

SUNNYDOWN SCHOOL

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Friday 2nd February 2024

Dear all who are associated with Sunnydown,

It's been another busy week at Sunnydown with Year 8 Parents' Evening, Year 10 Annual Review meetings, a visit from Naturally Talented Me and Year 8 swimming lessons. Wishing everyone a relaxing weekend ready for another busy last week before half term.

Careers - Dragon's Den: Wednesday 7th February (10.15am - 3.20pm)

Next Wednesday many of our Year 8-10 students will have the opportunity to take part in a Dragon's Den style activity. Representatives from Legal & General and SATRO will host the event in our Sports Hall supported by Sunnydown staff. The students will work in teams of 6 to design and create a product in the morning with roles allocated within the team. The teams will then work on their pitch which will be presented to the Dragons in the afternoon.

Bikeability Level 1

Twelve of our Year 9s took part in the Bikeability Level 1 recently, honing their already impressive cycling skills and learning about cycling safety in preparation for their on road Bikeability Level 2. All twelve passed with flying colours and were attentive and well behaved throughout. Well done all!

Cyclists:

Charlie Carter
Dominic Hanley
Harry Franklin

Harvey Caruana
Jacob Kelly
Jayden Peters

Jonathan Edwards
Kasra Alavi
Leo Sumsion

Lithar Po-Ba
Michael Hanley
Ollie Taylor



Upcoming science assessments

Year 11 – Genetics and Reproduction: Tuesday 6th February

Students can revise using the PowerPoints on Google Classroom and BBC Bitesize.

Attendance

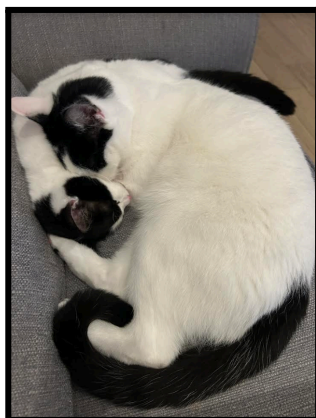
Congratulations to 9N for achieving 100% attendance during the week ending 26th January 2024.

Online safety

Please see the flyer at the end of this newsletter re ‘What Parents and Carers Need to know about Persuasive Design online.’

Pet of the Week

This week’s Pet of the Week goes to Mr Zadok for his beautiful cats - Sam & Albert.



Thought for the Week **(W/C 29th January 2024)**

What is a negative influence? How can you avoid them?

Thought for the Week **(W/C 5th February 2024)**

Safer Internet Day - Why is it important to keep safe online?

House Points

Ryan Gullett	850 House Points
Alexander Neale	850 House Points
Callum Jordan	750 House Points
Charlie Histed	700 House Points
Noah Atkins	450 House Points
Ethan Lyons	400 House Points
Kai Bagwell	150 House Points
Jack Gregory	150 House Points

Oscar Gregory	150 House Points
Matthew Marenga	150 House Points
Frankie McSorley	150 House Points
Jacob Ryan	150 House Points
Loui Salliss	100 House Points

Baton Award

**Josh Benton
(11M)**

For independently taking the time to make someone feel better

Employability Award

**Freddie Ponsford
(8W)
Alex Pereira
(8W)**

Communication & interpersonal skills

Sportsmanship Award

**Matthew Marenga
(7P)**

Mathematician of the Week

The recipient of Mathematician of the Week, awarded by Mrs Webb is

**Kye Lawrence
(7C)**

For his cheerful enthusiasm & effort in maths

& awarded by Mr Wright are

**Alfie Tharle
(9O)**

**Charlie Histed
(9O)**

Scientist of the Week

The recipient of Scientist of the Week, awarded by Mr Cybuch is

**Callum Lagan
(11C)**

**Charlie Histed
(9O)**

For independence

& awarded by Ms Hristova is

**Jamie Rogers
(11M)**

For perseverance & academic achievement

Chef of the Week

The recipient of Chef of the Week, awarded by Mrs Downs is

**Charlie Histed
(9O)**

Forthcoming Events 2024

Date	Description
Tuesday 6 th February	Year 9 Diphtheria, Tetanus & Polio, Meningococcal ACWY vaccination
Wednesday 7 th February	Dragon's Den Careers Activity - Years 9 & 10
Monday 12 th -16 th February	HALF TERM
Wednesday 6 th March	Year 7 Parents' Evening
Tuesday 5 th March	KS3 Basketball event
Friday 15 th March	INSET DAY
Wednesday 27 th March	Curriculum evening
Tuesday 2 nd -12 th April	EASTER HOLIDAYS
Wednesday 24 th April	Year 11 Parents' Evening 4.00pm - 6.00pm
Wednesday 15 th - Friday 17 th May	Year 9 Residential Trip
Monday 27 th -31 st May	HALF TERM
Saturday 1 st June	SunnyFest
Wednesday 19 th June	Year 10 Parents' Evening 4.00pm - 6.00pm
Thursday 20 th June	Scheduled formal graduation event 🎓
Friday 28 th June	School trip to The Arc
Tuesday 23 rd July	END OF TERM

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new posts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Roselee Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

National Online Safety
#WakeUpWednesday