

Families' Bulletin

Week commencing Monday 25 April 2022

HEADTEACHER'S MESSAGE

This week's group for Hot Chocolate was once again an absolute delight to spend time with. Students from years 8-13 were nominated for their fundraising efforts, Immi pictured here raised over £200 herself by making and selling ribbons for the Ukraine appeal.

Other students were nominated for their excellent work across a number of subjects including German and Business and our sixth formers were nominated for coming first in the British Street Dance Championships and for demonstrating outstanding leadership skills by chairing a student panel for our recent Deputy Headteacher interviews. Such great talent and potential we have amongst our students.



Please click here for my end of term letter.

With the very best wishes for the Easter break.

Jo Meloni

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School Notices

The Sackville Way – reprinted from last week for information

Mr Street writes:-

It was my pleasure to speak to students this week in assemblies about what we as a school are calling the **Sackville Way**. This is essentially the pro-social behaviours that we expect of all members of our community and are based around three simple characteristics; **respect**, **kindness** and **positivity**.

I explored with students what each of the characteristics looked like. **Respect** was not only about respecting staff and peers but diversity, the school environment and themselves.

Kindness was about assisting one another and those less fortunate than themselves. It also involved reporting any poor behaviour and that they should look at passing on a little bit of kindness each day.

Positivity was about their approach and mind-set towards school and their studies, being ambitious and recognising that they could achieve their goals.

I also took the opportunity to remind students of some of the areas we have been working on this half term around **attendance** and **punctuality** and informed them that this would continue after Easter but alongside this we would be focusing on students wearing the correct **school uniform**.

As the weather warms in the summer term, no coats will be allowed to be worn inside school nor will jumpers which are not the school jumper. We are also banning hoodies with the exception of the Sackville PE hoodie which can be worn for PE. So these should not be brought to school.

We will also be reviewing our mobile phone policy and implementing any changes in the second half of the summer term. Further details regarding this will be shared after Easter.

Key I	Dates
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	Rey Dates
Monday 25 April	Year 12 geography trip returns
Thursday 28 April	Year 9 teenage booster
	Junior Maths Challenge
	Year 12 parents' evening, 3-7pm
Friday 29 April	Y11 dance/performing arts external assessment
	We Will Rock You viewing for cast and crew, 3-5pm
Monday 2 May	BANK HOLIDAY
Tuesday 3 May	A2 art and textiles exams
	Year 13 performing arts assessment
	Year 10 exam information evening (to be confirmed)
Wednesday 4 May	A2 art and textiles exams
Thursday 5 May	Year 7 parents' evening, 3-7pm
Wednesday 11 May	Last day of year 13 teaching
Friday 13 May	Year 9 business and enterprise trip to Drusillas
	Year 10 reports issued
Monday 16 May	Public exams begin, 3+2 timetable
Monday 23 May	Y12 philosophy trip to Southampton University

Year 8 reports issued

Remember you can see the full parents' calendar here.

Wednesday 25 May

Wellbeing Weekly

Mrs Nibloe writes:-

Did you know that April is Stress Awareness Month?! I didn't until a colleague mentioned it to me. Stress is something that affects us all and this time of year our exam year groups are especially prone to it. Stress can present itself in a number of ways; some of these are the inability to sleep, poor concentration and regularly feeling on edge, anxious, nervous and/or irritable.

Our teenagers have also lived their whole lives where they have had instant access to all aspects of celebrities and others' lives, this can add another layer of pressure around how to be, look, what to have and models "what success looks like". Add to this the impact of the two year pandemic and current events in Ukraine it is no wonder we all may have less tolerance at the moment. The organisation Young Minds has pages for parents with ideas on how they can talk to, help and support their teens and some of their ideas may also help us adults too. Whilst stress can't be avoided it can be managed and building mental resilience is key to this. Adopting small habits that promote wellbeing and doing them on a daily basis helps to increase positive mindsets. These small habits cover a broad range of activities from expressing gratitude, relaxing, getting physical and eating well.

If you are up for a challenge, perhaps you could work your way through this 30 day challenge based on reducing our stress this month.

Finally, a reminder from me to let me know if there is anything you'd like covered in this wellbeing section by completing this survey.

Stress Awareness Month

PHYSICAL

1) LEAVE YOUR PHONE AT HOME





PUT THE 'NO' INTO 'NOTIFICATIONS'

(4) APP-LY YOURSELF



GO TOTALLY TECH FREE Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours.



STREAM SOME STRESS AWAY





LAUGH YOUR CARES AWAY They say laughter is the best medicine
And they re right! Make time to watch
classic TV or movie clip that always
makes you giggle.

TAKE A BREATH... OR TWO

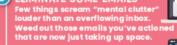
(10) PUSH THE ENVELOPE!

MENTAL

1 SOUNDS RELAXING



3 ELIMINATE SOME EMAILS





Tidy up your Twitter and streamline yo Snapchat. Unfollow accounts, leave gr hide updates – all the stuff you never l



It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress.



8 PEACE IN A POD



De-clutter your phone: notification camera roll, unused apps. Your ph will benefit and so will your brain!

(IO) HELP YOURSELF

Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better.



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EMOTIONAL

1 FABULOUS FACETIME

2 SPREAD SOME GOOD VIBES Choose your favourite post of the day from your social feeds and share it.



3 CUTE, CUDDLY AND CALMING

An old school classic: just google imag search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better!



(5) BRIGHTEN THEIR DAY

Share some love! Message someone them that you're thinking of them.



7 LIKE THIS, LIKE THAT

Spread some positivity by reacting to your friends' social posts.

Sprinkling those hearts and thumbs up will make you feel happier, too.



(8) START ON THE FRONT FOOT





(10) SHARE SOME LOVE





For further info about Stress Awareness Month and more resources to help reduce stress, visit www.stress.org.uk/stressawarenessmonth/

