

SUNNYDOWN SCHOOL

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



Friday 22nd March 2024

Dear all who are associated with Sunnydown,

The FoS have organised a Golf Day for Tuesday 18th June 2024 at Farleigh Golf course - a ParentMail has been sent with information about the upcoming Corporate Golf Day. In addition, a flyer is being given to each student at taxi time today and a copy is also towards the end of this newsletter. Please promote the event as far and wide as possible. Money raised is invested in improving support for emotional wellbeing and mental health.

Just a reminder that we finish for the Easter holidays at 1.20pm on Thursday 28th March. We return on Monday 15th April, usual timings.

Curriculum Information Evening - Year 9 and 10

We will again be holding our annual Curriculum Information Evening on Wednesday 27th March to help students and parents, in both years, to make informed decisions over the next few months for the 2024/2025 academic year.

Mr Lord will be delivering two presentations throughout the evening. One will be specific to the current Year 9 parents and students, about their transition into Year 10, and one specific to the current Year 10 students which will focus on steps towards securing a college place or alternative learning after Sunnydown and an outline of what Year 11 looks like with key dates in the year.

We will have representatives from East Surrey College, Nescot College and Reigate College present in the evening to answer any questions that you and the boys might have. Brooklands College will be sending a host of information that will help students thinking about going there to make some decisions. Mr Wright will also be available for careers guidance should you have any questions in this regard.

If your son is in either Year 9 or 10 and you have not yet responded to the online form sent out recently, please complete this to reserve your spaces for the evening.

Sporting Events

KS4 Football - Monday

Congratulations to both of our football teams who were competing in the FA Football League Day 1 at Fulham FCs Training ground at Motspur Park. After the first round of matches our Premier League team currently are top of the table after an incredible unbeaten day of football. The team have grown and matured together over a number of years and it was a pleasure to watch them at the top of their game against very good opposition. Our League Team also enjoyed a great day and are currently 3rd in their division so congratulations to both teams.

Premier League Team - Captain Jamie Rogers, Vice Captain Josh Benton, James Millar, Oscar Stewart, Callum Lagan, Teddy Foster and Antony Harper.

League 1 Team - Captain Lucas Abrams, Vice Captain James Dean, Alex Hennessy, Kieran Kirk, Ty Small, George Whatling, Max Gibbins, and Logan East.

Premier League Player of the Day - Oscar Stewart

League 1 Player of the Day - Lucas Abrams

KS4 Tag-Rugby - Wednesday

Congratulations to the KS4 Tag-Rugby team who came second in the Surrey Special Schools Association Tournament on Monday. The group played some incredible rugby throughout the day qualifying for the final which they narrowly lost 4-3 to a very good Carew Academy Team. We are incredibly proud of the way they conducted themselves all day so well done to the team.

The Team - Captain James Millar, Vice Captain Antony Harper, Oscar Stewart, Ollie McEvaddy, Jamie Rogers, Josh Benton, Teddy Foster & Max Gibbins.

Player of the Day (Voted by students & staff) - Oscar Stewart

KS3 Tag-Rugby - Thursday

Congratulations to the KS3 Tag-Rugby team who won the Surrey Special Schools Association Tournament on Thursday. The group played some incredible rugby throughout the day qualifying for the final which they won against a very able Wandle Valley team. We are incredibly proud of the way they conducted themselves all day including during some challenging and difficult moments when other teams made some poor choices. Well done lads and a big thank you to the staff who supported the team.

KS3 Tag-Rugby team - Captain Harry Franklin, Lithar Po-Ba, Callum Jordan, Jayden Peters, Jack Bristow, Freddie Ponsford & Ethan Lyons.

Players of the Day - Lithar Po-Ba & Jack Bristow.

Mr Wright

Poetry by Heart

Today the Poetry by Heart students got to take part in an exciting poetry workshop by Justin Coe. Justin Coe is a poet, writer and a spoken word theatre creator; also author of his own poetry books and well known across the south of England. The young stars of the show got to listen to many poems being recited by Justin and also got the opportunity to perform their poem in front of the group. Justin then took the time to work with each individual to develop their poetry and prose skills ready for Tuesday's take on filming their final piece. I was so impressed on how engaged the students were and the respect they had shown to Justin and to his workshop. They had a great time!

Justin Coe - <https://www.justincoe.co.uk/>

I look forward to filming with the Poetry by Heart students on Tuesday. They should be incredibly proud of themselves for the work they have put into this competition.

Miss Thomson

Macbeth

This half term Year 9 have been studying Macbeth. Today Year 9 watched a streamed performance of Macbeth by the Royal Shakespeare Company. It was a modern and alternative interpretation but one that still closely depicted the excellent writings of Shakespeare. The boys were engaged throughout and were asking very thought provoking questions. It was lovely to see how much the boys have learnt and I'm sure this will help them when they revisit Macbeth during their GCSE lessons.

Miss Newcombe

Attendance

Congratulations to 7P for achieving 100% attendance during the week ending 15th March.

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 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>

Would you like to join the FOS team? We have our next online meeting on Wednesday 27th March at 7.30pm where we will be chatting all things Sunnydown and what we can do next to support the boys ... so do email friends@sunnydown.surrey.sch.uk for joining details. Hope to see you there!

Second hand uniform: Just a reminder that we have plenty of uniform available. 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 - Encouraging open conversations at home.'

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

What does it mean to be happy?

Thought for the Week (W/C 25th March 2024)

World Autism Day

Employability Award

Alexander Neale
(11M)

Ryan Gellet
(11C)

For personal development & digital literacy

Sportsmanship Award

Alex Hennessy
(11M)

Max Gibbins
(10T)

The Baton

Josh Benton
(11M)

For Leadership, teamwork & communication at the FA Football League Day 1 on Monday

<p><u>Mathematician of the Week</u></p>	<p>The recipients of Mathematician of the Week, awarded by Mrs Webb are</p> <p style="text-align: center;">Milo Baker (7P)</p> <p style="text-align: center;"><i>For excellent engagement in maths this week</i></p> <p style="text-align: center;">Cody Osborne (8C)</p> <p style="text-align: center;"><i>For great participation & work on probability</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;">Sam Walsh (7C)</p> <p style="text-align: center;"><i>For cooperation, work completion & engagement</i></p> <p style="text-align: center;">& awarded by Mr Cybuch is</p> <p style="text-align: center;">James Millar (11C)</p> <p style="text-align: center;"><i>For work completion & independence</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;">Zack Harrison (7P)</p> <p style="text-align: center;"><i>For his excellent speech using AFOREST and dramatic performance as a defence lawyer</i></p> <p style="text-align: center;">& awarded by Mrs Jensen is</p> <p style="text-align: center;">KS4</p> <p style="text-align: center;">Lucas Abrams (11M)</p> <p style="text-align: center;"><i>For his in-depth poetry analysis</i></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;">Noah Atkinson (8W)</p> <p style="text-align: center;"><i>For increased effort & engagement</i></p>
<p><u>Artist of the Week</u></p>	<p>The recipient of Artist of the Week, awarded by Mrs Ogle is</p> <p style="text-align: center;">Callum Dowie (8C)</p> <p style="text-align: center;"><i>For his great animation & help with the other students' work</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;">Callum Truttero Robert Hall Freddie Collins (8W)</p> <p style="text-align: center;">George Whatling (11M)</p> <p style="text-align: center;"><i>For peer mentoring</i></p>

House Points

House Points	
Lucas Abrams	900 House Points
Alex Hennessy	900 House Points
Freddie Phillips	800 House Points
Varen Estwick	800 House Points
Alfie Monk	650 House Points
Jacob Kelly	600 House Points
Freddie Collins	600 House Points
Luke Dean	500 House Points
Michael Hanley	500 House Points
Bailey Goodliffe	500 House Points
Zac Hoad	500 House Points
Freddie Dunne	450 House Points
Callum Dowie	400 House Points
Jack Gregory	200 House Points

Forthcoming Events 2024

<u>Date</u>	<u>Description</u>
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
Wednesday 27 th March	Friends of Sunnydown online meeting (7.30pm)
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



FRIENDS OF SUNNYDOWN CORPORATE GOLF DAY

DATE: 18 JUNE 2024, ARRIVE 10AM / TEE OFF 11AM

VENUE: FARLEIGH GOLF CLUB, WARLINGHAM, CR0 9PE

PRICE: £75 PP & £280 FOR 4 BALLS

INCLUDING BREAKFAST ROLL & 2 COURSE MEAL

TICKETS: EARLY BIRD UNTIL END APRIL

WWW.BIT.LY/SUNNYDOWNGOLF2024



TICKETS
SCAN
ME

Sunnydown is a small school in Surrey for young men with ASD.

Friends of Sunnydown supports the school and local community by providing vital funding where needed.



To bring the parental community and their business contacts together for a day to escape the office and help raise funds for the school.

www.sunnydown.surrey.sch.uk

10 Top Tips for Parents and Educators

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE



Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS



Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS



Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY



When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience: their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS



Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES



If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE



Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS



Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES



It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Koeth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION



It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College