



# Sackville School

TOGETHER WE ACHIEVE



## 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 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 <i>We Will Rock You</i> 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
Wednesday 25 May	Year 8 reports issued

Remember you can see the full parents' calendar [here](#).

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 30-DAY CHALLENGE

It's fair to say that the past 12 months have been more demanding than most of us would have imagined. A recent study by the Stress Management Society found that 65% of people have felt more stressed since the pandemic began. Even before Covid-19, modern life had created an epidemic of anxiety, with high stress levels damaging the health of millions. To mark the start of Stress Awareness Month, we're joining in with the Stress Management Society's 30-day challenge. Below, we've given you 30 tips to get you started: each day, simply pick a stress-busting action to complete from our categories and give your physical, mental and emotional wellbeing a lift. Why 30 days? Because that's how long it takes for an action to become a habit. Our social media details are at the bottom of the page – let us know how you're getting on as the month progresses!

## PHYSICAL

- 1 **LEAVE YOUR PHONE AT HOME**  
Now the weather's turning nicer, go for a long walk ... without your phone! 
- 2 **EAT WELL, FEEL WELL**  
Find a recipe online for a tasty, healthy meal. Eating well is a great way of reducing stress. 
- 3 **PUT THE 'NO' INTO 'NOTIFICATIONS'**  
Turn off ALL your phone's notifications for the day. No pings, no FOMO, no distractions. 
- 4 **APP-LY YOURSELF**  
Download one of the thousands of fitness apps that can help banish stress – from crunches to push-ups to simply counting your daily steps! 
- 5 **GO TOTALLY TECH FREE**  
Digital detox: organise a tech-free family day. No phones, no consoles, no tablets for 24 hours. 
- 6 **STREAM SOME STRESS AWAY**  
Find a new workout or yoga routine on YouTube and try it out. Exercise is stress kryptonite! 
- 7 **TIME FOR A CUPPA**  
Working from home? Take regular screen breaks. Even just five minutes can do the trick! 
- 8 **LAUGH YOUR CARES AWAY**  
They say laughter is the best medicine. And they're right! Make time to watch a classic TV or movie clip that always makes you giggle. 
- 9 **TAKE A BREATH... OR TWO**  
FitBits and Apple Watches have built-in breathing exercises to lessen stress. If you don't have wearable tech, YouTube has lots of breathing exercise videos. 
- 10 **PUSH THE ENVELOPE!**  
Write and post a card or a letter to a loved one. It'll make them feel good too! 

## MENTAL

- 1 **SOUNDS RELAXING**  
Stream some stress-busting audio. Ocean waves, jungle sounds or ambient music are a blissful way of winding down before bed. 
- 2 **WELL, FANCY THAT**  
Go online and learn something new. Just any random fact that you didn't know this morning! 
- 3 **ELIMINATE SOME EMAILS**  
Few things scream "mental clutter" louder than an overflowing inbox. Weed out those emails you've actioned that are now just taking up space. 
- 4 **BEAT THIS**  
Create a feelgood playlist on your phone ... all those tracks that never fail to give you a boost! 
- 5 **CLEANSE YOUR SOCIAL MEDIA**  
Tidy up your Twitter and streamline your Snapchat. Unfollow accounts, leave groups, hide updates – all the stuff you never look at. 
- 6 **LET THEM WAIT**  
It's OK not to reply to friends' messages immediately. Maintaining a chat when you're already busy can create more stress. 
- 7 **GET PRODUCTIVE**  
Download an app to boost your productivity and help combat stress. It could be a sleep monitor, a memory training app or a 'to-do' list manager. 
- 8 **PEACE IN A POD**  
There are some brilliant stress management podcasts out there. Fire up your podcast app and see which ones appeal to you. 
- 9 **SPRING CLEAN YOUR PHONE**  
De-clutter your phone: notifications, the camera roll, unused apps. Your phone will benefit and so will your brain! 
- 10 **HELP YOURSELF**  
Apps like SAM (Self-help for Anxiety Management) can help you to understand and manage your stress levels better. 

## EMOTIONAL

- 1 **FABULOUS FACETIME**  
Video call a friend or family member, just to catch up. Or, if you have time, do both! 
- 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 image search "adorable kittens" or "cute puppies", whatever. It literally never fails to make your day better! 
- 4 **READY PLAYER ONE**  
Gaming is good! The achievement and enjoyment you get from progressing can really lift your mood. Just don't play too long! 
- 5 **BRIGHTEN THEIR DAY**  
Share some love! Message someone just to tell them that you're thinking of them. 
- 6 **U OK HUN?**  
Go online and reach out to someone you think might be struggling with stress too. Just talking about it can help both of you. 
- 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**  
Set an automated reminder about something you were proud of today. Time it to go off within an hour of getting up tomorrow. 
- 9 **PIC AND CHOOSE**  
Scroll through your phone's camera roll. When you find a pic that makes you smile, share it with whoever else is in it! 
- 10 **SHARE SOME LOVE**  
Someone you know achieved something special? Go online and publicly congratulate them! 