



# Families' Bulletin

**Monday 17 July to Friday 21 July 2023**

## HEADTEACHER'S MESSAGE

Dear Families

We have had a fantastic week this week with sports days, drama performances, plays and the 'Big Reveal' of our Communities and their corresponding colours and names. We also ran our Reading Week' with activities such as 'drop everything and read' sessions throughout the week.

We may be moving towards the end of the year with fun and exciting things happening but learning still continues. I have had the pleasure and it really is a pleasure and a privilege of going into lots of lessons this week. I continue to be impressed with students' focus, behaviour and engagement in their learning, even as we move towards the end of the year. Teachers and support staff are still putting everything into delivering high quality teaching and learning across the school and our students are rising to the challenge.

Next week that learning changes focus to our Curriculum Enhancement Week. We know that the impact of learning experiences outside of the normal classroom situation are long lasting, with new skills and friendships made and experiences that often stay in the students' memories for some time. Over the first 3 days we will be running 33 activities, including 24 trips both local and overseas, day and residential and I am sure you will join me in thanking all of the staff for the planning and preparation that has gone into organising and running these experiences. Particular thanks goes to Mr Treen who has pulled it all together and all of the trip and activity leaders.

We end next week with students' final lessons of the year on Thursday and Friday, as well as looking back and celebrating what they have achieved during our inaugural Graduation assemblies. As usual, we will finish slightly earlier at 12.00pm on Friday 21 July to begin the summer break.

Have a lovely weekend.

**Ms Jo Meloni**  
**Headteacher**



## Key Dates for the Diary

Mon 17, Tue 18 and Wed 19 July  
Monday 17 to Friday 21 July  
**Friday 21 July**

**Years 7,8,9 & 10** Curriculum Enhancement Week  
**Year 10** Spanish Trip  
**Last Day of Term – Early Finish 12.00pm**

**You can view the full parents' calendar [here](#).** If you have any questions regarding a particular activity, please contact the member of staff who is running the club.

## Last Day of Term Arrangements – Friday 21 July 2023

For your information the following sets out our timetable for the last day of term:

Registration	08.25am-08.35am	Shortened 10 minute registration
Period 1	08.35am-09.25am	50 minute lesson
Period 2	09.25am-10.15am	50 minute lesson
Break	10.15am-10.30am	15 minute break
Period 3	10.30am-11.05am	Assembly Year 7 and 8 – Main Hall Tutor time Year 10 in tutor bases
Lunch	11.05am-11.25am	20 minute lunch
Period 4	11.25am-12.00am	Assembly Year 9 and 10 – Main Hall Tutor time Years 7 and 8 in tutor bases
End of Day	12.00pm	Students dismissed

## Start Dates for the 2023/24 School Year:

Friday 1 September	INSET Day – No students in school
Monday 4 September	Years 7 and 11 only. (Year 12 Enrolment)
Tuesday 5 September	Years 7,8,9,10,11 and 13 only
Wednesday 6 September	All students in school

### Hot Chocolate with the Head



It was a bumper Hot Choc Friday today where I had the pleasure of a number of our Sixth Form Senior Student team who have made an absolutely sterling start to their role. Already making such a positive impact across the school. Well done to Oscar, Matt, Piers, Mia, Mischa and Emily.

We also had the pleasure of Liam nominated by his year office for working really hard and always being polite and to Otto, William and Rohan who raised over £500.00 for a 26 mile bike ride they did to raise money for the British Heart Foundation. A charity and a cause that each of them can relate to from people they know.

Well done to each and everyone one of them. Ten more examples of the brilliant students we have and are so very proud of.

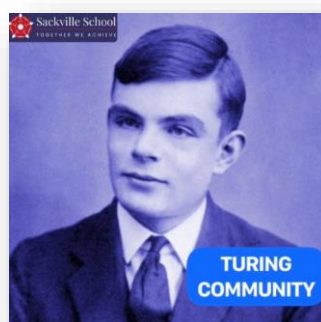
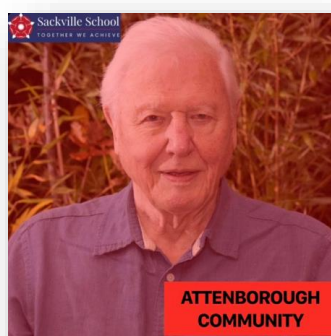
**Jo Meloni**



## COMMUNITIES UPDATE

We are really proud to announce the figureheads for our community system next year. Each day this week a different community has had an assembly delivered by their leaders to introduce and celebrate their figurehead. This has already led to a really nice friendly atmosphere around school. Next year all students' will learn about all five figureheads and will explore how each compliments our Sackville values.

Year teams have been meeting regularly to discuss transition of students, this will continue into September as we have a period of transition. We would like to take this opportunity to thank you, the staff and the students who have been a part of the creation of our community system next year.



## Year Group Notices

**Open to all Year Groups:**

### The Summer Reading Challenge 2023!

To launch Reading Week and encourage a love of reading that continues beyond the classroom, we have developed a very exciting challenge for you over the summer holidays: **The Summer Reading Challenge 2023!**

- The idea is to set yourself a reading goal for the summer and see if you can meet your target.
- Start by looking at the KS3 Book Club reviews of the Top 10 Summer Reads recommendations and then set your reading goal for the summer.
- Every time you read a book record it on the Book Log - a blank bookshelf ready for you to fill in with the title of the books you read.
- Then hand in your finished record in September to the LRC or me in room D16 or email a picture of it to: [lwernham@sackvilleschool.org.uk](mailto:lwernham@sackvilleschool.org.uk).
- Don't forget to add your name and tutor group and decorate your bookshelf.

There are certificates for everyone who takes part and prizes for the highest number of books read, the most-improved reading, best form and also the best-decorated bookshelf.

Have a great summer and enjoy reading!

[Top 10 Summer Reads](#) and [Book Log](#)

**Lucy Wernham**

**Teacher of English**

## Staff Vacancies

One of the many great features of Sackville School is the fact that many colleagues do stay here for a long time.

Unfortunately for us, that does mean that we have a number of staff who are reaching retirement now or in the near future, both teaching and support staff. This will result in a number of vacancies becoming available over the coming weeks, months and years.

**If you or someone you know are thinking of joining our team, please follow the appropriate link to view any current vacancies within [teaching](#) and [support staff](#) areas of the school.**

If the perfect role isn't listed, but you know someone who shares our vision and ethos and is interested in joining our team, please do [enquire via the vacancies page on our website](#) so that we can get in touch if something comes up in the future.

## Wellbeing

### MYTHS ABOUT SELF-CARE

-  Self-care is an indulgence
-  Meaningful self-care includes making mindful changes in patterns of thoughts and behaviours that do not contribute to your wellbeing.
-  Self-care is selfish
-  When you make time for yourself and get sufficient rest & exercise, you feel more energetic and will be able to do more - for yourself as well as for those around you.
-  Self-care is a one-time experience
-  Looking after yourself is an ongoing practice in building resilience to face hardships and in preventing burnout.
-  Self-care is time consuming
-  Self-care does not require you to take out a huge chunk of time from your busy day.

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

As we approach the end of the summer term there is often a misconception that we begin to wind down as the academic year is coming to an end. I know from both Sackville employee's and families' perspectives that this isn't the case. With that in mind, I have popped a little reminder for us all to look after ourselves so that we are able to enjoy any summer break plans we have.

**Hannah Nibloe**



### Self-Defence Workshops

With the school summer holidays just around the corner, many parents will be looking for engaging activities to keep their children entertained.

I am running a series of personal safety and self-defence workshops for children (10+) in Forest Row and Oxted. The workshops explore both physical and non-physical aspects of personal safety.

If you are interested in finding out more, please contact me or book online at [www.activelysafe.co.uk](http://www.activelysafe.co.uk)

Annabel  
**Annabel Larkin**

07738007841

[www.activelysafe.co.uk](http://www.activelysafe.co.uk)



### SELF DEFENCE & PERSONAL SAFETY WORKSHOPS

SUMMER HOLIDAY WORKSHOPS FOR TEENS (10+)  
© Matchpoint Lifeline, Oxted  
© Warrior Arts & Fitness, Forest Row



- ✓ REALISTIC PHYSICAL DEFENCE SKILLS
- ✓ SITUATIONAL AWARENESS
- ✓ CONFIDENCE STRATEGIES
- ✓ DE-ESCALATION TECHNIQUES
- ✓ SURVIVAL MINDSET
- ✓ USE OF FORCE & THE LAW

**Forest Row: 2, 9 & 30 August**  
**Oxted: 3, 10, 31 August**




For more information & to book:  
[www.activelysafe.co.uk](http://www.activelysafe.co.uk)  
[activelysafeuk@gmail.com](mailto:activelysafeuk@gmail.com)



### Anxiety Explained - Online Talk - Delivered by Jane Keyworth

## Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?  
Would you like to know what anxiety is and gain some understanding on how to manage it?



A one-off two hour online talk delivered by Jane Keyworth, Lead Facilitator at FACE ([facefamilyadvice.co.uk](http://facefamilyadvice.co.uk))  
on 27th July (6:30pm to 8:30pm)  
Available to book now via the website



JULY 2023

# Newsletter

## EXTRA SUMMER SESSIONS

<p>Thursday 20th July 18:00 - 20:00</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <h3>Supporting a Child with ADHD</h3> <p>interactive session explaining what ADHD is and offering a range of interventions that can make lasting differences.</p> </div> </div>
<p>Thursday 27th July 18:30 - 20:30</p>	<h3>Anxiety Explained</h3> <p>Whether it is your anxiety or your children's, what exactly is it and how do we manage it?</p>
<p>Thursday 3rd August 18:30 - 20:30</p>	<div style="display: flex; align-items: center;">  <div style="margin-left: 10px;"> <h3>Drug Awareness talk for Parents</h3> <p>Cannabis, vaping, ketamine, energy drinks? How much do you know? what are the risks? Increase your knowledge and awareness of the issues.</p> </div> </div>

**Videos to rent for £5**

Understanding the Teenage brain  
Cannabis Awareness  
Introduction to ADHD

facefamilyadvice.co.uk.
info@facefamilyadvice.co.uk

## Medication & Illness

### Medication

To ensure that we continue to support students when they are unwell, we need to make sure our records are up-to-date. As a school we will continue to administer ad-hoc medication as per the consent slip you have completed. If you wish for this to change, please contact the relevant year team. Should your child be diagnosed with any new medical condition please contact us. In addition, should your child's medical condition change (i.e., they no longer need to use their inhaler) please contact their year team.



**We will continue to provide the support and medical assistance you have already agreed to unless we hear from you.**



### Illness

In order to keep the more vulnerable members of our school community safe, a reminder to inform the school if your child contracts any of the following: Chickenpox, Shingles, Measles or Mumps. Please call the relevant year office, thank you in advance.