

SUNNYDOWN SCHOOL

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Friday 12th November 2021

Dear all who are associated with Sunnydown,

We see much of our time spent with the young men at Sunnydown as an opportunity to help them develop resilience. However, what is resilience and is there some additional reading that can be undertaken outside of school to learn about this thing?

It has been suggested that our ability to deal with hard things or bad news (being resilient) is determined by 3 P's and that these P's are ways that we see the world:

1. Personalisation
2. Permanence
3. Pervasiveness

Personalisation is thinking that the problem or bad news is yourself, instead of considering other outside things that have caused it. Realising outside factors have caused a bad situation allows us to reduce the blame and criticism we put on ourselves.

Permanence is thinking a bad situation will last forever. Those who think setbacks are temporary have an improved ability to accept and adapt for the future.

Pervasiveness is thinking a bad situation applies across all areas of your life, instead of only happening in one area. People who think bad situations are pervasive feel that all areas of their life are impacted. This can make it hard to carry on.

Parents, young men and staff who wish to learn more about resilience and possibly the three P's could Google '3Ps of Emotional Resilience' or even visit the Mind website linked below.

<https://www.mind.org.uk/>

Sunnydown is directly experiencing the impact of Covid right now, and the collective resilience of families, students and staff will be tested in coming weeks. Comprehensive information was sent last night following advice from UK Health Security Agency regarding our contingency plans to help reduce the impact. However, it is important to note

that official advice is that the number of cases will rise, not only at Sunnydown but in the wider community. Thank you for your support in our request for a Sunday LF test. The information that you share with us following this test will help determine next steps which may include but is not limited to returning to bubbles.

Covid has impacted on our plans for our Year 9 parents evening, scheduled for Wednesday 17th November though I understand that Mr Lord has been in communication with families. These will now be online via Google Meetings. Covid has impacted on our ability to offer a ski trip this year as it has been cancelled. Covid might impact our Florida trip scheduled for February.

Covid might impact on the GCSE exams in Summer. The exam boards have just released substantial guidance regarding what they expect schools to be doing in advance, to prepare for this possible disruption. Once we have reflected on how this guidance will impact Sunnydown, we will communicate with families.

Covid might impact the way we conduct the Year 11 Annual Reviews.

Throughout our Covid impacted world, Sunnydown will remain resilient so that we can best support your son to achieve his full potential.

Remembrance Day was marked by another moving ceremony held in our court yard under the Cherry Tree. To each of the readers and uniformed students, thank you. Our special guests from Rotary, Round Table, the Governing Body and Punch Club were suitably impressed and moved. Remembering the sacrifice that others made for us to live in the world we do, is important.

Some lessons in PSHE today focussed on anti-bullying. Please pick this conversation up at home and encourage your son to reflect on his experiences at Sunnydown and prior to arriving. One group spoke about the only way to combat bullying is through accepting differences and being happy in oneself. Such profound insight of young men.

Sunnydown Synaptic came to a close this week with a visit to London. Students and staff returned suitably tired and enthralled. I know that in due course Miss Wood will arrange for a more thorough review of the project, but reported that the leaders from Kings College were incredibly impressed with each young man.

A trip to London to see an exhibition at the Tate Art Gallery is planned for Monday.

Even among the Covid cloud, Sunnydown continues to provide a world class educational experience for the whole person, helping your sons grow into the young men they can be.

Have a wonderful weekend.





100% Attendance

Congratulations to 11Z, 10P, and 7N for achieving 100% attendance for w/e 5th November 2021.

Certificates for achieving 100% attendance during the first half of the Autumn Term were also handed out to 31 students! Congratulations to them all.

Friends of Sunnydown


Quiz night - new date - Friday 19th September: As you will have heard, we have had to reschedule the Sunnydown Family Quiz Night to **Friday 19th November** (7pm for a 7.30pm start). If you have already booked a ticket, these will automatically be rolled over, so you do not need to do anything. Tickets are still available for the new date. Follow the link or complete the attached form and hand into the office: <https://www.pta-events.co.uk/sunnydownevents>

Thank you for your continued support and understanding, we are really looking forward to what is sure to be a great fun evening that will raise much needed funds for our boys.

Smartie Challenge: Mr Lord did the draw today and the winner of the Smartie challenge is Leo Sumsion (7O). Congratulations on receiving your voucher!

<u>Scientist of the Week</u>	<u>Mathematician of the Week</u>	<u>Musician of the Week</u>	<u>Chef of the Week</u>	<u>Artist of the Week</u>
The recipient of Scientist of the Week, awarded by Mr Cybuch for resilience is:	The recipients of Mathematician of the Week, awarded by Mr Zadok go to: Leon for resilience and excellence in maths. Ben for always extending and challenging himself in maths.	The recipient of Musician of the Week, awarded by Miss Tomcova for having a positive attitude in lessons, resilience and co-operation is:	The recipient of Chef of the Week, awarded by Mrs Hull is:	The recipient of Artist of the Week, awarded by Mrs Ogle and Miss Adams for concentration and effort in art is:
Connor Mason	Leon Punjabi (11W) Ben Aldous	Alfie Wilson	Elvinas Sermuksnis	Miles Eliatamby (11W)

(11W)	(11Z)	(8T)	(10J)	
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<p><u>Thought for this week</u> <u>(W/C: 8th November)</u></p> <p>Remembrance - Remembering those lost</p>	<p><u>Thought for w/c:</u> <u>(W/C: 15th November)</u></p> <p>Anti Bullying Week - National campaign idea</p> <p>Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.</p> <div style="text-align: center;">  </div>
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<u>House Points</u>	
	House Points



Friday Curriculum: 19/11/21

A timetable of events will be sent out next week.

Link to Sunnydown Form Page for all other updates:

<https://sites.google.com/sunnydown.surrey.sch.uk/sunnydown-learning-hub/home>

