SACKVILLE NEWS



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Community Points Roundup How the Achievement points added up!

Another strong term with Holmes staying in the lead with achievement points, we love to see the students and their healthy competition to gain as many points as possible.

18959

21188

21709

19360

17802

Angelou

Attenborough

Holmes

Turing

Yousafzai

Headteacher's Message

As we come to the end of term it is always lovely to look back at photos and articles to remind us of the wonderful and varied work and activities our students have been engaged in.

From trips and visits, to sports, charity work, fundraising, musical extravaganzas, and our newly launched Community Competitions programme, we have a bit of everything. Not to mention a lot of hard work going on in classrooms each and every day.

I hope you enjoy flicking through the pages and delighting in all of the fabulous ways in which our Community, in the grandest sense of the word, come together to create memorable experiences for our young people.



Jo Meloni **Headteacher**

Community News

Angelou



It has been another busy half term and the Angelou awards assembly was held this week to celebrate it. I was able to give prizes to students with fantastic attainment and attendance. I was so pleased to see so many students had made improvements to their attendance and was also happy to recognise their achievement.

Angelou students in Key Stage 4 have had some fantastic opportunities this half term. Many business and enterprise students visited Disneyland Paris, History and Modern Foreign Language students visited Berlin and students from across the age groups have taken the opportunity to join our skiing trip. These trips hold great value to our students in terms of their academics and memories and I hope many more Angelou students take the opportunity in the future.

As I write to you, it is the final night of the 'Footloose' performances. Congratulations and well done to all Angelou students who have taken part and contributed to making our Community and school so proud.

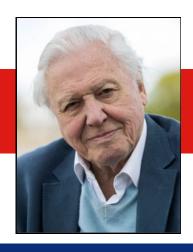
Enjoy a safe and restful half term.

Paul Turner **Community Leader**





Attenborough



This week in assembly we reflected back on another successful half term for Attenborough. We shared with students that they had in this half term alone received 4300 positive points and that 156 of them had achieved our school target of 95% attendance in Spring. Alongside this we are currently reward point champions and looking to retain that cup as we move towards the end of the Spring term.

We also held two celebrations for Attenborough 100, those in it for Autumn and those still on 100% Attendance for the whole year. Please see the photos attached.

This half term we have also decided our charity for the year will be Dementia UK. We met this week to start planning Easter events, more on this in coming weeks. Needless to say, our Charity reps were very excited to come up with ideas, their enthusiasm was great and they have already assigned jobs per year group.

Our weekly quizzes have seen a variety of tutor group winners throughout the term. We have also been busy in our benchball tournament Year 8 came third and Year 9 were second. We are hopeful of making our way up the leaderboard as the events progress. Likewise, it has been fantastic to see so many of our Attenborough students taking part in the show. We are looking forward to a re-enactment in assembly after half term.

The Attenborough team would like to wish all students and staff a restful half term and we look forward to starting back after with those slightly longer hours of sunlight.

Sam Ellis
Community Leader



Holmes



Holmes Community really hit the ground running in January 2025. Buoyed by the success of our KS3 rewards trip to Kings18, our Year 10 and 11s got to enjoy the same experience at the beginning of term. Immi H comfortably demolished Mr Blackmore and Mr Beaver at ping pong whilst Mr Parry was doing his best Luke Littler impressions to his Year 10 form group!

We have seen further successes in some of the Community Competitions this half term for Holmes. Our Year 8s won the Benchball, narrowly defeating Angelou in the final game! Our Year 7s and 9s also put in very strong performances in their competitions too.

The school's new student leadership structure has now been launched and our students hav e got stuck in with this new opportunity. Along with our existing Holmes Heroes, we have now expanded these roles to include form reps, charity reps and sport captains. Some of our Year 10s will also be taking on whole school leadership roles representing Holmes, details of which will be published after the half term.

Holmes were under the hammer this week as we started the renovation to our office, making it a more welcoming and practical workspace for our staff and students. We were also excited to announce that Miss Wright will be moving from Angeou to Holmes after half term as Deputy Community Leader alongside Miss Halford.

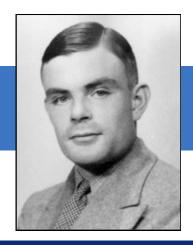
Finally, as we finish the term on Valentines Day, some of our Holmes students set about spreading some joy through our *Cupid Mail*. Once again raising money for St. Catherine's Hospice.

From everyone in the Holmes team, we hope you all have a lovely half term. You have earned it!



Mr Beaver, Miss Halford, Miss Turnbull-Allen and Miss Barnes **Holmes Community Team**

Turing



Wow, I cannot believe we are at the end of half term already and what a busy half term it has been.

This week we received a lovely letter from cancer research UK thanking us for the fundraising we did last year. Very timely to receive this in a week where we were celebrating rewards and recognition.

In form time, we have taken the time to reflect on the things we are thankful for this half term and what we are looking forward to. Students were able to share this with the whole community in assembly which was extremely fitting as my message was to be kind and to do the best you can.

We rewarded lots of students after they were nominated for 'Tutee of the term', being nominated for showing the Sackville values on a daily basis.

Well done also goes to Mr Wilcox, Mr Morris and Mrs Coates who were our Tutor's of the term. Our Blue Tombola was a great success, and our Charity Representatives were amazing doing a fab job making sure everything was set up and organised. It was a hive of activity and excitement and we managed to raise £100 to add to our Charity pot for St Catherine's hospice, Thank you for all your support!

Wishing you all a restful half term!

Gill Sands
Community Leader







Year 7	Abigail S-C	Ellie S	Jesse-James M	
Year 8	Lottie H	Ffion D	Macie G	Theo C
Year 9	Peri C	Noah W	Bella F	Bertie C
Year 10	Toby L	Joe C-S	Rebecca T	Elijah T
Year 11	Ruby M	Sophie N	Molly S	Emily W

Yousafzai



A huge congratulations to the entire Yousafzai community for a truly wonderful term of hard work and dedication. This term has been filled with incredible achievements across all areas, from academics to personal growth. Every member of our community has contributed in their own unique way, and it is inspiring to see the commitment shown by students, staff, and families alike. Whether through achieving personal goals or supporting one another, our collective efforts have made this term one to remember.

A special congratulations to 10RNO for their successful fundraiser, which raised over £80 for Age UK! This outstanding effort reflects their compassion and dedication to supporting others. During our recent celebration assembly, we took the time to recognize achievements, outstanding attendance, and how we live out our school values each day.

We also celebrated the many students who participated in inter-community sport, showing great teamwork and sportsmanship.

Finally, a big thank you to all Yousafzai students who took part in the show, showcasing talent and creativity. Your contributions help make our community stronger, and we're so proud of everything you've accomplished this term!

Jonny Pearson

Community Leader



Community Competitions

Year 7 Benchball







This week it was the year 7's turn to compete in our community benchball tournament. Once again we had a fantastic turn out with each community represented with at least 12 students. The competition was very successful with lots of great interceptions and short, sharp passing. Turing were victorious winning all of their games and gaining top points. In 2nd place we had Holmes, followed by Attenborough in 3rd, Angelou in 4th and Yousafzai in 5th. All students were a real credit to the school, and their communities, showing great teamwork, sportsmanship, resilience and team spirit. A big thank you also to Lauren M, Mille C and Rose H-M who have been fantastic role models and helping to run the tournaments with Mrs Richards.

Lisa Richards Community Competiton and Events Coordinator

Year 7 Benchball - Feb 2025						
	Turing	Yousafzai	Attenborough	Holmes	Angelou	Total
Turing	22.333	5	5	5	5	20
Yousafzai	2		1	1	2	4
Attenborough	1	5		2	5	12
Holmes	2	5	5		5	15
Angelou	1	5	2	1		8

Year & Benchball











This term saw the launch of our first official community competitions event where over 60 students from year 8 came each morning to compete for their community, in a Benchball tournament. There were some very competitive games with the final outcome all pending on the final game. All students showed excellent teamwork, resilience and superb sportsmanship. There were fantastic interceptions to stop winning passes as well as fantastic fingertip catches to score vital points. Holmes ended the tournament victorious after beating Angelou in the last 30 seconds of the final game, it was nail biting stuff. Angelou finished a close second followed by Attenborough, Yousafzai and Turing.

Congratulations to all who took part and well done to Holmes for taking the victory.

Lisa Richards

Community Competiton and Events Coordinator

	Year 8 Benchball - Jan 2025					
	Turing	Yousafzai	Attenborough	Holmes	Angelou	Total
Turing		3	2	2	2	9
Yousafzai	3		3	2	2	10
Attenborough	5	3		3	2	13
Holmes	5	5	3		5	18
Angelou	5	5	5	1		16
	Win = 5	Draw = 3	Loss with 6 on be	nch = 2	Loss with less tha	an 6 = 1

Year 9 Benchball





This week we had our wonderful year 9's take part in their invitational benchball tournament. The attendance from each community was fantastic and matched the wonderfully competitive games of benchball that were played. Once again it came down to the last couple of games to decide the final positions. This week Angelou took the victory, closely followed by Attenborough and Turing in joint 2nd place. Yousafzai took 4th spot and Homes came 5th, all earning valuable points for their communities. Congratulations to all who took part, you were AMAZING!

Lisa Richards
Community Competiton and Events Coordinator

Year 9 Benchball - Feb 2025						
	Turing	Yousafzal	Attenborough	Holmes	Angelou	Total
Turing		5	2	5	2	14
Yousafzai	1		5	5	2	13
Attenborough	5	2		5	2	14
Holmes	2	2	1		5	10
Angelou	5	5	5	2		17





After half term year 10 will be competing, followed by year 11, after their mocks. We will also be launching our next event which is 'Pets do the funniest things' photography competition. All students and staff are allowed to enter, with 2 points awarded for entering and additional points for placing. So get snapping away at your pets, but please do not harm them in any way. More information will be sent to students after half term.

Lisa Richards

Community Competitions Coordinator

Community Reward Trips

Holmes kicked off the spring 2025 term with their KS4 rewards trip to Kings18 in town. Students were selected for a range of reasons, and they all behaved impeccably whilst having a great time. We look forward to more reward trips in the future.

James Beaver **Head of Holmes Community**





SIXTH FORM NEWS

It has been a term of hard work, especially for our year 13s. We were most proud of the way our students approached their mock examinations. We wish all our exam students well in their revision over the coming weeks.

Thank you too to all our students who have been involved in helping out at whole school events, meeting and greeting families, serving tea and coffee and assisting with the school show.

SITH - Sackville Investment and Trading Hub

The '**SITH**' is in full flow with sixth formers excited to be involved in Sackville's very own investment and trading hub. The club, run by Mr Dupoy, will offer sixth formers a chance to try their hand at investment and trading, enabling them to learn key skills within this field. We are excited to educate the next generation of investors and traders here at Sackville!

Student Voice - Have your voice heard!

Sixth form have run numerous sixth form focused student voice sessions in recent weeks, with students given an opportunity to have their voices heard on a range of sixth form specific topics. More sessions will be running after February half term and we look forward to inviting as many sixth formers as possible to be a part of this student voice.

Sixth Form Basketball

The Sixth Form basketball team, had their very first open trials in January 2025. It was wonderful to see so many sixth formers from all different backgrounds giving it a go.

After a selection process, we are proud to announce we have a confirmed Sixth Form basketball team and are in the process of securing fixtures against local schools within the area for this academic year.

Helen Valentine and James Dupoy

Head and Deputy of Sixth Form



Futures - Find It Out Thursday

This term we were lucky to hear from Corporal Si Bransbury from the British Army, Corporal Bransbury spoke to students about the opportunities that the Army has to offer. Students heard about the two routes they can take depending on the qualifications and age when students decide to join. Depending on the section that students want to join enlister can also gain degree qualifications without incurring debt. Students learnt about daily life in the Army, basic training, the huge variety of apprenticeships and qualifications they could gain. Along with professional qualifications there are also opportunities to join sports teams and compete, become instructors in a variety of sports and see many different parts of the world. Did you know that the Army is the number one provider of apprenticeships?





We welcomed local company Hamilton Jet to Sackville and heard about this local company about the water jet propulsion system that they produce. Hamilton Jet is a family owned business with headquarters and factory in New Zealand and bases in East Grinstead and USA. They produce water jet propulsion systems that are sold worldwide and used by services such as the RLNI, Search & Rescue, military vehicles and many more. We want to thank Martin and Michelle for coming in and giving us such an in depth presentation into how the water jet system was developed and works. Students were given the opportunity to ask questions. Hamilton Jet are looking for an apprentice engineer to join their team and what a wonderful opportunity for a young person to gain qualifications as an engineer and travel.

I would like to thank all of our volunteers for coming in and giving up their time to give our students an insight to different industries.

If you would like to be part of our Find it out Thursday program please contact Helen Smith on hsmith@sackvilleschool.org.uk.

Helen Smith **Futures Leader**

SCHOOL TRIPS

In January, We took an amazing bunch of students away on a business trip to Disneyland. They attended a business studies seminar, looking at finance, marketing, customer service, product, price, place and promotion. As well as needing to budget their money, and grow in confidence in decision making, responsibility and navigating around in groups. We were all very proud of them.

Mrs Taylor, Mr Collett, Mr Francis, and Mrs Marker.

Trip Leaders







A group of our intrepid Year 8 students braved the elements on Tuesday 4 February, venturing into a local woodland in East Grinstead for an exciting outdoor learning lesson, focused on survival skills and bushcraft. This hands-on experience provided a fantastic opportunity for students to develop essential teamwork, communication, problem-solving, and leadership skills, all while connecting with nature.

The day was packed with engaging activities designed to teach the principles of basic wilderness survival. Students learned about the crucial elements needed to survive in the wild: shelter, fire, and water. Putting their newfound knowledge to the test, they worked together to construct simple survival shelters, learning practical skills and the importance of collaboration. The session also emphasized the importance of environmental responsibility, with students learning and applying "leave-no-trace" principles to minimize their impact on the woodland environment. This experience not only equipped them with valuable survival skills but also fostered a deeper appreciation for nature and the importance of its preservation.

Andy Parry

Alternative Provision and PE Teacher







On Wednesday 22 January 2025, thirty eager Year 12 and 13 Law and Politics students embarked on an educational trip to two of the most significant institutions in the UK's political and legal landscape: the Houses of Parliament and the Supreme Court accompanied by Ms Benjamin and Mr Morris. The visit provided a unique opportunity for students to witness the inner workings of the country's democratic and judicial systems, bringing their classroom studies to life in a truly engaging way.

The day began at the iconic Houses of Parliament, where students were given a guided tour of both the House of Commons and the House of Lords. They gained firsthand insight into the legislative process, observing the grandeur of the debating chambers and the intricate details of lawmaking. During the tour, students were excited to see and briefly observe political figures Nigel Farage and Angela Rayner, adding a real-world connection to their studies. Following the tour, students engaged in an interactive activity where they formed their own political parties and developed manifestos based on their chosen policies and ideals. Each group then presented their manifesto to the rest of the students, with the session being observed by our local MP, Mims Davies. This hands-on exercise encouraged critical thinking and teamwork while reinforcing their understanding of political party structures and campaign strategies. After an enriching morning in Westminster, the students made their way to the Supreme Court, the highest court in the UK. Here, they explored the role of the judiciary in upholding the rule of law and ensuring justice is served at the highest level. Touring and sitting in the highest courtrooms in the UK and Commonwealth, students were able to reflect on the vital importance of an independent judiciary in a democratic society.

Throughout the day, the students demonstrated curiosity and enthusiasm, asking insightful questions and making connections between their studies and real-world applications. The trip was an invaluable experience, reinforcing key topics in their Law and Politics curriculum while inspiring many to consider future careers in the legal and political spheres. This visit was a powerful reminder of the importance of civic engagement and the role young people play in shaping the future of governance and justice.

Elaine Benjamin CTL of Business, Law and Economics

The trip even made the news - Visit to Parliament







This term, we had the opportunity to go to the Tate Modern Art Gallery in London to get a chance to find inspiration for our final GCSE Art exam. There were many different exhibitions inside, and the interior of the building seemed to go on forever. A lot of the art in the galleries itself was quite peculiar but interesting nonetheless. One installation that was my favourite in particular was a giant tower of various old and modern TVs and radios stacked on top of eachother in uniform rows. It was my favourite because it was the only thing in the entire room as it took up so much space and all of the radios were actually turned on, making this loud mixture of music and static noise. It was a very interesting day as a whole and super fun.

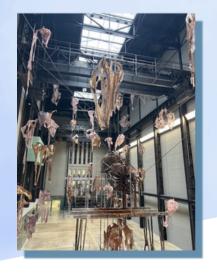
Giuseppe D
Year 11 student



















39 Year 10 students set off this term for a very informative (and cold) few days in Berlin to enhance their understanding of Weimar and Nazi Germany, as well as the impact of the Cold War on Berlin. Student visits included the Reichstag Dome, Sachsenhausen Concentration Camp, remnants of the Berlin Wall (pictured) along with Berlin's underground shelter provision, designed to protect civilians in the event of a nuclear attack.

Students' behaviour was exemplary and they were all a real credit to themselves and to the school. We are very grateful to Mr Turner, Miss Wright, Mr Beaver and Ms Vance for accompanying the students and to Miss McLeod for the extensive trip organisation.

The History Department **Sackville School**











SCHOOL EVENTS

We had a succesful higher education fair for our Year 11 and 12 students this term, where Year 10 students were also invited along to get started with ideas regarding their post 16 options. The sports hall was filled with 35 different universities, colleges and apprenticeship providers offering a wealth of knowledge to our parents and students about what their establishments could offer and how best to get into the employment of their choice.









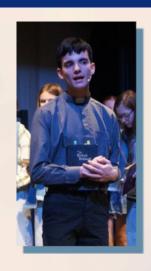




Our school production of Footloose has been a huge success, with the final show going ahead tonight. We had pupils from local primary schools visit us this morning to watch the production, they were heard singing along as they left to return to school, we think they thoroughly enjoyed it. All involved put in so much hard work and showed great dedication to pull this off, giving up their free time to rehearse and design the set. We want to thank everyone from performers, to stage hands and staff, without you all this could not go ahead, you were all amazing. Below are some photos taken by Athena N in Year 13.







SACKVILLE SPORT

The Year 8 boys basketball team took on St Paul's in the Mid Sussex basketball league. It was a fiercely contested end to end game, with St Paul's dominating the first three quarters to lead 26-12. After some squad rotations, Sackville came back hard in the fourth quarter to level the game at 26-26 with 12 seconds left. St Paul's had a sideline ball with four seconds remaining on the clock, but failed to score their lay-up opportunity. The match ended a draw, with Sackville coming back from 14 points down. POMs were Artem, Tom and Felix.





The Sackville basketball team were victim to a heavy defeat against a strong Downlands team. The end score was 13-73. The boys march on to their next game against Michael Hall.



The under 15 girls scraped their way through to the next round of the cup with a thrilling 7-6 win, in extra time.

St Teresa's took an early lead with a solid free kick but Sackville quickly pulled it back to 1-1 with a goal from Stevie C. We then took the lead with two quick goals from Olivia G, but the score then tightened with St Teresa's scoring just before half time to make it 3-2.

Olivia G scored again early in the second half to give a bit of a cushion but again St Teresa's scored two quick goals to level it at 4-4. Lacey then scored what we hoped would be the winner but a late corner from St Teresa's saw the back of the net pretty much on the full time whistle.

Extra time saw us score first but once again St Teresa's clawed it back to 6-6. The game became very scrappy but with just four minutes left, Lacey sent a lovely cross field ball to Mya who finished from distance into the bottom left corner.

The last few minutes were incredibly tense with all of our players behind the ball for long periods of time, which paid off in the end as victory was claimed.

Let's hope the next round is not so intense. PoM went to Olivia G.

Our boys sadly lost 19-52 vs St Paul's in a fast paced explosive game this term. We ended the season on three wins and two defeats, they all played well and should be very proud of themselves.



YEAR 11 BOYS FOOTBALL MID SUSSEX SEMI FINAL

The Year 11s played a good game to come back from 2-0 down.
They deservedly got a goal back through Lewis M but conceded early in the second half again. If this turns out to be this year groups last game together they can hold their heads high!
Standout players were Barney M, Alfie W, George S and Ronnie S.

U13 BOYS FOOTBALL MID SUSSEX RUNNERS UP

The team have not lost a game all season, and were feeling positive. It was a really close game, with both teams having close chances.

Downlands scored first, with Sackville coming from behind in the second half. With the score tied at 1-1 at full time, it went to penalties which sadly went the way of Downlands. It was not the ending we wanted, but it has been a great season for the team.

POM's James B, Coco M and Dylan B









Our Year 11 basketball team came away with a 48-29 win against Downlands.
Great start to the season.
The MVP was Monty.

Our under 13 girls team defeated Wrotham School 3-1 in the Girls National Cup competition. Goals from Eleanor, Coco and Sophie secured the victory. The first half was very tough conditions, but the second half saw the girls come out and seal the victory. The whole team played well, but POM's went to Coco, Sophie and Eleanor







Sackville played away at a windy, cold and wet
Skinners. The A's won 3-1
with an impressive
performance from Kaelen
and Freddie. Special
mention to William for going
in goal for the first time.

The B's sadly lost to a much stronger side. Great to see some new kids playing Hockey for the first time for Sackville, hopefully many more to come.

The under 14 boys Hockey team lost 6-4 against Skinners.
Goals from Charlie, Felix and Arthur.

3-0 down at half time they had it all to chase. The boys dug deep - with Charlie getting a goal within a minute of the second half.
Shout outs to Arthur for his reverse hit into goal and to Charlie for his MOM performance.

Well done to all boys.





U14 boys won 39-0 against
Dorothy Stringer this term.
POTM - Charlie T.
Onto the semi finals on the
Thursday 6 February:
The boys won 31-5 against the
Weald. With a brilliant squad of
23 players all contributing to a
great win.

The U16 netball squad came third in their end of season tournament winning three and losing two. Superb play across the court in some highly competitive games that were played at a very high standard. Defensive PoM - Rachel N. Centre court PoM - Caitlin L. Attacking PoM - Gi C





The under 14 Girls Netball team won 14-11 against Michael Hall. Amazing play by all the team.

The Year 8 girls finished off their Netball league this term and played five games in a row. They did brilliantly with some super shooting from Kara and Sasha.



The U14 girls played Millais School in the Mid Sussex League. The girls played brilliantly and came away 3-0 winners. With only 11 players available due to several injuries, the girls worked tirelessly to gain the win. Several stand out performances, including Stevie-May C who scored two and narrowly missed out on her hat trick. POM (as voted by the opposition) Olivia G who played brilliant in midfield.



AND FINALLY

Scarlett from Attenborough community, represented Sackville in an NSEA Arena Eventing competition yesterday, Scarlett and her pony "Chiddock Sign of the Times" (Luna) jumped all 20 fences clear in the 85cm class and had a quick enough time to be placed fourth out of 30 competitors. Being in the top four has qualified them to represent Sackville for the Arena Eventing National School final held at Hickstead in May. Well done Scarlett.





Ctrl+Alt+Delight! Computer Science has had a truly incredible half term

Computer Science: Hacking, Baking, and Investigating! What a half term it's been!

Our Year 7s have become cyber security sleuths, learning all about hackers and building impressive portfolios while acing their tests! Year 9s have been busy creating a website for EG Sweets, getting a delicious taste of what iMedia GCSE is all about.

But the real showstopper - Our Creative iMedia students. They dove headfirst into a research project, exploring everything from crisp flavor preferences to the great cake debate (homemade vs. shopbought!). They ran focus groups, interviews, and questionnaires - talk about dedication! We're talking serious research skills here, folks. Well done, iMedia superstars!





Tech-tacular Times in Technology!

Wow, what a half term it is been in the Technology department! From gourmet grub to groovy gadgets, our students have been cooking up a storm (literally and figuratively!). Our Year 11 Hospitality heroes whipped up a three-course feast fit for royalty for their exams – talk about pressure cooking! Meanwhile, in DT and Textiles, the creative juices were flowing as students designed and built everything from amplifiers that rock to cushions that comfort, plus some seriously cool jitterbugs and retro games. Talk about a throwback!

Speaking of jitterbugs, this classic Sackville project has gotten a supercharged makeover thanks to Miss Wooley! Our Year 7s are buzzing with excitement (pun intended!) as they've combined their Product Design know-how to brainstorm some seriously inventive bug designs. We can't wait to see these little critters come to life next half term! And that's not all! Our Year 9s have embarked on a brand-new adventure: building their own passive amplifiers. They've been flexing their digital design muscles using OnShape CAD/CAM software and are now gearing up to bring their creations to life. Get ready to crank up the volume!

A huge shout-out to our amazing Year 11 and 13 students who have now completed their NEA builds – a whopping 50% of their final grade! From horse tack boxes to artistic masterpieces and educational games, the craftsmanship has been absolutely top-notch. We're so proud of all their hard work!

We're already looking forward to next half term and the excitement of Options, where we can't wait to see the incredible projects our students have in store. Stay tuned for more tech-tastic updates!





HELPFUL LINKS

School Calender

For all up to date events in the school for years 7 through to 13 - click **here**

Sports Calender

For all up to date sporting events in the school for years 7 through to 13 - click **here**

<u>SOCS - School Online Communication System</u>

(Password RH19Sports)

Term Dates and Inset Days

For all term dates and inset days - click **here**

<u>Helplines</u>

Mind - Website access here or call 0300 1233393

Sussex Partnership NHS Foundation Trust - Website access <u>here</u> or call <u>0800 0309500</u>

Samaritans - Website access <u>here</u> or call 116 123

Young Minds - Website access <u>here</u> or text 'SHOUT' to 85258 (24/7)

Childline - Website access here or call 0800 1111

Sleep disorders - Website access <u>here</u> or call 111

Eating disorders - Website access <u>here</u> or call 01444 472670 (Option 4)

General concerns - Website access to range of helplines <u>here</u> if you are worried about your child.

