

SUNNYDOWN SCHOOL

Portley House, 152 Whyteleafe Road, Caterham, Surrey, CR3 5ED

t. 01883 342281 / 346502 f. 01883 341342

e. office@sunnydown.surrey.sch.uk

www.sunnydown.surrey.sch.uk

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



Friday 15th March 2024

Dear all who are associated with Sunnydown,

Inset is such a great opportunity to stop and reflect on what we as a school have achieved. Of equal importance though, it is an opportunity to look to the future, at ways we can improve outcomes for our children even more.

Having been treated to a hearty breakfast and with support from Michele Miller, my staff were reminded just how dedicated they are, how important and integral they are in your lives and that of your sons. Every day my entire team is dedicated to transforming lives. It is correct to acknowledge that on occasion we get some things wrong - but on balance - what is provided at Sunnydown by each and every member of my team is exceptional dedication and effort. I appreciate each person who works with me to make the lives of the young men that attend Sunnydown that much better. Thank you.

Two incredible leaders stepped up today to deliver some thought provoking training.

Ben Wright has been focussed on supporting the school in developing a better insight to the minds of boys with ADHD. His work will have a direct impact on specific students, helping the world become more navigable. Many of the benefits of Ben's investment of time and energy will be evidenced in years to come, when our students become young men in a wider world. Thank you Ben.

Andrea Jensen continues to engage all staff with improved provision here at Sunnydown. Sounds impossible to improve on 'Outstanding' but that is exactly the challenge set by Andrea - though we do some great things now, what can we do better and differently to improve staff work life balance, while also enhancing outcomes for children and families. Thank you Andrea.

Sunnydown is blessed to have the calibre of middle leaders it does. Sunnydown is blessed to have the dedicated TAs that it does. Sunnydown is blessed to have the families we have and the young men that we educate.

One to always look for an opportunity to learn, I am currently fasting as part of Ramadan. While I will not observe it completely, I intend on fasting for 90% of the time. This will give me an insight and understanding of other faiths.

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. This is called fasting. Ramadan remembers the month the Qur'an (the Muslim holy book) was first revealed to the Prophet Muhammad. The actual night that the Qur'an was revealed is a night known as Lailat ul-Qadr ('The Night of Power').

Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year. This is because Islam uses a calendar based on the cycles of the Moon. In 2024 in the UK, Ramadan will begin on 11th March and will end on 10th April.

Have a wonderful weekend.

Paul Jensen

Lost Property

We have a number of coats and jumpers that we have tried to match back to a student by reviewing all correspondence from families who have indicated they have lost one. Unfortunately, as these coats are un-named it has proven difficult.



Nike

Nike

Nike Air



No brand identifiable

Mountain Warehouse

Adidas



Mountain Warehouse

Fred Perry

If these are yours, please let the office know and we will send them home with your son. Should they not be claimed by the time we return after Easter, they will go to charity.

Friends of Sunnydown

Friends of Sunnydown are so excited to announce that after the huge success of last year's SunnyFest, we are doing it all again! SunnyFest 24 will be on Saturday 1st June 2024, 12pm-7pm and tickets are £12 (kids under 12 go free with a paying adult) and are on sale now. The bands are being confirmed and the pizza van has been booked, so bring all your friends and family for a fab afternoon. Hope to see you there! If you are a small business owner who would like to have a stall at the event please contact: friends@sunnydown.surrey.sch.uk.

Book Tickets Here: <https://www.tickettailor.com/events/friendsofsunnydownschool/1135341>

Second hand uniform: Just a reminder that we have plenty of uniform available. So, if there is anything you need, either click through on the link below or email: friends@sunnydown.surrey.sch.uk

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

Online Safety

Please see the flyer at the end of the newsletter re '10 Top Tips for Parents and Educators - Developing Healthy Sleep Patterns.'

Thought for the Week
(W/C 11th March 2024)

Red Nose Day - Supporting those less fortunate

Thought for the Week
(W/C 18th March 2024)

What does it mean to be happy?

<p><u>Mathematician of the Week</u></p>	<p>The recipient of Mathematician of the Week, awarded by Mrs Webb is</p> <p style="text-align: center;">Jack Bristow (8W)</p> <p style="text-align: center;"><i>For always working in hard in maths</i></p> <p style="text-align: center;">& awarded by Mr Zadok is</p> <p style="text-align: center;">Nathan Small (10D)</p> <p style="text-align: center;"><i>For independent work at home</i></p>
<p><u>Scientist of the Week</u></p>	<p>The recipient of Scientist of the Week, awarded by Ms Hristova is</p> <p style="text-align: center;">Alfie Wilson (10T)</p> <p style="text-align: center;"><i>For cooperation, work completion & engagement</i></p>
<p><u>Writer of the Week</u></p>	<p>The recipient of Writer of the Week, awarded by Miss Newcombe is</p> <p style="text-align: center;">KS3</p> <p style="text-align: center;">Oscar Gregory (7P)</p> <p style="text-align: center;">KS4</p> <p style="text-align: center;">Sonny Burgess (10T)</p>
<p><u>Chef of the Week</u></p>	<p>The recipient of Chef of the Week, awarded by Mrs Hull is</p> <p style="text-align: center;">Zack Harrison (7P)</p> <p style="text-align: center;"><i>For engagement & effort</i></p>
<p><u>Musician of the Week</u></p>	<p>The recipient of Musicians of the Week, awarded by Mr Smith are</p> <p style="text-align: center;">Kai Bagwell (7C)</p> <p style="text-align: center;">Kye Lawrence (7C)</p>

Pet of the Week

Please see the photos Jacob Ryan (7C) has sent in of his 4 year old cats - Ninja and Skye. They enjoy eating, sleeping and chasing birds in the garden.



House Points

House Points

Lithar Po-Ba	800 House Points
Callum Lagan	750 House Points
Alex Pereira	500 House Points
Callum Truttero	500 House Points
Jack Bristow	150 House Points

Forthcoming Events 2024

Date	Description
Wednesday 20 th March	KS4 Tag-Rugby
Thursday 21 st March	KS3 Tag-Rugby
Friday 22 nd March	Poetry Workshop
Monday 25 th March	KS4 Basketball
Monday 25 th March	KS3 Football Fixture 1
Monday 25 th March	Years 7&8 - Naturally Talented Me Introduction Session
Wednesday 27 th March	Year 9 and 10 Curriculum Evening
Thursday 28 th March	Early Finish 1.20pm
Tuesday 2nd-12th April	EASTER HOLIDAYS
Wednesday 24 th April	Year 11 Parents' Evening 4.00pm - 6.00pm
Friday 3 rd May	Kenley Bike Event - Year 9
Tuesday 7 th May	Kenley Bike Event - Year 8
Wednesday 8 th May	Kenley Bike Event - Year 11
Thursday 9 th May	Kenley Bike Event - Year 10
Tuesday 14 th May	Kenley Bike Event - Year 7
Wednesday 15 th - Friday 17 th May	Year 9 Residential Trip
Monday 27th-31st May	HALF TERM
Saturday 1 st June	SunnyFest
Wednesday 5 th June	Year 8 - HPV 1 Dose
Wednesday 19 th June	Year 10 Parents' Evening 4.00pm - 6.00pm
Thursday 20 th June	Scheduled Formal Graduation event 🎓
Monday 24 th June	Prospero Performance
Friday 28 th June	School trip to The Arc
Tuesday 2 nd July	Prospero Performance - Beauty & The Beast
Tuesday 23rd July	END OF TERM

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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