



Families' Bulletin

Week commencing Monday 18 July 2022

HEADTEACHER'S MESSAGE

Dear families

One of my personal highlights of this week was to sit and watch our year 9 drama students performing '13'. This was the first time that many of them have performed in front of a live audience and you could tell as there were quite a few nerves on show at the start. However, they soon warmed up and by the end, they had the audience, made up of family members and staff, on the edge of their seats.

There have also been performances in other years this week, giving many more students the opportunity to polish their skills and develop into the outstanding performers and light technicians we know they can be. Roll on next year's school show, with this kind of talent on display, it is going to be a show stopper!

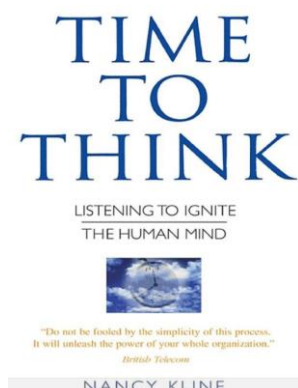
With the weather predicted to warm up even more on Monday and Tuesday, I have sent a separate letter outlining steps we have taken which can be read [here](#). You can also access an information sheet for hot weather first aid [here](#).

I wish you all a pleasant and enjoyable weekend.

Jo Meloni

Currently reading:

'Time to Think', by Nancy Kline



Hot Chocolate with the Head



There was a buzz of excitement in my office this morning for Hot Choc Friday! Even with the current high temperatures the hot chocolate went down well. Congratulations to Josh, Thomas, Libby and Josh, who were nominated for their great work ethic and attitude.

Jo Meloni



Last Day of Term Arrangements - Summer 2022

Please see arrangements for the last day of term:

Registration	8.25 - 8.35	Shortened 10 minute registration
Period 1	8.35 – 9.25	50 minute lesson
Period 2	9.25 – 10.15	50 minute lesson
Break	10.15 – 10.30	15 minute break
Period 3	10.30 – 11.05	Assembly Year 7 and 8 – Main Hall Tutor time Years 10 and 11 in tutor bases
Lunch	11.05 – 11.25	20 minute lunch
Period 4	11.25 – 12.00	Assembly Year 9 and 10 – Main Hall Tutor time Years 7 and 8 in tutor bases
End of Day	12.00	Students dismissed

Meet the Professionals - Monday 18th July 2022 – All Year Groups Welcome

MEET THE PROFESSIONALS

At Sackville School

On 18th July from 2.35pm – 4pm



Here are the professions you could speak to:

HSBC Police E G Veterinary Army
EG Museum Gatwick Airport Thales
Boeing Hays Optician BAM Engineering
Border Force Pioneer Childcare
Paella Fella Spires Hairdressing PC by Voice
Buss Morton Law Insulated Tools
RAF Tree Surgery BBC Journalist
Southern Testing Laboratories RPC Law
Hallmark Travel NHS Virgin
Scuba Diving Holloway Wright Hair
Tullu De'Ath Fire Brigade Littlefair
Investment 20/20 Robinson Elliott Surveys
Cameron-Rees Ltd Structural Soils Ltd

A Message from the Immunisation Service

Dear Parents and Guardians

The Immunisation Service coordinates the national school-based vaccination programmes for Flu, HPV and Tetanus/Diphtheria/Polio and Meningitis ACWY vaccinations, for eligible students.

Please see the flyer below, which contains information on the vaccinations your child should have received by the end of each year group, and what to do if they have missed any of these.

If your child has missed any of these vaccinations, and you have previously submitted an electronic consent form, please check your emails for a 'Consent Form Submitted' email from noreply@cinnamondigitalapplications.co.uk which contains your unique booking reference number, in order to book an appointment.

Use the following link www.susseximmunisations.co.uk/ClinicBooking/Booking along with your booking reference number and email address, to book on to one of our clinics.

Alternatively, please follow the instructions in the attached flyer to arrange a clinic appointment.


On behalf of the Vaccination Project Coordinator, Immunisation Service
Sussex Community NHS Foundation Trust

June 2022

**SUSSEX
IMMUNISATION
SERVICE**

NHS
Sussex Community
NHS Foundation Trust

Missed a vaccination in school?



**Vaccinations are by
appointment only.**

Please call your local Immunisation team to
book an appointment at a clinic near you.

+	Brighton and Hove 01273 696011 ext. 3789	+	Chichester 01273 696011 ext. 8100	+	Crawley 01273 696011 ext. 2043
+	Heathfield 01273 696011 ext. 2080	+	Uckfield 01273 696011 ext. 4931	+	Worthing 01273 696011 ext. 8533

School Vaccination Schedule

The Flu vaccination is offered seasonally. For the most up to date information regarding who is eligible for the flu vaccination please check the following website, bit.ly/flu-oct-2022 from October 2022.

Year 8

By the end of Year 8 your child would have been offered at least one dose of the Human Papilloma (HPV) vaccine.

Year 9

By the end of Year 9 your child would have been offered a second dose of HPV and their Tetanus/Diphtheria/Polio (Td/IPV) and Meningitis ACWY (MenACWY) vaccines. Dose two of the HPV vaccine could be delayed if dose one was late due to Covid lockdowns and school closures.

Year 10

By the end of Year 10 your child should have received their Td/IPV and MenACWY vaccines. Females should also have received both doses of the HPV vaccine.
Males born AFTER 01/09/2006 ONLY should have been offered both doses of the HPV vaccine.

Please take this opportunity to check that your child's routine vaccinations are up to date. This can be checked by contacting your GP Practice, prior to phoning us for an appointment. Further information is also available on the NHS Choices website www.nhs.uk

Key Dates

Monday 18 July	Meet the Professionals (all year groups welcome)
Monday 18 July – Wednesday 20 July	Curriculum Enhancement Week
Thursday 21 July	Last Day of Term – school day ends at 12.00pm
Thursday 18th July	A Level Results Day
Thursday 25 th August	GCSE Results Day
Thursday 1 st September	INSET Day
Friday 2 nd September	Year 7 Only
Monday 5 th September	All Year Groups

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

Wellbeing Weekly

Hannah Nibloe writes:

As we enter the last full days of this academic year, I am looking forward to a stretch of lay-ins and unstructured time working my way through my summer holidays A-Z. However, I am mindful that I need to keep some sort of routine during the summer to ensure my return to work isn't too painful. I encourage you all to try to maintain some sort of routine over the break, sleep patterns especially. These patterns are very easy to break and take a lot of time and effort to re-establish, especially with teenagers! I wish you all a wonderful summer break wherever and however you choose to spend it.

Hannah Nibloe

Special at Mind & Body Studio, East Grinstead.

Got teens with energy to burn this summer holidays?

Are they too big for Summer day camps?

Do they need to maintain their strength & flexibility for their hobby when it returns in September?

May be they could find a new passion for yoga, pilates and fitness training?

Have fun and learn how to de-stress at restorative yoga from age 13 years plus. Starts Monday 25th July through to Monday 29th August 2022 at a cost of £35.00 for the course.

Please follow the link below to find out more:

<https://skfkarate-proshop.mymawebste.com/product-category/spirit-mind-body-studio/>

To see our timetable attached and website: <http://spiritmindandbodystudio.com/>

Support over the summer: Your Mind Matters - Working together to support young people's mental health in West Sussex

West Sussex County Council sent this bulletin at 12-07-2022 11:01 AM BST



July 2022



Support over the summer

The end of school term, the summer holidays and exam results days are approaching. Now is a good time to talk about our children's wellbeing and mental health.

Here's an **information sheet**, to [download](#) and share with **families** to ensure they know where to find advice and support, including careers advice for those leaving education.

It highlights that whilst we hope the summer holidays will be a time to relax. Some young people may find the holidays more difficult. If anyone needs extra help, support is available and there are people you can talk with.

We've provided the download in a word document as a suggestion allowing you to pair it with any other local supporting information.

[Download info sheet](#)



Free summer holiday clubs and food

Eligible families can sign up for free summer holiday clubs near them to help keep children entertained over the school break. Families can now search and book places near them on our [Family Information Service webpages](#).

West Sussex County Council has again teamed up with over 40 clubs across the county to offer an exciting range of sports, kids camps, swimming, crafts and more – all with a nutritious hot meal provided.

Places are free-of-charge for West Sussex children aged 4 to 16 who receive benefits-related free school meals, subject to availability.

Community Hub support

The [West Sussex Community Hub](#) continues to operate seven days a week, providing food and essentials to people who need support, including those not eligible for free school meals.

The Community Hub can be contacted on 0330 222 7980 and is open 9am to 5pm, seven days a week.

[Find out more](#)

In case you missed it...

Single Point of Access is live

A new West Sussex Single Point of Access (SPoA) for emotional wellbeing and mental health support has launched.

The new service provides a simplified single route so that children, young people, families, carers and professionals can be directed to the right service, eliminating the need to refer to multiple services.

Led by Sussex Partnership NHS Foundation Trust's Child and Adolescent Mental Health Service (CAMHS), the new arrangement is delivered in partnership with West Sussex County Council.



Download referral crib
sheet

Other news...

New Wellbeing and Safety Plans to Support Young People (secondary schools and FE colleges should now have received printed copies).

Support expanded to support LGBT+ young people and their families in West Sussex.

Share and get in touch

Please share this bulletin with others who may wish to subscribe.

We'd really like to hear from you so do get in touch at communications@westsussex.gov.uk, referencing Your Mind Matters in the subject line, with any questions or thoughts on how you've used or shared the information above.



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Sunday 25 September 2022

St Piers Lane, Lingfield

Be a part of our 125 years celebration and support St Piers StarRun.

The annual St Piers StarRun has something for everybody:

- 10k or 5k race around our beautiful campus
- 500m fun run/walk so that all ages and abilities can take part

Our annual fair where you can enjoy everything that St Piers has to offer:

- Rides on the boating lake
- Arts & craft stalls
- Entertainment
- Food and drinks

ENTER NOW!

starrun.co.uk

events@youngepilepsy.org.uk



Registered Charity No: 31877

sussex
clubsfor youngpeople
involve • enjoy • achieve

EAST GRINSTEAD

YOUTH Activity

FRIDAYS FROM
10TH JUNE

2pm - 4pm

Kings Leisure Centre

Ages: 11 to 16 years

On the field at the
Leisure Centre with the
Purple Bus.



In Partnership with

