



# Sackville School

TOGETHER WE ACHIEVE



Headteacher: Ms Jo Meloni BA (Hons) NPQH

## Families' Bulletin

Monday 29 April 2024 to Friday 3 May 2024

### HEADTEACHER'S MESSAGE

Dear Families,

This week's highlights include our Year 10 having a day off their usual timetable today which involved a revision session from Mr Morris in preparation for their GCSE B&V exam, and a brilliant session with a visiting team from the British Army working on a variety of life skills and careers workshops.

Over 120 of our Year 7 and 8 students pitted themselves against thousands of other students earlier this week as they took part in the National Junior Maths Challenge. Whether or not individuals hit the marks to be awarded certification, just taking part in competitions and challenges such as this shows real determination to stretch their learning and show their best. A big well done to everyone who took part.

Congratulations to all of our A Level Art students for completing their exam this week. I popped in to see some of the work earlier today and it looks incredible. It is the turn of our A Level Photographers next week and I am sure you will join me in wishing them all well.

A special mention to our Sixth Form footballers as well. They played in the annual Memorial Game, held this year at Crawley Down FC, and although they lost 2-1 (we won't mention the name of the other school!) it was a great event and Mr Endersby has said how proud he is of everyone who took part.

Also next week, our year 12 students will be attending a UCAS Discover event and we hope to see just as many students getting involved in our summer extra-curricular activities. There has been a great turn out so far and there is always room for more!

Have a great weekend.

**Ms Jo Meloni**  
Headteacher

**Week: A**

**Timetable: 4 + 1**

# Safeguarding Notice Board

As always, if you are aware or have any worries regarding the safety of our students then contact our safeguarding team. Contact details below:



## 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 – [amillican@sackvilleschool.org.uk](mailto:amillican@sackvilleschool.org.uk)

Mr Street - [pstreet@sackvilleschool.org.uk](mailto:pstreet@sackvilleschool.org.uk)

Mrs Steer - [asteer@sackvilleschool.org.uk](mailto:asteer@sackvilleschool.org.uk)

Mrs Flude - [dflude@sackvilleschool.org.uk](mailto:dflude@sackvilleschool.org.uk)



### Additional members of our Safeguarding Team



## Hot Chocolate with the Head



We had a lovely Hot Chocolate Friday session with students this morning, all of whom have been nominated for demonstrating our Sackville Values. Their hard work and enthusiasm is really paying off. One highlight was hearing Louie (year 12) describe the opportunities that have opened up to him by being part of the RAF Cadets. He was recently selected to attend a two week camp in Florida and had some amazing stories to tell.

A special mention goes to Joe who has made incredible progress in his reading. It was particularly lovely to hear him explain how important he felt reading was and to hear the group all agreeing with him. My moment of the week.

Well done to Maya, Sebastian, Joe, Freddie, and Louie.

## Key Dates

Monday 29 April 2024 – Wednesday 1 May 2024	A Level Photography Exam
<b>Friday 24 May – 31 May 2024</b>	<b>HALF TERM</b>
Thursday 2 May 2024	Year 11 Exams Information Parents Meeting ( <b>5.30pm – 6.30pm</b> )
Thursday 23 May 2024	A Level Biology Field Trip
Thursday 23 May 2024	Year 11 Study Leave starts (after the English exam)
	<i>Apologies for any confusion in earlier versions</i>
<b>Tuesday 25 June 2024</b>	<b>Inset Day</b>
<b>Wednesday 26 June 2024</b>	<b>Inset Day</b>

## 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](#)
- [Finance Assistant](#)
- [Higher Level Maths Teaching Assistant](#)
- [Performing Arts and Audio/Visual Technician](#)
- [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)*

## Extra Curricular Enrichment

### Summer 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:**

[Summer 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**

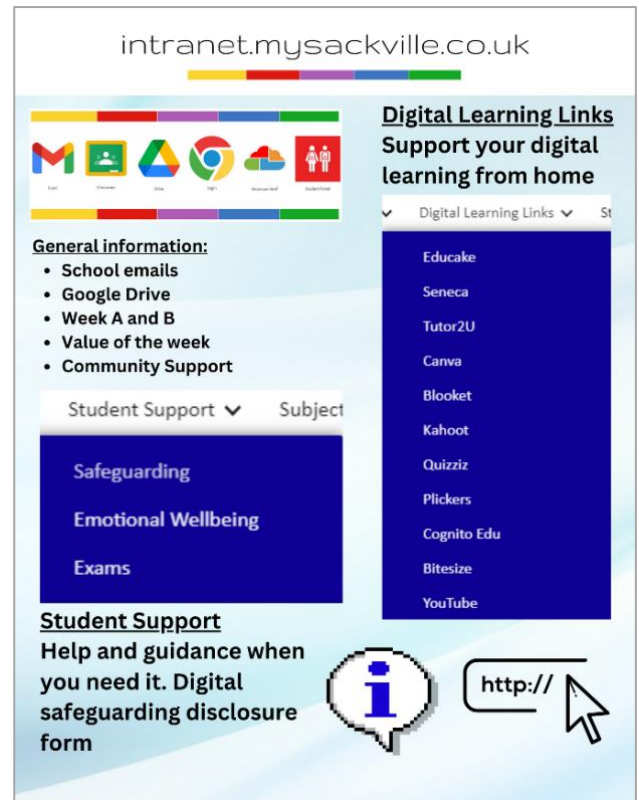
# Spotlight on Online Safety

## School Intranet

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

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

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



## New Messaging App Awareness

### Telegram

Telegram has been growing in popularity recently as a messaging app. While it can deliver messages faster than any other application, including WhatsApp, there are some concerns regarding how safe it is for use by children.



#### Secret chats

Secret chats allow messages to be deleted after a specific period of time. This can make it impossible for someone to prove that someone has been abusive or inappropriate towards them.

#### Contact with strangers

Telegram offers channel and group function which allows users to join groups based on interests or location. These support chat options as well as video and voice calls.

#### Possible cyberbullying

Groups on Telegram are managed by admins who can remove the option to post replies. This could lead to a cyberbullying victim not able to respond to a message targeting them.

#### Unmoderated content

Telegram mainly relies on users' self-moderation, meaning users are expected to report any illegal or inappropriate content. This has led to the spread of such content in the app in the past which had led to its temporary removal from app stores in the UK.

#### Advice for parents and carers

If your child wants to use Telegram, make sure they use the privacy settings to restrict who can see their phone number, profile photo and when they were last seen online.

Users can block accounts that send them unsafe or upsetting content, although Telegram itself will not necessarily take any further action.

# 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:-

- Chinese Medicine – 23 May 2024

Please use this [link](#) to sign out on the google form.

If you or someone in your family would like to come in and speak to students about your profession please contact Helen Smith on [hsmith@sackvilleschool.org.uk](mailto:hsmith@sackvilleschool.org.uk)



# Year 11 Revision Sessions and Key Dates

## Key Dates

Thursday 2 May 2024	Pre Exams Parent Information Evening 5.30pm – 6.30pm.
W/C Monday 6 May 2024	Exams start.
Friday 24 May 2024	Start of Study Leave – Students will only come into school for their exams and will revise at home.
Thursday 20 June 2024	Exams end.
Wednesday 26 June 2024	Contingency Day – All students must be available if needed.
Thursday 27 June 2024	Prom.
Thursday 22 August	Results Day (9am)

Here is the [link](#) to the school website for any exam information you may need.

In case you missed the latest Year 11 Newsletter, you can find it [here](#).

## Medication, Illness and 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.**

# Sackville News

For all the latest news here at Sackville, follow the link below:

## [Sackville News](#)



## Host Families

My name is Rhianne Newton, and I am the local coordinator in Lingfield for LEC, a French company that has been organising language stays for students for over 50 years. These programs are not only financially rewarding for host families but also offer a rich cultural exchange for their own family.

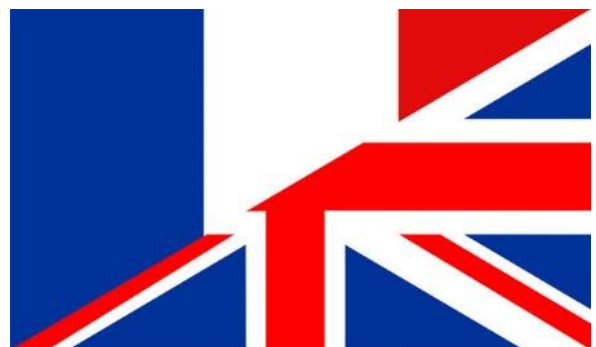
This summer, we are excited to welcome 30 French students, aged 11 to 17, to our area. We are currently seeking local families who are interested in hosting these students. Hosting provides a wonderful opportunity to engage in a cultural exchange that benefits both the student and the host family, allowing for the sharing of language skills and cultural insights.

If you would be interested in taking part in this experience, please contact me for more information. I look forward to any support you can provide.

I look forward to hearing from you.

Rhianne Newton  
Lingfield LEC Local Coordination

Phone: 07951288673  
Facebook: @languagehomestaykent



# 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>

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 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**

**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](http://www.teachsoutheast.co.uk)

[e.bertolone@xaviercet.org.uk](mailto: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](mailto: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](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)