

Sackville News

22nd November 2019



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Dear Parents



As this term draws to a close, there is much to share about the busy life at Sackville.

Our **Sixth Form Open Evening** this month saw a very high turnout and we were delighted to see so many **year 11 students and parents** here. The number from other schools (including private) who also joined us was very significant. We continue to offer a wide programme of study and choice and are becoming very much a **key 16-19 provider** in this area.

It has been a pleasure to **congratulate many of our students at special breakfasts of late**. Even more special has been the fact that these events have taken place under our **new canopy outside D block**, which is proving to be a popular venue. Our **food pod** is now in place, with lunchtime service having commenced.

The day before half term began with a nice surprise for the **many students who helped us over our open evening and open mornings**. More students than we could count had volunteered to help show the school to hundreds of visitors in September and October, and a croissant and a hot chocolate was the least they deserved!



Thank you once again to all of these wonderful young people for being such **fine Sackville ambassadors**.



Our **Arkwright Scholar, Luke Waddell** of year 12, was presented with his scholarship at the **Institute of Engineering and Technology** in London on Friday November 1st. Luke will be sponsored by the **Reece Foundation**, who will ensure that he receives a lot of engineering experience and opportunities. This is a fine achievement.

Our **A level Spanish students** at Sackville enjoyed an international work experience week in **Madrid** in October.

This gave them a wonderful chance to work in a Spanish language environment, and also gave them time to enjoy the **cultural** experience in Madrid. In the picture you can see them enjoying the **Museo del Prado**, the most important museum of art in the country. Pictured are **Lucy Abel, Mrs Kirkman, Becky Elliott, Lauren Peel, Alice Clinton, Macie Crumpton** and **Mrs Sempere**. Well done to all the students and thank-you to **Sandy Kirkman** and **Sylvia Sempere** for organising the trip and accompanying the students.



Congratulations to **Callie Day-Williams** in year 9, who travelled to Blackpool over the weekend of November 2nd and 3rd to compete in the **National Ballroom Dancing Finals** for the second year running. She **placed third overall** in the ballroom category and also made it through to the **quarter finals in the Latin category**. A fantastic achievement!

On Sunday 10th November, alongside **Lily Kendrick** (Head Girl) and **Ayo Odeyinde** (Head Boy), I attended the East Grinstead **remembrance ceremony** and laid a wreath on behalf of the school. This was a very well attended event in which **many Sackville students took part**. Lily and Ayo represented the school extremely well.





On Monday 11th November three Sackville Y13 students - **Katie Moullin, Imogen Gaines** and **Awatif Castuera** took part in the **Rotary Youth Debate Competition** held at Chequer Mead. They considered the position that *'the battle for gender equality is over'* presenting passionate arguments that the definition of feminism was now outdated and that the global position of women was not the same as we experience here in the United Kingdom. They were then presented with a question from the floor from Ex-Town Clerk **Chris Rolley**.

The team **scored very highly** with all the teams being within six points of each other. The judges **Rex Whittaker**, previous town mayor, **Helen Farren** from Escots School and **Glen Campbell**, an

Editor and Correspondent at BBC South East, said it was a very difficult decision. Unfortunately, they were unable to retain the trophy narrowly losing out to **Imberhorne School Team B**.

Also at the event the musical interlude was provided by Sackville students **Elodie Ansell** and **Amber Titchener** who impressed the audience with a mix of cover songs and one of Amber's own compositions. The photo shows Town Mayor, Councillor **Danny Favor** presenting certificates to the Sackville Team. Many thanks to the **Rotary Club** for hosting and organising the event which, as headteacher, was a pleasure to attend.



On the following night, our **sixth form** excelled once again by hosting the annual **'Children in need' quiz** to a packed hall of teams from **students, parents, staff** and, of course, **governors**.



There was even a **video round** from Bangkok featuring our very own **Dale Whitehead!**

Somehow the **Senior Leadership Team won** - this certainly wasn't down to my contribution - and a very good evening was had by all. **Over £900 was raised**.

A new year always brings a new set of fine **sports leaders** from year 10, and this year is no exception. They have already been busy working with our **primary schools** and over 40 of them featured heavily in the **East Grinstead heat of the county sports hall athletics championships** which were hosted at Sackville this month. As usual, **Mrs Currie** oversaw this with meticulous organisation. The overall winners were **St. Peter's** with **Halsford Park** second.



Many congratulations to our **year 13 biologists** who performed so well in the challenging **2019 Biology Olympiad** and who have received certificates for their excellent achievement. In the photograph are **Ayo Odeyinde, Matthew Tomkinson, Joseph Marrable** and **Abigail Bramwell**.

It was a real pleasure last week to welcome our **year 7 parents** to their first **parents' evening at Sackville with the form tutors**.

The timing seems highly appropriate as there has been sufficient learning and settling-in upon which to reflect. Also, **rotating talks** were given on **e-safety** and the **assessment grading system (K steps)**. These were hopefully helpful for parents.



At the other end of our age range, **Y13 students** studying the **BTEC Business** and **WJEC Tourism Diploma** were given a masterclass on November 14th by **Talent Experience Partners** Sally Williams and Katie Squires from **Virgin Atlantic**. The students, who have been studying **recruitment and selection**, were treated to some **excellent**

advice on applications and CVs. The visitors were helpful answering a range of questions from 'Can you take notes into the interview?' to 'Do you have to dress up for a video interview?' It was a fabulous opportunity to learn more about how to apply for apprenticeships and jobs in a highly competitive industry and the students expressed how useful they found the experience. Earlier in the week, **Price Waterhouse** had also been in to speak to our sixth formers.



Congratulations to our swimmers who reached the **Schools Swimming National Finals** at the Olympic Aquatics Centre in London this month. The results were:-

Junior boys freestyle - seeded 25th, came 17th - 2.04.77
 Inter girls medley - seeded 36th, came 26th - 2.15.04
 Senior boys freestyle - seeded 21st, came 19th - 1.45.26
 Senior boys medley - seeded 16th, came 16th - 1.56.50

All teams therefore **matched or exceeded their seeding** which was a fine performance.

A few of our students also met **Tom Daley!**

The conduct of the students were superb throughout the day, especially considering that some had to wait 4 hours between their warm up and their race. Many thanks to **Miss Ofler** for supporting our swimmers throughout the day and at the qualifying stages beforehand.

Readers of *Sackville News* will be accustomed to hearing of **Cecee Cashman's** kick-boxing exploits – but this season we are running out of superlatives. She has **won 11 competitions back-to-back this year**, both in this country and in Europe. Unbeaten, and weighed down with gold medals, Cecee has a couple of months to recover before the new season starts in January.

Her five-star performances in these competitions come at no compromise to her school studies, testament to what an extraordinary talent she is. Well done Cecee – good luck with that first religious studies mock exam now!



Monday of this week saw the opening of our brand new **food pod**, serving delicious hot and cold food on what was appropriately the coldest day of the winter so far.

The cheese straws are particularly good by all accounts! You can see from the picture how popular the pod is proving to be. It should also make the main canteen less congested.

This Tuesday, 34 of our **Y9 Engineering students** had the opportunity to visit the engineering department at British Airways at Gatwick Airport. This is

the first time the department has hosted a school visit.

Students were taken **airside** and had a **tour around three aeroplanes** discussing the engineering and technology of each. They were lucky enough to board a Boeing 777 and examine all areas include the cockpit and crew rest areas. Our students asked many testing questions to understand how planes work and how to become an engineer.



The future of engineering looks bright at Sackville. Thank-you to **Mr Treen** for organising the visit. If there are any other engineering companies who could accommodate a visit from Sackville students we would be delighted to hear from them!

Just before this edition of *Sackville News* hit the press, we were treated to our fantastic annual **Winter Concert**. As usual, there was an **array of variety and talent** and I have to share that it is always one of my **favourite events** on the Sackville calendar.



We now enter the run-up to **Christmas** together with the important **mock examination** season which starts on Monday. I would like to **wish our year 11s all the very best** for the latter and **thank you, the parents**, for all the support you are giving them.

I look forward to seeing our **year 7 parents** at the **celebration assemblies** on **Monday 9th and Tuesday 10th December** and please do put the **carol service at St. Swithun's** in your diary for **Wednesday 18th December**. It is always a very special occasion.

With best wishes,

Julian Grant
Headteacher

Fourth Monkey visit Sackville

Mrs Beasley writes:-

On Friday 25th October, our **year 12 and 13 drama and performing arts students** took part in a three hour workshop run by **Fourth Monkey, an actor training company based in London.**

Two working actors led them through a range of intensive exercises focused on using their physicality and communicating effectively with other performers on stage. "Many of the activities were innovative and different from what I had done before," said Alex. Amy and Maddie said that the atmosphere had been really positive and created a real bond between the students.



The workshop created a safe space for the students to move out of their comfort zones and really push themselves. The students left the session feeling completely exhausted but having really enjoyed experiencing what it might be like to train professionally. Amber said that it has helped her to "look at drama from a different point of view". A number of these students are considering applying to drama or performing arts schools after they finish at Sackville and so Anika felt it was "a good insight into what our future in drama could possibly look like".

An early taste of a legal career

Eve Lewis (year 11) writes:-

Recently, I was given the opportunity to go to a law firm called Weil, Gotshal & Manges (Weil for short) for an insight day. I was one of the 11 people who did it.



The day started with an hour of speed networking, this is where some of Weil's employees came in and sat with us in small groups. We were then able to ask them questions about what they do at Weil. Weil has 16 offices around the world and employ around 2200 people, yet only 1100 are actually lawyers. The rest of the employees are there as Secretaries, HP's (there to help with the happiness and wellbeing of the lawyer), chefs etc.

Afterwards we had a tour of the commercial courts which was extremely interesting, the courts there are nothing like those you see on TV, they had the same layout but each desk had two computers where the section of law being referred to appears instead of having to be found in books and bundles, there's also a microphone for each person so that the entire case can be recorded and looked back on by the judge if needed.

At the end of the day we were asked to do a negotiation (fake obviously as we're not actually lawyers). Basically we had to try and get the best contract and deal for our client which meant having to try and compromise with the other lawyers and what their client wanted.

Overall, I found the day extremely beneficial and will definitely consider taking law as an A-level. I definitely recommend law to those who are interested in problem solving and justice. I found out that you can actually become a lawyer without a degree in law as many law firms offer the opportunity to train with them, so if you want to be a lawyer, you don't necessarily need the degree!

News from our exams office

Mrs Beswick writes:-

All the certificates from last summer's exams are now in. For students who have left school, these are now ready to be collected from the exams office.

For this year's exams, we have been asked by JCQ, the organisation that runs exams for the government, to draw every candidate's attention to the evolving exam regulations. They can all be found [here](#).



Sports news

Not even the rains of this autumn can stop our sports staff and players ...

5th November: **U15 boys' football** beat Imberhorne 4-1. Goals from **James Knott** (2) and **Harvey Burgess** (2). Player of the Match **Finley Drewery**



6th November: **U14 netball** A and B teams mixed together to play Downlands. Team 1 won 16-2, with player of the match **Emily Darch**. Team 2 lost 6-7 with Player of the Match **Chloe Grantham**



6th November: **Rugby first XV** lost 17-26 to Bennett Memorial in a great game. Tries from **Elliott Vincent**, **Matthew Tomkinson** and **Harvey Snashfold**. Player of the Match **Tom Mooney**

November 6th: **U13 girls' hockey** lost 0-5 to a strong Brambletye. Player of the Match **Noemi Molnar**. Well done for an increasingly confident performance

November 6th: **U13 boys' football** lost 1-3 to St Paul's. Our goal came from **Finlay Carrick**. Player of the Match **Adam Wheeler**



6th November: **U15 netball league** now seven wins from seven games. Latest two games were a 16-1 win against The Burgess Hill Academy, and a 16-3 win against The Weald

6th November: **U14 boys' football** lost 6-1 to Imberhorne. Player of the Match **Dominic Newman**



7th November: Schools' Cross Country, year 7 boys 6th, girls 3rd. Year 8 boys second. Some strong individual results from **Gracie Beatty** (4th in year), **Katie Smyth** (7th), **Chloe Grantham** (4th), **Ola Adamkowska** (7th), **Beth Currie** (13th)



7th November: **U12 boys' football A** drew 2-2 with Imberhorne. Goals from **Titu Mendy Mendy** and **Harvey Sizer-Flanders**. Player of the match **Dylan Lingard**.

	<p>7th November: U12 boys' football B drew 1-1 with Imberhorne. Goal from Max Cowley and player of the match Flynn Williams</p>
<p>November 12th: U12 boys' rugby beat Heathfield 4-2 with tries from Tristan Simpson and Benjamin Darch</p>	<p>8th November: U13 boys' rugby lost 2-5 to Heathfield in the cup. Our tries came from Jamie Sarmiento-Evans and Ollie Hodge.</p>
<p>12th November: U12 netball A and B lost to Imberhorne. Players of the match Sophia Wigmore and Harriet Fanner</p>	<p>13th November: U14 boys' football lost 2-6 to Uckfield. Great effort and attitude from the boys. Player of the Match Harry Stone for his two goals. Commendations too to Izaak Shimizu, John McDonald and Max Prior</p>
<p>13th November: First XI football lost 3-4 to Bennett Memorial. Our goals came from Finn Harnett, Harvey Byatt and Reid Jenden</p>	<p>13th November: U14 basketball came third out of five. Will Bramwell gets the 'enforcer' award, with George Sutton and Freddie Mabey players of the matches</p>
<p>14th November: U14 netball A beat imberhorne 16-13, player of the match Katrina Mutimba. B team won 10-8, with Player of the Match Eleni Lucas</p>	<p>14th November: U15 rugby lost 17-26 to Lingfield. Player of the Match James Randall</p>
<p>14th November: U13 boys' football beat Downlands 4-1 with a superb all-round performance. Goals Ryan Hill (2), Finley Carrick and Jay Richardson. Player of the Match Joel Staff for some great one v one saves</p>	<p>14th November: U14 basketball lost 8-16 to Warden Park. Player of the Match Sam Mosley</p>
<p>14th November: U15 basketball won 10-0 versus the Weald, 20-2 against St Paul's, drew 0-0 with Imberhorne, lost 2-6 to Forest</p>	<p>16th November: U15 football lost 1-2 to lfield. Our goal came from Harvey Burgess, and Josh Barlow was the Player of the Match</p>
<p>November 19th: U14 basketball lost 18-30 to Michael hall – a very close game for the first three quarters</p>	

SECOND HAND UNIFORM

The second hand uniform shop is now in place – **most items only £1 each**

We have shirts, skirts, trousers and PE kits all waiting for a new home!

Please visit reception to ask to see the stock or ask your child to visit at lunchtimes.

We ask that you are patient if Reception is busy at the time you visit.

Is your child now too big for the shirt you bought 6 weeks ago? Please give it a new home at the second hand shop, all clothes donations to reception gratefully received.

Christmas Lunch

THURSDAY 12th DECEMBER Year 7-8

FRIDAY 13th DECEMBER Year 9-11

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

Vegetarian option available

CHOCOLATE YULE LOG or CHRISTMAS PUDDING

**TO RESERVE YOUR PLACE
PLEASE MAKE PAYMENT
ONLINE OR PAY IN THE
FINANCE OFFICE BY FRIDAY
6TH DECEMBER**

**Only
£5.00**

This is the only Hot Dish of the Day



Autism and Social Communication Team

AScSURE

A.S.C. Strategies, Understanding, Realisation and
Emotional wellbeing

A course for parents of a child with an
Autism Spectrum Condition



In order for participants to fully benefit from this course we ask that they attend **all** sessions. Venue details and dates for the next course are on the rear of this leaflet.

Topics covered in AScSURE course by session:

- **Session 1: Autism: What does it mean?**
Develop understanding of autism, discuss experiences of getting a diagnosis and identify how autism can affect families
- **Session 2 : Communication:** Input from Specialist Speech and Language Therapist. Develop understanding of communication difficulties and strategies to improve communication and interaction skills for the child/young person with ASC
- **Session 3: Sensory Needs**
Consider how sensory information and sensory experiences may be processed differently by those with ASC, share strategies to help with sensory needs
- **Session 4: Behaviour**
Improve understanding of challenging behaviours that children with autism may display and consider approaches to promote positive behaviours
- **Session 5: Socialisation and Relationships**
Explore the difficulties those with ASC have with socialising and developing relationships including siblings and strategies to develop their understanding of others and social situations and interactions
- **Session 6: Independence and Adolescence**
Consider ways to encourage independence and manage adolescence

AScSURE—Exploring Autism and strategies to promote positive behaviour and relationships

Are you a parent/carer of a child or young person, aged 9-16 years, with an ASC (Autism Spectrum Condition) and have not attended an AScSURE course before?

The AScSURE course is an excellent source of information for those new to ASC or for those requiring a little more in-depth knowledge. The course is free of charge to families of children in West Sussex maintained schools, at this time.

Course aims:

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

Course outline:

The course will be run over 7 sessions. The first six dates will be as weekly morning sessions focused on both theoretical and practical aspects of the Autism Spectrum Condition and the resulting difficulties and behaviours. There will be opportunities to discuss issues as they arise and to experience/use a range of strategies, practical tools and resources.

The last date will be run as a follow-up session approximately 3 months after session 6. This session will aim to briefly recap the areas previously covered and allow a forum for parents to share successes since the course and discuss any newly presenting issues.

Details of next AScSURE Course for Parents:

Venue: MAIDENBOWER JUNIOR SCHOOL,
Harvest Road, Crawley, West Sussex, RH10 7RA.

Dates:

- Monday 10th February
(half term 17th)
- Monday 24th February
- Tuesday 3rd March
(Mock SATs week)
- Monday 16th March
- Monday 23rd March
- Monday 30th March

All sessions will be run from 9.30 – 12 Midday

For an application form and further details please contact:

Email: Jessica.bubb@westsussex.gov.uk

De-Stress Coaching for Pupils & Parents

My name is Claudia Asprey and I hold 1-to-1 sessions to help reduce stress and teach people practical methods and techniques to relax and move from struggling to coping



Strength from the Inside Out
learn once, use forever

Children are confronted with a culture that sets unrealistically high demands (e.g. achievements, looks, abilities, popularity). Year groups 11 & 13 face the additional stress factor of impending GCSEs and A-Levels. Children often find themselves overwhelmed and/or struggle to keep up emotionally. Parents also find it difficult to cope.

The inability to cope with emotions, such as stress and anxiety, is the focal point of my work. I believe it is important to intervene at an early stage to avoid escalation of problems, such as exam underperformance, panic attacks, self-harming, body dysmorphia, self-sabotage by procrastinating, or conduct issues.

I offer coaching sessions on a 1-to-1 basis to reduce stress and help pupils and parents feel more in control of emotions and/or situations. I use and teach techniques and tools that help identify stress triggers and the related emotions early enough to avoid getting caught out by them. Learning how to observe and understand our emotions, and how to identify and reduce stress ourselves makes a huge difference to our wellbeing, self-belief and self-confidence. It becomes an invaluable tool when facing challenges and demanding situations in the future.

Stress situations might include:

- impending exams and tests (11+, Common Entrance, GCSEs, A-Levels, driving test)
- revision block/stress
- feeling powerless when trying to change a situation
- facing new situations and people (e.g. changing schools, interviews, public speaking or performance)
- struggling with peer group pressure

Stress reduction helps to:

- move forward from perceived challenges and stressful situations
- remain focused
- get things done easier
- feel self-empowered, more in control of your emotions, confident in yourself and your abilities
- build self-confidence and strengthen self-belief

What's Involved and How to Get Started



**"You're braver than you believe
and stronger than you seem
and smarter than you think."**

Christopher Robin

Observing and understanding our feelings helps us move forward from perceived challenges, issues and beliefs about ourselves.

The work I do with each person is individually selected for their needs and aims towards self-empowerment, achievement and emotional wellbeing.

I trained as a professional schoolteacher, life coach, holistic counsellor and yoga teacher, and I'm also the mother of two teenagers. I am DBS checked and insured.

METHODS:

Include for example mindfulness practices, meditation, NLP exercises and hypnotherapy.

FEES:

Initial consultation £25

Pupil fees (up to Year 13): £35 per 40 minute session

Adult fees: £45 per 50 minute session

CONTACT:

Please contact me to discuss your needs and to arrange an initial consultation:

- mob: 07531 338 783
- email: de-stresscoaching@hotmail.com