



# Families' Bulletin

## Week commencing Monday 27 June 2022

### HEADTEACHER'S MESSAGE

Dear Families

This week has marked the end of the external examination season and all credit should go to our year 11 and year 13 students. We and they can now look forward to their next steps, whether that be moving on into sixth form or onto university or work. In the meantime, I am really looking forward to the upcoming art exhibition and we have the serious business of two proms in two nights to deal with as we celebrate with them next Thursday.

Whilst our students enjoyed a longer than usual weekend we ran a really successful inaugural Federation staff INSET day. Staff worked with colleagues from our partner schools, Downlands, Imberhorne and Oathall, on key areas of teaching and learning, sharing best practice and hearing from experts in their various subject fields. It is great to see the collaboration between our schools growing. Other Federation activities this term have included some school to school reviews and student to student opportunities, such as a year 10 girls' maths challenge held at Imberhorne. Anything that supports ongoing quality training for staff, keeps us developing so that we are at the forefront of our profession, can only be beneficial for our students.

Have a lovely weekend.  
Jo Meloni

### Currently reading:

'Time to Think', by Nancy Kline

## Key Dates

Monday 27 June-Monday 7 July	Year 11 to Year 12 Transition Classes
Tuesday 28 June- Friday 8 July	Year 10 Exams
Thursday 30 June	Year 11 Prom
Thursday 30 June	Sixth Form Prom
Friday 1 July- Thursday 7 July	Scholastic Book Fair
Friday 1 July	Year 12 Economics Trip to City of London
<b>Friday 1 July (new date was 5 July)</b>	<b>Sackville Music Department Perform at St Swithun's Art Festival</b>
Friday 8 July	A Level Biology Field Trip
Saturday 9 July-Monday 11 July	Year 10 Field Trip (South Wales)
Wednesday 13 July	Year 10 National Portrait Gallery Visit, Eastbourne
Thursday 14 July	Year 8 Graduation Ceremony
Monday 19 July – Wednesday 20 July	Curriculum Enhancement Week
<b>Thursday 21 July</b>	<b>Last Day of Term</b>

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



### Hot Chocolate with the Head

I had to fight Mr Feist for a seat back at the table for Hot Choc with the Head this week. He thoroughly enjoyed stepping in last week and it is easy to see why.

This week we received nominations for 6 fantastic boys from years 7-10. Joe, Gunes, Toby, Oscar, Archie and Lenny. They each deserve real credit for their ongoing positive attitudes and approach to their studies and life in general.

Two students, Archie and Lenny, are the first to complete all elements of their Bronze Duke of Edinburgh Award after many hours of volunteering, learning a new skill and completing their expedition.

Well done to everyone.

Jo Meloni



## Sackville's new management information system

Over the last half term, alongside many West we moved our computerised management system over to a new provider, Bromcom. required moving a very large amount of data system, and checking that it has migrated properly.



Sussex schools, information This has to this new

Getting everything operating smoothly remains a work in process, but eventually we hope that Bromcom becomes a 'one-stop shop' for students and parents, with information on everything from attendance at lessons to homework to exam timetables.



Parents will at some point in the near future be invited to install an app called 'My Child at School' (MCAS) which will be a portal for all of this information.

Reports or grade sheets are being prepared now for years 7, 8, 9, 10 and 12 within the new system, and I am anticipating being able to email these to parents either straight to inboxes or through MCAS.

The year 8 reports should be with you in the first week of July – they will look a little different to what came out of our previous MIS.

It's an exciting but challenging time for us doing this, and I have to say our staff have been amazingly flexible over the last three weeks (and incredibly patient with me). It does mean it is difficult to pin exact dates on any big changes we will make, but we will keep you all informed. It's all a bit like exploring a new cave system: you are never quite sure what challenges or delights are around the next corner. Please bear with us whilst we build our organisational knowledge of the product!

**Adrian de Souza**

## Still time to donate to the 'Sackville 100'

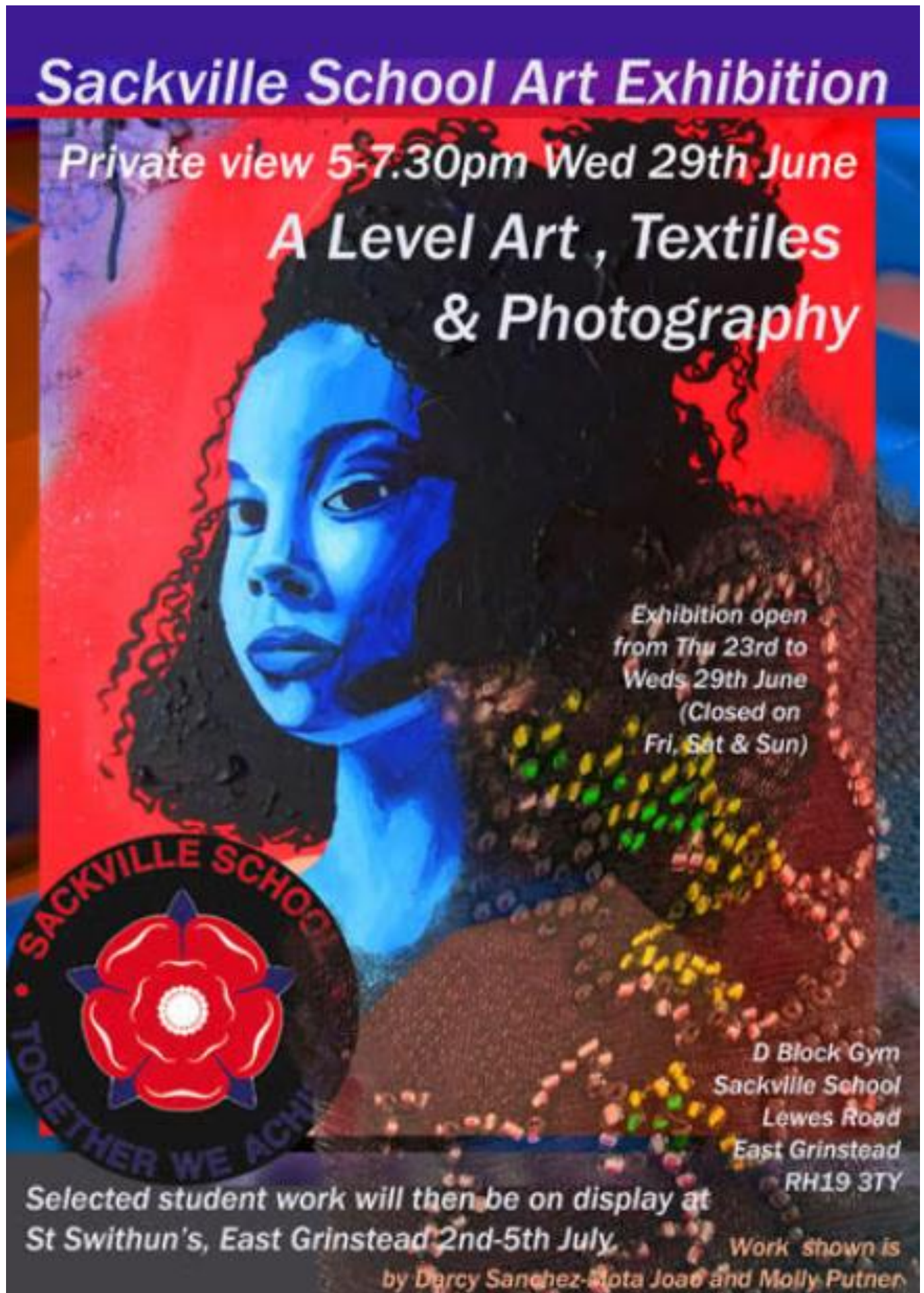
This Sunday, a team of Sackville cyclists will be riding 100 miles to raise money for Macmillan Cancer Support.

We are doing this because of the support they offered to our greatly-missed late colleague James McMillan.

These are tough times for everyone; finding extra funds is difficult. We therefore really appreciate [any support you can give](#).

Thank-you.





# Sackville School Art Exhibition

Private view 5-7.30pm Wed 29th June


## A Level Art , Textiles & Photography

Exhibition open  
from Thu 23rd to  
Weds 29th June  
(Closed on  
Fri, Sat & Sun)

D Block Gym  
Sackville School  
Lewes Road  
East Grinstead  
RH19 3TY

Selected student work will then be on display at  
St Swithun's, East Grinstead 2nd-5th July.

Work shown is  
by Darcy Sanchez-Mota Joao and Molly Putner.



Message from Tracy Rose:

**SCHOLASTIC**

FRIDAY 1ST JULY TO THURSDAY 7TH JULY.

**COME TO THE BOOK FAIR**

and earn FREE BOOKS for our school

Maybe buy something ready to enjoy for "Reading Week" the following week!

**Just bring cash to the LRC.** (We have change!)

OR....

**Pay online**

Students can bring home a wish list so parents can pay securely online. Simply visit [www.bookfairs.scholastic.co.uk/pay](http://www.bookfairs.scholastic.co.uk/pay)

Note: students will need to bring their completed wish list back into school before the end of the Fair so the purchased books can be collected.

**SCHOLASTIC Book Fairs**

Scan the QR code to pay for your books online or visit [bookfairs.scholastic.co.uk/pay](http://bookfairs.scholastic.co.uk/pay)

## Competition Time!

**SCHOLASTIC**

The Book Fair is coming to Sackville on Friday 1st July until Thursday 7th July.

This is a chance to buy some great reads for the summer and also help earn free books for the school.

Here is your chance to win a £5.00 book voucher to spend at the book fair....

# All you need to do is tell me what your favourite book is and why?

Your entries need to be in at the LRC no later than Wednesday 29th June by 3pm.

Entries must have your NAME and FORM. (No minimum or maximum number of words)

You can enter by paper or email to [trose@sackvilleschool.org.uk](mailto:trose@sackvilleschool.org.uk)

Winners will be notified by email and notice in the LRC on Thursday 30th June. For vouchers to be collected before Book Fair Starts.

Vouchers can only be spent at the Book Fair.

*Good Luck!*

# Wellbeing Weekly

Hannah Nibloe writes:

I can hardly believe another month has passed and it is time to share another [Action for Happiness](#) calendar. This month's title is **Jump Back Up July**, when I read this I immediately thought of resilience and determination. To me resilience is *the ability to acknowledge and emotionally or mentally cope with a crisis or difficult time and bounce back from the adversity experienced*. Goodness me, we have needed resilience these past few years!

Whilst sometimes I naively imagine bouncing back from difficulty to be as quick as being on a trampoline; down one minute and up the next. It is more like climbing up a mountain, sometimes with a map and other times without! When I imagine what it would take to literally climb a mountain I am reminded that it takes strength, time, determination and support from those around me. I have not climbed a mountain recently, but I did walk up The Downs the other weekend. It took me some time and much longer than other times I have done the same route, I walked up at a pace I could manage and gently reminded myself that what was important was the journey, not the speed at which I got there. This required inner strength and perseverance and eventually I made it to the top. Once I was there I was able to look back and see how far I had climbed and I acknowledged the beauty of what lay ahead of me; a view of the countryside, Brighton and the sea.

I hope there is something in this month's calendar that can help you with any setbacks you or your family may be experiencing or perhaps it may provide you with some ideas to try in the future. Failing that, perhaps you might be encouraged to explore some nature and walks around us hilly or otherwise.

Jump Back Up July 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					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	8 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



# Free Mental Health Support Courses for Children, Young People and

## Families in West Sussex

West Sussex County Council are offering the following two courses to support children, young people, and their parents/carers to help them face mental health challenges during uncertain times.

Girls' Net is a six-week journey for girls equipping them for times of challenge and change. This course is made up of six one and a half hour sessions in a small group of same-age girls, guided by a fully trained Girls' Net mentor. In between the sessions, girls have access to an interactive notebook online to prompt further exploration of each week's topic. Girls' Net is currently held online for girls grouped by age (8-18 years). By the end of the course, the girls not only have gained some practical tools for managing their emotions, but they have also had the experience of shared support.

Online Parenting Through Difficult Times course is a three-week course designed to help parents and carers of children of all ages achieve a sense of calm and safety and to give their children and young people tools for managing their big feelings (includes private online group and individual support).

Both courses are run by Rites for Girls, an organisation that has been supporting children and their parents since 2011. Although the courses are free, places are limited. To access a free place on one of the courses, parents can apply by emailing Rites for Girls direct at [ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk).

**If you are interested further information can be found on the following page:**



# PARENTING THROUGH DIFFICULT TIMES



## ONLINE PARENTING COURSE

Non-judgemental support in the privacy of your home



This 3-week course will help you to:

- give your child/ren a sense of calm and safety
- help your children settle in school
- give your child tools for managing their big feelings: increased anxiety, frustration, disappointment
- enjoy parenting in these strange times
- figure this all out in a supportive mini-community of ten parents

**LIVE WITH KIM**  
THREE 2-HOUR  
ONLINE GROUP  
SESSIONS

with parenting guide and  
author Km McCabe

**BONUS VIDEOS**  
TO RECAP PLUS  
EXTRA GUIDANCE

to guide you through the week

**PRIVATE**  
FACEBOOK  
GROUP

if you want continued support  
during the week

### *What we can offer you*

Interactive short-course for parents of school-aged children, helping you to do your best parenting in this time of uncertainty, guided live by best-selling author Kim McCabe.

Free for parents in West Sussex  
until March 2023 (subject to availability)



## Is this for me?

- Is this for Dads too?  
*Absolutely, Dads are welcome and encouraged.*
- I've a son aged 5, and daughters aged 8 and 15, is this course for me?  
*You will learn tools you can put into immediate use whatever your child's age or gender.*
- Will recordings be available afterwards?  
*No, sessions are live, interactive and confidential so we won't record them.*
- How can I contact the organizer with questions?  
*For more information about this course, Kim McCabe or her book, please email [ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)*

"Just do it! Kim's the best, down-to-earth and not preachy"

Mother to toddler and teen and two inbetween

Eye-opening and supportive. Worth every minute."

Mum to boys, age 6 and 8

"It's made me a better mum. I want more!"

Mum to teen girls

"I got exactly what I came for, and more"

Dad to 10 year old

"I'm still getting so much support from the others in my group too."

Single parent of girls, 10 and 8

## Who is Kim McCabe?

Kim McCabe, author of 'From Daughter to Woman' and founder director of Rites for Girls CIC specialises in guiding parents. She draws on thirty years experience of working with preteens and teens, of advising parents, and lessons she learned from her own mothering journey with two boys and a girl.

### Interested?

To book a funded place email:  
[ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)

funded by West Sussex County Council



@RitesForGirls

 [ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)



[www.ritesforgirls.com](http://www.ritesforgirls.com)

Featured in   
**THE SUNDAY TIMES**

# GIRLS' NET

SHARING TALES, TIPS AND TOOLS



## ONLINE GIRLS' GROUP

Fun and support in the privacy of your home



In this 6-week series you can :

- be you, no need to change anything to fit in
- belong to a friendly group of same-age girls
- share fun tips and tools to handle difficulties
- calm anxious feelings
- enjoy a safe, private online group

SIX 1¼ HOUR WEEKLY  
ONLINE GROUP SESSIONS  
FOR TEN SAME-AGE GIRLS

with a Rites for Girls trained Girls' Net Mentor

**Free for girls in West Sussex**

until March 2023 (subject to availability)

"I learned loads  
but in a fun way."

Soph

"I've made new  
friends and realised  
I'm not the only one  
who's struggling."

Julia

"Just do it -  
it's the best!"

Jo



"We just want to have fun.  
But sometimes, when life's  
hard, we want some help  
and some fun. This course  
will give you both."

Kim McCabe  
- founder director Rites for Girls

 [ukadmin@ritesforgirls.co.uk](mailto:ukadmin@ritesforgirls.co.uk)

 [www.girlsnet.org](http://www.girlsnet.org)

   @RitesForGirls

funded by West Sussex  
County Council





Our SUMMER 2022 programme is selling fast. Please book online today to avoid disappointment. England & Great Britain superstar **Ashley Jackson** alongside brother **Wesley Jackson** will be joined by an exciting coaching line up and are set for another fun filled and challenging summer.

2 Day Hockey Camps - Performance Camps - Single Day Camps

**NEW FOR SUMMER 2022** - Dragflick Masterclass with the world's best – VENUE EAST GRINSTEAD HC, WEST SUSSEX

Click [HERE](#) To find out more and to book.



# JACKSON 7

COACHING

## SUMMER DATES 2022



**2 DAY HOCKEY CAMPS**

**2 DAY HOCKEY CAMPS**

**26TH & 27TH JULY**  
**2ND & 3RD AUGUST**

6-18yrs  
9.30am-3:30pm  
East Grinstead HC



**PERFORMANCE CAMPS**

**PERFORMANCE CAMPS**

**27TH JULY**  
**3RD AUGUST**

13-18yrs  
9:30am-3:30pm  
East Grinstead HC



**DRAGFLICK MASTERCLASS**

**DRAGFLICK MASTERCLASS**

**28TH JULY**

12-18yrs  
9am-12pm  
East Grinstead HC

**BOOK TODAY AT**  
**EGHOCKEY.ORG.UK**

