on rescuing and re-homing cats as well as the charity work involved in keeping the place running.
- **Thursday 13 July 2023** - Shionagh Kerr a **Physiotherapist** talking about the work that she does and the various routes into the profession.

If your child is interested in any of these talks please ask them to sign up using this [Link](#). Remember your child/ren can sign up for one talk per half term.

Helen Smith, Futures Leader

Extra Curricular Activities

Summer Term Timetable

We offer a wide range of after school activities at Sackville. You can browse through all the clubs, by year group, via the website link [HERE](#).

Staff Vacancies

One of the many great features of Sackville School is the fact that many colleagues do stay here for a long time.

Unfortunately for us, that does mean that we have a number of staff who are reaching retirement now or in the near future, both teaching and support staff. This will result in a number of vacancies becoming available over the coming weeks, months and years.

If you or someone you know are thinking of joining our team, please follow the appropriate link to view any current vacancies within [teaching](#) and [support staff](#) areas of the school.

If the perfect role isn't listed, but you know someone who shares our vision and ethos and is interested in joining our team, please do [enquire via the vacancies page on our website](#) so that we can get in touch if something comes up in the future.

Wellbeing



Today marks the end of June and July is eagerly waiting around the corner! Action for Happiness' calendar is **Jump Back Up July** focusing on bouncing back from setbacks. Often when we experience difficulties we have to keep going or get straight back up again. As I write this and in these instances in my life, I have the song by Chumbawamba in my head; "I Get Knocked Down". I realised as I typed this that it came out in 1997 and if you weren't around to hear it then, I hope it was enough of a cult classic for you to get today's reference! Sometimes though, we can't get back up again immediately and we need to take some time and space to look after ourselves. We do this in the hope that we will be able to get back up again soon.

Hannah Nibloe

Jump Back Up July 2023

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it	4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy
8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them	11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head
15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today	18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life
22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong	25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem
29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human				

ACTION FOR HAPPINESS

Happier · Kinder · Together

External Clubs, Events and Services

Citizens Advice in West Sussex

Citizens Advice are hosting a free webinar on disability benefits for parents and carers of children with learning difficulties and other disabilities to help when it comes to Personal Independence Payment (PIP) form-filling. This webinar will help give a better understanding around eligibility to receive PIP, the opportunity to learn more about how to fill the application out yourself, as well as gain awareness of other disability benefits available to you and your family.

The webinar is taking place on **Thursday 6 July between 12.30pm and 2.00pm** and is in a small group session format, via Zoom, of no more than 20 people.

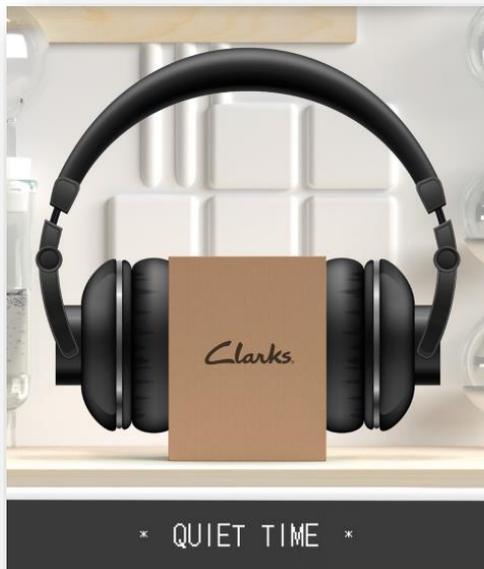
To book your place, please can visit <https://www.eventbrite.co.uk/e/disability-benefits-information-for-parentscarers-of-children-with-send-tickets-596617578237?aff=ebdsoporgprofile>

Beth Paine

Communications and Marketing Officer

Citizens Advice in West Sussex (North, South, East)

Clarks Shoes



WHATEVER YOUR PLAYGROUND WE'VE GOT YOU COVERED

With nearly 200 years of expertise, it's safe to say we know what it takes to craft the right shoes for growing kids. And we're here to help you find the perfect pair for happy, healthy feet as they head back to the classroom.

Shoe shopping can be overwhelming for some children. If you'd like to visit us during a time with fewer crowds, noise and bright lights, then book a Quiet Time appointment.

TO BOOK YOUR QUIET TIME APPOINTMENT, CONTACT CLARKS
EAST GRINSTEAD ON 01342 321676

Clarks East Grinstead here! With only 3 weeks left of term we are already preparing for the back to school rush. We are planning on fitting as many people in as possible and the easiest way to do this is to book an appointment with us. This ensures your time slot and no waiting time! Your staff member will be ready to help you when you arrive.

We are also offering quiet time appointments. Please get in contact for more details. Tel: 01342 321676.

Clarks, East Grinstead Store

BACK TO SCHOOL COLLECTION

 REX STRIDE COLOUR: BLACK/LEATHER SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: E, F, G, H	 STEGGY STRIDE COLOUR: BLACK/LEATHER SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: E, F, G	 SCAPE SKY COLOUR: BLACK/LEATHER SIZES AVAILABLE: 10-13½ FITTINGS AVAILABLE: F, G, H	 KICK PACE COLOUR: BLACK/LEATHER SIZES AVAILABLE: 7-4 FITTINGS AVAILABLE: F, G
 RELD A SEA COLOUR: BLACK/LEATHER & BLACK PATENT SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: E, F, G, H	 SCALA TAP COLOUR: BLACK PATENT SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: E, F, G, H	 JAZZY JIG COLOUR: BLACK PATENT SIZES AVAILABLE: 8-13½ FITTINGS AVAILABLE: E, F, G, H	 JAZZY TAP COLOUR: BLACK/LEATHER SIZES AVAILABLE: 8-4 FITTINGS AVAILABLE: E, F, G, H
 CICA STAR ORB COLOURS: BLACK SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: E, F, G, H	 CICA STAR FLEX COLOURS: PINK/COMB SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: F, G	 CICA STAR RUN COLOURS: NAVY/COMB SIZES AVAILABLE: 7-13½ FITTINGS AVAILABLE: F, G	 AWARD FLY COLOURS: BLACK/SIZES AVAILABLE: 8-5½ FITTINGS AVAILABLE: F, G

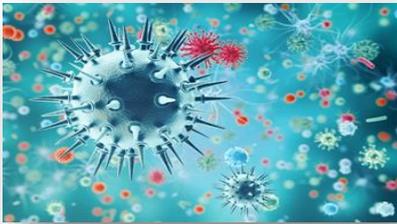
Clarks

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.