



Sackville School

TOGETHER WE ACHIEVE



Headteacher: Ms Jo Meloni BA (Hons) NPQH

Families' Bulletin

Monday 15 April 2024 to Friday 19 April 2024

HEADTEACHER'S MESSAGE

Dear Families,

After a busy and productive term, I just wanted to wish you all a wonderful Easter break. Our term has ended with some inter Community sports competitions this week, alongside celebration assemblies to recognise the great work and attitudes shown by our student body. We even started the day off today with a lovely breakfast for staff, in recognition of all of their hard work too.

Whatever the holidays hold for you I hope it involves time for family and friends and that our students have an opportunity to enjoy their hobbies, get out into the outdoors and for the most part, forget about schoolwork.

That being said, I know that students taking exams next term will have their heads in revision mode but they too should be making sure they have a good balance of downtime. It is important for them to remember that it is a marathon not a sprint and their wellbeing is the number one priority, giving them the strength and focus to make their revision count.

We look forward to seeing you all back with us on Monday 15 April.

Happy Easter

Ms Jo Meloni
Headteacher

Week: A

Timetable: 4 + 1

Safeguarding Notice Board

Dear Families

I hope you have a wonderful Easter break.

As much as Easter is a fun occasion for many (and should be for all), we are aware that safeguarding concerns still arise over the long half terms.

I have included below several websites where you can report a concern directly (depending on your home address) and have included our safeguarding email @Sackville which will be monitored over the break.

West Sussex

<https://www.westsussex.gov.uk/education-children-and-families/keeping-children-safe/request-support-or-raise-a-concern-about-a-child/>

East Sussex

<https://www.eastsussex.gov.uk/children-families/professional-resources/spoa>

Kent

<https://www.kent.gov.uk/education-and-children/protecting-children>

Surrey

<https://www.surreycc.gov.uk/children/contact-childrens-services>

safeguarding@sackvilleschool.org.uk for any concerns that we can support with on our return to school on the 15 April 2024.

Thank you for your continued support and I once again wish you all the best for a restful enjoyable break.

Alex Millican

Designated Safeguarding Lead / Assistant Headteacher

Hot Chocolate with the Head



I was joined by our two senior students, Matt and Mia this morning. Both were nominated for their superb leadership of the student led Sixth Form Charity Quiz which took place last week, raising over £1,000 for St Catherine's Hospice. They have been such fabulous role models this year, which was again evident this morning when they shared their advice and future plans with the Year 7 students who joined us for hot chocolate. Zoe, Seth, Artem, and Antonia were delighted to gain their first nominations for Hot Chocolate 'Friday' and for being recognised for their hard work and positive attitudes shown to their lessons and extra-curricular opportunities. Possibly some future senior students in the room. Watch this space in five years!

Well done to everyone.

Key Dates

Friday 29 March - 14 April 2024

Monday 15 April 2024

Tuesday 16 April 2024 – Thursday 18 April 2024

Wednesday 24 April 2024 – Friday 26 April 2024

Monday 29 April 2024 – Wednesday 1 May 2024

Thursday 18 April 2024

Friday 24 May – 31 May 2024

Thursday 2 May 2024

Monday 6 May 2024

Thursday 23 May 2024

Wednesday 19 June 2024

HALF TERM

Year 11 Macbeth Workshop

GCSE Art Exam

A Level Art Exam

A Level Photography Exam

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

HALF TERM

Year 11 Exams Information Parents Meeting (**5.30pm – 6.30pm**)

Year 11 and 13 Study Leave

A Level Biology Field Trip

Area Sports

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:

- [IT Technician](#)
- [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)

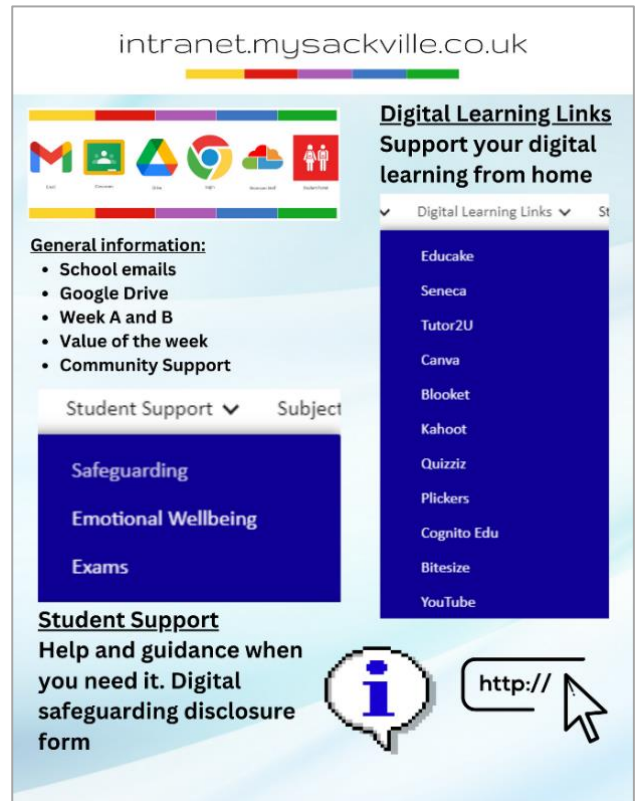
Spotlight on Online Safety

School Intranet

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

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

15 April 2024

Macbeth Workshop

2 May 2024

Exams Information Evening 5.30pm – 6.30pm

Easter Revision

Thank you to all those students that signed up to the upcoming Easter revision sessions, you should have all been notified by email.

If you have not signed up please do not send your student along as we have limited space.

If you have any concerns or questions, please email Mr Cowlin – pcowling@sackvilleschool.org.uk.

We hope they all find these sessions helpful.

Wellbeing

Active April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening
8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation
15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day
22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat
29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today					

ACTION FOR HAPPINESS **Happier · Kinder · Together**

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:-

- Thermo Fisher Scientific Ltd - TBC
- Chinese Medicine - TBC
- Barber – TBC

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.

Vaccinations

On the 11 November 2024 our year 7 to 11 students will be having their flu spray vaccinations. Please be vigilant as reminders will be sent out in September and October with instructions and details of how to consent.

Sent on behalf of the vaccination team.

Jobs in Teaching

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.

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



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 22nd February to the 28th March 2024.

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

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

Summer Holidays: 6.30-7.30pm Dates TBC

For further details please contact:

Email: ASCT@westsussex.gov.uk

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

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

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

XAVIER
TEACH
SOUTHEAST

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

e.bertolone@xaviercet.org.uk | 01932 578 682



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






email for info: juniors@eastgrinsteadcc.co.uk

Girls Cricket U9-U14s

starts Wed 17th April 5-6:30pm
at 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
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

Want to be a lifeguard?
Please call us on 01342 892219 or email 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