



Families' Bulletin

Week commencing Monday 23 May 2022

HEADTEACHER'S MESSAGE

This week has been the first full week of exams for students and they have been an absolute credit to themselves. They are focused on revision in between exams and arriving on time and prepared. The morning breakfast gatherings for them in the canteen are certainly going down a treat!

Also this week, students heard a thoroughly engaging assembly from Mr De Souza, based on the role that social media and the internet plays in modern society and in our lives. This is particularly important for young people, as it can have both a positive and less desirable impact. This was then followed by an update on our mobile phone and electronic devices policy. The policy does not actually differ hugely from what was previously in place and you can read the details below from Mr Street. I'd like to thank you in advance for supporting us with this as we believe our students and our community as a whole will benefit from it.

As I sit in my office writing this on a Friday morning I am encouraged by the BBC weather reports that the rain will soon stop and we can look forward to a dry and pleasant weekend.

Jo Meloni

Currently reading: 'Time to Think', by Nancy Kline

TIME TO THINK

LISTENING TO IGNITE
THE HUMAN MIND



"Do not be fooled by the simplicity of this process.
It will unleash the power of your whole organization."
British Telecom

NANCY KLINE

School Notices



Hot Chocolate with the Head

Ms Meloni had a delightful #HotChocFriday with three key stage 3 students this week. Each nominated on their own merit from their contribution to the school community, outstanding progress in English and in the case of Harry, 'super Sackville sailor', representing GB in the upcoming Irish National Sailing Championships in August. They are a credit to themselves and the school.



Extra INSET Day – Friday 17th June 2022

To help with the smooth implementation of the school's new computer system, West Sussex have granted us an additional INSET day this term and this will be on Friday 17th June. Support staff and teaching staff will have the opportunity to familiarise themselves with the new system throughout the day. **Therefore, no students are to attend school on that day EXCEPT those who have exams. Please refer to Jo Meloni's letter found [here](#) for full details.**

New Mobile Phone and Electronic Device Policy

As part of our ongoing review of standards and expectations we have updated our mobile phone policy for June 2022. I have spoken with students this week in assemblies about our expectations and I have informed them that these will start after half term, **Monday 6th June**.

Sackville recognises that mobile phones, cameras and other digital devices are now an integral part of our culture and can be of considerable value, to aid learning and for personal safety. However, balanced with this is the need to safeguard students and staff from cyber bullying, inappropriate use of the Internet and telecommunications, and the misuse of social media such as Twitter, Facebook, Snapchat and Instagram. They can also prove to be a considerable distraction to learning.

After thorough consultation with all stakeholders, students, parents and staff the school is taking a measured approach to mobile phones. Although mobile phones will not be permitted to be used inside school buildings during lesson time without the teacher's permission, they can be used responsibly outside of school buildings and in supervised lunch rooms before school, break and lunch.

Phones may only be used in a **pro-social** way at break and lunch outside of the school buildings and in lunchrooms. They can also be used to and from school. At all other times, **phones should be switched off and put away safely in students' bags**.

Although phones are permitted at these times, students who bring their phones to school do so at their own risk. The school has no insurance in place for mobile phone loss, damage or theft.

This approach allows students to bring their mobile phones to school and ensures their **personal safety** to and from school. Alongside this, students are allowed to use their mobiles responsibly during social times and will be educated about how best to do this through our comprehensive Learning for Life programme. It also allows them to be used as an educational tool / organiser when permitted by staff, but avoids unnecessary distractions to learning when not permitted.

In order to ensure that mobile phones do not disrupt learning and are used responsibly the following protocols have been put in place:

- any students using their technological devices inside of the school building when not permitted or in a **unsocial** or **anti-social** way will get their **device confiscated**. The mobile phone will be passed onto the year office for safekeeping and then be collected by students at the end of the school day. Phone confiscations will be recorded on students' behaviour logs and families will be contacted.
- **Phones confiscated for a second time** will be passed onto the year office for safekeeping and kept for 24 hours to then be collected by students at the end of the school the following day. Phone confiscations will be recorded on students' behaviour logs and families will be contacted.
- **Phones confiscated for a third time** in a half term will remain with the year office until parents / carers are able to collect them, meet with the year leader and put a plan in place to restrict mobile phone use in future.

At Sackville we believe that 'Together we Achieve' and families can support the school in educating students in how best to use mobile phones appropriately and responsibly by restricting mobile contact with your child during the school day. Should you need to contact your child then please do through our reception or the relevant year office, where staff are always available to support.

It is worth noting that the term '**phone**' denotes **mobiles phones, iPods, iPads, MP3, MP4 players and any similar portable electronic devices including headphones, bluetooth speakers and smart watches**.

As always, I thank you for supporting us to ensure that all Sackville students use their mobile phones and other technological devices appropriately and in a pro-social way. Should you have any questions about our new mobile phone policy then please do not hesitate to contact me.

Key Dates

Monday 23 May	Year 12 philosophy trip to Southampton University
Wednesday 25 May	Year 9 reports issued
Monday 30 May-Friday 3 June	Half-term
Thursday 9 June	Year 12 UCAS & Futures Day
Thursday 9 June	UCAS Online Meeting – Parents & Students
Saturday 11 June	Bronze Duke of Edinburgh Actual Expedition
Friday 17 June	Inset Day (additional)
Monday 20 June	Inset Day
Tuesday 21 June – Monday 27 June	Art Exhibition
Tuesday 21 June-Tuesday 1 July	Year 12 Exams
Monday 27 June-Monday 7 July	Year 11 to Year 12 Transition Classes
Tuesday 28 June- Friday 8 July	Year 10 Exams
Friday 1 July- Thursday 7 July	Scholastic Book Fair
Friday 1 July	Year 12 Economics Trip to City of London
Tuesday 5 July	Sackville Music Department Perform at St Swithun’s Art Festival
Friday 8 July	A Level Biology Field Trip
Saturday 9 July-Monday 11 July	Year 10 Field Trip (South Wales)

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

Hannah Nibloe writes:

Self-esteem is how we value and perceive ourselves, we shape this view from the beliefs and opinions we hold about ourselves. Whilst self-esteem comes from within, what happens in our lives has an impact on our level of self-esteem. As we go through our teenage years the pillars of who we are and what we are interested in change and, as a result, our self-esteem gets challenged. If you couple that with the physical and neurological changes teenagers go through it is easy to see how self-esteem and self-worth becomes shaken through these years! The best way we can improve our self-esteem is by surrounding ourselves with people that nourish and nurture us, it is very easy to listen to critical voices, the strongest of which can be our own. We can soothe ourselves and improve our self-worth by daily acts of kindness and also talking to ourselves as we would a friend. By doing this, we re-frame our inner narrative to be one that is supportive and forgiving instead of harsh and judgemental. We can also pay this forward to our children, please see the image below for some ideas of how to foster self-esteem in the younger generation (remember as you read that we can also adapt some of these for ourselves!).

15 tips to build SELF-ESTEEM and CONFIDENCE in TEENS

- 1 LOVE UNCONDITIONALLY**
Make sure your teen can rest assured your love does NOT depend on their grades, performance, friend group, college, or any other factor - including their choices or behavior. 
- 2 EMBRACE A GROWTH MINDSET IN YOUR HOME**
Many teens are stuck in a "fixed mindset", bring what you're learning about growth mindset into your family conversations. 
- 3 MAKE ROOM FOR FAILURE**
When you criticize, panic or gloss over a failure, you emphasize a fixed mindset, instead, take a deep breath and open up the conversation with your teen. 
- 4 PRAISE THE PROCESS AND TIE IT TO THE OUTCOME**
Congratulate your teen's accomplishments, milestones, and growth by emphasizing their hard work, effort, and perseverance. 
- 5 HELP THEM GAIN NEW AND LACKING SKILLS**
Encourage your teen to see struggles and challenges as an opportunity to grow, learn, and expand their interests and abilities. 

6 BE A FAMILY THAT DOESN'T GIVE UP

Your teen can still try something they're not good at or start something new. If they stick to something wholeheartedly, they can build confidence along the way.



7 GIVE REASSURANCE

Remind your child they are not a "bad person" for moving on from a toxic friendship or choosing an activity over a boyfriend/girlfriend.



8 TALK ABOUT ASSERTIVENESS

Discuss how nuances such as tone of voice can make or break a conversation. Point out how body language and nonverbal cues can send a message of their own.



9 PRACTICE AT HOME

Create a safe space for your teen to process through difficult situations. Give them the freedom to talk freely about challenges.



10 ENCOURAGE SELF-COMPASSION

Introduce mindfulness apps or activities, create positive mantras, or list affirmations where they will be seen on a regular basis.



11 ENCOURAGE DIVERSITY IN ACTIVITIES AND INTERESTS

When your teen engages in activities helping others, they gain a sense of purpose and tend to have a higher sense of self-esteem.



12 GIVE LESS ADVICE

Rather than solving your teen's problems, engage them in the process. Listen as they explore where things went off track and then support your teen's plan to move forward.



13 ASK FOR ADVICE

Be sure to discuss your challenges in front of your kids. Discuss the situation with them. Ask them for advice or see how they would approach your problem.



14 LISTEN

Keep the relationship with your teen strong by resisting the urge to turn everything into a long lecture. Focus on improving your listening skills rather than needing to be "right" or having the last word.



15 MODEL CONFIDENCE

Be careful you don't put others down, criticize yourself, or make your own happiness dependent on other people or circumstances. Embrace a growth mindset!



Gidae Taekwondo Academy

In Lingfield Community Centre every
Friday

Children's Class: 4 pm-5 pm

11-18 year old's Class: 5 pm-6 pm

Adult's Class: 6 pm-7 pm

Please contact us to book a
place or for further enquiries

on 07368 570 975 or

alternatively on

gidaetkdacademy@gmail.com