



Families' Bulletin

Week commencing Monday 6 June 2022

HEADTEACHER'S MESSAGE

As we sign off for the end of another half term I think it is worth celebrating just how far our students have come this term. They have very much settled back into 'normal' school life, with much less disruption than we were all experiencing this time last year. Not a day goes by when I am not impressed by their positive attitudes, their hard work and talent inside and outside of the classroom.

Just last night I had the pleasure of seeing some of our Year 7 budding athletes as they competed against 6 other in the Super Sixes meet. Whilst it is always an absolute delight when our teams come out on top and our A team did just that, I know that all students will have got so much from the experience. It was a pleasure to witness the camaraderie, teamwork, grit, determination and sheer pride at representing Sackville. Well done to all of those involved. Our winning team will now go through to represent the area at the Sussex School Games Finals next half term.

And to everyone else, I would like to wish you all a pleasant half term break and I hope that you get time to relax and perhaps try out some of the wellbeing activities in Mrs Nibloe's article later in the bulletin. I am looking forward to reading some more of my book and getting out into the outdoors as much as possible.

Jo Meloni

Currently reading:

'Time to Think', by Nancy Kline



Hot Chocolate with the Head

Ms Meloni was joined by another great group of students this morning who shared with her what they have been enjoying at school recently and their plans for the future. She was delighted to hear so many of them involved in sport or sports leadership and that there were a couple of potential PE Teachers in the making!

The Sixth Former Rachel pictured below, is playing a key role in reviewing the Sixth Form Dress code at the moment with a group of students and staff. It is great to see the initiative and mature approach being taken by them all.

They should each be congratulated by their hard work and attitude, in particular for getting involved in school life beyond their own studies.



Key Dates

Monday 30 May-Friday 3 June

Thursday 9 June

Thursday 9 June

Saturday 11 June

Friday 17 June

Monday 20 June

Tuesday 21 June – Monday 27 June

Tuesday 21 June-Tuesday 1 July

Monday 27 June-Monday 7 July

Tuesday 28 June- Friday 8 July

Friday 1 July- Thursday 7 July

Friday 1 July

Tuesday 5 July

Friday 8 July

Saturday 9 July-Monday 11 July

Half-term

Year 12 UCAS & Futures Day

UCAS Online Meeting – Parents & Students

Bronze Duke of Edinburgh Actual Expedition

Inset Day (additional)

Inset Day

Art Exhibition

Year 12 Exams

Year 11 to Year 12 Transition Classes

Year 10 Exams

Scholastic Book Fair

Year 12 Economics Trip to City of London

Sackville Music Department Perform at St Swithun's Art Festival

A Level Biology Field Trip

Year 10 Field Trip (South Wales)

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

Year Notices

Year 10

Message from Mr Thompson:

Huge congratulations to all students who completed their GCSE B&V exam yesterday afternoon. The invigilators praised the group on their exemplary behaviour and the students handled the pressure brilliantly. We have also seen the BTEC Health and Social Care and CNAT PE exams being sat; well done to all!

This bodes well for the upcoming Hospitality and Catering exam on the June 21 and the year 10 exams that start on June 28. Now we are starting the holiday, what a perfect time to start that revision! Happy holidays to all and we look forward to seeing you back on Monday June 6.

Safeguarding – Festival Safety

Many teenagers will soon, especially after the GCSE/A Level exams, partake in the festival season. For the majority this will be an exciting, eventful and memorable experience. However, for some it may prove memorable for the wrong reasons.

The Festival Safe website aims to help first-time festival (and hardened veterans) have a safe experience. Amongst other topics, the site includes a section on alcohol and other drugs, including:

- Understanding The Law
- General Harm Reduction Guide
- Alcohol Harm Reduction Guide
- Drugs Harm Reduction Guide
- Drug Testing

Festival Safe can be found here: <https://www.festivalsafe.com/information/drugs-alcohol>

Disability Benefits for Parents and Carers of Children

A message from Citizens Advice in West Sussex:

We are hosting free webinars on disability benefits for parents and carers of children with learning difficulties and other disabilities to help when it comes to Disability Living Allowance (DLA) form-filling. The webinar will help you better understand your eligibility to receive DLA and will offer the opportunity to learn more about how to complete an application form, as well as gain awareness for other disability benefits available to you and your family.

Parents and carers can choose one of the following dates:

- Thursday 9 June | 12.00pm – 1.30pm
- Wednesday 22 June | 7.00pm – 8.30pm

These webinars are in a small group session format of no more than 8 people and will take place on Zoom.

To book a place, please visit [here](#).

Disability benefits webinars

We're hosting disability benefits webinars for parents and carers of children and young people with learning difficulties.

These will help when it comes to Disability Living Allowance (DLA) form-filling, so you can better understand eligibility to receive DLA and will offer the opportunity to learn more about how to fill the application out yourselves, as well as gain awareness for other disability benefits available.

Various dates available

Scan the QR code and book your place now



Wellbeing Weekly

Hannah Nibloe writes:

This week's entry comes from Action for Happiness who have created a **Joyful June** calendar, detailed below. When I saw that the theme was joy I spent some time reflecting on what the word means to me. Joy to me, is something which is unspoilt and uncomplicated and one of our core emotions. I also spent some time searching for what it is in my life that brings me joy and noticed there was a parallel here; simple things bring me joy. For example, yesterday I went for a walk and I usually power around getting from A to B. When I walk like this I don't take time to soak in what I can sense around me, it is more about getting the walk done. However, I took the time to stand on a small hill, on one of the holes on Cuckfield golf course, and took in the view. I drank in all that I could see, hear and smell (the grass had been recently cut!). I realised what a beautiful part of the world we live in and I was able to admire this view for free.

As I continued on my walk I saw two woodpeckers fly across my path, I would have missed these had I been power walking my route. I realise that it really is the simple things in life that bring me joy and wonder if the same is true for you too. Perhaps if you don't want to commit to an action every day of June you could spend a few minutes focusing on the last time you smiled or laughed and what it was that led to it. If we can spend more time immersed in these moments instead of actively looking for joy, we may find life more enjoyable and less stressful.

Joyful June 2022

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone
13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active
20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it
27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)	  		

ACTION FOR HAPPINESS

Happier · Kinder · Together



YR 7 & 8 BOYS AND GIRLS 3 V 3 TOURNAMENT

**FREE TO ENTER,
FREE T-SHIRT FOR COMPETING,
TROPHIES TO BE WON**

SIGN UP AS AN INDIVIDUAL OR AS A TEAM

THURSDAY 2ND JUNE, 10-1PM @ THE HOLY TRINITY SCHOOL



**EMAIL: OFFICE@STORMBASKETBALLCLUB.COM
TO SIGN UP**



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sussex
clubs for young people
involve • enjoy • achieve

EAST GRINSTEAD

YOUTH Activities

FRIDAYS FROM 10TH JUNE

3.15pm - 5.15pm

Kings Leisure Centre

Ages: 11 to 16 years

On the field at the
leisure centre with the
Purple Bus.

