



# Sackville School

TOGETHER WE ACHIEVE



Headteacher: Ms Jo Meloni BA (Hons) NPQH

## Families' Bulletin

Monday 25 March 2024 to Friday 29 March 2024

### HEADTEACHER'S MESSAGE

Dear Families,

Last night was a fabulous end to what has been a really lovely week with numerous events taking place. On Tuesday we held our annual Sixth Form Quiz led by Mr Dupoy, and our amazing team of Senior Students. This was attended by over 250 people, staff, students, past colleagues, and governors and we anticipate over £1,000 being raised from the event which will go to St Catherine's Hospice.

On Wednesday, we had more examples of student leaders supporting a community event led by Suzanne Currie with our primary school dance festival. On Thursday evening a team of budding geographers came away victorious from a Geography Quiz in Brighton. Competing against Varndean, Dorothy Stringer, The Weald, and Ardingly. Two teams came in an impressive 1st and 2nd place, with a third team not too far behind. Well done to all those involved.

Last but not least, I had the pleasure of witnessing the talent, engagement, and teamwork that were on display in abundance at the Sports Presentation Evening. The students' were super smart as they dressed up for the occasion and showed great respect to one another as awards were presented and to our compere for the evening, Mr Currie. They listened intently as special guest, International Women's footballer Sophie Ingle, spoke about her own sporting journey and the sacrifices she made to get where she is today. She also spoke about how important it is to work hard with your education, whilst pursuing your sporting interests. What a wonderful role model for all of our students to aspire to.

As ever, I'd like to extend a huge thank you to our amazing staff who, without them none of this would be possible. And to you, the families whose support and encouragement is so valuable.

Please do see the letter that will be sent out shortly today which will give you some important updates on uniform and some other important aspects. It will be sent separately via email.

Ms Jo Meloni  
Headteacher

**Week: B**

**Timetable: 4 + 1**



**Safeguarding at Sackville**  
PRIORITISING SAFETY & WELLBEING



## Keeping our students safe is everybody's responsibility

If you need to talk to someone about an issue that is worrying you, you can speak to your form tutor, Community Team, or a member of your Safeguarding Team which includes Ms Meloni (Headteacher).



Mr Millican -  
Lead DSL



Mr Street - Deputy DSL



Mrs Steer - Deputy DSL  
and Welfare officer



Mrs Fude - Welfare  
officer (Oct 23)

### Additional members of our Safeguarding Team



Mr Endersby - CL  
Atmanborough



Mrs Hunt - SENCO



Mr Duppy - Deputy  
Head of 6th form



Mrs Bull - 5th form  
Pastoral Support



Mrs Valentine -  
Head of 8th form



## Hot Chocolate with the Head



I was joined by Mr Street for Hot Chocolate this morning alongside a group of well deserving Year 11 and Year 13 students. We spoke about how they were feeling as they progress into the final weeks leading up to their exams and they shared tips on how best to approach their preparation. It was great to hear that they all felt really well supported and most were planning on attending our Easter revision sessions. I was also pleased to hear that they all had something else important to them to help them relax and forget about school work, so they have the opportunity to recharge and 'forget' their learning before picking up the revision books again.

What great ambassadors for our school and I wish them all the best in their up and coming exams.

## Key Dates

Monday 25 March 2024

Wednesday 27 March

**Friday 29 March 2024 - 14 April 2024**

Thursday 18 April

Year 9 Meningitis Vaccine [consent form link](#)

A Level Geography Trip – Pembrokeshire

**HALF TERM**

Year 12 Consultation Evening (**4pm – 7pm**)

## Current Vacancies

We have a number of non-teaching roles available at the moment. If you would be interested in any of the following please call Katie Dawson for more information, or apply directly following these links:

- [Cleaners](#)
- [Exam Invigilator](#)

Are you new to the school or want to be more involved in your child's education? Exam Invigilator could be the role for you.

*"My daughter joined Sackville in Year 9. When she started in Year 10, I decided to join the Sackville invigilating team with the thought that I really would like to learn and understand the current exam procedures and processes and at the same time it would put me in a better position to help and support my child. I am still working at the school and have also made some great friends over the last six years."*  
Suzanne (current parent)

## GCSE and A Level Revision Revolution: How AI is Supercharging Your Studies

GCSEs and A Levels – the mere mention can send students scrambling for textbooks and highlighter pens. But what if there was a secret weapon in your revision arsenal: Artificial Intelligence (AI). AI isn't here to replace hard work, but to be your ultimate study partner, personalising your revision and boosting your confidence come exam day.

Here's how AI tools and systems can transform your GCSE and A Level revision:

### 1. Become a Learning Data Guru:

Textbooks are great, but AI can take your understanding to the next level. AI-powered platforms can analyse your performance on practice papers and past exams. Imagine a system that flags your weaknesses and recommends personalised learning resources – articles, videos, interactive exercises – tailored to your specific needs. This data-driven approach ensures you spend less time revising irrelevant topics and focus your energy on areas that need the most work.

### 2. Unleash the Power of Your Personal AI Tutor:

Forget rote memorisation. AI chatbots can be your virtual tutors, available 24/7. Stuck on a knotty physics problem or a Shakespearean sonnet? Ask your AI tutor! These chatbots can answer your questions in real-time, break down complex concepts into clear steps, and even generate practice questions on the fly.

### 3. Ditch the Drab Flashcards – Go Smart!

Flashcards are a revision staple, but AI can make them smarter. Imagine a system that uses spaced repetition, a scientifically proven method for information retention. This means the system tailors the timing of your review for each concept, ensuring optimal memory consolidation. No more cramming the night before – AI ensures you're steadily reinforcing your knowledge over time, spaced out for maximum impact.

### 4. Conquer Exam Anxiety with AI-Powered Practice:

Exams can be stressful, but AI can help you feel prepared. AI tools can analyse past exam papers, identifying patterns in question styles and frequently tested topics. This allows you to prioritise revision areas and practise answering questions in the format you'll encounter in the exam hall. Feeling the exam pressure? Some AI tools can simulate exam conditions by generating personalised mock exams with time constraints, helping you develop exam technique and boost your confidence.

### 5. Refine Your Writing Skills with AI Editors:

Those essay-heavy subjects can be daunting. AI writing assistants can be your grammar and structure gurus. These AI tools can analyse your essays, identifying areas for improvement in areas like sentence clarity, punctuation, and essay structure. They can even suggest relevant sources to strengthen your arguments and elevate your writing style. Remember, AI shouldn't write your essay for you, but it can be a valuable tool for polishing your writing and ensuring your arguments shine.

AI is here to be your personalised revision coach, not a magic bullet. Don't rely solely on AI – active learning, critical thinking, and a solid foundation in the subject matter are still crucial for exam success. But by utilising these innovative AI tools, you can streamline your revision, focus on areas that need the most work, and approach your exams feeling confident and prepared. So, embrace the power of AI and watch your grades soar!

### Useful websites you could visit:

AI Flashcard Generator - <https://www.revision.ai/>

Quizzes and Cards - <https://www.revisely.com/>

Elicit (Best For Automating Literature Reviews) - <https://elicit.com/>

Trevor for revision timetables - <https://www.trevorai.com/?ref=blog.alexanderfyoung.com>

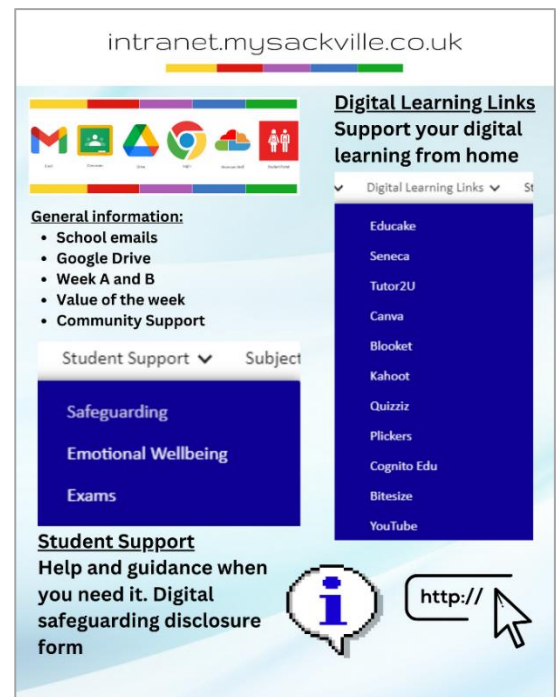
Video Transcriber - <https://www.descript.com/?ref=blog.alexanderfyoung.com>

## School Intranet

The updated school intranet is accessible from home, on our school website, and on the web address:

[intranet.mysackville.co.uk](http://intranet.mysackville.co.uk)

Have a look at some of the things you can use it for.



## Extra Curricular Enrichment

### Spring 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:

[Spring Term Timetable](#)

We are pleased to offer more after school curricular activities in Maths, they are shown below.

Monday - M04 Chess Club 2.50pm – 3.45pm (all years)

Monday - M07 Homework support 2.50pm – 3.45pm (Years 7 - 10)

Thursday - M07 Homework support 2.50pm – 3.45pm (Years 7 - 10)

Thursday - M04 Maths Challenge Club (Year 7 - 10 invite only)

Regards

Mr T Hasler

**Maths Department**

# Year 11 Revision Sessions and Key Dates

## Key Dates

2 May 2024	Exams Information Evening 5.30pm – 6.30pm
15 May 2024	Macbeth Workshop

## Weekly Revision Sessions

Our teachers have set up revision sessions for after school, please see below:

Subject	Monday 25th March	Tuesday 26th March	Wednesday 27th March	Thursday 28th March
1	Unseen Poetry - English Literature Paper 2c (D01)	iMedia Clinic (T05)	Spanish - how to tackle the speaking exam (B15)	Computer Science (YouTube 6pm)
2	Performing Arts/ Dance and Health and Social Care Catch up (T04)		An Inspector Calls / Lord of the Flies - English Literature Paper 2a (D01/D02)	
3	Drama revision (T04)		French Writing Exam (B14)	
4	Fine Art GCSE - exam catch up (F02)		Performing Arts and Dance Catch up and Practical work support (P12)	
5	Design and Technology - Section C T06		Fine Art GCSE - exam catch up (F02)	
6			Science - Energy Changes (A35)	

## Easter Revision

Member of Staff	Date/Time	Subject	Content to be covered
Mr Hasler	2 April 9am - 11am and 11.20am - 1.20pm	Maths - Further Maths	Maths Grade 7/8 - Further Maths
Mrs Howell	2 April 9am - 11am and 11.20am - 1.20pm	Maths - A-Level Maths	Maths Aiming for 6 - Year 13
Mr Millican	3 April 9am - 11am and 11.20am - 1.20pm	Maths	Aiming for 5
Mr Keeble	2 April 9am - 11am and 11.20am - 1.20pm	Combined Science - Physics	Paper 1 and Paper 2
Mr Currie	2 April 9am - 11am	GCSE PE	Paper one content
Mr Groves	2 April 9am - 11am	Chemistry Triple	Paper 1 (including required practicals)
Mr Groves	2 April 11.20am - 1.20pm	Chemistry Combined Science	Paper 1 (including required practicals)
Mrs Grimes and Mrs Rogers	2 April 9am - 11am	English Language	Language Paper 1
Mrs Grimes and Mrs Rogers	2 April 11.20am - 1.20pm	English Language	Language Paper 2
Mrs Grimes and Mrs Rogers	3 April 9am - 11am	English Literature	Macbeth and A Christmas Carol

Miss Croft	3 April 9am - 11am and 11.20am - 1.20pm	Textiles	Exam Technique and Content
Mr Milligan	3 April 9am - 11am	Drama	Blood Brothers and Live Theatre
Mrs Stirling	3 April 9am - 11am and 11.20am - 1.20pm	Art GCSE	Exam prep for 16-18 April's final exam
Mrs Tingley	3 April 9am - 11am and 11.20am - 1.20pm	Triple Science – Biology Combined Science - Biology	Paper 1 (exam 10 May) Paper 1 (exam 10 May)
Mr Morris	3 April 11am - 12am	Year 10 Beliefs & Values online revision session: <a href="https://meet.google.com/ikr-vhkw-ndc">https://meet.google.com/ikr-vhkw-ndc</a>	Using religious teachings and answering 12-mark questions
Miss Miles	4 April 9am - 11am and 11.20am - 1.20pm	Maths (foundation)	Aiming for 4

Students need to be signed up to the sessions they wish to attend, follow this link to complete the [google form](#).

## Find it Out Thursday

### Find it out Thursdays

This is a chance for students to explore different professions and learn from people that are in that industry. Each week a different professional comes in to talk to students about the different aspects of their job, how they entered that industry, the skills and qualifications required and the different routes available to students thinking of joining that sector. Students have the opportunity to ask those in the know and get first-hand information. Students are able to sign up for one talk each half term so please encourage them to sign up and take advantage of this opportunity.

**Speakers for next half term will be:-** TBC



## Community News

Turing Community will be holding a bake sale on Tuesday and Wednesday break, outside the P Block. All money raised will go to Turings chosen charity Cancer Research.

It would be amazing to raise as much money as possible for this worthy cause, so make sure to bring some money in with you for some tasty treats



## Art, Design & Technology

The design and technology department are still in need of **WHITE** cotton or linen sheets/pillow cases/duvet covers/T shirts etc, and would be grateful for any donations.

They do have to be pure cotton or linen - apart from any stitching or fastenings, which we can remove - **NOT** polycotton please.

For hygiene reasons please could any donations be washed, preferably without fabric softener to retain the absorbency of the fabric.

Our art department are also in need of lots of newspapers for an art project.

If you have any lying around at home they would be happy to take them off your hands. These can also be left at Reception.

If you do have any of the above please could you drop them into the school Reception labelled for the D&T Department.

## Self Defence Classes

With the Easter holidays approaching, many parents are looking for holiday workshops or courses for their teens.

I am running a two hour self-defence enhancer workshop for teens to develop their physical and mental skills to deter, detect, and defend themselves against potential confrontation. If your teen is interested, they can book a place through my website: <http://www.activelysafe.co.uk/>

I also run mother and daughter courses which are very popular, these can also be booked through my website





# Medication, Illness & Vaccines

## 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.



## Jobs in Teaching

**ARE YOU INTERESTED IN TRAINING TO TEACH IN YOUR LOCAL SCHOOLS?**

Come along to our get into teaching event and find out how you could embark on a career with excellent progression opportunities where no two days are the same.



**Thursday 18th April / 18:00 - 19:00**  
Durrington High School, The Boulevard, Worthing, BN13 1JX

[REGISTER HERE](#)



INSPIRING FUTURE TEACHERS

If a job in teaching interests you there is a course in Worthing that can help you with entering the world of education.

The course will be held on Thursday 18 April 2024 between 6.00pm and 7.00pm at Durrington High School in Worthing.

The event includes a presentation about our postgraduate programmes there will be a chance to ask questions about teacher training options, one to one advice on the application process, and finances.

You can register your interest by scanning the QR code in the poster.

# Autism and Social Communication Courses



## Autism and Social Communication Advisory Team

### Exploring Autism for Parents and Carers

A new and updated programme  
offering up to date thinking and links  
to research-based evidence for parent  
carers of autistic children  
and young people.



Sessions to explore Autism and strategies to support acceptance, empowerment, and relationships in family life.

**Are you a parent/carer of a child or young person, aged 8-16 years, who is autistic or on the social communication pathway and have not attended this course before?**

This NEW programme has been redeveloped to ensure that it is current and up to date. The course is an excellent source of information for those new to Autism or for those requiring a little more in-depth knowledge. Parent carers and the facilitators will learn and collaborate together. The programme is free of charge to families of children in West Sussex maintained schools and academies, at this time.

#### Course aims:

- to give a broad and balanced and positive view of how autism and social communication differences may impact on the child/young person's life and that of the family.
- to explore key practical strategies that can support autistic children.
- to provide a forum for families to share their experiences and expertise together.

#### Course outline:

The six sessions will be focused on both theoretical and practical aspects of autism and the resulting strengths and challenges. These recorded sessions can be watched when convenient to the family, followed by the one hour weekly group meeting. This provides opportunity to participate in discussions and ask questions via an online platform. We ask that parents attend each of these weekly online discussion groups.



In order for participants to fully benefit from this course we ask that they attend **all** sessions.

#### Topics covered by session:

##### Session 1: Autism Acceptance

Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families.

##### Session 2: Communication

Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the autistic child/young person.

##### Session 3: Sensory Needs

Consider how sensory information and experiences may be processed differently by those who are autistic, share strategies to help with sensory differences.

##### Session 4: Anxiety

Improve understanding of the signs of distress that autistic young people may display and consider approaches to support self-regulation.

##### Session 5: Social Thinking and Masking

Explore the differences autistic young people may have with socialising and developing relationships. Look at ways to develop social thinking, explore the idea and impact of masking.

##### Session 6: Adolescence and Independence

Consider ways to encourage independence and manage adolescence challenges including puberty, sensory impact and social differences.

#### Exploring Autism Welcome Video:

<https://youtu.be/JqGPImJH8Ms>

#### Dates:

Spring 2: Every Thursday 12-1pm from 22<sup>nd</sup> February to the 28<sup>th</sup> March 2024.

Summer: Every Thursday 6.30-7.30pm from 18<sup>th</sup> April to the 23<sup>rd</sup> May 2024.

Summer 2: Every Wednesday 1-2pm from 5<sup>th</sup> June – 10<sup>th</sup> July 2024.

Summer Holidays: 6.30-7.30pm Dates TBC

#### For further details please contact:

Email: [ASCT@westsussex.gov.uk](mailto:ASCT@westsussex.gov.uk)

*Please note there are a limited number of places on this course.*

# Mental Health and Self Harm Courses

## Self-Harm Learning Network

### Free Self-Harm and Neurodiversity/ASD Online Workshop for Professionals and Parents and Carers

Tuesday 7th May  
10.30-13.00



This two and a half hour virtual workshop aims for the participant to:

- Gain a better understanding of the contributing factors.
- Identify what support is required.
- Understand and identify early warning signs.
- Increase the knowledge of strategies and approaches to support.
- Know where to go to gain access for support.



## Self-Harm Learning Network

### Self Harm, Eating Disorders and Body Dysmorphia

It is terrifying to discover that as well as having an eating disorder, the person you are supporting is also self harming. Self harm is very common alongside an eating disorder as it can be such an effective and immediate way of coping with overwhelming emotions that come with an eating disorder. Self harm can appear at any stage of treatment or recovery. Very often it is at transition stages due to the distress of the eating disorder voice fighting back. This might be at diagnosis, shortly after admission to in patient care, or in the later stages of recovery. Whenever it appears there is no doubt that it is very distressing for all those in a supporting role to witness. Body dysmorphia can also be a crippling feature of an eating disorder that can also trigger self harm

We will run the same session twice this year.



Tuesday 23rd April 10.00-13.00

Tuesday 8th October 10.00-13.00



## Self-Harm Learning Network

We are pleased to be able to run this 1-hour webinar again in 2024, having provided an invaluable resource for professionals in 2022/23.

Do you want to increase your knowledge and feel more confident in the subject of self-harm?

West Sussex Mind and YMCA Downslink will be delivering a series of FREE self-harm webinars for professionals and volunteers who support children and young people who self-harm. These webinars are continuing from the previous self-harm learning networks'

The webinar will cover:

- The basics of self-harm knowledge
- What it means and who it affects
- The impact for workers
- Strategies, resources and signposting'

The course is delivered by an experienced facilitator and practitioner from YMCA Downslink Group in partnership with West Sussex MIND.

Whether you attended before and would like a refresher, or are joining for the first time, for course dates and to sign up



Great opportunity for year 12 and 13 students

# We're Hiring

Full-time jobs available in the Easter and Summer holidays on our multi-activity camps

APPLY ONLINE



Scan me to apply!



*Creating wonderful childhood memories...*

[piedpiperactivities.co.uk](http://piedpiperactivities.co.uk)

## Internship Programme 2024

For those interested in a career in teaching this programme is specifically designed for undergraduates interested in getting experience of a career in teaching.

Government funding of £300 per week (£900 total) is available for secondary Maths, Physics, Chemistry, MFL and Computing interns, but there are also programmes for all other secondary subject specialisms and primary teaching on an unfunded basis. The programme is based across multiple schools in Surrey, Berkshire, London, and Sussex and will run for three weeks this summer (dates to be confirmed – but it is likely to be Monday 24 June to Friday 12 July 2024).

### INTERNSHIP PROGRAMME 2024

At Xavier Teach SouthEast, we are proud to offer an internship programme which provides those interested in teaching with the ideal opportunity to explore life in the classroom.

#### NON-FUNDED AND FUNDED PROGRAMMES

- **Funded internship** for **secondary chemistry, computing, languages, maths and physics undergraduates** (£300pw)
- Non-funded internship for non-undergraduates and **all other secondary subjects and primary teaching.**
- **Aim:** to help undergraduates in all subjects, as well as those considering a career change, to explore how rewarding a career in teaching can be.

As part of the programme, you will:

- Get involved in all aspects of school life
- Receive bespoke training
- Work closely with a Mentor to observe and teach lessons
- Meet regularly with fellow Interns, ECTs and SCITT trainees
- Be given an opportunity to accelerate your interview process for our SCITT

*"The internship was a brilliant hands-on experience that gave me a wealth of knowledge about life as a primary school teacher. The programme gave me the best opportunity to gain first-hand experience teaching, observing and helping to plan lessons."*

Intern 2022

**INTERESTED?**

Scan the QR code for the application form or visit [www.teachsoutheast.co.uk](http://www.teachsoutheast.co.uk)

[e.bertolone@xaviercet.org.uk](mailto:e.bertolone@xaviercet.org.uk) | 01932 578 682

## External Clubs, Events and Services

### Cricket



NEW PLAYERS WELCOME

£3 PER SESSION

**TUESDAY IS WINTER NETS**


STARTING TUES 6TH BRUAUARY

U6-U10 6-7PM U11-U16 7-8PM SENIORS 8-9PM

EAST GRINSTEAD SPORTS CLUB



### Youth Production and Dance Lessons



**Bullfrog PRODUCTIONS**

BULLFROG PRODUCTIONS IS A LEADING YOUTH PRODUCTION COMPANY, BASED IN EAST GRINSTEAD, PROVIDING TRAINING ACROSS ALL ASPECTS OF MUSICAL THEATRE. WE OFFER CLASSES IN DANCE, DRAMA AND SINGING, AS WELL AS OFFERING STUDENTS THE OPPORTUNITY TO GAIN GRADED QUALIFICATIONS THROUGH THE ISTD AND LAMDA SYLLABI. OUR YOUTH PRODUCTION COMPANY PERFORMS 2 SHOWS EACH YEAR IN A PROFESSIONAL THEATRE.

FOR MORE DETAILS EMAIL:  
[INFO@BULLFROGPRODUCTIONS.CO.UK](mailto:INFO@BULLFROGPRODUCTIONS.CO.UK)  
OR CALL: 07745 526691

## Job Opportunity for 16 + Students

### **LIFEGUARD VACANCIES £15.00 an hour**

### **16yrs+, Full Training Paid**

Required Sundays 12:00-16:00

& adhoc in School Holidays



We require lifeguards 16yrs+ for our enclosed pool.

The pool is 15m x 4.5m and can accommodate up to 20 bathers.

All training paid.

Please call us on 01342 892219  
or email [varter@ststephens.surrey.sch.uk](mailto:varter@ststephens.surrey.sch.uk)

Want to be a lifeguard?

Please call us on 01342 892219 or email [varter@ststephens.surrey.sch.uk](mailto:varter@ststephens.surrey.sch.uk)

Already a qualified lifeguard?

ALL lifeguard qualifications are deemed acceptable to be a lifeguard at our pool.

Please call us on 01342 892219 or email [varter@ststephens.surrey.sch.uk](mailto:varter@ststephens.surrey.sch.uk)