

SUNNYDOWN SCHOOL

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



Friday 17th January 2025

Dear all who are associated with Sunnydown,

Thought for the Week: Boosting Positivity on Blue Monday

We started the week discussing Blue Monday, often called the 'most depressing day of the year,' which falls on Monday 20th January this year. Though its origins stem from a PR campaign in 2005, it's a timely reminder to reflect on mental well-being during the winter months. To support our students, we've explored ways to naturally lift mood and boost mental health by increasing levels of dopamine and oxytocin - two chemicals that promote happiness and motivation. Simple acts like practising gratitude, mindfulness, physical movement, or even celebrating small victories can make a meaningful difference. Let's embrace kindness and connection as tools to uplift ourselves and each other. Thanks to the improved weather and the hard work of Mr Wort and Mr Barnes, students can now safely enjoy the playground and astroturf again - an opportunity to boost those dopamine levels through physical activity and fresh air!

Ski Trip Excitement!

We're thrilled to send our best wishes to the 26 students and staff heading to Italy for this year's ski trip, departing Saturday morning. We hope the experience is filled with adventure, learning, and plenty of fun! Enjoy every moment and come back with wonderful stories to share. Bon voyage!

"A heartfelt thank you goes to all the staff who have worked tirelessly behind the scenes to ensure the success of this ski trip. Your dedication and effort, even though you may not be joining us on the slopes, have been invaluable and deeply appreciated."

Ben Wright

The Dog House



Could you provide a loving home for a rescue dog? The Channel 4 series, The Dog House is looking for couples, individuals, friends and families who are seriously considering bringing a rescue dog into their lives and are willing to share their reasons for doing so.

Please follow this link to apply:

[The Dog House | Channel 4](#) or email thedoghouse@fivemilefilms.co.uk

Food & Nutrition Final Assessment

Four of our Year 11 students took their Food & Nutrition Final Assessment this week. They cooked a meal for themselves and the staff who have worked with them during Form time whilst they have been at Sunnydown. This is a way for them to say thank you to those staff, whilst demonstrating the skills and confidence they have gained in a kitchen environment. I would like to congratulate them all for the hard work they have all put in in planning and preparing for the assessment and say well done for making the day an enjoyable experience. Feedback from the staff who attended has been very positive and they should be very proud of themselves. Well done to Toby Chapman, Teddy Foster, Jayden Smurthwaite and Nathan Small.

The second group of students will be in their Final Assessment next week and I wish them the best of luck for what I am sure will be another positive and enjoyable day.

Mrs Hull

Music Lessons

As part of our music provision at Sunnydown, we offer individual keyboard, guitar or drum lessons to all students. These lessons will happen in school on a Thursday. If it is something your son is interested in, please use this link <https://uksurrey.speedadmin.dk/registration#/> to sign up. Alternatively, a trial lesson can be arranged before signing up fully, please make contact with the school office to arrange.

Lessons are paid directly to Surrey Arts. Lesson pricing and available financial support can be found on this link:

<https://www.surreycc.gov.uk/culture-and-leisure/arts/music/lessons-for-children/apply-and-pay#help>

If you would like any further information or support in applying for lessons, do let us know.

**INDIVIDUAL
MUSIC LESSONS
AT
SUNNYDOWN SCHOOL**

lessons include:
**KEYBOARD GUITAR
DRUMKIT**

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

**SURREY
ARTS**

**SURREY
COUNTY COUNCIL**

Mrs Cybuch

Thales Newsletter

Apprenticeship roles are open until 16 February and there are multiple roles at a variety of locations across the UK.



Thales Early Careers Newsletter

Happy New Year from Thales Early Careers Team!

Finishing school this year and not sure what to do next – how about an Apprenticeship with Thales?

Why do an apprenticeship...

- Earn while you learn
- Fully funded course
- Hands-on experience
- At least 6 hours off-the-job training per week to complete studies
- Recognised qualification at the end
- No student debt
- Permanent job from day one

Why not register on our Future Talent Platform to learn more about Thales and the roles available.



This is the ideal place to be if you are ready to apply for an apprenticeship starting in September 2025, or if you are thinking about an apprenticeship for future years. Our Early Careers team, apprentice and graduate buddies are ready to answer any questions you have.

To register follow the link [here](#) or scan the above QR code

We have a variety of apprentice roles available, ranging from Level 2 up to Level 6, including:

- Engineering roles (in all different areas and different levels)
- Manufacturing
- Project Planning
- Procurement
- Data & Digital
- IT
- Cyber
- Finance
- Business

Applications are open until Sunday 16 February, don't delay, apply today!

Follow the link below:

<https://careers.thalesgroup.com/global/en/search-results?keywords=2025%20apprentice>

Follow us
Check us out online!

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Building a future we can all trust

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Thought for the Week (W/C 13th January 2025)

Blue Monday -
The importance of taking care of our mental health

Thought for the Week (W/C 20th January 2025)

Who was Martin Luther King Jr?

The Baton

Taylor Conway

*For his fantastic achievement in the English Functional Skills exam -
showing resilience and sheer determination!*

Employability Award

Jayden Smurthwaite

<u>Scientist of the Week</u>	The recipient of Scientist of the week, awarded by Ms Hristova is Harry Salter <i>For his excellent practical work and calculations</i>
<u>Writer of the Week</u>	The recipient of Writer of the Week, awarded by Miss Clarke is KS3 George McGookin <i>For his overall enthusiasm & engagement</i> & awarded by Miss Newcombe is KS4 Bailey Goodliffe <i>For his engagement this week</i>
<u>Chef of the Week</u>	The recipient of Chef of the Week, awarded by Mrs Hull is Nathan Small (11D) <i>For working carefully and calmly through his final assessment</i>
<u>Reader of the Week</u>	The recipient of Reader of the Week, awarded by Miss Wood is Tekai Lewis <i>for his focus and commitment</i>
<u>Musician of the Week</u>	The recipient of Musician of the Week, awarded by Mr Smith is Edward Gair
<u>Computer Scientist of the Week</u>	The recipient of Computer Scientist of the week, awarded by Mr Amzart is Ollie Hall <i>For hard work and, despite the challenge, completing all his work</i>

House Points

House Points	
Andrew Hendry Smith	950 House Points
Jacob Kelly	800 House Points
Antony Harper	600 House Points
Kye Lawrence	500 House Points
Jacob Ryan	350 House Points
Milo Baker	300 House Points
Thomas Illman	100 House Points
Tekai Lewis	100 House Points
Elliot Palmer	100 House Points

Forthcoming Events 2025

Spring Term 2025	
Saturday 18 th January - Friday 24 th January 2025	Ski Trip
Wednesday 29 th January 2025	Open morning (9.30-11am)
Wednesday 5 th February 2025	Year 8 Parents' Evening
Monday 10 th February 2025	KS4 Fulham football
Tuesday 11 th February 2025	Year 11 Apprenticeship Show
Monday 17th February - Friday 21st February 2025	HALF TERM
Wednesday 12 th March 2025	Year 7 Parents' Evening
Monday 17 th March 2025	KS3 Fulham football
Monday 7th April - Tuesday 22nd April 2025	EASTER HOLIDAY (1.20pm finish on 4th April)
Summer Term 2025	
Tuesday 22 nd April 2025	Start of Summer term
Wednesday 30 th April 2025	Year 11 Parents' Evening
Tuesday 6 th May 2025	Year 10 Kenley Bike Challenge
Wednesday 7 th May 2025	Year 11 Kenley Bike Challenge
Wednesday 7 th May 2025	Open morning (9.30-11am)
Friday 9 th May 2025	Year 8 Kenley Bike Challenge
Monday 12 th May 2025	KS4 Fulham football
Friday 16 th May 2025	Year 9 Kenley Bike Challenge
Friday 23 rd May 2025	Year 7 Kenley Bike Challenge
Monday 26th May - Friday 30th May 2025	HALF TERM
Monday 2 nd - Friday 6 th June 2025	Year 10 Work Experience
Monday 9 th June 2025	KS3 Fulham football
Wednesday 18 th June 2025	Year 10 Parents' Evening
Thursday 19 th June 2025	Graduation
Friday 20th June 2025	INSET DAY
Thursday 26 th June 2025	FoS Golf Day
Wednesday 2 nd - Friday 4 th July 2025	Year 9 Residential
Wednesday 9 th July 2025	Presentation event
Thursday 17 th July 2025	Sports Day
Friday 18th July 2025	END OF TERM
Monday 21 st July 2025 (Was 4 th November 2024)	INSET DAY
Tuesday 22 nd July 2025 (Was 14 th March 2025)	INSET DAY