

SUNNYDOWN SCHOOL

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



Friday 3rd November 2023

Dear all who are associated with Sunnydown,

With the dramatic weather on Thursday associated with Storm Ciarán successfully navigating here at Sunnydown, I extend my gratitude to families, students and staff for your cooperation and support. Such situations are dynamic and always cause concern. However, because of the extra vigilance and efforts of staff above and beyond their allocated duties, coupled with the cooperation by the students, a quality education was able to be delivered safely.

While the wind gusts above 100 mph that lashed our coast did not arrive here in Caterham, our thoughts are with families and friends affected in any way, here and afar.

The conflict in Gaza gives us further reason to pause and reflect on our own circumstances, being grateful to have access to the education and health system that we do, in a country that is currently at peace. Conflict can only occur if at least two people or communities or nations have opposing views. If we lived in a world of compromise, of empathy, understanding and mutual respect, perhaps we would see less conflict. Sunnydown will continue to promote and uphold British Values of Democracy, Rule of Law, Respect and Tolerance, and Individual Liberty.

As we move into November, the school unites around the Movember initiative which focuses attention on Men's Health, both physical and mental. I have explained to students that my contribution to raising awareness will be a push up challenge. I will be in the gym every lunch time doing a series of pushups, with the aim of being able to do 1,000 in a day (not all in one go) by the end of November. Already this week staff and students across the school have joined in with this fun way of promoting the cause of men's health.

This of course does not mean that Women's Health is not important. We have initiatives that raise awareness of breast cancer and menopause for example, and will always work with our students to understand the value of a healthy lifestyle and an understanding of their own health, but of all family members.

Safeguarding is always a high priority at Sunnydown and to demonstrate this, I am attending further training on Monday. Our entire Pastoral team are trained as Designated Safeguarding Leads (DSLs) and we all undergo regular updates.

Having a safe school community allows young people to learn with reduced anxieties. Having a fun school community allows for the enjoyment of learning and attending school to be shared across the school. This week our amazing Kitchen team of Sean, Zoe, Julie, Debbie and Zaiba put on a Halloween themed lunch. This level of engagement created such a buzz and was appreciated by students and staff. Huge thanks to the kitchen team.

Have a wonderful weekend.

Paul Jensen



Halloween @ Sunnydown



Practice Exams

Just a reminder that practise exams start on 4th December over a 2 week period. A full timetable will be published in coming weeks. These practice exams are designed to prepare students for the experience of the actual GCSE exams as opposed to being an indicator of academic progress or predicted grades.

Mr Lord

Science Keywords of the Week

For KS3 'POWER' – the amount of energy transferred each second, measured in watts (W).

For KS4 'TERMINAL VELOCITY' – the constant velocity reached by a falling object when the *resultant force* acting on it is zero.

Upcoming Science Assessments

Year 10PW1 – Atomic Structure, Wednesday 8th November

Year 11PW1 – Forces and Motion, Wednesday 8th November

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

Friends of Sunnydown

Dates for your diary

Only a few weeks left until our first Family Quiz Night of the year. Bring the whole family for a night of fun and food at our family quiz night on Friday 24th November 6.30pm arrival for a 7.00pm start. Tickets are £12 for adults and £6 for children (under 12) and includes fish and chips and lots of fun. Bring your own drinks and nibbles. Book your tickets here:

<https://www.pta-events.co.uk/sunnydownevents> or contact friends@sunnydown.surrey.sch.uk for more information.

Donation Days - Do you have any unwanted gifts and/or wrapped sweets/chocolate that you could re-gift/donate? We are holding donation days on Friday 1st December and Friday 8th December at school ahead of the boys Christmas shopping day and would gratefully receive any good condition and unwanted gifts which can be suitable for women, men or children and sweet treats for the tombola.

Christmas raffle tickets will be coming home next week. If you own a small business or know someone who does and you would be happy to donate a raffle prize, please could you email: friends@sunnydown.surrey.sch.uk
Thank you so much for your continued support.

Forthcoming Road Closure - Whyteleafe Hill - Whyteleafe - Carriageway Resurfacing Works

Please find attached the leaflet with information regarding upcoming Carriageway resurfacing works on Whyteleafe Hill, Whyteleafe. These are being delivered this week.

Road Closed

From: 17 November

For: 18 days

Excluding weekends

9.30am-3.00pm

NO PARKING

Please see the attached leaflet for the extent of work.

Sometimes plans must change, often due to bad weather or problems on other works in the same programme which can have a knock-on effect. If anything changes with the details of these works, we will let you know.

You and your residents can also find up to date details of the works on www.surreycc.gov.uk/roadworks



We'd appreciate any feedback from residents on these works, to help us continue to improve. Please could you highlight to residents the QR code found on the leaflet or the direct web link:

<https://www.surreysays.co.uk/environment-and-infrastructure/satisfaction-with-highway-maintenance/>

Thank you in advance

If you have any questions please do not hesitate to contact Surrey County Council on 0300 200 1003 or email works.communication@surreycc.gov.uk



Children in Need 2023 at Sunnydown School

Please bring in gifts for our Lucky Dip so we can donate money to Children in Need and transform their lives.

At breaktime on Friday 17th November 2023, a Lucky Dip will be taking place. Each Lucky Dip will cost 50p.

We need new gifts from students' families. Please ask at home for any small gifts we can use in our Lucky Dip. We would like to collect at least 91 gifts so all students can have a go and win a gift.

If you are bringing in any gifts, make sure to take it to F2 and give it to Mrs Jensen as all the gifts will be wrapped in the morning there.

Unfortunately, hundreds of thousands of children in the UK alone have disabilities. This is where Children in Need step in. They support the disabled children and mitigate their disabilities as much as possible. The money raised can transform and sometimes even save lives. If it wasn't for them, there would be so much more unnecessary suffering. The success of Children in Need is only made possible by money donations given across millions in the UK. Our donations make crucial differences in the way struggling children live their lives.

Thank you in advance for your support in helping students at Sunnydown School appreciate how fortunate we are, and how we can help others less fortunate.

From Lucas Abrams

The Sleep Charity

We have been sent some information about this wonderful free resource that can help parents and children to learn more about their sleep and develop better bedtime routines. Sleep is essential to brain function and by helping children to sleep better, we can help them to succeed in school.

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

This free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. They can talk to young people directly, or parents (they can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

the national sleep helpline

Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

the national sleep helpline

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

the national sleep helpline

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you.
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change.

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

the sleep charity

Furniture Village

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Thales

Thales apprenticeship roles for 2024 intake are now live on their website ranging from Level 2 to Level 6. They are also planning on holding open evenings at some of their key sites across the UK during the next few months to talk about their apprenticeships. Please see more information towards the end of this newsletter.

Attendance

Congratulations to the 32 pupils who achieved 100% attendance for Autumn Term 1 (5th September - 20th October 2023).

Online Safety

Please see the flyer at the end of this newsletter - 'What Parents and Carers Need to Know about X.'

Pet of the Week

This week's Pet of the Week is Ms Newcombe's super cute dog Willow.



Mrs Peterson

Thought for the Week (W/C 30th October 2023)

Looking after ourselves:
Movember & emotional health

Thought for the Week (W/C 6th November 2023)

Remembrance
Remembering those lost

Sportsmanship Award

Taylor Conway
(10T)

Employability Skills Award

Arthur Edmondson
(7P)

Numeracy & IT Skills

Baton Award

Leo Sumsion
(9O)

Perseverance

<p><u>Mathematician of the Week</u></p> <p>The recipient of Mathematician of the Week, awarded by Mrs Webb is</p> <p>George McGookin (7P)</p> <p><i>For effort & understanding in his work on fractions</i></p> <p>&</p> <p>awarded by Mr Zadok is</p> <p>Sonny Chater (10D)</p> <p><i>For independence in mathematics</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>Sonny Chater (10D)</p> <p><i>For resilience & active learning in science</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>Felix Drummond (10T)</p> <p><i>For his independent & creative work in his art GCSE this week</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>Freddie Collins (8W)</p> <p><i>For his positive approach & effort</i></p>	<p><u>Writer of the Week</u></p> <p>The recipient of Writer of the Week awarded by Mrs Wermig is</p> <p>KS3</p> <p>Robert Hall (8W)</p> <p><i>For effective use of a range of literary devices when creating his monster story</i></p> <p>& awarded by Ms Newcombe is</p> <p>KS4</p> <p>Finley Marley (10T)</p> <p><i>For his imaginative description of London at Rush Hour</i></p>
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<u>House Points</u>	
Max Mahboobani	950 House Points
George Whatling	850 House Points
Oscar Stewart	800 House Points
Nathan Small	700 House Points
James Hall	650 House Points
Charlie Histed	600 House Points
Hamish Scott	600 House Points
Toby Chapman	500 House Points

Kamauri Craig	400 House Points
Bailey Goodliffe	400 House Points
Kai Bagwell	50 House Points
Jack Gregory	50 House Points
Oscar Gregory	50 House Points
Hayden Howells	50 House Points
Luke Luo	50 House Points
Matthew Marenga	50 House Points
George McGookin	50 House Points
Eddie Smith	50 House Points

Forthcoming Events 2023

Date	Description
Tuesday 7 th November	English Functional Skills exams
Wednesday 8 th November	Maths Functional Skills exams
Friday 17 th November	Children in Need
Monday 20 th November - Friday 1 st December	Year 11 Annual Review meetings
Friday 24 th November	Friends of Sunnydown Quiz Night
Friday 1 st December	FoS Donation Day
Friday 8 th December	FoS Donation Day
Thursday 14 th December	Reports sent home
Thursday 14 th December	Christmas Shopping Day 🌲
Thursday 14 th December	Christmas lunch 🌲
Friday 15 th December	End of term 1.20pm finish
Thursday 20 th June 2024	Scheduled formal graduation event 🎓

Thales Early Careers Newsletter

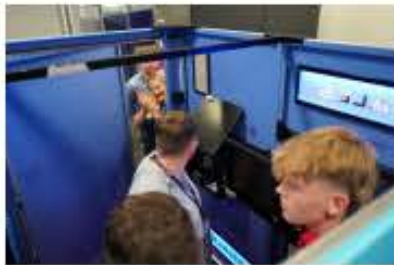


Welcome to our Thales Newsletter!

Thales is a global technology and engineering company based all over the world. Here in the UK, we have multiple sites up and down the country offering both business and STEM graduate and apprenticeship roles. You can find out more by heading to our website [HERE](#) or scan the QR code...



In September, we welcomed 164 new starters, a mix of both graduates and apprentices. The first week was spent getting to know Thales (and each other) by spending time together in Crawley. It was not all work either as we had fun and games, including our very own escape room!



We wish our 2023 cohort lots of luck for the future, now time to focus on our roles for 2024!



Our Graduate and Apprentice Roles for our September 2024 intake are now live - Click [here](#) to apply!



Coming soon:

Thales Insight Events to be held in various locations across the UK, more information to follow!

Follow us

Check us out online!



Thales



@ThalesGroup



Thales Group



The Thales Group



@ThalesCareers

THALES

Building a future we can all trust

What Parents & Carers Need to Know about



In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

WHAT ARE THE RISKS?

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification, certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat take account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site [GGRecon](http://GGRecon.com) and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including [IGN](http://IGN.com) and [TechRadar](http://TechRadar.com).



National Online Safety
#WakeUpWednesday

INDIVIDUAL MUSIC LESSONS AT SUNNYDOWN SCHOOL

Lessons include:

KEYBOARD **GUITAR**
DRUM KIT

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

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ARTS




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