



Sackville School

TOGETHER WE ACHIEVE



Families' Bulletin

Week commencing Monday 7 March 2022

HEADTEACHER'S MESSAGE

Welcome back. I hope that you all had an opportunity to get some rest and time with family and friends over the break and that storm Eunice didn't cause too much damage. It is never an easy decision to make when considering whether to close the school, but when the safety of our community is at a high-risk level and with clear guidance from the Met Office and later the local authority, I am secure that we made the right decision and grateful for how quickly staff switched to prepare virtual learning for the day.

Staying on the theme of geography, the meteorological start to Spring earlier this week has certainly given us a sense of bright, calm positivity around the school as we start this new half term.

It was a pleasure this week to welcome the first students who had been nominated to attend the inaugural #HotChocFriday with the Head. This is a new initiative where students are recognised for their work, outstanding attitudes and contributions made to the Sackville community. Well done to these 7 students from across years 7-13.



I have been impressed by the way in which Year 11 have come in so focused and ready for their mock exams this week. Years 7-10 have enjoyed having their 'fun' photos

taken with our external photographers and it was wonderful to see so many families in attendance on Thursday for the Year 8 Options Evening. The Sixth Form have been equally busy with most of Year 12 going out on a UCAS visit today and our student leaders getting into action to help organise some immediate support for those impacted by the terrible news around what is happening in Ukraine.

Our thoughts are with all the families who have and will continue to be impacted and we have spent some of the tutor time this week in all year groups helping them to make sense of what they may have seen and heard in the news.

I am sure you will join me in wishing Year 11 well for the second week of mocks next.

Have a wonderful week.

Jo Meloni

Covid Guidance

Mr Bush writes:-

We have updated our Covid guidance to parents after the announcement by the government on 23rd February which is available on our website [here](#). There two particularly important points to be aware of:

- Students testing positive **must still self-isolate** for 5 full days, then begin daily testing and only return after two negative tests 24hrs apart, or on day 11, whichever is sooner. Please keep year teams informed of the situation should your child test positive.
- **Twice weekly testing is no longer required.** As such, we will **no longer be supplied with Lateral Flow Tests** (LFTs) by the government, so if you require test packs for use after a positive case they must be ordered directly using [this link](#). No further packs will be issued to students.

Thank you

UNHCR (The UN Refugee Agency) - Non-Uniform Day, Friday 18th March 2022

Mr Street writes:-

This term's non uniform day will be held on **Friday 18th March**. In response to parental feedback, we will be asking each student to contribute £1.00 if they wish to take part.

Following Mr de Souza's assembly outlining the current crisis in the Ukraine, students have expressed a preference in supporting the UNHCR. The money collected by this event will therefore go to supporting families fleeing the Ukraine war.

In order to keep good order on non-uniform day, students are asked to be sensible and to wear clothing that is appropriate for a school environment; there should be no offensive logos on t-shirts or other clothing. Students may if they wish wear something yellow or blue as these are the national colours of Ukraine.

Some students are keen to raise money through sponsorship; they should discuss their ideas with their year leader and collect an official sponsorship form from the year office.

I look forward to a very successful and enjoyable day.

Year Notices

Year 11

Mr Millican writes:-

Year 11 have had a fantastic first week as usual. They have been punctual and highly supportive of each other.

Just a reminder that on **Wednesday 9th March students will be allowed to leave site at the end of Period 2** to go home and prepare for their last exams. This will hopefully give them a good chance to recharge as well.

As the weather/temperature improves I am requesting that outdoor jackets and non-school uniform jumpers are removed. This is the policy for the external exams in the summer so it's important that students get used to this. I also need to remind students about the need for their **mobile phones and watches to be in their bag**. This is purely a case of students forgetting rather than anything sinister, but in the formal exams this is grounds for disqualification so it is important to get them into good habits.

I hope they and you manage to have a restful weekend intertwined with some revision.

Key Dates

Monday March 7	Deadline for year 8 options forms
Wednesday March 9	Observatory open evening
Wednesday March 16	Year 8 trip to Neasden Temple and Southall Gurdwara (B&V)
Thursday March 17	Year 12 politics trip to nuclear bunker Year 9 parents' evening
Friday March 18	Year 11 Shakespeare workshops
Tuesday March 22	Year 13 politics revision trip
Wednesday March 23	Year 12 visit to St John's College Year 13 sociology revision trip Year 13 travel trip to Harry Potter World
Thursday March 24	Whole school Learning for Life sessions Sixth form HE Fair, 4.30 – 6.30 pm Year 13 study leave
Friday March 25	Year 13 study leave Years 9, 10 (BV) and 11 grade sheets issued
Saturday March 26 - Sunday March 27	Bronze Duke of Edinburgh practice expedition
Monday March 28	Year 13 Mock 2 exams (till Friday)
Wednesday 30 March	Primary Dance Festival
Thursday 31 March	Year 11 parents' evening
Wednesday 6 April	Gym and Dance Display
Thursday 7 April	Mims Davies MP talking to year 12
Friday April 8	End of term, 2.35 pm

Wellbeing Weekly

Please find below **March's wellbeing calendar**. If committing to a different action each day isn't something you'd like to do, perhaps saying you'll do one thing every day in March is. You could

- walk or run a mile each day and really stay present in the moment by noticing what you can see and hear
- do Yoga each day and reconnect your mind and body
- make a point three times each day to pause and take three deep breaths
- spend 10 minutes less each day on your phone (you could even build this one up each day!)
- write down three things each evening you are proud of or grateful for from that day
- write down three things each morning you are looking forward to (you could even, perhaps, combine this with the previous one!)
- pay attention to what you are eating, really savour the flavour and texture
- take time to eat your breakfast/lunch away from your desk and screen/s

Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Set an intention to live with awareness and kindness
- 2 Notice three things you find beautiful in the outside world
- 3 Start today by appreciating your body and that you're alive
- 4 Notice how you speak to yourself and choose to use kind words
- 5 Bring to mind people you care about and send love to them
- 6 Have a 'no plans' day and notice how that feels
- 7 Take three calm breaths at regular intervals during your day
- 8 Eat mindfully. Appreciate the taste, texture and smell of your food
- 9 Take a full breath in and out before you reply to others
- 10 Get outside and notice how the weather feels on your face
- 11 Stay fully present while drinking your cup of tea or coffee
- 12 Listen deeply to someone and really hear what they are saying
- 13 Pause to watch the sky or clouds for a few minutes today
- 14 Find ways to enjoy any chores or tasks that you do
- 15 Stop. Breathe. Notice. Repeat regularly
- 16 Get really absorbed with an interesting or creative activity
- 17 Look around and spot three things you find unusual or pleasant
- 18 If you find yourself rushing, make an effort to slow down
- 19 Appreciate nature around you, wherever you are
- 20 Focus on what makes you and others happy today dayofhappiness.net
- 21 Listen to a piece of music without doing anything else
- 22 Notice something that is going well, even if today feels difficult
- 23 Tune into your feelings, without judging or trying to change them
- 24 Appreciate your hands and all the things they enable you to do
- 25 Focus your attention on the good things you take for granted
- 26 Choose to spend less time looking at screens today
- 27 Cultivate a feeling of loving-kindness towards others today
- 28 Notice when you're tired and take a break as soon as possible
- 29 Choose a different route today and see what you notice
- 30 Mentally scan your body and notice what it is feeling
- 31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together

Self-Injury Awareness Day

Tuesday was **Self-Injury Awareness Day**. West Sussex County Council have put together some resources to support students and families, and you can [find them here](#).

Self-injury awareness day
1st March 2022

Young people & parents and carers

<p>FREE recording of the Self-harm: Parent and carer session from the 11th of May with the Charlie Waller Trust (Access password: WestSussexCC11051). This self-harm session is for parents and carers of a young person engaged in or at risk of engaging in self-harming behaviour.</p>	<p>Self-harm in the community: Awareness and signposting for parents and carers engagement page</p> <p>Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support</p>	<p>FREE Self-harm Learning networks for parents and carers - Parents and carers will receive log in details once they have accessed a virtual workshop. This will give them access to recordings and resources shared within the session specifically on self-harm.</p>
<p>Calm Harm Calm Harm is an app designed to help people resist or manage the urge to self-harm.</p>	<p>Coping with self-harm for parents and carers - see the Charlie Waller Trust website. A guide for parents and carers is also available as a hard copy or for download from the Charlie Waller Trust website.</p>	<p>Alumina - free online support programme for 14-19-year-olds struggling with self-harm and wanting to move towards recovery.</p>
<p>Sussex Mental Healthline for telephone support and information 0800 0309 500</p>	<p>Young minds: A guide for young people on self-harm</p>	<p>The West Sussex Local Offer helps you find information about local services, support and events for children and young people aged 0 - 25 years who have special educational needs or disabilities (SEND). You can also find childcare via the West Sussex Family Information Services website.</p>
<p>e-wellbeing is a digital wellbeing service for young people run by YMCA Downlink Group. Their aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place at a time that is right for them</p>	<p>Your Space is a website specifically for young people in West Sussex. It has information and news on careers, education, life, leisure, health and where to find support.</p>	<p>Mind Ed for families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.</p>
<p>Conversation starter ideas</p>	<p>West Sussex Mind free self-harm e-learning. To book a place, see the Eventbrite website.</p>	<p>Young minds parents helpline - see the Young Minds website</p>

CD Phoenix Sussex Netball Club

U13 / U14 REGIONAL SQUAD NETBALL TRIALS

- 🏐 **31 March** | Imberhorne School, Imberhorne Lane (indoors) | 6:00 - 7:45pm
- 🏐 **28 April** | East Grinstead Sports Club (indoors) | 6:00 - 8:00pm

CD Phoenix is one of the largest and longest running clubs in the region, recently celebrating 28 years, with teams ranging from our U7s up to the Senior Open Squad. Qualifying players for this age group will currently be in Years 7 or 8.

Our U14 squad has competed in National Finals and the club has a leading elite performance programme to take players to the next level.

To register interest and request information, email us now: beccakel@hotmail.com



CD Phoenix NC has Gold CAPS accreditation



CD Phoenix Sussex Netball Club

U16 REGIONAL SQUAD NETBALL TRIALS

- 🏐 **31 March** | East Grinstead Sports Club (indoors) | 6:45 - 9:15pm

CD Phoenix is one of the largest and longest running clubs in the region, recently celebrating 28 years, with teams ranging from our U7s up to the Senior Open Squad. Qualifying players for this age group will currently be in Year 9 or 10.

Our U16 squad has competed in National Finals and the club has a leading elite performance programme to take players to the next level.

To register interest and request information, email us now: beccakel@hotmail.com



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A message from Brighton and Hove Albion

To celebrate **International Women's Day**, we are inviting your affiliated clubs to attend our Women's Super League game at The People's Pension Stadium against Arsenal.

The fixture against the league leaders will take place on Sunday 13 March, with a 6.45pm kick-off and we'd love you to join us to make it an atmosphere to remember! Having already broken the record attendance at our home ground in Crawley once this year, the women's side are looking to go one better by beating it again for the second time.

That's why we are inviting schools and clubs like yours, from across Sussex across all sports, to join us for what is set to be an exciting fixture.

Tickets are available to book [now](#). Ticket prices are as follows;

- Book as a group of 10 or more and all tickets are £2
- Book as a family (2 adults + 2 U18s) for £15
- Book as an individual using the code **21WEUROREC** for £1 off
- Adults from £6, Juniors/Concessions from £3

