



Sackville School

TOGETHER WE ACHIEVE

Families' Bulletin

Week commencing Monday 31 January 2022

*Welcome to our new look weekly bulletin for Sackville Families. Having taken some recent feedback from families and reviewed our regular communication, we wanted to trail a slightly different format. Our aim will be to send out a 'Families Bulletin' on a weekly basis, giving you up to date, and regular information that you might otherwise get in a number of separate communications from us. We will then use the **Sackville News** to celebrate all of the fantastic things our students achieve on either a termly or half termly basis.*

We would welcome your views on both of these matters and will share a feedback form in our last bulletin before half term.

HEADTEACHER'S MESSAGE

Coming to the end of my 4th week here and Sackville already feels like home. I had the pleasure of welcoming two more groups of parents/carers to our 'Meet the Head' evening on Monday evening and am grateful to those who were able to attend. I appreciate that it may be challenging for some to travel into school at the moment, so as a follow-up to these sessions, I will be recording a short video which I will include as part of this message next week.

In other news this week, Year 13 are settling back into lessons after a week of mock exams to help prepare them for their final exams in the summer. Just as with Year 11 before Christmas, these exams will help both them and their teachers gauge where their strengths lay, as well as identifying areas for development. The key now is for both year groups to work steadily yet consistently and frequently, on building up their knowledge and skills and understanding as we move through the next few months.

Also this week I have been dropping into lessons and meeting student groups such as the Student Senior Team. Students delivered a fantastic presentation highlighting all of the wonderful work they have been doing with students from across all year groups and the wider community. They are already having a great impact on the school and I am looking forward to seeing how their plans develop over the coming months.

Finally, if you have not yet done so please follow my personal Twitter blog [@SackvilleHT](#) to see regular weekly highlights from me and [@Sackville_EG](#) on Twitter or [@sackville_eg](#) on instagram for the main school accounts. For school news as it happens, you can also visit our [website](#).

Best wishes for the week ahead.

Jo Meloni

School Notices

COVID Vaccinations

A reminder to parents of 12-15 year olds that the COVID-19 Immunisation Service is returning to Sackville School on Tuesday 8th February to offer your child their COVID-19 Dose 1 (if they have not already had it) or Dose 2 vaccination. [Consent for this is essential](#) so please follow the instructions in this [information](#) carefully.

Mr Bush (Assistant Headteacher)

Canteen Queue

Now we are no longer using the pre-order app, we have been able to expand our provision of food in the canteen. We are now able to serve breakfast once again, and have added additional items to our lunchtime menu served by an additional queue.

We hope these more normal arrangements will serve our community better!

Warm Welcome

I used my assembly this week to speak to year groups about welcoming refugee students into our school community over the next couple of weeks. The assembly focused on the challenging experiences many of these young people faced in their country of origin and for some, the perilous journey they had to reach the UK. There was a particular focus on the great work Afghan families did in assisting the British Army and Government over the last 20 years in supporting the coalition government.

Mr Street (Deputy Headteacher)

Parent Governor

We are currently looking for a parent governor for the school, and wrote to families about this on Wednesday. The governing body exists to support and challenge the school in delivering the best education it can for its students. You can read the letter [here](#).

Year Notices

Year 8 and Year 9

HPV

HPV injections for year 8s (first dose) and year 9s (second dose) are next Thursday. Parents must [give consent](#). There is an [information leaflet from Public Health England](#) available on our website.

Any year 9 students who missed the first dose can have that on Thursday.

Key Dates

Tuesday February 1	Whole School Learning for Life (diversity)
Thursday February 3	HPV vaccinations
Monday February 7	Year 8 options information issued
Tuesday February 8	Second COVID vaccination clinic
Wednesday February 9	Year 13 monitoring grades issued
Thursday February 10	Year 7 reports issued
Thursday February 10	Year 13 parents' evening
Friday February 11	Year 8 Monitoring grades issued
Wednesday February 16	School show: <i>We will Rock You</i>
Thursday February 16	School show: <i>We will Rock You</i>
Friday February 16	School show: <i>We will Rock You</i>
Monday February 21 –	Half term
Friday February 25	

Wellbeing Weekly

Each week we will include an item on wellbeing that you might like to use at home as a family.

This week's wellbeing activity comes from [Action for Happiness](#), they are a group who are determined to build a happier and more caring society. Action for Happiness believe that we can become happier and more content by directing our intention out onto the happiness of others instead of focusing solely on our own happiness.

Each month Action for Happiness produce a calendar with small acts detailed for each day, this month it is **Friendly February**. We have sent this out to form tutors with positive feedback and thought you might like to use some of the ideas at home.

Here are a few examples of the comments we have received back from colleagues/parents:

"I read out the quote of the day in the office and it really gives us food for thought as well as a lift."

"The daily actions give me a boost when I am feeling low on energy and also help when the day is dark and cold. I find they help me focus and help lift my state of mind for the day."

"I like having a quick look and pick two or three things and think about those over month."

"It helped my daughter through the lockdown, especially when she couldn't go back to university".

"I have downloaded the app and find the evening thought really resonates with me, I have taken to writing some of them on post-its around my house."

Friendly February 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Send a message to let someone know you're thinking of them
- 2 Ask a friend how they have been feeling recently
- 3 Do an act of kindness to make life easier for someone
- 4 Organise a virtual 'tea break' with a colleague or friend
- 5 Make time to have a friendly chat with a neighbour
- 6 Get back in touch with an old friend you've not seen for a while
- 7 Show an active interest by asking questions when talking to others
- 8 Share what you're feeling with someone you really trust
- 9 Thank someone and tell them how they made a difference for you
- 10 Look for good in others, particularly when you feel frustrated with them
- 11 Send an encouraging note to someone who needs a boost
- 12 Focus on being kind rather than being right
- 13 Smile at the people you see and brighten their day
- 14 Tell a loved one or friend why they are special to you
- 15 Support a local business with a positive online review or friendly message
- 16 Check in on someone who may be struggling and offer to help
- 17 Appreciate the good qualities of someone in your life
- 18 Respond kindly to everyone you talk to today, including yourself
- 19 Share something you find inspiring, helpful or amusing
- 20 Make a plan to connect with others and do something fun
- 21 Really listen to what people say, without judging them
- 22 Give sincere compliments to people you talk to today
- 23 Be gentle with someone who you feel inclined to criticise
- 24 Tell a loved one about the strengths that you see in them
- 25 Thank three people you feel grateful to and tell them why
- 26 Make uninterrupted time for your loved ones
- 27 Call a friend to catch up and really listen to them
- 28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together