

Families' Bulletin

Week commencing Monday 7 November 2022

HEADTEACHER'S MESSAGE

Dear Families

It was good to welcome everyone back for the start of the new term this week and there has certainly been plenty going on. Our **year 11** have come back refreshed after their mock exams and a well deserved break. They will soon start to receive their feedback so they know what they need to focus on next to continue to make progress. The last of our year 11 cohort have also had the opportunity this week to learn about the options available to them in our Sixth Form.

Mr Heatley and a group of our wonderful musicians from across the school entertained 60 students from year 3 at Estcots this week. They were in awe of their musical ability. The star of the show was hearing an electric violin played by one of our sixth formers. Here's hoping we have many more budding musicians coming through in the next few years.

Another highlight of this week was **year 12** listening to a thoroughly engaging talk from David Dein, a businessman who co-owned and was vice chairman of Arsenal football club and the FA. David was the main architect behind the development of the Premier League and whilst his talk covered a number of interesting topics around football and business there were also some really key messages for our students. For example, he identified three things that are needed to succeed, hard work, vision and courage and students heard stories that linked behaviours and attitudes, ambition, teamwork and having the courage to stick your neck out and be your original self. All fantastic messages that chime with our own vision and values.

Also this week our anti bullying ambassadors had the next in their series of training sessions led by **Mrs Sands** and **Mr Pearson**. **Year 11** and **year 7** both had different versions of a road safety presentation from a theatre company today, complimenting the important learning they get on key topics as part of our Learning for Life curriculum.

Finally, I wanted to thank those parents/carers who completed our recent survey. Feedback is always helpful for us to continue to develop and there are some really useful thoughts for us to take forward, as well as plenty of very well received positive feedback which I will pass on to the staff.

I wish you all an enjoyable weekend.

Jo Meloni Headteacher

Value of the Week – The Sackville Way

Kindness 'Be kind whenever possible. It is always possible'.

Key Dates

Tuesday 8 November Wednesday 9 November Monday 14 November Thursday 17 November Friday 18 November Friday 18 November Wednesday 23 November Thursday 1 December Wednesday 7 December Sixth Form Options Evening – 5.00pm-7.00pm
INSET Day – No Students in School
Year 12 Chemistry Trip to London
Year 10 Consultation Evening – 4.00pm-7.00pm
Year 10 Multi-Lingual Poetry Slam – selected students
Sixth Form Film & Media – Trip to Pinewood Studios
Winter Concert
Sixth Form Meet the Tutor Evening

Observatory Evening – 7.00pm-9.00pm

Remember you can see the full parents' calendar here

Hot Chocolate with the Head



We had a wonderful group of students this morning for Hot Choc Friday. Some who have shown real resilience in overcoming adversity and improvements in behaviour and attitudes. As well as Henry, nominated to come and speak to us about representing GB in sailing, Mia in the sixth form who led on some student panel interviews and Isla and Lily nominated for their excellent effort and attitude to classwork.

As always, a great way to start off a Friday morning.



Safeguarding Weekly

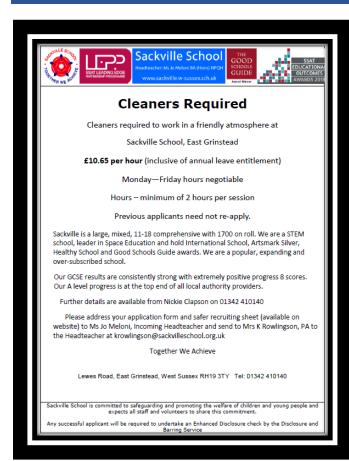
How to Browse Safely on Public Wi-Fi

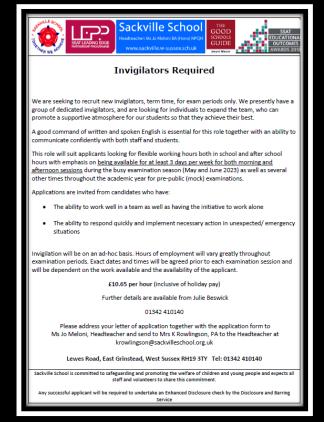
With the increasing offer of free Wi-Fi in public places, it is important to protect yourself from the different dangers this poses. Follow this <u>link</u> which provides comprehensive security tips to help you stay safe.

Kevin Treen

Curriculum Leader of Design and Technology & Computing / Wider SLT

Vacancies





Wellbeing



Wednesday 2 November was Stress Awareness day in the UK. The charity Mind define stress as "how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control". Our body responds to stress by releasing hormones such as cortisol and adrenaline, these are also triggered when we feel under threat and are part of our fight/flight response (you can find more on this here).

A small amount of stress or infrequent occasions where you feel stressed is helpful, it can motivate you to finish that assignment at work or do some revision for an upcoming test or assessment. However, feeling stressed regularly or for prolonged periods of time will have a detrimental effect on our physical and mental wellbeing. The good news is, there are things we can do to help our levels of stress. If this is something you are interested in, please read this document. If you find videos more engaging, similar information can be found here's to a stress-reduced week ahead.

Hannah Nibloe

External Clubs, Events and Services

