



Families' Bulletin

Week commencing Monday 5 September 2022

HEADTEACHER'S MESSAGE

Please see my welcome letter attached.

Have a lovely weekend.

Jo Meloni

Year Group Notices

Year 11

Message from Craig Thompson, Leader of Year 11

I wish to pass on my congratulations on a great set of results for the GCSE B&V exam. The B&V and year teams are so proud of the excellent results achieved by many. Results for PE, hospitality and health and social care were also impressive; what a great start to year 11!

We look forward to seeing everyone back bright and sprightly on Monday. Pupils are expected in tutor rooms by 8.20am and in correct uniform. The uniform policy can be found on the website but a few gentle reminders:

- * dark ankle socks only (if socks are being worn)
- * jewellery kept to a minimum: one stud per ear, a watch ONLY (no necklace, bracelet etc)
- * acrylics/painted nails are not acceptable
- * hoodies are not allowed on site and will be confiscated if seen

New tutor rooms as follows:

- 11LRS (was SBP) P13
- 11AVE (was HGN) C16
- 11LMD (was SOL) C17

Enjoy the weekend!

Key Dates

Monday 5 th September	All Year Groups
Tuesday 6 th September	Individual Photos Years 9,10,11
Wednesday 7 th September	Individual Photos Years 7,8,12
Friday 16 th September	Year 10 Geography Trip – London
Tuesday 20 th September	Year 11 Geography Trip - London
Thursday 22 nd September	Open Day
Friday 23 rd September	INSET Day
Friday 23 rd September	Year 11 Duke of Edinburgh Silver Practice Expedition

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

Hannah Nibloe writes:

For those of you new to the school, I am a supporter of [Action for Happiness](#). I think that their fundamental belief that we can be *Happier and Kinder Together* is similar to our school ethos and vision. Each month Action for Happiness publish a calendar of small acts around a theme and this month it is **Self Care September**. As I looked over the calendar I was reminded how much of the day I hear my inner voice and that a good step towards self care is to remind myself of the advice Brené Brown gives, "Talk to yourself like you would to someone you love".

If you are interested in being a little kinder to yourself or if the thought of putting yourself first feels 'indulgent' then I invite you to take a moment to view the calendar below. Perhaps you could print it out and pop it by your desk or on the fridge at home.

Self-Care September 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it 
5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	
12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	
 26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are			

ACTION FOR HAPPINESS

Happier · Kinder · Together

LEARN DANCE

FROM ONE OF THE INDUSTRY'S BEST

JONO HART



CREDITS

kanYeWest

LABRINTH

Epic

CONOR
MAYNARD

BRIT
AWARDS

LYKKE LI

BEYONCÉ

BEBE
REXHA



Cheryl Cole



Little Mix

JASON DERULO

DMX

SATURDAYS

FLO
FRIDA

MOISO



SSS

PETER ANDRE

Cheryl Cole

Modest!

AU/RA

L'OREAL



CeeLo
Green

Kallis

*JIS

BBC

ALEXANDRA

BOOK A TRIAL

www.nexgendance.co.uk

Nexgen Dance Academy

Sackville School, Lewes Road, East Grinstead, West Sussex, England, RH19 3TY