



Families' Bulletin

Monday 8 May to Friday 12 May 2023

HEADTEACHER'S MESSAGE

Dear Families

I hope you have all had a pleasant week and made the most of the sunshine whilst it lasted. Whilst only a short week we have had a few special things happening, such as some of our students taking part in a **bake-off competition** with Imberhorne today, **Mr Currie** and **Mrs Smyth** took a brilliant group of players all the way up to Nottingham to take part in the **U14 Hockey State School Championship**. Both boys' and girls' teams did themselves proud with their performances and it was a fantastic experience for them all. I also had the pleasure of seeing how our **STEM students** are getting on with a project they have been working on and presenting certificates to sixth form students for their achievements in the national **Chemistry Olympiad**.

In Hot Chocolate this morning it was great to hear Year 10 students getting stuck in with their **Duke of Edinburgh** course with their charity work and developing their chosen skills including things like reading and dancing.

I wish you all a lovely weekend whether it involves taking in some of the Coronation celebrations or just having a bit of extra time with family and friends.

We look forward to welcoming **all students back at the normal time on Tuesday**.

Ms Jo Meloni
Headteacher

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](#).

Key Dates for the Diary

Monday 8 May

Monday 15 May

Thursday 25 May

Monday 27 May to Friday 31 May

Thursday 8 June

Saturday 10 June

Tuesday 13 June

Friday 16 June

Wednesday 21 June

Wednesday 21 June

Friday 23 to Sunday 25

Monday 26 June

Wednesday 28 June

Thursday 29 June

Thursday 29 June

Tue 17, Wed 18 and Thurs 19 July

Friday 20 July

Bank Holiday – Coronation of King Charles III

Year 11 Start of the GCSE Exams

Year 7 Consultation Evening – 4.00pm - 7.00pm

Half-Term

Year 12 UCAS and Futures Day

Year 10 DofE Bronze Expedition

Year 10 Art Trip

Year 10 Geography Trip

Year 11 GCSE Exams End

INSET DAY

Year 11 DofE Silver Expedition

Year 9 Geography Trip

Year 11 Contingency Day

Year 11 Prom – 5.00pm to 11.00pm

Sixth Form Prom – 6.00pm to 11.00pm – High Rocks

Years 7,8,9 & 10 Curriculum Enhancement Week

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.

Hot Chocolate with the Head



I was delighted to be joined by Lucy and Abigail in years 7 and 8 who had both been nominated for their positive attitude and conduct; Maddie in the sixth form who is studying A level geography has been supporting year 7 students in their geography lessons. This has contributed to her L.I.F.E. programme and is a great example of how our sixth formers are giving back to our younger school community.

Finally, I had the pleasure of Lily, Liberty, Ellie, Freya and Bronte who have each walked 27 miles in 27 days for the charity Mind. An initiative they decided to do themselves and that was supported by their Year Leader, Mrs Sands.



Congratulations to them all.

Jo Meloni

Year Group Notices

'Find It Out Thursday' – All Year Groups – Thursday 11 May 3.00pm

Mark Grist, poet and rapper will be hosting a 'Find It Out Thursday' session on Thursday 11 May at 3.00pm in B01 for all year groups. Please encourage pupils to come along and find out about being successfully self-employed, increasing your online presence, and being a published writer, famous rap battler, and poet!

[Mark Grist Poster](#)

Ms Lucy Wernham



'Find It out Thursdays' – All Year Groups

Thursday 25 May – MATT BROWN. Talking about the vast amount of opportunities in the automotive industry from training to be a mechanic through to the sales and marketing side of the industry. If you have a love for engines or want to use your creative side to sell come and find out what positions would suit you.

A message from Matt:

"The automotive industry is changing with an accelerated switch to electrification, digitisation and automated vehicles, requiring new talent to address critical skills gaps.

Bright sparks wanted!

Come along and find out more..."

If your child is interested in pursuing a career in the automotive industry please ask them to sign up using this [Link](#).

Mrs Helen Smith, Futures Leader

Future HPV Vaccination Programme Changes

For your general information the HPV vaccination programme is changing to a **one dose vaccination** schedule in line with national guidance from the Joint Committee on Vaccination and Immunisation (JCVI). Therefore, from September 2023, eligible cohorts will only require one dose of the HPV vaccination to be considered fully vaccinated.

The letter [HERE](#) will explain the changes. If you wish to speak to the Sussex Immunisation Service about these changes, please contact them on 01273 696011 Ext. 2043.

Many Thanks

Sent on behalf of the Vaccination Programme Coordinator, Sussex Immunisation Service (SIS)
Sussex Community NHS Foundation Trust (SCFT)

www.sussexcommunity.nhs.uk

Follow us on Twitter: https://twitter.com/#!/NHS_SCT

Friend us on Facebook: www.facebook.com/sussexcommunitynhs

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 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 Community \(House\)](#)
- [Teacher of Maths](#)
- [Curriculum Team Leader of Computing](#)
- [Catering Assistant](#)
- [Cleaners](#)

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

Online Safety

Children's Mental Health and Social Media

Social media has become an integral part of many lives, but multiple studies have found a strong link between heavy social media use and an increased risk of depression, anxiety, loneliness, self-harm, and even suicidal thoughts amongst young people.

All social media channels have been designed in such a way as to encourage staying online and when young people have positive interactions on social media, their brains release dopamine – a chemical that makes them feel good.

However, spending too much time on social media can expose young people to risks such as cyberbullying or inappropriate content, which can affect a young person's mental health. It can also affect sleep patterns and can draw focus away from healthier activities or hobbies.

internetmatters.org has created a hub of advice to help families navigate the risks and rewards that social media can bring, just click on the button below for lots of social media advice.

[WHAT ARE PARENTS CONCERNS WITH SOCIAL MEDIA?](#)

Wellbeing



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Description automatically generated

Meaningful May 2022

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful
7 Set yourself a kindness mission to help others today	8 What values are important to you? Find ways to use them today	9 Be grateful for the little things, even in difficult times	10 Look around for things that bring you a sense of awe and wonder	11 Listen to a favourite piece of music and remember what it means to you	12 Find out about the values or traditions of another culture
13 Do something to contribute to your local community	14 Show your gratitude to people who are helping to make things better	15 Find a way to make what you do today meaningful	16 Send a hand-written note to someone you care about	17 Reflect on what makes you feel valued and purposeful	18 Share photos of 3 things you find meaningful or memorable
19 Find a way to help a project or charity you care about	20 Recall three things you've done that you are proud of	21 Make choices that have a positive impact for others today	22 Ask someone else what matters most to them and why	23 Remember an event in your life that was really meaningful	24 Focus on how your actions make a difference for others
25 Today do something to care for the natural world	26 Share a quote you find inspiring to give others a boost	27 Find three reasons to be hopeful about the future	28	29	28 Do something special and revisit it in your memory tonight

ACTION FOR HAPPINESS Happier · Kinder · Together

Mrs Hannah Nibloe
Inclusion Manager

External Clubs, Events and Services

EAST GRINSTEAD YOUTH CLUB

11 - 18 YEAR OLDS

ALL FREE!

FRIDAYS
3.15 - 5.15 PM
AT THE KINGS
CENTRE
INSIDE THE
PAVILION ROOM

SPORTS
POOL
TABLE TENNIS
GAMES
ARTS AND CRAFTS
MUSIC
FOOD & DRINK
INFORMAL EDUCATION

PURPLE BOBS **SCYP**
Innovation • Enjoy • Achieve

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.

