

# SUNNYDOWN SCHOOL

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



## Friday 17<sup>th</sup> March 2023

Dear all who are associated with Sunnydown,

The article towards the end of the newsletter '**Caterham Cycle Challenge - Presents ... Sunnydown Down Under 2023**' was published in Australia this week as part of the Gibb Challenge. As a result of this, we have already been contacted by ABC Radio Australia. I share this because each student, staff member and parent should feel energised by and proud of the recognition this event will bring to the collective efforts here at Sunnydown.

The two strike days this week have come and gone with minimal impact here at Sunnydown. Students have continued to engage in lessons and learning on the whole. To the teaching assistants who have stepped up (and always step up) to deliver lessons when teachers are not available, a massive thank you.

We had visitors on site this week, with more scheduled for coming weeks from GLF. This is a Multi Academy Trust that we are learning from regarding the process to becoming an academy. We will welcome representatives for THPT, and another MAT, in the near future as well.

The FGB was held last Thursday with academisation one agenda item. Other topics of conversation included safeguarding, behaviour, curriculum enhancement and breadth. Mrs Jensen came along and discussed the ongoing refinement and development of music and computing, as well as reflecting on our embedded MfL curriculum.

During some additional safeguarding training this week, I was reminded just how vigilant we as a school are when it comes to keeping your son safe. In working closely with some families and students on some specific matters, I was also reminded of the level of individualised care and concern we offer for your son. The welfare of your son is of paramount importance to us.

During the training I was also reminded that our zero tolerance approach to discriminatory behaviours and actions is an example of best practice, something the school should be proud of. The efforts we invest in educating young men about appropriate behaviours and actions is aimed at keeping them safe now, but preparing them for the future, for life beyond Sunnydown.

The Year 9 and 10 careers evening is scheduled for **Wednesday 29<sup>th</sup> March**. If your son is in Years 9 and 10, please make every effort to attend. With so many meetings now online, being here in person will allow Mr Lord to describe the KS4 curriculum, but also introduce families to many of our most popularly attended colleges.

I wish one and all a wonderful weekend.

Paul Jensen

## Science Assessment

Year 10 Pathway 1 has a science assessment on the unit 'Chemical Changes' on **Wednesday 22<sup>nd</sup> March** (which is also recorded in their diaries). They can use the PowerPoints in the classroom to revise as well as BBC Bitesize.

**Ms Hristova**

## Cyber Security

Further to our recent Cyber Security Workshops presented by the South East Organised Regional Crime Squad (SEROUC) for our Year 9, 10 and 11 boys in support of promoting safety online, we are extending this to the boys in Year 7 and Year 8. This will take place on the morning of **Monday 27<sup>th</sup> March**. The focus will be age appropriate guidance on staying safe online and what constitutes cybercrimes, as well as a section on possible careers in computing. If you have any questions then please make contact with Mr Lord.

**Mr Lord**

## Caterham Cycle Challenge

The annual Caterham Cycle Challenge draws ever closer. Once again we're asking all students to cycle as many laps as they can as we collectively tally 660km - this is the distance cycled as part of The Gibb Challenge in Australia.

The Caterham Cycle Challenge grows year on year with more schools getting involved. We are raising money to help support mental health, both within our school and in the wider community. As always we are asking families to help with this where they can by donating, sponsoring and fundraising so we can try to smash last year's fundraising total of £25,000. Families can donate directly by using the link here:

<https://www.justgiving.com/campaign/sunnydowncyclechallenge23>

(Don't forget to mention your son's name so he goes into a draw to win a brand new bike). All donations, large or small, will be warmly appreciated.

The dates for the different year groups are as follows:

Thursday 4<sup>th</sup> May - **Year 8s**

Friday 5<sup>th</sup> May - **Year 7s**

Tuesday 9<sup>th</sup> May - **Year 9s**

Wednesday 10<sup>th</sup> May - **Year 10s**

Thursday 11<sup>th</sup> May - **Year 11s**

Attached to the newsletter today is a sponsorship form. Please encourage your son to use this to collect donations and promote the event.

**Gabe (Greenhouse Coach)**



## **STEM in the PARK**

Taking place in the Memorial Gardens, Crawley on Saturday 20<sup>th</sup> May from 11am to 4pm.

STEM in the Park is a FREE family fun packed day of STEM activities which include a pop-up planetarium, interactive engineering rigs, drones to fly, a solar powered car to explore and much more.

There will be employers from various STEM industries, Crawley College and local businesses to offer careers information and advice.

The event is an amazing, interactive opportunity for young people of all ages, with their families, to engage in STEM and to find out more about the STEM careers open to them for the future.

If you have any questions about the event, please contact us at: [thestemhub@canterbury.ac.uk](mailto:thestemhub@canterbury.ac.uk)

Please also see the flyer at the end of this newsletter.

## **Attendance**

Congratulations to 8O and 7W for achieving 100% attendance during the week ending 10<sup>th</sup> March 2023.

## **Online Safety**

Tips for adopting safe and healthy online habits.

**Mr Cassim**

<b><u>Thought for the Week</u></b> <b>(W/C: 13<sup>th</sup> March)</b>	<b><u>Thought for the Week</u></b> <b>(W/C: 20<sup>th</sup> March)</b>
<b>Red Nose Day - Supporting those less fortunate</b>	<b>What does it mean to be happy?</b>

## **Song of the Week**

Song of the Week this week was nominated by Ethan in 7W because it's his little brother's favourite song and it reminds Ethan of him: Weezer, Lost in the Woods (2019).



<b><u>Mathematician of the Week</u></b>	<b><u>Scientist of the Week</u></b>	<b><u>Musician of the Week</u></b>	<b><u>Chef of the Week</u></b>	<b><u>Artist of the Week</u></b>
The recipient of Mathematician of the Week, awarded by Mrs Cybuch is  <b>Alfie Wilson (9T)</b>	The recipient of Scientist of the Week, awarded by Mr Cybuch for cooperation & work completion is  <b>Felix Drummond (9T)</b>  The recipient of Scientist of the Week, awarded by Ms Hristova for resilience, cooperation & independence is  <b>Jayden Peters (80)</b>	The recipient of Musician of the Week, awarded by Mrs Cybuch is  <b>Harvey Caruana (8N)</b>	The recipient of Chef of the Week, awarded by Mrs Hull for confident practical skills & willingness to help his peers is  <b>Thomas Emms (7C)</b>	The recipient of Artist of the Week, awarded by Mrs Ogle for his fantastic animation this week is  <b>Michael Hanley (80)</b>

<b><u>House Points</u></b>	
Lucas Abrams	700 House Points
Michael Hanley	300 House Points
Kamauri Craig	200 House Points
Freddie Ponsford	200 House Points
Callum Truttero	200 House Points
Callum Dowie	150 House Points

### **Forthcoming Events**

<b><u>Date</u></b>	<b><u>Description</u></b>
Friday 24th March 2023	Inset Day
Wednesday 29th March 2023	Year 9 & 10 Curriculum evening
Friday 31st March 2023	Last day of term
Monday 17th April 2023	Start of Summer Term
Monday 1st May 2023	Bank Holiday
Monday 8th May 2023	Bank Holiday - King's Coronation
Friday 26th May 2023	End of Summer Term 1
Monday 5th June 2023	Start of Summer Term 2 Year 10 Work Experience Week
Friday 23rd June	Inset Day
Wednesday 5th July 2023	SSSSA Athletics
Friday 21st July 2023	Last day of term

## Caterham Cycle Challenge - Presents ...

### Sunnydown Down Under 2023



A monumental trip that has been in the planning since 2019 (truncated by political upheaval, a pandemic, drought, fires and flooding rains) coming to fruition; not enough to dent our enthusiasm nor commitment though.

Sunnydown, a small Specialist School in Caterham (London aka the UK) is making the epic journey to support fellow Gibbsters as we cycle the monumental 660km (mainly dirt with a few croc infested creek crossings) Gibb River Road, as part of The Gibb Challenge.

Sunnydown educates young men who have talents and attributes classified as Communication and Interaction Needs (CoIN), often associated with ASD.

Our team totals six; a successful expedition would see us return with all legs and arms attached. Two Sunnydown students, Ollie and Oscar, will be supported by two staff, Gabe (our very own cycle mechanic) and Mike (chief photographer and cinematographer). The event is overseen by Paul Jensen (Headteacher). Mal Jensen will also be travelling but he is committed as a Bloody heroic Volunteer (BHV).

Four of our team are introduced here.

Each member of the team has been challenged with raising £3000. This will cover costs for the trip, but also allow small donations to the causes so close to the heart of the Gibb Challenge, namely the Royal Flying Doctor Service (RFDS) and the Kyle Andrews Foundation.

Logistics for any Gibb Challenge can be described as intense. Managing it from the other side of the planet is daunting! However, the Gibb spirit rallied and offers of bikes, trailers, first aid and even camping equipment were quickly made following a Facebook post from the captain himself, Sir Siminon Rimmer.

All offers of support will be carefully considered so that we can take advantage of as much support as possible, but also so we look after any equipment borrowed.

A huge shout out to Shane Holmes from Hertz and Annette Fuller from Broome Cycles who have already provided support and advice. The Gibb spirit also lives on through legends like Kate Reeves,

Ken Blackhurst, Tracy Hill, Lee Anderson, Jane McNeil, Katie Morris, Daniel Hackwill and Jo Nickolson to list a few.

Four champions who will make up the dusty peloton for a majority of the challenge are presented below. Please look out for them during the event. Any and all offers of support (before, during and after) to make this a trip of a lifetime are appreciated.

Our local paper recently ran a front page story on the event - the link is below.

<https://www.caterhamindependent.com/assets/img/paper-download/caterham-independent-newspaper.pdf>



Ollie (Student) It's a great opportunity to visit the other side of the world, where I've never been. The challenge will be a really good physical test. I will try my best to finish the course and to raise as much money as possible. I like cycling because it gives you good muscles in your legs and it keeps you fit.



Oscar (Student) It will be really nice to meet new people and experience a different part of the world. It gives us the chance to help people by raising money for good causes. I normally cycle every weekend and I've always found it fun to ride but I've never ridden distances like this.



Gabe (Staff) Well I've been riding since I was a child and I'm still waiting for my good leg muscles but I'm a massive advocate for the importance of cycling. I lead on cycling and bike maintenance at Sunnydown School. The great thing about cycling is you don't need a team; the only thing holding you back is your ambition and your fitness levels (though the latter usually holds me back a lot). This event will be a great challenge for us all to work towards as individuals but also as a team.

Mike (Staff) This trip is an amazing opportunity for me to discover the extent of my riding skills and my fitness levels after going through hell and back regarding my cancer diagnosis back in 2021. I'm very grateful for being asked to go on this adventure and I'm very happy to meet new people on this journey. I am a keen photographer and fly my own drone. I will be developing a short video of the experience to share with sponsors and the school community once we are back in the UK.





# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

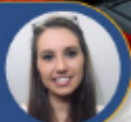
## GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Caitley Jagger is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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# STEM IN THE PARK

Taking place in Memorial Gardens, Crawley

## Saturday 20 May 11am - 4pm

Just turn up! Enjoy a **FREE** family fun packed day

Employers from various STEM industries and local businesses  
will be available to offer careers information and advice.

**Pop-Up  
Planetarium**

**Engaging STEM  
Displays**

**Solar  
Powered  
Car**

**Fly  
Drones**

**Interactive  
Engineering Rigs**

**Science  
Shows**



More engaging  
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