



# Families' Bulletin

Monday 20 March to Friday 24 March 2023

## HEADTEACHER'S MESSAGE

Dear Families



Happy St Patrick's Day!

I hope you have all had a good week and are looking forward to a relaxing weekend. You should have received a letter yesterday regarding a consultation around a **proposed new house system** that we believe will bring many benefits to our school and our students. If you have not yet taken a look the letter can be seen [HERE](#). Please note the date of the presentation is on **Wednesday 29 March, at 5.30pm**.

I would like to say a huge well done to all of our students this week as many of them had to revert to online learning. Years 10, 11 and 12 worked hard in school on the days they were in, even without all of their usual teachers. They really have been a credit. Thank you also to families, as we appreciate the disruption the industrial action has caused to many. Yesterday was the last of the planned days for industrial action and we do not yet know if there will be any more to follow. As soon as I know I will write to you again but for the time being, it is very much business as usual, with all students attending every day.

In other news this week, our Sixth Formers attended a UCAS Fair in Brighton and a group of Year 8 students were an absolute credit as they visited Edwards GTC for a STEM Challenge trip, where they learnt all about how vacuums are designed. Look out for more information on this in our end of term Sackville News.

Finally, it was a pleasure to meet so many parents/carers and students on Tuesday evening as they attended the French trip information evening. I cannot tell you how good it is to be getting so many more opportunities opening up again for students to go on trips and visits and I look forward to hearing all about this one on their return.

Have a lovely weekend,

**Jo Meloni**  
**Headteacher**

## Key Dates for the Diary

Wednesday 22 March	<b>Year 12</b> Geography Trip to Sussex Coast
Monday 20 March–Thursday 23 March	<b>Year 13</b> Mock Exams
Thursday 23 March	<b>Year 11</b> Consultation Evening – 4.00pm to 7.00pm
Thursday 23 March	<b>Year 9 &amp; 10</b> French Residential Trip
Saturday 25 March	<b>Year 9</b> D of E Practice Expedition
Tuesday 28 March	<b>Year 12</b> Geography Trip London
Wednesday 29 March	Presentation to Families – Proposed House System - 5.30pm
Thursday 30 March	<b>Year 9</b> Consultation Evening – 4.00pm to 7.00pm
Monday 3 April – Friday 14 April	EASTER HOLIDAY
Monday 17 April	Beginning of the Summer Term
Thursday 20 April	<b>Year 9</b> Tetanus, Diphtheria, Polio and Meningitis Vaccinations
Thursday 27 April	<b>Year 11</b> Pre-Exam Parent Information Evening – 5.30pm to 6.30pm
Monday 15 May	<b>Year 11</b> Start of the GCSE Exams
Wednesday 21 June	<b>Year 11</b> GCSE Exams End
Wednesday 28 June	<b>Year 11</b> Contingency Day
Thursday 24 August	<b>Year 11</b> Results Day – from 10.00am

You can view the full parents' calendar [here](#)

## Hot Chocolate with the Head



I was delighted to spend this morning with 4 highly deserving students, each nominated for a community action or act of kindness. As always it was a pleasure to spend some time getting to know them, their hobbies, interests and ambitions. It was an added bonus that one of our fantastic LSA's Ms Streeter came to join us. Well done to Chloe (year 7), Selin (year 8), Josh (year 8) and Josh (year 12). Keep up the great work.

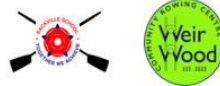


## Extra Curricular Activities

We offer a wide range of after school activities at Sackville. You can browse through all the clubs, by year group, via the website parent link [HERE](#).

If you have any questions regarding a particular activity, please contact the member of staff who is running the club.

### Year 9 to 13 – New Rowing Club



**Year 9-13** Do you want to be part of a new Sackville School Rowing club?

Do you want to have fun on the water, work in a team and achieve your goals?



To try out rowing in free sessions register your interest now.  
**Rowing Club runs Wednesday 3-5:30pm.**

For more information, please contact Ms Pashley, [kpashley@sackville.co.uk](mailto:kpashley@sackville.co.uk) or [info@weirwoodrowing.com](mailto:info@weirwoodrowing.com)

## Year Group/Departments Notices

### Years 7, 8 and 9 - Curriculum Enhancement Week

A reminder that this **Monday, 20 March**, is the deadline for selecting the activity your child wishes to take part in for **Curriculum Enhancement Week**. Here is a link to the Google Form <https://forms.gle/C6Vg3SumyzbM6ca69>.

A reminder of which activities are available to choose from can be accessed [HERE](#).

Thank you.

Mr Kevin Treen  
Curriculum Leader of Design and Technology & Computing / Wider SLT



## LRC - Scholastic Book Fair

As mentioned in last week's briefing the Scholastic Book Fair is now in the LRC (Friday 17 March until Thursday 23 March.) All Students can use their £1.00 World Book Day Voucher to reduce the cost of any book purchased. (One voucher per student). Cash payments on the day or prepayment via the Scholastic website can be made <https://bookfairs.scholastic.co.uk/pay/1256333>. If using the website to pay, please ensure your child brings in the reference number, confirming payment, to the LRC before the book fair ends, in order to collect the books paid for.

Many Thanks  
Mrs Tracy Rose



Mark Grist is a multi-award-winning poet, rapper & storyteller. He's gained over 40 million views online for his poetry & rap videos & he recently starred in Redbull TV's 'Mark Grist Battles the World'.

Year 8 Workshops:  
Thursday 11th May & Friday 12th May

Everyone Welcome:  
Find It Out Thursday 11th May 3pm B01

Mark's interactive writing workshops encourage risk-taking & teach students to connect with the audience - both on the page and face to face. Whether you want to write a successful poem, rap or any kind of speech that inspires others, you need Mark.

## Year 8 – Mark Grist Multi-Award-Winning Poet

## Open to all Year Groups – A Career in Construction



**Are you interested in a career in Construction?**

**If so this is the event for you!**  
**When - Thursday 23 March, lesson 5**  
**Where - The Main Hall**

**Sign up in your year office by the end of Tuesday 21 March**

Come and find out about the opportunities available to you within the construction industry, from trades, management and degrees

BAM Engineering along with other construction companies will be on hand to speak to you about the routes and professions available.



### Library Drop Ins



#### Do you have any online safety concerns?

West Sussex County Council Digital Ambassadors will be hosting a drop in session at the following libraries to talk to the community about online safety and offer valuable advice on how to stay safe online.

#### Chichester Library:

1 April 10.30am-12.00pm

15 April 10.30am-12.00pm

#### Crawley Library:

31 March 1.00pm-2.00pm

## Current Vacancies

One of the many great features of Sackville School is the fact that many colleagues do stay here a long time. Unfortunately for us, that does mean that we have quite 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** and are interested in any of the positions below, please follow the corresponding link. If the perfect role isn't listed below, 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.

- [Head of Modern Foreign Languages](#)
- [Teacher of Computing](#)
- [Teacher of English](#)
- [Pastoral Assistant](#)
- [School Cleaners](#)







Please follow the appropriate link to view any current vacancies within [teaching](#) and [support staff](#) areas of the school.

# Wellbeing



Today is World Sleep Day and the theme is **Sleep Is Essential for Health**. Most of us know that getting enough sleep is fundamental to our physical and mental health and our overall wellbeing. We probably all know that there is an optimum amount of sleep, however, how many of us get the correct amount of sleep every night, most nights in a week or even ever? In order to try to promote better sleeping habits in our community I want to share an image taken from the [NHS](#):

### Top tips to get to sleep and sleep better

 <b>Keep regular sleep hours</b> <p>Making a habit of going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.</p>	 <b>Confront sleeplessness</b> <p>If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when you feel sleepier.</p>
 <b>Create a restful environment</b> <p>Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep. Watch our video for tips on how to sleep better. <a href="#">Video: Tips for sleeping better</a></p>	 <b>Write down your worries</b> <p>If you often lie awake worrying about tomorrow, make it a part of your daily routine before bed to write a list for the next day. This can help put your mind at rest. <a href="#">Video: Tackle your worries</a></p>
 <b>Move more, sleep better</b> <p>Regular exercise is good for your physical health and your mind too – and being active during the day can help you sleep better. Just remember to avoid vigorous activity near bedtime if it affects your sleep. <a href="#">Better Health: Home workout videos</a></p>	 <b>Put down the pick-me-ups</b> <p>Caffeine and alcohol can stop you falling asleep and prevent deep sleep. Try to cut down on alcohol and avoid caffeine close to bedtime.</p>

Good sleep hygiene refers to having healthy habits that will help us to get a good night's sleep and some of these things are detailed in the NHS image. However, there are very many more and these are detailed in this [NHS leaflet](#).

If you have a child that has trouble getting to sleep there are a number of apps and techniques that can be used to help get into a calm space, so even if they are not necessarily fully asleep, this is the next best thing and can have a positive effect on their wellbeing. Listening to a Sleepcast on [Headspace](#), reading a random chapter of their favourite book or audiobook at a slow pace or meditation are just a few examples you might want to explore with them.

Perhaps if you can find some time this weekend (or month) to help support our young people into having better sleep hygiene, they will benefit hugely. One of the easiest and most beneficial to you is modelling these behaviours to them.

**Mrs Hannah Nibloe**  
Inclusion Manager

## External Clubs, Events and Services

### St Polycarps 'Train to Teach' Recruitment Event – Friday 24 March 2023

There has never been a better time to become a teacher. If you've ever considered a career in teaching this event will give you the information and inspiration to take the next step. Hear first-hand from previous trainee teachers who can give you unique insight into the course and answer any questions you may have.

If you are considering a career in teaching and would like to find out more, then come along to our drop-in event where, over coffee and a croissant, you will be able to:

- Speak to teaching experts and practicing teachers to receive one-to-one advice on your training options and find out about teaching as a career.
- Meet representatives from the area's most successful Primary and Secondary providers.
- Find out more about routes into teaching, gaining school experience, the application process and the funding available.

To find out more and book your place:-

Follow this link to book through Eventbrite <https://www.eventbrite.co.uk/e/439556745057>  
or contact Catherine Easton at [catherineeaston@stpolycarps.surrey.sch.uk](mailto:catherineeaston@stpolycarps.surrey.sch.uk).

Thank you.

### East Grinstead Cricket Club

<b>U11-U14</b> <b>13TH FEBRUARY - 3RD APRIL</b> <b>8PM-10PM</b> <b>@BRAMBLETYE SCHOOL</b>	<b>U15-ADULTS</b> <b>15TH FEBRUARY - 5TH APRIL</b> <b>8PM-10PM</b> <b>@BRAMBLETYE SCHOOL</b>
<div><b>WINTER NETS</b> <b>STARTS MONDAY 13TH</b> <b>FEBRUARY</b></div>	
<b>WINTER NET FEES</b> <b>£3 PER SESSION</b> <b>OR</b> <b>£20 FOR ALL SESSIONS</b> <b>PAYMENT AVAILABLE</b> <b>ON EGCC PITCHERO</b>	<b>U7-U10</b> <b>26TH FEBRUARY - 9TH APRIL</b> <b>9AM - 10AM</b> <b>@EAST GRINSTEAD SPORTS</b> <b>CLUB</b>

## 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.

