



Families' Bulletin

Monday 06 November to Friday 10 November 2023

HEADTEACHER'S MESSAGE

Dear Families

I just wanted to wish you all well for this weekend. It is obviously traditionally a time for Guy Fawkes activities, so whether you are attending an organised fireworks display or doing something with friends and family, I wish all of our students and yourselves a safe and enjoyable time.

Please click this [link](#) for a letter sent to all families yesterday.

Ms Jo Meloni
Headteacher

Key Dates

Thursday 9 November
Friday 10 November
Thursday 16 November
Thursday 23 November
Wednesday 29 November
Wednesday 13 December

Sixth Form Open Evening – 5.30pm - 7.30pm
Late Start: **09.25am** for ALL students
Year 13 Consultation Evening – 4.00pm to 7.00pm
Year 7 'Meet the Tutor' - 4.00pm to 7.00pm
Winter Concert – 6.00pm – 8.00pm
Carol Concert - St Swithun's

EE Learn as a Platform to Learn About Online Safety

Over the half term I was reading about a new tool from EE , one of the leading mobile network providers in the UK. It's varied learning approach excited me enough to want to share it with you in this week's bulletin.

EE Learn is a comprehensive online learning platform offered by EE It offers a wide range of features and resources, including educational games and activities, interactive lessons, personalized learning paths, and parental insights. It is open to all and not just users/members of EE.

EE Learn also offers a variety of resources on online safety. These resources are designed to help children and young people stay safe online, and they cover a wide range of topics, including:

- Cyberbullying
- Online grooming
- Inappropriate content
- Online scams
- Social media safety

EE Learn's online safety resources are available in a variety of formats, including articles, videos, and games. This makes them engaging and accessible to children of all ages.

Here are some specific ways that EE Learn can be used to teach children about online safety:

- Parents can use EE Learn's online safety resources to start conversations with their children about online safety.
- Teachers can use EE Learn's online safety resources to supplement their lesson plans on online safety.
- Children can use EE Learn's online safety resources to learn about online safety at their own pace

Overall, EE Learn is a valuable resource for learning about online safety. It offers a wide range of resources that are engaging and accessible to children of all ages. Download it and open the discussion with your child at home.

Mr A Vallally-Godfrey
Wider SLT eSafety Lead

Extra-Curriculum Enrichment

Autumn Term Timetable

We offer a wide range of after school activities at Sackville. You can browse through all the clubs, by year group, via this link: [Extra-Curricular Enrichment - Autumn Term 2023](#)

Delayed Start – 10 November 2023

There will be a delayed start to the school day on **Friday 10th November** following our Sixth Form Open Evening on Thursday 9th November. Students should arrive in school at **9.25am** and go straight to registration. Thank you for your understanding.

Mr P Street
Deputy Head



Find it out Thursday!

Your child has the opportunity on Thursday's lesson 5 to come and hear from people in different industries. They can find out from the people that know what that profession is like, ask those questions, start to explore different careers available and consider if they are right for them. We invite a different profession each week and your child is able to sign up for one talk, each half term.

This week

We had a Child Educational Psychologist which proved to be a very popular talk. (A write up to follow next week)

Later this term.

We will have
Fire Brigade - 9th November
A Historian and documentary presenter – 23rd November
Veterinary nurse - 30th November
Army - 7th December

Please encourage your child to explore any career paths that they are interested in, to sign up and use these opportunities to start investigating different opportunities. They can sign up by using this [Link](#).

Mrs H Smith
Futures Leader

Winter Concert

The music department's first event of the year - our annual Winter Concert - will take place on Wednesday 29th November at 18:00. Students in our extra-curricular groups will be participating, as well as soloists and groups, from years 7-13. The show will also feature a first taster of our upcoming school production - Sister Act. More details on how to purchase tickets will be released next week - in the meantime there's just time left for students to participate if they wish by either joining one of extra-curricular groups or seeing Mr Webb in the music office to arrange an audition slot for performing as a soloist or part of a small group. We look forward to welcoming many of our families on the night!

Mr A Webb
Curriculum Team Leader for Music



Big reveal

Our Art Scholars are designing the Greenaway Residential window display for this.



Ms S Stirling
Curriculum Team Leader for Art & Photography

Christmas card competition

Please see the exciting opportunity below with



Sackville School Christmas Card Competition 2023



Theme:
Community at Christmas

- * Complete your design on A4 paper or card
- * Drawn, painted or digital entries welcome
- * Write your full name, tutor group and community on the back of your design
- * Winning designs used for Sackville Christmas card
- * Prizes for best designs in key stage 3, 4 and 5
- * Winners will have their design framed to take home

Deadline Wednesday 15th November 4pm
Hand in to your art teacher or community office



Ms S Stirling
Curriculum Team Leader for Art & Photography

Hot Chocolate with the Head



I was joined by 4 year 7 students, Stephen, Olivia, Johanna and Finley this morning and was delighted to hear how well they have settled into Sackville. Friendships were the hot topic of conversation with many new ones being formed and old ones that have stayed together from primary school. It was also lovely to hear how they are already involved in clubs and activities or thinking about going, Therein lies my challenge for them this coming week!

They were joined by two wonderful ambassadors from the Sixth Form. Sammy in year 13 nominated for some exceptional work in his A Level psychology and Sam for the proactive approach he has demonstrated and got his work experience already organised at a veterinary surgery. His aspiration to be a vet led to an almost obligatory conversation with many of us sharing stories about our dogs and other animals. Well done them all, modelling our Sackville values and making the most of the opportunities available to them.



Wellbeing



Action for Happiness' focus this month is **New Ways November**. Thursday's mantra of "Respond to a difficult situation in a different way" couldn't have come at better timing. My commute to work was flooded in numerous places on my route. Usually, I would feel anxious and stressed about making it to work on time and not being able to go my usual route. I was able to leave at my usual time, and I had the buffer of the later start to the day and as I drove I held onto the idea of responding in a different way. My commute became an adventure across Mid Sussex and taking a different route and visiting Turner's Hill instead of Selsfield. I can't say I necessarily enjoyed my adventure but it was much less stressful.

I hope there is something on the calendar that can help ease any rigid thinking patterns that no longer serve you.

Hannah Nibloe
Inclusion Manager

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 8	 9	1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel
6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about
13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site
20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show
 27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times	 		

ACTION FOR HAPPINESS

Happier · Kinder · Together

External Clubs/Events/Services

Christmas Cards – Young Epilepsy

At Young Epilepsy we support children and young adults living with epilepsy. We now have charity Christmas cards in stock. The price ranges between £4.00 - £4.50 for a pack of ten cards. These are just a few of the designs on offer and there are plenty more to choose from. You can view the whole collection by following the link to our online shop: <https://youngepilepsy.shop/>

Thank you!



West Sussex Mind Parenting Peer Support

NEW! West Sussex Mind Parenting Peer Support Group 'Circles' near you!

If you are you a parent or care giver to a child or young person and supporting them with their mental health, you may feel alone at times and need some support. Did you know peer support can help increase confidence and can help you learn new skills like coping with challenges? We have started Peer Support Group 'Circles' across the county, where you can meet the team and other parents, all with lived experience.

The Parents Service at West Sussex Mind has lots more to offer:

We hold regular Peer Support Groups both during the day (both in person and on-line) and evening (on-line). We have a monthly 'Expert by Experience' Guest Speaker join us for one of the evening sessions, this year so far we have covered topics such as Self-harm, OCD, Social Anxiety and How to manage aggressive behaviours. These sessions are great as you get to hear more about the subject and a chance to ask any questions relating to your situation. Another great aspect of the service is the opportunity to have some 1:1 sessions with a Peer Support Worker (again who has lived and professional experience). These are in blocks of three and can be delivered at a time convenient for you. We have a closed Facebook group for sharing information and to give parents and carers a platform to ask any questions confidentially. There are monthly newsletters and access to training, e-learning and webinars (on the West Sussex Mind website).



Please find us at:

ADUR (Fishergate)

The Neighbourhood Gateway Hub, West Street (Gardner Road Entrance), BN41 1PR

- Monday 06.11.23
- Monday 04.12.23

ARUN (Bognor Regis)

Arun West Family Hub, Laburnam Grove, Bognor Regis PO22 9HT

- Monday 11.12.23

NORTH (Horsham)

Upper Floor Hall, Blackbridge Community Centre, Three Acres, Horsham, RH12 1RS

- Monday 13.11.23

WEST (Midhurst)

The Rowan Room, The Grange, Bepton Road, Midhurst GU29 9HD

- Wednesday 13.12.23

WORTHING (Durrington)

Ashdown Centre, Birkdale Road, BN13 2QY

- Tuesday 31.10.23
- Tuesday 28.11.23

If you would like to know more, please contact us via our Help Point and state you would like a parenting referral.

Call our Help Point

Monday to Friday, 10am until 4pm on 0300 303 5652 or email helppoint@westsussexmind.org

West Sussex  mind

Home-Start CHAMS

Home-Start CHAMS, who are a locally based charity covering Crawley, Horsham and Mid-Sussex, are seeking new volunteers to join them in the New Year.

Ever thought about the benefits of volunteering?

- Volunteers say they have a better sense of connection with their community, improved wellbeing, gain new skills and work experience.
- Last year 100% of our families reported an improvement to cope following one to one support - we couldn't do that without our volunteers.
- If you have parenting/relevant experience and could spare a couple of hours a week, why not join us in helping local families with children under 5 years.

Have a chat with one of our friendly coordinators to find out more: 01293 416327 or visit www.homestartchams.org.uk

Thank you.



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 community 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 community office, thank you in advance.

