



Sackville School

TOGETHER WE ACHIEVE



Families' Bulletin

Week commencing Monday 28 March 2022

HEADTEACHER'S MESSAGE

I don't know about you but this week's warm weather has certainly been well received by us all. We are also delighted about the amount of money we raised for the UNHCR in Ukraine – well over £2000.

I had the pleasure of meeting some families this week as we ran our first Parents' Focus Group of 2022. We explored key features of a new behaviour policy centred on rewards and positive relationships, uniform and sixth form dress code, mobile phones, and how we can best communicate students' progress at different stages of their school life. These discussions were really valuable in helping to develop future school improvement work and I am hugely grateful to the families who gave up their time to attend.

I had the pleasure of meeting with eight students from across a variety of year groups for this week's #HotChocFriday. Students were nominated for a variety of reasons including excellent attitude to learning and supporting other members of the Sackville community, as well as a World Book Day competition winner and a variety of examples of outstanding student leadership. Well done to them all.

Have a lovely weekend.

Jo Meloni



School Notices

Have you considered becoming an exam invigilator?

These roles are seasonal, flexible and a great opportunity to support your children's education by contributing to the successful delivery of exams. **We are always looking to add to our team**, but there are opportunities everywhere if you are not local to the school or have a friend or relative interested who lives elsewhere.

Find a role here <https://www.theexamsoffice.org/invigilator-recruitment-map/>

Year 11

GCSE Information Evening

Mr Millican writes:-

Just to follow up yesterday's email message, we are delighted to invite year 11 families to our **Year 11 GCSE Information Evening** on Monday 4th April in school from 5.00pm-6.00pm. The meeting will cover three main topics. These will be delivered in a carousel format with the opportunity for a Q&A with senior staff to ask any questions you may have. The topics are

- managing exam stress and anxiety
- supporting your child with their revision
- support in the lead up to and through the exams.

I really encourage Year 11 families to attend the evening with you and look forward to seeing you all in person.

Kind regards

Alex Millican
Leader of Year 11

GCSE revision sessions after school

In the meantime, we have our **programme of after school revision sessions** running for year 11s. These are another great opportunity for students to get some out-of-lesson help from their teachers.

Subject	Tier/CW	Location	Staff
Monday			
Computer science	All welcome	C01	Mr de Souza
Tuesday			
English		D05	English Team
Physics	On rotation (see poster)	A22	Physics
Geography	All GCSE geographers	C05	Geography team
Wednesday			
English		D05	English Team
Biology	On rotation (see poster)	A28	Biology
French	Both	B14	Mr Green
Geography	Grade 7-9	C04	Mr Gerretsen
Maths	Higher	M05	Mr Hatton
DT	All	T02 & T03	Mr D'Urban Jackson
DT	Those that need to finish coursework	T03	Mr Martin
DT	Textiles	T09	Mrs Pope
PE	All welcome	P13	Mrs Richards
Thursday			
Chemistry	On rotation (see poster)	A35	Chemistry
Maths	Foundation	M02	Mr Millican
Sociology	11D/11C	C01	Ms Porter
English	11V2A	D16	Ms Wernham
Friday			
Textiles	All	T09	Mrs Pope
DT	All	T02 & T03	Mr D'Urban Jackson

Key Dates

Saturday March 26 - Sunday March 27	Bronze Duke of Edinburgh practice weekend
Monday March 28	Year 13 Mock 2 exams (till Friday)
Thursday 31 March	Year 11 parents' evening
Monday 4 April	Year 11 hospitality exams Year 11 performing arts/dance exams
Tuesday 5 April	Year 7 celebration assembly, 1.35pm
Wednesday 6 April	Gym and Dance Display
Thursday 7 April	Mims Davies MP talking to year 12 Year 7 Celebration Assembly, 1.35pm
Friday April 8	Year 13 A level drama assessment End of term, 2.35 pm

Wellbeing Weekly

Mrs Nibloe writes:-

Last Friday was World Sleep Day, I must have been napping to have missed it! We spend a third of our life asleep and it is essential for our mental and physical wellbeing. Sleep allows our brain and body to recover, and it is advised adults get seven to nine hours with teenagers and younger children benefiting from more.

During sleep our breathing and heart rate slow down and our muscles also relax. Experts can't seem to agree on the role dreams play, but they are important. Some suggest that our dreams may be ways of confronting emotional difficulties in our life. Others believe that it is for fight-or-flight (our primitive hardwired response to anxiety) training. Dreams are also believed to facilitate our creative tendencies. They are also useful in processing the day that has gone and to create store memories. Some of us don't remember our dreams, but we do all have them. If you'd like to get some more sleep, [the NHS](#) have some helpful suggestions.

Fundraising



Mr Beaver of our history department and a group of his friends are raising money next month for the **Kent, Surrey and Sussex Air Ambulance**.

This is great cause and has been chosen because the service was instrumental in airlifting the mother of one of the friends to hospital in April 2019 after a cycling accident. Though her life was saved on the day, she sadly passed away from her injuries a year later.

The friends are running the **Brighton Marathon** on April 10th, followed by **cycling to Amsterdam** in four days, a distance of 300 miles.

Many of our community ride bikes and too many of us know people who have been involved in serious accidents. The group have a [GoFundMe page](#) if you would like to support their amazing efforts.

