

SUNNYDOWN SCHOOL

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

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Friday 16th January 2026

Dear Parents and Carers

Next week Sunnydown School will be marking Blue Monday and Mental Health Awareness Week, focusing on wellbeing, resilience and helping our boys understand that it is okay not to feel okay all of the time.

Winter can be a difficult period for many young people. Shorter days, tiredness and changes in routine can all impact mood, motivation and behaviour. For boys in particular, feelings of stress or sadness are often shown through frustration, withdrawal or anger rather than words.

Throughout the week pupils will take part in:

- Daily tutor check ins focusing on emotions and coping strategies
- Assemblies on recognising stress and asking for help early
- Activities on healthy routines, sleep, movement and screen balance
- Wellbeing sessions reinforcing that strength is shown by speaking up, not bottling things up

Safeguarding reminder

If you notice changes in mood, behaviour, sleep or appetite, or if your son seems more withdrawn than usual, please contact the school. Our pastoral and safeguarding teams are here to support both pupils and families.

Online Safety

Please see the attached online safety flier 'What Parents & Educators Need to Know about Digital Devices & Wellbeing.'

Mr Cassim

Thought for the Week (W/C: 12/1/26) The benefits of Diversity	Thought for the Week (W/C: 19/1/26) Blue Monday - The importance of taking care of our mental health
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RICE ³ Awards	
Resilience	Noah Atkins Charlie Carter Hayden Howells Jaden Doorga

Independence	Jaden Doorga Kayden Wheatcroft
Cooperation	Ned Barnes Ethan Lyons Callum Truttero Kayden Wheatcroft

<u>Mathemetician of the Week</u>	<p>The recipients of Mathematician of the Week, awarded by Mrs Webb are</p> <p>Blake Pope <i>For positive, cheerful and hardworking engagement in maths this week</i></p> <p>Alex Hofer <i>For great engagement in the lesson inputs this week</i></p>
<u>Scientist of the Week</u>	<p>The recipient of Scientist of Week, awarded by Ms Hristova</p> <p>KS3</p> <p>Sam Watson <i>For excellent participation and creativity</i></p> <p>KS4</p> <p>Jaden Doorga <i>For resilience and excellent test performance</i></p>
<u>Writer of the Week</u>	<p>The recipients of Writer of the Week, awarded by Miss Thomson</p> <p>Harry Salter <i>For independency and great effort through activities</i></p>
<u>Chef of the Week</u>	<p>The recipients of Chef of the Week, awarded by Mrs Hull are</p> <p>Callum Jordan Harry Franklin Jayden Peters <i>For remaining calm & focused during final assessment and working independently with confidence</i></p>
<u>Reader of the Week</u>	<p>The recipients of Reader of the Week, awarded by Miss Wood are</p> <p>Sam Watson <i>For his engagement in reading and completing book quizzes</i></p> <p>Ned Barnes <i>For more consistency when completing book quizzes this year so far</i></p>

<u>Musician of the Week</u>	The recipient of Musician of the Week, awarded by Mrs Cybuch is Nathan James <i>For excellent drumming</i>
<u>Artist of the Week</u>	The recipient of Artist of the Week, awarded by Mrs Ogle is Daniel Leonard <i>For his fantastic pop art lolly</i>

House Points

House Points	
Kamauri Craig	900 House Points
Charlie Carter	850 House Points
George McGookin	700 House Points
Sam Lopes	500 House Points
Jack Bristow	400 House Points
Louie Rodrigues	200 House Points
Ned Barnes	100 House Points
Thomas Copus-Fawcett	100 House Points
Alex Hofer	100 House Points

Forthcoming Events 2026

Spring Term 2026	
Wednesday 28 th January 2026	Open Morning (9.30am – 11.00am)
Tuesday 10 th - Wednesday 11 th February 2026	Year 11 residential trip
Monday 16 th – Friday 20 th February 2026	Half Term
Wednesday 25 th - Friday 27 th February	Year 10 Savers Croft Residential
Wednesday 11 th March 2026	Year 7 Parents Evening
Wednesday 25 th March 2026	Curriculum Evening
Friday 27 th March 2026	Early finish – 1.30pm
Summer Term 2026	
Tuesday 14 th April 2026	Year 9 Bikeability Level 1
Monday 20 th April - Friday 24 th April 2026	Year 9 Bikeability Level 2
Wednesday 22 nd April 2026	Year 9 Parents Evening
Wednesday 29 th April 2026	Open Morning (9.30am – 11.00am)
Monday 4 th May 2026	Bank Holiday
Tuesday 5 th May 2026	Kenley Bike Event - Year 10
Wednesday 6 th May 2026	Kenley Bike Event - Year 11
Thursday 7 th May 2026	Kenley Bike Event - Year 9
Friday 8 th May 2026	Kenley Bike Event - Year 7
Friday 15 th May 2026	Kenley Bike Event - Year 8
Monday 25 th – Friday 29 th May 2026	Half Term
Thursday 18 th June 2026	Year 11 Graduation
Friday 19 th June 2026	INSET DAY
Wednesday 24 th June 2026	Year 10 Parents Evening
Tuesday 21 st July 2026	Sports Day
Wednesday 22 nd July 2026	End of term (12.30pm finish)

**SURREY
ARTS**

KEYBOARD, DRUMS & GUITAR LESSONS AT SUNNYDOWN SCHOOL

Experienced SEN tutor to support
children with additional needs

For more information contact Surrey Arts:

T: 01483 519303

E: surreyartsmusic@surreycc.gov.uk

surreycc.gov.uk/music

