

SUNNYDOWN SCHOOL

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Headteacher Mr Paul Jensen B.Ed Grad Dip (SEBD) NPQH



Friday 13th October 2023

Dear all who are associated with Sunnydown,



Sunnydown is seen as a genuine community school, and often at the centre of community events. Because of the networks established, we are the receivers of wider support and unique opportunities. Being invited back again to be part of the annual Masonic Fishing Charity Event is one example of such outcomes. One taxi driver remarked this morning that the conversation all the way home on Thursday was about the fishing experience and how pleased the students were to have been, and how keen they were to taste the fish.

To Liam Mallon, the organiser of the event, his sponsors, each of the casters and to Coltsford Mill Fishery, a massive thanks is extended to each and every person for such a special trip. The smiles were unanimous. Thank you.

I know that more will be shared about the cross country on Thursday, but suffice to say that feedback was that students who participated did so with energy and willingness. Many congratulations to one and all.



Bertie (and Jemima) have had substantial haircuts today. Bertie will likely be in a coat on days when the temperature drops between now and when his fur grows back a little, but he is happy and admiring himself in front of mirrors.

Woof. Woof.

School Photos

The school photographers will be visiting on Tuesday 17th October to take individual photos as well as class panoramic photos. Please keep a lookout for your individual card which the boys will be bringing home on Tuesday. This includes details on how to order the photos. I have a copy of these so please contact me for your individual login details.

Miss Lawson

Science Keywords of the Week

For KS3 'SOLUTION' – a liquid in which a solid or gas has been dissolved

For KS4 'ELEMENT' – a substance made up of only one type of atom. An element cannot be broken down into any simpler substance.

Upcoming Science Assessments

Year 7 – Particle Model and Separating Mixtures, Thursday 19th October
Pupils can revise using the PowerPoints on Google Classroom and BBC Bitesize.

Ms Hristova

Chess Club

Chess club has started every Tuesday (12:30 and Wednesday 12:55). Felix was the first man there on day one and is co-chair of our club but we had four on each day which was a great start for week 1. Hope to see more students in the future.



Gabe

Duke of Edinburgh award

A massive well done to Ollie McEvaddy (11C) and Oscar Stewart (11C) who have completed the physical, volunteering and skills sections of their Duke of Edinburgh award and received a certificate for their efforts that can make up a part of future job applications and their CVs. The boys worked in their own time to develop their strength and stamina for the cycle across Australia and worked in the bike shed during lunch time to develop their bike maintenance skills and help us fix cycles for the Kenley bike event.

Well done both for all your hard work.

Gabe

Friends of Sunnydown

Our next meeting is the AGM which is on Thursday 19th October at 7.30pm at the school and everyone is welcome to attend either in person or remotely. We will be sharing details of what we achieved in the last school year as well as looking at our plans for the year ahead.

Dates for your diary:

Family Quiz Night - Bring the whole family for a night of fun and food at our family quiz night on Friday 24th November 6.30pm arrival for a 7.00pm start. Tickets are £12 for adults and £6 for children (under 12) and includes fish and chips and lots of fun. Bring your own drinks and nibbles. Book your tickets here or contact friends@sunnydown.surrey.sch.uk for more information.

<https://www.pta-events.co.uk/sunnydownevents>

Donation Days - Do you have any unwanted gifts that you could re-gift? We are holding donation days on Friday 1st December and Friday 8th December at school ahead of the boys Christmas shopping day and would gratefully receive any good condition and unwanted gifts, which can be suitable for women, men or children.

Join Us - FoS are a very small team and we are looking for new members who can spare an hour or so each month to support us with fundraising and planning events. If you would like to be part of the team email friends@sunnydown.surrey.sch.uk

Online Safety

Please see the flyer at the end of this newsletter: 'Supporting Children to Deal with Upsetting Content.' A guide for parents and carers.

Mr Cassim

Song of the Week

The theme for Song of the week was legendary women and the song was Chaka Khan, I'm Every Woman (1978).

Pet of the Week

This week's Pet of the Week is Callum Dowie's (8C) hamster. Luna is just over a year old and Callum got her when he started Year 7. Very cute!



Mrs Peterson

<p><u>Thought for the Week</u> (w/c 9th October 2023)</p> <p>Growth Mindset and The Learning Pit</p>	<p><u>Thought for the Week</u> (w/c 16th October 2023)</p> <p>British Values</p>
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<p><u>Sportsmanship Award</u></p> <p>Kai Bagwell (7C)</p> <p>For Cross Country & getting to the end of the line yet still clapping his team mates</p>	<p><u>Employability Skills Award</u></p> <p>Alexander Neale (11M)</p> <p>Communication & interpersonal skills</p>
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<u>Mathematician of the Week</u>	<u>Scientist of the Week</u>	<u>Artist of the Week</u>	<u>Chef of the Week</u>	<u>Musician of the Week</u>	<u>Writer of the Week</u>
The recipient of Mathematician of the Week, awarded by Mrs Cybuch is	The recipient of Scientist of the Week, awarded by Ms Hristova is	The recipient of Artist of the Week, awarded by Mrs Ogle is	The recipient of Chef of the Week, awarded by Mrs Downs is	The recipient of Musician of the Week, awarded by Mrs Cybuch is	The recipient of Writer of the Week is
Freddie Dunne (8C)	George McGookin (7P)	Frankie McSorley (7C)	Luke Dean 9N)	Jacob Ryan (7C)	KS3
& awarded by Mrs Thomson are	<i>For cooperation</i>	<i>For his active learning & enthusiasm in art this week</i>		&	Harrison Williams (8C)
James Millar (11M)				Arthur Edmondson (7P)	<i>For his detailed character description of his monster using more than one literary device</i>
Felix Drummond (10T)					KS4
					Taylor Conway (10T)
					<i>For his Creating Writing homework</i>

House Points	
Ty Small	850 House Points
Kasra Alavi	500 House Points
Jacob Kelly	500 House Points
Logan East	500 House Points
Sonny Chater	400 House Points
Michael Hanley	400 House Points
Luke Dean	400 House Points

Sam Lopes	250 House Points
Thomas Emms	250 House Points
Kye Lawrence	50 House Points

Forthcoming Events 2023

<u>Date</u>	<u>Description</u>
Tuesday 17 th October	School Photos
Wednesday 18 th October	Year 7 Parents Evening
Thursday 19 th October	FoS AGM
Friday 20 th October	Last day of half term
Monday 23rd - Friday 27th October	Half Term
Monday 30th October	Inset Day
Tuesday 7 th November	English Functional Skills exams
Wednesday 8 th November	Maths Functional Skills exams
Monday 20 th November - Friday 1 st December	Year 11 Annual Review meetings
Friday 24 th November	Friends of Sunnydown Quiz Night
Friday 1 st December	FoS Donation Day
Friday 8 th December	FoS Donation Day
Thursday 14 th December	Reports sent home
Friday 15 th December	End of term 1.20pm finish
Thursday 20 th June 2024	Scheduled formal graduation event

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex details. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



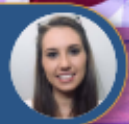
12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Carlye Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>, <https://www.bbc.com/news/health-55570073>

INDIVIDUAL MUSIC LESSONS AT SUNNYDOWN SCHOOL

lessons include:

KEYBOARD **GUITAR**
DRUM KIT

Online registration:

bit.ly/SA-SpeedAdmin

Contact Surrey Arts for more information

T: 01483 519303

E: surreyartsmusic@surreycc.gov.uk



Discover more at:

surreycc.gov.uk/music

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