



Families' Bulletin

Monday 6 March to Friday 10 March 2023

HEADTEACHER'S MESSAGE

Dear Families

Just as we thought Spring was around the corner, we seem to have been hit with another cold spell and a forecast of rain on its way next week. We are not going to let the weather dampen our spirits though and as ever there has been a lot happening this week for us to be pleased about.

Students in years 7, 9 and 11 had their 'fun' photos on Tuesday and Wednesday and our Sixth Form Art students are out on a trip today visiting London galleries. Year 11 in particular have been working really hard as they edge towards their final 2 months of exam preparation, including taking part in walking talking mocks in English. This is an effective strategy that many schools now use, to help students with exam technique and confidence in the lead up to their final exams.

Whilst we appreciate the NEU industrial action on Thursday will have caused disruption to families and to learning, I have been pleased to hear how so many students engaged with their online lessons or work from our independent learning resources on our website. These will be crucial if we do move into the two remaining scheduled dates for industrial action on consecutive days Wednesday 15 and Thursday 16 March. We will review our risk assessment on the provision and availability of staff we had in yesterday with those Year 11 and Sixth Form who attended, to help determine how we manage those two days should the strikes go ahead as planned. I will write to you later next week with plans for those two days.

Have a lovely weekend,

Jo Meloni
Headteacher

Key Dates

Monday 6 March	INSET Day
Tuesday 7 March	Year 10 – Hospitality & Catering Exam (Actual)
Wednesday 8 March	A level Photography Trip
Thursday 9 March	Years 11, 12 & 13 – Group Photographs
Thursday 9 March	Year 9 & 10 French Trip Parents Meeting
Thursday 9 March	Year 11 Information Evening – all subjects – 5.00pm to 6.30pm
Thursday 23 March	Year 11 Consultation Evening – 4.00pm to 7.00pm
Thursday 30 March	Year 9 Consultation Evening – 4.00pm to 7.00pm
Monday 3 April – Friday 14 April	EASTER HOLIDAY
Monday 17 April	Start of the Summer Term
Thursday 20 April	Year 9 Meningitis Vaccinations
Thursday 27 April	Year 11 Pre-Exam Parent Information Evening – 5.30pm to 6.30pm
Monday 15 May	Year 11 Start of the GCSE Exams
Wednesday 21 June	Year 11 GCSE Exams End
Wednesday 28 June	Year 11 Contingency Day
Thursday 24 August	Year 11 Results Day – from 10.00am

You can view the full parents' calendar [here](#)

Hot Chocolate with the Head



This week's Hot Chocolate students were nominated for their sporting prowess, with Ruby, Mia and Scarlet having recently won rosettes in a county-equestrian competition. They now go on to the finals in August. We also had Jamie in Year 13 who continues to sail his way to success in his first 29er of the Euro Cup of 2023, with equal points to his Hungarian competitors. Also joining us this week were Louisa, nominated for her kind and helpful

contribution to our community. Finally, it was a pleasure to spend some time with Juan and Daphney in Year 7, both of whom have recently come to the UK and have settled in well at Sackville quoting how lovely and welcoming staff and students have been.

Congratulations to them all, what a lovely start to a Friday morning.



Extra-Curricular Activities

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.

Year Group/Departments Notices

Years 7, 8 & 9 - Curriculum Enrichment week (CEW)

(Please note: Details for Year 10 CEW will follow separately)

I am delighted to share with you our new curriculum enrichment program for July. We are really excited by the new format which will give staff and students three in-depth days of one activity. This will give everyone a real opportunity to delve into an area that they may already enjoy, or to experience something completely new. This means that the opportunities are also much more focussed and give everyone the chance to really develop their skills rather than a one-off experience.

We will be collapsing three days in the last week of term in July to deliver this program - Monday 17 to Wednesday 19 July. We will then return to school for Thursday 20 and Friday 21 July as normal.

Please take the time to look at the activities being offered and complete the Google form link within the Curriculum Enhancement Week 2023 document (link below) to outline the preferences your child would like to take part in.

[Year 7, 8 & 9 - Curriculum Enrichment Week 2023](#)

LRC – The Scholastic Book Fair

The Scholastic Book Fair is coming to the LRC on Friday 17 March until Thursday 23 March. All Students can use their £1.00 World Book Day Voucher to reduce the cost of any book purchased. (One voucher per student). Cash payments on the day or prepayment via the Scholastic website can be made. (Details will follow next week). Students can enter the Competition to win a £5.00 voucher to spend at the Book Fair.

Simply tell me about the best book you ever read!

- **What was the title?**
- **Briefly describe what the book was about?**
- **Why was it soooooo good?**

Don't forget to add your name and form and then either email me trose@sackvilleschool.org.uk or hand in your entry to the LRC. The best three entries will win a £5.00 voucher to spend at the Book Fair.

Entries must be in by **Wednesday 15 March**. Good luck.

Mrs Tracy Rose

LRC

OVER 200 BOOKS TO CHOOSE FROM

LAST YEAR, YOUR SUPPORT HELPED TO DONATE OVER £2.2M BOOKS TO SCHOOLS NATIONWIDE

COME TO THE BOOK FAIR

Fill your school with **FREE BOOKS** when you buy from the **BOOK FAIR***

The best new books from only £2.99

SCHOLASTIC

BRAND NEW BOOKS

£7.99 £7.99 £7.99

£8.99 £7.99 £8.99

£8.99 £8.99 £8.99

ESSENTIAL READS

£7.99 £7.99 £4.99 £8.99 £3.99

IF YOU LOVED HEARTSTOPPER...

£7.99 £8.99 £8.99 £3.99

FOR FANS OF...

£8.99 £7.99 £8.99 £2.99

TIKTOK MADE ME BUY IT

£8.99 £8.99 £8.99

£7.99 £3.99 £8.99 £9.99

Payment at our Book Fair

Please check with your school for the best way to pay for your books

Visit the Book Fair and pay easily and securely from your phone using our online payment portal at bookfair.scholastic.co.uk/pay

Pre-paid gift vouchers are available in £5, £10, £15, £20 and £25. Get 15% bonus on vouchers on ukgift-vouchers to buy vouchers before the fair.

If you are unable to attend the Book Fair but want to place an order, please email to book.fair@organshop.co.uk about reserving books and payment.

Help earn free books for your school*

Books benefit everyone and to ensure that as many students as possible have access to the best books, Scholastic donate over £2.2 million worth of free books annually to schools nationwide to support literacy and reading for pleasure.

You can help make a difference by purchasing from your Scholastic Book Fair - every purchase earns your school rewards which they can spend on free books to stock their library and classrooms.

*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fair for details.

Drama Department – Shoe Boxes

Year 8 drama are studying Romeo & Juliet and next week they will be creating a scene in a box. Therefore, we are in desperate need of unwanted shoe boxes please. If you have any spare, we would be grateful to receive them in the Drama department!

Thank you in advance.

Mrs Holly Whitmore
Curriculum Team Leader of Drama and Performing Arts

SIXTH FORM

Discovering Different Careers with Find it out Thursday's



Thursdays afternoon gives Sackville students the opportunity to meet with different professions and hear first-hand what their job entails. They learn how they progressed to where they are today, the qualifications and routes available and whether it is a career that they would like to investigate further.

This is a wonderful opportunity for students to explore possible career paths.

Students are able to sign up for one talk per half term via a google form sent out to them. Please encourage your child to take advantage of this opportunity so that they can make informed choices about their future paths.

Find it out Thursday next week is a talk from an Optician. Please use this [link](#) to sign up.

Where to find Careers Opportunities



Did you know that all opportunities for students relating to careers are posted on the school website?

Please encourage students to use the school website to discover more about opportunities open to them including apprenticeship, webinars, jobs, work experience and open events at colleges. You can find all this information under the student tab/careers.

Safeguarding - On-line

Staying Safe Online when Broadcasting to an Audience

Please follow the link to find out more information about how to stay safe online when broadcasting. <https://saferinternet.org.uk/online-issue/livestreaming-2>

Mr Kevin Treen

Curriculum Leader of Design and Technology & Computing / Wider SLT

Wellbeing



Even though February is only a couple (or at most, three) days shorter than other months, it always seems to go by a lot quicker. Somehow March is here already! Nature seems to have cottoned on to the fact the month has changed and the season is shifting; the daffodils are out and it is lighter in the mornings and evenings. With the new month, comes a new calendar. [Action for Happiness](#)' calendar this month is around the theme of mindfulness. I thought I would take a moment to remind myself what mindfulness is.....

Mindfulness is:

- our ability to be fully present,
- to be aware of where we are,
- to be aware of what we are doing.

The way we live our lives now, rushing from one thing to the other and often attempting to multi-task, does not allow for us to be fully present very often. I am aware that there are a few times I am fully focused on what I am doing, here are the top ones that sprang into my mind; reading, swimming, yoga and my barre class. When doing these activities, I am 100% present and concentrating on the task in front of me and how I am feeling physically and emotionally. The rest of my day is full of attempting to complete more than one task at a time; for example, I am writing this whilst thinking about the other tasks on my 'to-do' list and my attention is divided.

Each time you increase your awareness of what you're directly experiencing through your senses, thoughts and emotions you are practising mindfulness. I know that when I am fully present in an activity, I feel less tense, rushed, stressed and I usually enjoy myself more (even when it is a task I've been putting off!).

I hope you can find (more than) a moment to be more engaged with the activity in front of you.

Mrs Hannah Nibloe
Inclusion Manager

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																								
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS Happier · Kinder · Together

Current Vacancies

One of the many great features of Sackville School is the fact that many colleagues do stay here a long time. Unfortunately for us, that does mean that we have quite 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 and are interested in any of the positions below, please follow the corresponding link.

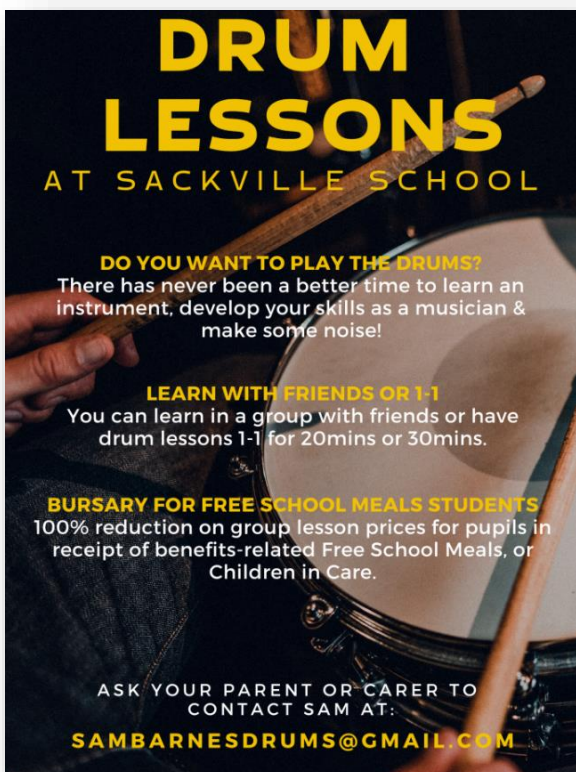
If the perfect role isn't listed below, but you know someone who shares our vision and ethos and is interested in joining our team, please do **enquire via the vacancies page on our website** so that we can get in touch if something comes up in the future.

- [Head of Modern Foreign Languages](#)
- [Teacher of Design and Technology](#)
- [Librarian](#)

Coming soon - Curriculum Leader of Computing

Please follow the appropriate link to view any current vacancies within [teaching](#) and [support staff](#) areas of the school.

External Clubs, Events and Services



DRUM LESSONS
AT SACKVILLE SCHOOL

DO YOU WANT TO PLAY THE DRUMS?
There has never been a better time to learn an instrument, develop your skills as a musician & make some noise!

LEARN WITH FRIENDS OR 1-1
You can learn in a group with friends or have drum lessons 1-1 for 20mins or 30mins.

BURSARY FOR FREE SCHOOL MEALS STUDENTS
100% reduction on group lesson prices for pupils in receipt of benefits-related Free School Meals, or Children in Care.

ASK YOUR PARENT OR CARER TO CONTACT SAM AT:
SAMBARNESDRUMS@GMAIL.COM



**Would you like to grow your own veg with a group of likeminded people?
Join a local food cooperative!**

Would you like to grow your own veg with a group of likeminded people? Join a local food cooperative! Put in just 2-3 hours per week together, and take home a veg box every week throughout the year. Save money on food bills and make new friends! Kids can join in too!

We now have a list people who have gardens, allotments and larger pieces of land, welcoming people to join them to grow together in Forest Row, Nutley, Uckfield, Hartfield, East Grinstead, Withyam and Horsted Keynes. Get in touch for more info about how to join one of these food co-ops, starting this Spring 🌱🌿🍅🍆🥕

Email: wegrowcic@proton.me
Visit to chat: Wednesdays 10.00am-12.00pm in the barn, Tablehurst Farm (until the end of March)
Text: 07762 209827
Facebook: We Grow. Instagram: @wegrow.cic

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.

