

Sackville News

22nd November 2018



Follow us on
Instagram
@sackville_eg



follow us on
twitter
@Sackville_EG

Dear Parents,

The autumn term is a lengthy stretch of the school year where it is important that good momentum is maintained in learning. Added to this, we have our usual Sackville plethora of opportunities for many to enjoy as the festive season approaches!



As the **centenary of Armistice Day** approached, our **librarian Mrs Rose** looked at the topic of remembrance and the First World War with all of our year 7 classes and is seen here in front of our **silhouette soldier**, signed by everyone with a relative who fought in the Great War. Poppies were also signed and this was displayed in Reception in November. I ran a series of **remembrance assemblies** which focused on showing respect for those who made the ultimate sacrifice as well as on how the world would be a better place if we all work together. The real climax to all of this was the



creation of a **giant human poppy** on the playground by the whole community on Thursday 8th November. This was a remarkable achievement, with some **1600 people** involved. It was the brainchild of **Mr Feist** and was, of course, very well supported by **Mr Latus** who commented, **"We are not just asking people to buy a poppy, we are asking them to be the poppy"**. The images soon spread far and wide, including to the **BBC** who managed to mix us up with the other Sackville in Kent! On Friday 9th November, **2 minutes silence** was observed by all as the poppy image was revealed on classroom screens. It was incredibly moving.



Toby Castle, year 10, was

the **youngest member of the British Legion to go to Ypres** in August this year as part of the pilgrimage to **lay a wreath at the Menin Gate**. He also **participated in the Royal British Legion Festival of Remembrance at the Royal Albert Hall** on Saturday 10th November where he spoke about his great, great, great uncle **Martin O'Connor** who was gassed on the Western Front. He commented, **"For me going through what the soldiers did by making a pilgrimage to the trenches brought it alive. Now doing this as a school, it makes everyone part of one thing, one big thing, and it should unite the school in respect for those who died for our country"**.



On **Remembrance Sunday** itself, I accompanied our Head Girl Grace de Souza and Head Boy Will Roberts-Percy to the **East Grinstead Remembrance Parade** to lay a wreath on behalf of the Sackville community.

It is always a pleasure to **welcome parents to the school** and particularly so when it is the **first consultation evening in a child's secondary school career**. Our **'10 weeks in'** evening was very well attended and parents were looked after by our sixth formers who were pleased to serve refreshments at the event. We also ran sessions explaining how our **Key Stage 3 'K steps' assessment system** works and also a workshop on **e-safety** which parents hopefully found helpful. I would like to thank **Mr**

Thompson, Mrs Farrant and all of the year 7 tutors for their hard work in ensuring that this was such a productive and positive evening.

Since the last edition of Sackville News we have also hosted our **sixth form open evening** where we experienced a pleasingly high turnout. Many students reported being spoilt for choice with the **number of courses** that we offer and it was good to see so many young people **come along from other schools** to have a look at us. As usual, our students did us proud by supporting department stalls and giving great speeches about the sixth form experience at Sackville.

On top of considering sixth form choices, our year 11 students have now begun their **mock examinations** with English Language last Friday and the rest following soon. The outcomes should provide helpful indicators for progress after Christmas. **The best of luck to all of them!**



On Saturday 17th November, whilst a large contingent of Sackville students was taken to the **England v. Japan rugby match at Twickenham** by the PE department, our **Junior boys' freestyle and medley relay** and **Intermediate boys' medley relay swimming teams** made it through to the **national finals held at the London Aquatic Centre** in the Olympic Park. The Juniors made it through to the **4 x 50m finals** and **came 6th** which was magnificent!

Our annual **Children in Need quiz** saw an incredible turnout this year, raised over £1000 and was won by one of our **sixth form teams**. At the same time, we held a major raffle to fundraise for Annie Dilek in year 13 who is bravely facing the challenge of cancer. Annie and her mother attended and a wonderful night was enjoyed by all.



Whilst the quiz was taking place, **Melissa Turner, Bryn Fagin-Adams, and Kit O'Callaghan** in our sixth form **won the Rotary Debating competition** at Chequer Mead! The three of them then hurried back to school straight afterwards to help their Head Team colleagues.



On Tuesday evening, **Imogen Gaines and Aminah Rahman** were successful at the **English Speaking Union Debating Competition**, hosted at Burgess Hill School for Girls. The judges commended them on their 'poise, delivery style and humour' as they opposed the motion from Brighton College that **'This house would weight votes such that the younger the voter, the more powerful their vote.'** Congratulations and thanks also to some of the team that helped them prepare and who came along to support them: **Kezia Augustine, Ceri Harman, Ellie Smith and Isabelle Goddard.**

Non-uniform days at Sackville are always amazing, but Friday 16th November was very special. We welcomed back to the school year 8 student Andrew Smith, currently receiving treatment at the University College Hospital in London. Andrew's passion is **basketball**; in year 7 he was the main man in our successful team. To mark his visit and to raise money for the hospital, **Jake Endersby and year 8 staged a basketball match for Andrew** which **raised over £660 for his hospital ward.** Before the game, there were some shooting competitions and Andrew showed us just how capable he is, scoring two baskets in two shots.



After school **Endersby's All-Star Year 8 Tutor Team** took on **Street's All-Comers**. Andrew's year team did him proud, winning the game 23-8.

Earlier in the day it was a case of 'get in the queue early' for our usual **Children in Need** cake sales. This year, alongside the usual amazing array of comestibles in **The Link**, some of our year 7 students had spent Thursday evening baking, and sold their wares in the canteen.



In an earlier edition of Sackville News, I mentioned that **Mr Bush**, our **Leader of Professional Learning**, had been successfully appointed a **founding fellow of the Chartered College of Teaching**. During October half term, he was invited by Baroness Onora O'Neill to represent Sackville at the **House of Lords**. The fellows attended a reception before being addressed by Baroness O'Neill as she considered the issue of building trust and trustworthiness in the profession, to support the College's work in building a **deeper professional culture** whereby teachers lead their own profession.



Our **Deputy Head of Sixth Form, Mrs Valentine**, has given two key presentations to national audiences in London this term on the theme of **post-16 vocational education**. This follows on from our curriculum presentations at the **Ofsted inspectorate conference** which we hosted at Sackville back in July and is putting us increasingly out at the **forefront of educational research and leadership**. This was confirmed recently by the award of national **Leading Edge status to Sackville** by the SSAT to Sackville for the third year running.



In a similar vein, we have been pleased to make a successful application for training and resources from the well-known **Anna Freud Institute** which specialises in **child mental health research**. A group of staff went up to the Institute for a day's **training** in mid-November and will be **delivering some of their excellent teaching units at Sackville** as part of the year 9 core humanities programme.

Last month we were delighted to welcome a team from **Balfour Beatty** to lead a series of **engineering workshops** led by ex-Sackville student **Joe Boyce**, accompanied by colleagues Amy Goodwin, Rebecca Davis, Hassan Mirza and Krish Barot.

The team began with an **assembly to year 8**, at which they introduced some of the amazing projects the company are involved with. They also promoted the **role of women in science and engineering**, challenging what can be a stereotypical view of an engineer. Throughout the day, the engineers visited lessons showing how the skills learned in science and maths are clearly needed in the world of work.

Joe, pictured on the far left of this montage, is **graduate materials engineer** currently working on **Hinkley Point C Power Station**. We would like to thank the team for giving up a day and helping us meet one of our careers' '**Gatsby benchmarks**', encounters with employers and employees.



This week has seen four Sackville students sweep the board at the **Meridian Rotary Young Chef competition** held at Imberhorne School. **Isabella Collins** was the overall winner, and you can see her sumptuous creation in this picture. **Hannah Plumb** was second, **Ciara Humphrey** third, with **Scott Humphrey** runner up. The judges were extremely complimentary of the work of the students, with Alberto, founding chef of the 'Clink' restaurant, particularly taken with Scott's Sticky Toffee Parsnip Pudding!



Undoubtedly one of the highlights of the school calendar is our **Winter Concert** and 2018's edition certainly did not disappoint. I am always humbled by the array of talent on show at events like these, and the variety is equally remarkable. This year we enjoyed large ensemble pieces, groups, and soloists. The music ranged from classical to rock, and the excellent samba band was also on show. The evening ended with a taster for our school show, **Back to the Eighties**, which takes place next term. I am not the only one really looking forward to this!



Our **School Development Review** with our West Sussex School Improvement Partner, **Helen Gabrielides**, took place on 30th October and was extremely positive and helpful. Helen rated us as **outstanding in all categories** and was very complimentary about the **quality of our provision**, particularly in the area of **intervention to meet individual need**. We shared thoughts about our **pupil premium strategy** which remains a high priority for us.

Finally, on behalf of us all I would like to thank **Mrs Baldwin** in the finance department for **15 years of dedicated service to the school** as she departs to pastures new at Godstone Farm, where she will be running the catering with her daughter. Many parents will have appreciated Rosie's dedication to our **school trips and visits** above much else. We are delighted to welcome **Karen Harvey** as her replacement.

There is much to look forward to as Christmas approaches, not least the **year 7 celebration assemblies** with parents, the **sixth form Christmas dinner** and, of course, our wonderful traditional **service of nine lessons and carols at St. Swithun's**.

Best wishes,

Julian Grant
Headteacher

Student news

Year 8 student **Callie Day-Williams** competed in the UK Latin and Ballroom National Finals in Blackpool over the first weekend in November. She placed an amazing second in both her Latin and Ballroom solo events. Against 35 other competitors this is particularly noteworthy as she has only just turned 12 and moved into the junior category. She also performed very well with her new dance partner Oliver, but just failed to reach the final – but then they have only danced together for a week.



One to watch out for! Well done Callie.



Year 11 student **Ben Bailey** completed a gruelling marathon-length walk through the night of 22nd/23rd September in London.

Ben was on his feet from 9.35pm till 5.55am raising money for **Cancer Research**. He raised the amazing sum of £500, and still got up the next afternoon to complete some homework. That's dedication! Well done Ben.

Year 8 student **Jack Cavill** showed the true Sackville community spirit when he noticed a lot of litter whilst out fishing at the Ballast Pit in Crawley. He and his younger sister took it upon themselves to clear the litter, filling nearly four black bags.



The Crawley Angling Society was so impressed it awarded Jack and his sister with a mention on their Facebook page – and with a junior membership each as a gesture of appreciation.



Meanwhile **Amber Titchener** from year 10 performed at the town's **Big Reveal** on Saturday last – just the latest gig in the growing backstory of this super-talented performer.

On a very cold evening, Amber showed a large crowd just what she is capable of. Mayor Rex Whittaker, who knows a thing about or two about young people and

music, described her performance as 'simply incredible'. Amber's tutor, Mrs Hawken, was also present. She said *"I was so proud and blown away by the talent Amber has for singing; she sang effortlessly yet with such confidence equalling an established artist! Sackville is lucky to have a student with such talent and potential in the arts"*.



One of the many pleasures afforded by social media is the messages we get from former students. Out of the blue recently **Sandro Gromen-Hayes** (year 11 class of 2006, Steve Latus) got in touch to say how he has grown to love mountaineering and now combines this with one of his other passions, film-making, which was his specialty whilst at school.

'I did it for every single girl': the first Afghan woman to scale Mount Noshaq

Conquering Afghanistan's highest peak was once unthinkable for Hanifa Yousofi. Then she joined a climbing group, braving frostbite and the Taliban to strike a blow for gender equality



How *The Guardian* covered the story

Sandro was involved in the filming of the first ascent of Afghanistan's highest mountain by an Afghan woman, Hanifa Yousofi. This is a difficult mountain, well over 7000 metres high. Climbing it alone is an achievement; filming as you go considerably steepens the challenge.

Sandro is second left in the team photo here.



Sixth-form news

Mrs Valentine writes:-

Health and Social Care news

The Sixth form Health and Social groups have been pleased to further their close links with local hospitals. This term, in addition to Zoe Theobald Smith (Sister at East Surrey Hospital) we have been delighted to welcome **Matron Claire Rowley**, also from East Surrey and a frequent visitor to this school for our Health and Social groups.



Katharine Bond giving recruitment advice

These hands-on sessions with our students are both invaluable and inspiring for our students. They have been followed up by a visit from Katharine Bond of the Human Resources department at the Queen Victoria Hospital in East Grinstead. Some of our students are applying and expressing interest in the new and innovative Nursing

Associate programme. Thank you to Mrs Rooke and Mrs Smeaton for facilitating these visits.



Matron Claire Rowley with the students

UCAS applications

A significant proportion of our year 13 students are now submitting their **UCAS forms for places at university in September 2019**. We are thrilled once again to welcome a team of UCAS advisors from the University of Sussex. This team comes in regularly and gives one to one support for students on their applications and personal statements. The feedback from our students on this level of individualised help is overwhelmingly positive. Thank you to Sussex University for such a great service. We are proud of our links with this prestigious university and grateful for the support they offer us.



Extended Project Qualification (EPQ)

This year we launched our EPQ programme for students. Students are expected on this 12 month course to explore and research a topic of interest to them and present a 5000 word project essay or design an artefact and produce a 2000 word write up of the artefact. The EPQ is recognised and liked by universities and in most cases it leads to lower university offers.

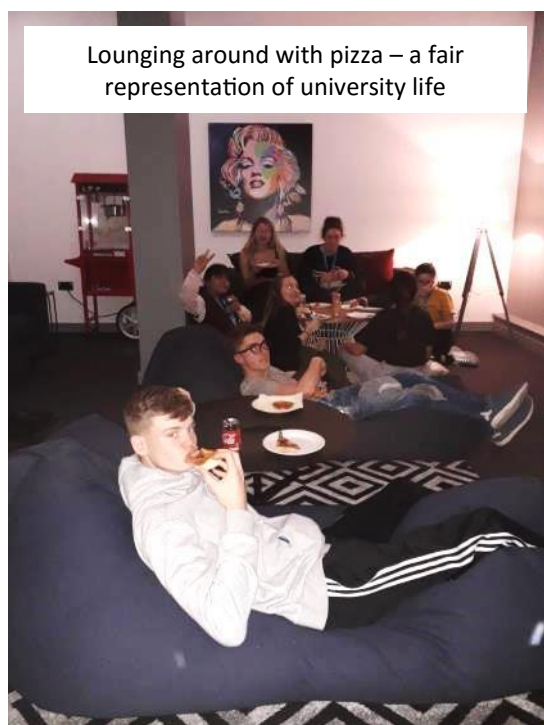
As this qualification is linked to many skills needed at university, such as research and referencing skills and presentation skills, our local universities are in a position to provide much support for us. We have been particularly fortunate to forge contacts with Dr Emma Thompson at University of Southampton. Not only did she invite staff to an EPQ at a conference in June 2018 at Southampton University, she also followed this up with visits to Sackville both to launch the EPQ and this week, to run individual tutorials to over 40 students on their EPQ topics. The staff EPQ supervisors also attended these interviews.



We would like to thank Emma very much for the high quality tutorials she ran, perfectly pitched at extending and stretching our A level and Btec students. This individual interview experience not only furthered the project ideas for our students but it also gave the students unparalleled access to university style interviews and tutorials. Emma will be back in the spring time to listen to some project presentations. Thank you to Emma and University of Southampton for their generous input on this new area of study for us.

Prospective undergraduates visit Ulster

Mr Whitehead writes:-



Mrs Barden and I were fortunate enough to have the opportunity to visit the wonderful city of Belfast and the University of Ulster with 20 of our year 12 students last weekend.

After flying in to the outskirts of the city, we stayed in the very impressive and brand new halls of residence for the night and were looked after very well indeed. The following day, the students were able to go to the various campuses in the city and outside, where they had chosen activities based on their preferred subject route. There were workshops for the business students, practical lessons for the scientists and the law students got to visit a court in session in the city itself, followed by a mock trial back at the university (that our students won)!

I have to thank the students for their enthusiasm and willingness to get stuck in with all of the events. They loved staying in their own apartments within the halls of residence and being able to see a great city through a university student's eyes.

I must also thank the University of Ulster who were incredibly hospitable and generous. Many students expressed a desire to consider Belfast as a destination after their rewarding and enjoyable experience and not just because of the plentiful food/drink and University of Ulster hoodies they were given!

Law students visit Parliament

A quick mention also of our year 12 law students' visit to parliament on 14th November. Seeing the seat of UK law-making is a key part of any law student's journey, and one which suitably impressed the visitors. Perhaps they could have stayed on a day or two and helped out with the 'Brexit-or-not' chaos on Thursday.



And congratulations to Juno and Nuha

Congratulations to **Juno Phitidis** and **Nuha Diaz** from year 13 who have been awarded fully funded places by UK German Connection to attend their conference 'Acting on our Shared Future' in Berlin in December.

The conference will bring young people from the UK and Germany together, to take part in drama workshops together, discovering their own culture and identity and considering the differences and similarities between the two countries.

Lily from UK German Connection said: "We were really impressed with both Nuha and Juno's applications and are really looking forward to welcoming them at the conference in December!"

East Grinstead Foodbank

Bailey Granger (year 8) writes:-

Over a period of two weeks, we invited donations for the East Grinstead foodbank. Each Friday about six of us would get into a minibus and deliver the crates and bags. In form time and assemblies people were asked to help and donate. These people who delivered got a chance to see inside where the food was collected.

As well as giving bags of food to the needy they have crates of food for homeless people, and everything has got its own place.



Greenaway Residential support for families at Christmas

As with previous years **Greenaway Residential & The Greenaway Residential Foundation** are helping financially challenged families with Christmas. They provide free all the ingredients a family need to cook a family Christmas lunch.

Last year they also started a wishing tree where children from nominated families can come to the office and ask for a present they would like. They then help Santa deliver the presents.

Here is a quick video that may show you a little more of what it is all about. <https://www.youtube.com/watch?v=3RX-OaoY6PI>

If you can think of any families that might benefit from such support (who do not have to come from Sackville) please contact [Darren Greenaway](mailto:Darren.Greenaway).

The second edition of **Reaching Families FREE guidebook for parents or carers of older children and young people (aged approximately 14-25) with special needs/disabilities** is now available.

To order copies please contact Michele Creed: michele@reachingfamilies.org.uk

More information about the work **Reaching Families** do can be found here: <http://www.reachingfamilies.org.uk/>

Sports News

Not even the shortening days and wetter weather can stop them – fixtures come thick and fast in November as the cup runs continue ...

30th October: **U14 boys' football** lost to Lingfield 2-6. Scorers **Ellis Beynon** and **Jake Lingard**.

30th October: **U16 girls' football** beat Thomas Bennett 2-1, despite having only 9 players, only one of whom was in year 11. **Lucy Plumb** scored both goals, whilst sister **Hannah** put in a player-of-the-match performance (report below).

30th October: **U16 (GCSE) netball** matches vs Imberhorne. Aggregate score a 39-17 win. Players of the match **Erin Harnett** and **Faye Adams**

31st October: **U12 girls' football team** won their first match 1-0 against Warden Park, with a goal from **Daisy Titchener**. Players of the match **Katie Smyth** and **Noemi Molnar** (report below).



30th October: **U12 rugby** beat Christ's Hospital 35-20 with tries from **Rafe Coetser, Freddie Mabey, Towa Mphande, Emilio Malsem-Cela, Harrison Webster, Kian Bottomley** and **Robert Taylor**. A great result for a first game – well done boys!

31st October: **U12 girls' hockey** lost 2-0 to Brambletye. Players of the match **Jessica Walker** and **Eden Kosifou**.

31st October: **U13 girls' hockey** lost 10-0 (we were robbed!). Player of the match **Annie Lyons**.



31st October: **U13 boys' football** team lost 2-3 to Lingfield. Scorers **Matt Crenel** and **Murray Johnson**.



31st October: **U13 B boys' football** team beat Lingfield 12-0. Scorers **George Mitchell** (double hatrick), **Harry Stone** (4), **Theo Dawson** and **Archie Gilbert**.

2nd November: **U15 A boys' football** beat Lingfield 4-2, with goals from **Martin Lamberti Alvarez** and **Bradley Stuart**.

2nd November: **U15 B boys' football** beat Lingfield 12-2. Scorers **Freddie Payne** (3), **Joe Brooks** (3), **Pablo Dominguez** (3), **Jamie Webb** (2), **Kieran Green**

5th November: **U15 rugby** lost 12-22 to Forest. Tries from **Luke Maker** and **Vincent Turner**.

6th November: **U12 boys' football** lost 1-5 to a strong Warden Park team.

6th November: **U14 basketball** lost 16-34 to Forest.

7th November: **U16 rugby** lost 12-15 to Warden Park in a very close game. Tries from **James Young** and **Peter Kelly**

7th November: **U12 boys' football** against Hazelwick. As won 7-0 with goals from **Ryan Hill** (2), **Jay Richardson**, **Teddy Pilate**, **Angus Canepa-Anson**, **Finlay Carrick** and **Jake Walters**. Bs won 2-0 with goals from **Versian Brown** and **Lucas Welton**. Cs won 3-0 with two goals from **Callum Batters** and one from **Zachary Gott**.

8th November: **U12 rugby** drew 10-10 with Imberhorne, with tries from **Towa Mphande** and **Kian Bottomley**.

8th November: **U14 rugby** lost 5-35 to a very well-drilled Hurstpierpoint side.

12th November: **U14 rugby** lost 10-26 to Worth. Scorers **Jamie Davis** and **Josephe Walsh**



8th November: **U14 girls' hockey** came runners up in their group in tournament including several private schools. The team beat Claremont 2-0, Croydon High 1-0 and drew 1-1 with Meoncross. They were finally knocked out by St Bedes.

12th November: **U15 rugby** beat Worth Bs 15-5. Scorers **Elliott Vincent, Martin Lamberti Alvarez** and **Jack Morrison**

12th November: **U14 boys' hockey** lost to Oathall 1-2. **Liam Dawes** the scorer, with **Charlie Vickery** the player of the match.



13th November: **U13 netball** versus Oathall. **As** won 16-1 with players of the match **Mia Carew** and **Emily Moore**. **Bs** drew 4-4, player of the match **Katrina Mutimba**.



14th November: **U13 girls' hockey** drew four games in a county tournament, and lost to the top two teams. Players of the tournament **Tori McKnight** and **Annie Lyons**.

14th November: **U12 netball** versus Imberhorne. **As** drew 9-9, **Bs** won 9-3. Players of the matches **Darcey Healiss** and **Tamzin Penn**.

15th November: **U14 boys' football** won 5-1 against Steying in the cup. **Harvey Burgess** scored a hatrick, and **Matt Nicholson** a brace.

17th November: **Intermediate and junior boys' swimming teams** compete in the National Finals at the London Aquatics Centre (report below)



November 19th: **U13 rugby** beat Lingfield 25-15. Tries from **Connor Madden (2), Theo Price, Oscar Read,** and **George Sutton**. Player of the match **Alex Vincent** for his tenacious tackling!

November 20th: **U14 rugby** lost to Lingfield College 17-35. Tries

November 21st: **U12 football** versus Lingfield. A team won 7-2,

Harvey Burgess (2) and Kai Ward

with goals from **Jay Richardson (2), Teddy Pilate (2), Fin Carrick, Ryan Hill** and **Albert Holroyd**. Bs won 10-0 (sorry not sure of scorers at this point) and Cs drew 1-1 with a goal from **Tyler Emre**



November 20th: **U16 girls' football** beat Hazelwick 3-2, with a hatrick from **Poppy Nicholls**, all assists from **Lucy Plumb**

Reports from Miss Ofler

U12 Football League Match

Our U12 girls played their first football league match against Warden Park. The first half saw both teams have opportunities on goal. Louise Harrington did extremely well in goal to clear two key chances that Warden Park had. Bella Kilkenny worked hard to clear the ball out to Katie Smyth and Poppy Furbank to allow Noemi Molnar the opportunity to rumble Warden Park's defence and keeper. A very even first half kept the score at 0-0. The second half showed two very determined teams and the ball was flying from one end to the other.

An excellent corner from Katie managed to find Daisy Titchener in the box, giving Sackville their first and only goal of the game. It was a tense time for the team for the remainder of the half as Warden Park opened up a number of opportunities but the girls' resilience won out and the final score was confirmed as Sackville 1 – Warden Park 0. Players of the match went to Katie Smyth and Noemi Molnar. Well done girls!

The team: Louise Harrington, Katie Smyth, Noemi Molnar, Bella Kilkenny, Daisy Titchener, Poppy Furbank, Yasmina Lahboub, Jessica Pinto, Lauren Tweed, Holly Mooney.



U16 Girls Football vs Thomas Bennett

The U16's had their first cup game of the year against Thomas Bennett. The girls were going in with a depleted team of just nine. However, they very much rose to the challenge. Hannah Plumb was tested in goal a couple of times the first half but she remained calm and collected. Rhianna Major, Poppy Nicholls and Lucy Plumb worked well in midfield/upfront. A ball through from Rhianna set Lucy up for Sackville's first goal of the game.



The girls knew they needed to dig deep into the second half being 2 players down. Thomas Bennett came back much stronger in the second half and Hannah had lots of pressure. Keira Drewry, Ella Kosifou and Eloise Bassett all worked incredibly hard at the back to keep Bennett from scoring. After losing possession from an attacking play we were caught on the back foot and Bennett managed to score making it 1-1. Sackville's response to that was to work even harder and this paid off as Lucy took a shot on the outside of the box which ended up in the top corner. The final score was Sackville 2 – Thomas Bennett 1. The girls should be commended on their outstanding hard work and team work throughout the game. Well done girls! On to the next round!

The team: Hannah Plumb, Lucy Plumb, Poppy Nicholls, Rhianna Major, Eloise Bassett, Freya Ohta, Emma Smyth, Ella Kosifou, Keira Drewry.

The Secondary Schools Team Swimming Relay Championships

This year our junior and intermediate boys qualified for the National Swimming Finals after their excellent performances in the qualifying gala which was held at Horsham Pavilions at the start of October. The finals were held at the **London Aquatics Centre** on Saturday 17th November. The Championships is run as a national final with competing schools determined by the fastest times achieved in a qualifying round organised by the ESSA divisions. There were just over 150 separate schools who qualified for the National Finals this year. Teams travelled to London from all over the country. We were immensely proud of both of our teams for having qualified for this event. The junior team qualified for both the medley and freestyle relays whilst the intermediate team qualified for the medley relay.

The morning session saw both teams competing in their medley relays. The junior boys came 19th with a time of 2.20.08 whilst the intermediate boys came 30th in a time of 2.09.90. The afternoon saw even more excitement with the junior boys' freestyle relay. The boys swam a brilliant heat which gave them a qualifying time for the final where the top 10 qualifying teams competed. A great performance in the final resulted in a time of 2.01.26 and coming 6th overall. It was not only an excellent performance but also a fantastic improvement having originally qualified in 9th position for this event.

Both teams were competing against the very best school teams in the country, and so these results represent a truly fantastic achievement.

We would like to thank the students for their impressive efforts and their parents for transporting and supporting them.

Junior boys: Cameron Wrapson, Theo Stenning, Freddie Mabey, Robert Taylor.

Intermediate boys: Sam Wiles, Danielius Tuma, Jamie Young, Adam Lawrence.



Finally, a mention of our **fantastic year 10 sports leaders** who won plaudits from all for their help in running the junior sports hall athletics this month.





Christmas Lunch

FRIDAY 14th DECEMBER

**ROAST TURKEY
ROAST POTATOES, PARSNIPS,
SAUSAGE & BACON, STUFFING
& SEASONAL VEGETABLES**

Vegetarian option available

CHOCOLATE YULE LOG or CHRISTMAS PUDDING

**TO RESERVE YOUR PLACE
PLEASE MAKE PAYMENT
ONLINE OR PAY IN THE
FINANCE OFFICE BY TUESDAY
11TH DECEMBER**

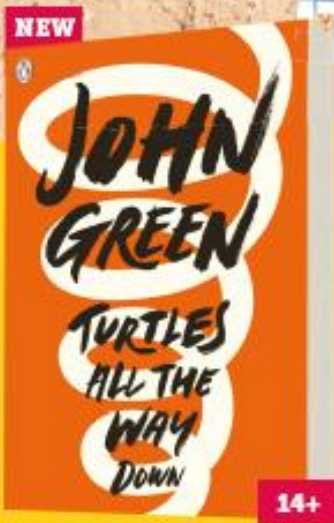
**Only
£5.00**

**This is the only Hot Dish of the Day
Sandwiches & Baguettes as an alternative option.**

SCHOLASTIC

Come to our Book Fair

and earn FREE BOOKS for our school!*



The best
NEW BOOKS at
pocket-money
prices!

***** ALL BOOKS HALF PRICE! *****

FRIDAY 7th DECEMBER - THURSDAY 13th DECEMBER

in the LRC

TEENS GO FREE!

See your Book Fair leaflet for two FREE tickets to a choice of top attractions

Madame
Tussauds

The
Dungeons

Win an iPad and a
Mortal Engines
book bundle!



Visit www.bookfairs.scholastic.co.uk/mortalengines to enter

Understanding Your Child's Behaviour
10 Week Parenting Course

A great chance for parents to share experiences

East Grinstead Evening Solihull Parenting Course 0-18 years old

When? **Wednesday 9th January 2019**

Where? **East Grinstead Blackwell CFC**

Time? **6pm-8pm**

Solihull Approach is a 10 week course for parents with children from universal to complex needs and is all about emotional health and well-being.

Aim of Solihull is to offer an opportunity for parents to reflect on their current situation with their children and how they can support them to find a positive way forward.

It is important that you ensure you are able to attend the full course as it is a building block format and it is important that each session is attended to give the course its full potential.

Topics covered throughout the course range from self-regulation, sleep and anger, different parenting styles of parenting and much more!

"I'm more aware of mine and my child's feelings and I've learnt how all my children are different and how to cope with things to come" - A Solihull Parent



Contact your Blackwell Children & Family Centre for more information.

01342 332992

To provisionally book your place and complete a short telephone referral please phone Lucy Barkess on 01273 467968.

Rotary Christmas Appeal

Christmas Tree Lighting Ceremony

Saturday 24th November

Starts at 3:15pm with the Town Crier and the East Grinstead Concert Band.
The lighting ceremony concludes at 4:00pm in the High Street by Broadley
Brothers shop when the Christmas tree lights will be switched on.

The Christmas message will be delivered by The Revd Andrew Hawken and
the lights will be switched on by the Town Mayor Cllr Rex Whittaker

Sackville Junior Choir will sing their songs

East Grinstead Concert Band will play carols

Pantomime players and **Father Christmas** to keep you entertained
and the public are welcome to join in.

**All day collections on Saturday 24th November in East Grinstead from
08:30 and at Sainsbury's on 1st December, Homebase on 2nd & 15th
December and Haskins, Snow Hill on 8 & 9th December,**

Street Collections Start 1st December

Check our website for dates

www.meridianrotary.co.uk

Rotary in East Grinstead



People of Action



I had six jobs, but all I was doing was paying off the interest on my debts. When I called CAP, the burden just lifted – I knew I was going to get the support I needed.

Maxine, Birmingham



From the moment CAP got involved, everything changed. We were given a budget which meant I could suddenly do all the things that a parent is meant to do for their child.

Sarah, Bracknell



They are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward.

Justin Welby, Archbishop of Canterbury & CAP's patron



I couldn't have done it without you. I'm managing to do things I couldn't before. I've got a little money set aside for emergencies, and we always have food in the house now.

Media Chingaramde, Leeds

CALL FREE ON **0800 328 0006**

Weighed down by debt?

‘CAP are unsurpassed when it comes to the debt help they give people across the country.’



Martin Lewis,
Money Saving Expert

Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help you lift the burden of debt.

So give us a call today and start your journey towards debt freedom.



facebook.com/CAPuk



@CAPuk

Product Code: 10081445

capdebthelp.org

info@capuk.org t 0224 760720.

Charity Registered No: 1057217 (England & Wales), SC038776 (Scotland). CAP is authorised and regulated by the Financial Conduct Authority.

CALL FREE ON **0800 328 0006**

Weighed down by debt?

Free debt counselling in your community from an award winning charity



capdebthelp.org

Lifting people out of debt and poverty

CALL FREE ON **0800 328 0006**

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in the privacy of your own home and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 300 CAP Debt Centres. **So why don't you ring us today and begin your journey to becoming debt free?**



Does it cost anything?

No. Our service is completely free. We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We monitor our services to ensure that everybody receives the same caring service regardless of race, nationality, religion, age, gender, marital status, or disability.

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.



Home visits

After you call CAP, a Debt Coach from a local CAP Debt Centre will visit you in your own home.



An effective budget

Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.



CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.



Severe debt

If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy. We can help you to fill out the forms and even attend court with you.



Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free.

