



Families' Bulletin

Week commencing Monday 3 October 2022

HEADTEACHER'S MESSAGE

Dear Families

It has been a pleasure to welcome so many more families to our school on our **Open Mornings** this week. It is lovely too hear the fabulous feedback from our visitors which is testament to the calm purposeful atmosphere and excellent teaching they see as they walk around the school. Not to mention our fantastic students who led tours and answered questions. They are an absolute **credit to us**.

Also this week we have had some excellent sessions for some of our students with a session for our **year 12** students on **University applications** and our **Extended Project Qualification (EPQ)**; **Year 7** have had their first **inter form sports** afternoon and will be enjoying an **activity evening** this evening. What a great week for them!

A group of students in **year 11** have also been working on some **preparations for Sixth Form** and I enjoyed a lovely morning on Thursday celebrating our **highest achieving students from the Beliefs and Values GCSE** examination they took in the summer. Hearing that some students **achieved 2-3 grades above their MEG** was absolutely something to celebrate and for them to be very proud of. Let's hope they can bottle that feeling to help them through this year.

We have a small group of **year 9 and 10** students who will be going to Ardingly today for the launch of the **Mid Sussex STEM** (science, technology, engineering and maths) **Challenge**. I am sure you will join me in wishing them well.

Finally, in **assemblies** this week, students were reminded about the power and use of **retrieval practice** in lessons and how teachers use this to support ongoing learning, enabling it to be secured in the long term memory. This will be new to our year 7 students but they will soon come to see the benefits of this practice across all of their lessons. Thanks to **Mr Gerretsen and Mrs Weatherby** who also linked their assembly to this week's **value of Resilience**. A skill closely linked with learning and revision as we encourage students never to give up but to keep looking for things they can learn, even when things don't always go to plan or come easy to them.

Have a lovely weekend.

Jo Meloni
Headteacher



Resilience

"Life is like a camera. Focus on what's important. Capture the good times and develop from any negative experiences. If things don't turn out the way you hope, take another shot."

Key Dates

Tuesday 4 October	Year 7 Subject Workshops – 5.00pm-6.30pm
Wednesday 5 October	Observatory Evening – 7.00pm-9.00pm
Thursday 6 October	Year 9 GCSE Information Evening – 5.00pm-6.30pm
Monday 10 – Friday 21 October	Year 11 Exams
Thursday 20 October	Year 7 Meet the Tutor Evening
Monday 24 – Friday 28 October	Half-Term
Monday 31 October	Year 11 Geography London Trip
Wednesday 2 November	Observatory Evening – 7.00pm-9.00pm
Tuesday 8 November	Sixth Form Options Evening – 5.00pm-7.00pm
Wednesday 9 November	INSET Day – No Students in School

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

Safeguarding Weekly

Safe Use of WhatsApp



WhatsApp is a free app that allows users to send encrypted messages to each other via an internet connection. WhatsApp offers users the ability to send images, voice notes and a wide range of emojis, in addition to voice and video calls.

In the UK, the minimum age of use for WhatsApp is 16 years old, however, some children may choose to ignore this and sign up for WhatsApp when they're underage.

Group chats - The group chat function allows up to 512 people to chat in one conversation stream. A group chat is controlled by one person and only they can add or remove participants and change or add further group administrators.

All those in the group chat (even if they're not one of your contacts), can see messages that you post, and you will be able to see theirs. If you have blocked an individual, they can still contact you via the group chat.

Remember: You can't control if you're added to a group chat; but you can leave the group whenever you want to.

Privacy settings - The app has a default privacy setting which is public and allows anyone to view the user's profile photo, status and when they last used the app.

To make your profile more private, you can change the setting to only be seen by 'my contacts' or 'Nobody'.

'Seen Once' messages - WhatsApp allows a user to send images and videos which can only be seen once. This can be done by tapping the 'View Once' button on the image or video you wish to send. All photos and videos sent this way won't be saved to the recipients photo library.

In August 2022 WhatsApp announced the ability to leave group chats 'silently' without notifying other members (excluding admins), extra control over who sees your 'online status', and the blocking of screenshots for View Once messages.

View [WhatsApp and Other Closed Messaging Apps - Get Safe Online](#) for further information.

Year 10, 11 & 12

The event advertised below is aimed at year 10, 11 & 12 and is a virtual careers' fair that students and parent/carers may find of interest.



WHAT NEXT SUSSEX?

One of the biggest careers fairs in the region is back and bigger than ever!
Thursday, 6th October, 2022

It's FREE and you can choose your session:
Log on at 1.30pm – 3.00pm, or 6.00pm – 7.30pm

Don't miss out – attend this free event by visiting
www.getcareerconfident.co.uk/what-next-sussex

PTO

Thinking about what to do after Year 11 or supporting someone who is? Then **What Next Sussex** is for you.

The free online fair is open to all learners across Sussex and offers unmissable information, guidance and support to help students take their next steps. The event will include the chance to:

- Speak to students and staff from **sixth forms, colleges** and **universities** from across the region
- Talk to a range of **employers** and **apprenticeship** providers
- See loads of brand new & **inspiring films** and explore new **interactive tools**, guiding you through your options
- Visit our dedicated new 'green room' to find out about careers and course options in the fast-growing **Sustainability** and Green Skills sectors
- Speak to our qualified **careers advisors**

Don't miss out – attend this free event by visiting
getcareerconfident.co.uk/what-next-sussex



InvestIN's parent event series – Ages 12-18

InvestIN's parent event series is designed to give parents the essential tools they'll need to support their child on their career journey. Events are run by leading experts and are free to attend. Follow this [link](#) to open the website to find out more.



INVESTIN

IMMERSIVE CAREER EXPERIENCES

★ Trustpilot  4.8/5 from 1,800+ reviews

INVITATION FOR PARENTS:

FREE TO ATTEND

SUCCESS BEYOND SCHOOL

HOW TO COACH TEENAGERS TOWARDS A SUCCESSFUL CAREER

We are delighted to announce the first events in our Success Beyond School series for this academic year. These are live online seminars featuring career experts, designed to help parents amplify their children's career potential.

The events are for parents of students aged 12-18 and are free to attend.

12TH OCTOBER: MAKING IT IN MEDICINE
Expert advice on how to get into medical school

16TH NOVEMBER: FUTURE-PROOFING STUDENTS
Preparing students for the jobs of the future

30TH NOVEMBER: FINDING A FUTURE IN FINANCE
Gaining the skills for a career in Finance

Register Now 

EXPERIENCES IN 19 CAREERS

Explore our life-changing, immersive career opportunities for ages 12-18, which take place at UCL and live online.

Weekend programmes are available throughout this term, we are currently offering a 15% discount on our flagship summer programmes.

Register Now 



 www.investin.org

 info@investin.org

 +44 (0)203 488 5089

Job Vacancy



Administrative Assistant Required November 2022

Grade 4 - Term time only

Are you a team player with good IT skills and attention to detail? Would you like to contribute to providing excellent educational opportunities to young people? If so, this could be just the role you have been looking for.

We require an Administrative Assistant to work in our school office, alongside supportive colleagues at the heart of the school. The role requires a competent use of I.T, (including Office software packages and Google Drive) but we are mostly looking for a team player who is equally at home in using their initiative and problem solving, with good communication skills and a willingness to learn in a supportive team. Training will be provided on our Management Information System and tailored to your personal development needs thereafter. This is an exciting opportunity for anyone who likes working in a busy and friendly office environment.

Hours: 30 hours per week, term time only

Salary range: Grade 4 point 5 £19,650- £20,403

(pro rata £13,297 - £13,807) based on 30 hrs/pw term time only)

Sackville is a large, mixed, 11-18 comprehensive school, close to East Grinstead town centre. We are a popular and oversubscribed school with 1700 students on roll. Our outcomes at both GCSE and A Level are consistently strong with extremely positive progress made by students. We place equal importance on developing our students holistically through clubs, trips, visits and are very proud of the pastoral care we provide.

We are a welcoming and friendly school with over 200 staff who, no matter what their role in school, all want the very best for all our students.

If you think this is a role that would suit you or you would like to find out more, please do get in touch. Further details about the role and our school are available on our website www.sackville.w-sussex.sch.uk or from Mrs K Rowlingson PA to the Headteacher, on 01342 414900 krowlingson@sackvilleschool.org.uk.

When applying, please address your letter of application together with the application form and safer recruiting sheet (available on website) to Ms Jo Meloni, Headteacher.

Closing Date: Friday 14 October. Interviews are scheduled for Tuesday 18 October although we reserve the right to interview early for exceptional candidates, so early applications are encouraged.

Our Motto – 'Together We Achieve'

Lewes Road, East Grinstead, West Sussex RH19 3TY Tel: 01342 410140

Sackville School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Any successful applicant will be required to undertake an Enhanced Disclosure check by the Disclosure and Barring Service



Wellbeing



Hannah Nibloe writes:


We all know that spending prolonged periods of time on our phones or other electronic devices isn't good for our health. In recent years the media has flooded us with stories explaining the impact on us physically; it may lead to shortened eyesight, poor posture or elongated thumbs! Doomscrolling became a commonly used word around 2020 and means reading bad news (there seems to be a lot of it about at the moment) that we find upsetting and continuing to read even more bad news. This cycle of behaviour is self-perpetuating and one that can be hard to break. Whilst this repetitive scrolling can seem soothing to us at the time, recent research has shown that this pattern of behaviour can lead to poor mental health. If you are interested in reading more or feel like you have fallen into the cycle of Doomscrolling [this blog](#) on Mind's website may help.

Almost a decade ago, I gave up Facebook for lent, at first I had to delete the app from my phone as I found myself habitually, and without any conscious thought, going to open Facebook. At first it was odd and hard to break an automatic pattern of behaviour that I had ingrained within myself and I felt like I was missing out on what others were up to. Ultimately, I started to re-connect with people in a different way, I started to have actual conversations with friends and family about what they had been up to, instead of viewing their life through Facebook. I have to say, other than when I want to access the odd photo, I don't miss it. However, on the odd occasion I find myself on Facebook I do sometimes still fall foul of losing an hour or more scrolling through videos and photos that bring me no joy and delay my bedtime!

If you want to limit the amount of time you spend on your phone or certain apps, there is help at hand. Most phones have a built-in system which you can use to reduce screen time; Digital Wellbeing (Android phones) and Screen time (Apple phones). There are also ways in which you can support your children with their usage in the Parental section of these apps.

Hannah

sussex clubs for **youngpeople**
involve • enjoy • achieve




EAST GRINSTEAD YOUTH CLUB

At the Centre Pavilion inside the park.

From 3.15pm - 5.15pm
7th October

FRIDAYS

- Arts and Crafts
- Colouring
- Challenges
- Games
- Drawing
- Football
- Music
- Chats



The Forest Group

A support group for parents of adopted children.

Friendly peer support and a chance to unwind for parents at any stage of adoption.



Date of first meeting: Friday 30th September 2022
(Continuing thereafter once every half term)

Location: Ashdown Forest Visitor Centre, Colemans Hatch Rd, Wych Cross, Forest Row RH18 5JP

Time: 10AM to 11AM followed by a short walk in the forest

To book or enquire: Email admin@ashdownhub.org

All volunteers of The Ashdown hub are DBS checked and we will ensure confidentiality for all members.



WE ARE EXCITED TO ANNOUNCE THAT
FROM OCT 2022, SUPER SIBLINGS WILL
BE RUNNING SESSIONS IN:

EAST GRINSTEAD

at
East Court, College Lane RH19 3LT

FOR FURTHER INFORMATION OR TO
REGISTER YOUR CHILD, PLEASE CONTACT:
INFO@SUPERSIBLINGS.ORG

UK BASED CHARITY SUPPORTING THE SIBLINGS
AND FAMILIES OF DISABLED CHILDREN.

WWW.SUPERSIBLINGS.ORG