

SUNNYDOWN SCHOOL

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



Friday 3rd February 2023

Dear all who are associated with Sunnydown,

I had the privilege of working with 8O this afternoon in PSHE. The topic was the impact of consuming alcohol, and in particular, when humans consume too much. I was heartened with the level of awareness and the responsible engagement of each young man. Our PSHE curriculum is very well designed, as evidenced in the curriculum plans on our website. Below is the introductory statement regarding PSHE taken directly from our website.

What is PSHE?

PSHE (personal, social, health and economic) education is a school curriculum subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. PSHE education helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain. As referenced in our curriculum policy, it develops essential life skills related to all aspects of independent living. PSHE also enables all students to meet their full academic potential.

PSHE lessons at Sunnydown in all years also includes RSE (relationships and sex education) which became statutory in 2020.

Why do we teach PSHE at Sunnydown?

PSHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up. As referenced in our curriculum policy, PSHE aims to develop an understanding of personal, social and health issues such as drugs, sex and relationships and the importance of a healthy lifestyle, which prepares them for all types of relationships in their future.

As a school for young men with communication and interaction needs, it is even more important that we do as much as we can to support and prepare our students for a successful life after Sunnydown.

How do we teach PSHE at Sunnydown?

PSHE and RSE are delivered by form tutors in one hour slots during the Friday Curriculum. The curriculum is split into three areas; Health and Wellbeing, Relationships (including Relationships and Sex education) and Living in the Wider World.

How does PSHE change at KS4?

Whilst planning for the future is integrated into lessons in KS3, from KS4 there is more of a focus on careers and independent living to prepare students for life after Sunnydown. Moreover, in Years 10 and 11, key aspects of Citizenship & RE are incorporated into our weekly PSHE sessions: Personal Development.

Youth Sport Trust Inclusion Panel

Liam Tushingam agreed to be part of an online student panel talking to a network of teachers from across the borough and beyond and supporting them to think about strategies to ensure young people are engaged and included during Games and PE. He shared his own journey in Games and PE, how he at first didn't want to take part but then Mr Wright helped him understand the importance of Games and healthy living and he kindly said I also made Games fun. He told the panel Games should always be fun so everyone would take part and should be explained simply so everyone could understand. He also spoke about some of the opportunities he had had through sport which had helped with his confidence so that he was now Vice Chair of the School Council, Vice House Captain, a member of the school sports teams and a role model in Games and PE who used to also support younger students in maths.

Liam was always one of the first to answer questions to the panel and he should be so proud, firstly of his own journey but also in his keenness to help teachers in their professional journeys so they can ensure their students enjoy Games as much as he does.

Gabe

Caterham Cycle Challenge

Our annual Cycle Challenge (cycling 660km around Kenley) returns in May this year. Every penny raised supports Mental Health for children here at Sunnydown and in our local community, our cycle scheme and additional projects here at school.

Students are challenged to help raise as much money as possible, with sponsorship forms being shared soon.

Match Report

Sunnydown KS4 Premier and Championship teams went back down to Fulham FC's training ground to take on schools across the borough in the Surrey Special Schools league. Due to strike actions Sunnydown Champions found themselves playing Canbury four times. A 2-0 loss was followed by a 2-1 defeat, then a 1-0 loss and finally a 0-0 draw. The boys got better match after match, followed instructions well and were brilliant role models. Really well done.

Lucas: My Men of the Match were both Georges. George Smith did great communication and encouragement and George Whatling was great at stopping attackers. Liam was really good too.

James: Liam did really well in goal

Ty: Callum he had some good shots on goal

Callum: Liam made some great saves

George: James Dean showed great effort and character

Liam: Ty was always smiling and positive and never gave up

George S: Lucas because he had great movement and speed and made great challenges

Reece: George S always defending well, being in the right spots and never giving up.

After a difficult League Day 1, the Premier League team were building from the bottom half of the table. The focus today was about 'being together'. Today the team warmed up together, enjoyed lunch together, battled together and played some fantastic football together. We were proud to see the team, recognising each other's contributions, dealing with challenges together and ultimately celebrating together.

Match 1 - A tight 1-0 victory

Match 2 - A superb 3-0 victory

Match 3 - A bruising 0-0 draw

Match 4 - Coming from behind to win 4-1

Goal scorers - Jamie Rogers - 4. Josh Benton - 3. James Millar - 1.

Players Player of the Day - Oscar Stewart for his Van Dyke like performances in defence! Congratulations Oscar, fully deserved!

Congratulations to the entire team for a truly wonderful team performance!

Goal Keeper - Kieran Kirk

Defence - Oscar Stewart, Alex Hennessey & Josh Barnes

Midfield - James Millar, Elvin Sermuksnis

Strikers - Jamie Rogers & Josh Benton

Well done to both teams!

Mr Wright & Gabe

World Book Day: 2 March 2023

World Book Day is on 2 March 2023 and pupils have been given a £1.00 book token. Year 7 has also been given a bookmark. The National Book Tokens are valid from Thursday 16 February - Sunday 26 March 2023. These book tokens can be used to get a World Book Day book for free, or £1.00 off a book or audio-book costing £2.99 or more, in participating booksellers only and subject to availability. The free World Book Day books are shown on the voucher.

To celebrate World Book Day the English department will be running a short story competition, details as follows:

The theme of the short story is: The Forest

The short story should be no more than 250 words.

Pupils will receive house points and there will be prizes for the overall winners.

Competition is open to all pupils, families and staff.

Entries to be submitted by Friday 24 March 2023.

Please email your entries to Mrs Jensen, a.jensen@sunnydown.surrey.sch.uk

Enjoy reading and good luck in the competition.

Mrs McCarthy



School Council

Minutes from the School Council meeting on Tuesday 31st Jan are at the end of this newsletter.

Friends of Sunnydown

HOLD The Date - SunnyFest 2023 03.06.2023 - Our very own festival will be happening this year - make sure *Saturday 3rd June* is firmly in your diary. 12pm to 8pm. Live Bands. Great food. Further details to follow.

HOLD The Date - Corporate Golf Day 06.06.2023 - To support raising funds for Mental Health support, we have arranged a golf day. This was originally scheduled for March 2020 but a Pandemic put that idea to rest. If you play golf, know golfers, or work for a business that might be interested, please share the posters when they become available. We are seeking quality donations for a huge raffle.

50/50 Club - This is our 'school raffle' which gives you the chance of winning every month. You complete a membership form and Standing Order mandate for £5 per month for five membership numbers, which enters you into the monthly draw (ALL participants must be over 16). The draw will take place on or about 1st of each month (in arrears). Your winnings will be sent over to you by bank transfer. The prize money will be 50% of the membership fee taken that month. With a first prize being 35% (about £80) and a second prize of 15% (about £40). The remaining 50% goes to the school to help fund equipment, resources and opportunities for pupils. Email: friends@sunnydown.surrey.sch.uk for a membership form.

Pre-Loved Uniform - We have a large range of pre-loved uniform waiting to go to a new home. From coats, trousers, shirts, jumpers with logos and more - we have these in several sizes. Why not pick up some spares to avoid using the tumble dryer this winter? All available online and your son can bring the items home. Check out our selection here: <https://www.pta-events.co.uk/sunnydownevents>

Friends of Sunnydown Volunteers - We are a very small team of parents who would love some new joiners to our team! If you can spare one hour per month and are interested in joining, please email us for more information - friends@sunnydown.surrey.sch.uk

Next Friends of Sunnydown Meeting - Tuesday 28th February at 7:30pm. Everyone is welcome.

Attendance

Congratulations to 7W and 8N for achieving 100% attendance for the week ending 27th January 2023.

<p><u>Thought for the Week</u> (W/C: 30th January)</p> <p>What is a negative influence? How can you avoid them?</p>	<p><u>Thought for the Week</u> (W/C: 6th February)</p> <p>Safer Internet Day - Why is it important to keep safe online</p>
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<u>Mathematician of the Week</u>	<u>Scientist of the Week</u>	<u>Artist of the Week</u>	<u>Musician of the Week</u>	<u>Chef of the Week</u>
<p>The recipient of Mathematician of the Week, awarded by Mr Zadok for improvement & progress in KS4 mathematics is</p> <p>Josh Tucker (11P)</p> <p>The recipient of Mathematician of the Week, awarded by Mrs Cybuch for resilience & cooperation is</p> <p>Charlie Histed (80)</p>	<p>The recipient of Scientist of the Week, awarded by Mr Cybuch for cooperation & resilience is</p> <p>Antony Harper (9T)</p> <p>The recipient of Scientist of the Week, awarded by Ms Hristova for active learning & excellent teamwork</p> <p>Cody Osborne (7C)</p>	<p>The recipient of Artist of the Week, awarded by Mrs Ogle for his great feedback and effort in art is:</p> <p>Cody Osborne (7C)</p>	<p>The recipient of Musician of the Week, awarded by Mrs Cybuch is</p> <p>Sam Lopes (7C)</p>	<p>The recipients of Chef of the Week, awarded by Mrs Downs for working calmly & independently is</p> <p>Nathan Small (9D)</p>

Baton Award

Charlie Histed (80)

For litter picking and setting up a 'Go Fund Me' to raise money for his local area

Song of the Week

This week nominated by Miss Adams: Adele, Set Fire To The Rain (2011).

<u>House Points</u>	
James Dean	800 House Points
Josh Benton	600 House Points
Ollie McEvaddy	600 House Points
Harvey Caruana	400 House Points
Harry Franklin	400 House Points
Freddie Ponsford	150 House Points
Callum Truttero	150 House Points



Sunnydown School Council – Minutes of Meetings

Date: Tuesday 31st January 2023

Suggestions this week:

- There was a discussion about the toast queue at breaktimes. Some boys have been seen pushing in and then grabbing more than 1 slice of toast. Miss Derrig-Adams assured the Council that staff are aware of when this happens and it is always dealt with. A suggestion was made to have 2 different queues - KS3 and KS4?
- A Year 7 pupil has offered to start a Portuguese Club. As with all clubs, a member of staff would need to run the club.
- Recycling Update - Miss Lawson will arrange for boxes to be put into each classroom. These can be used to recycle any paper and should be available before the end of half term. Posters regarding recycling and turning lights off will also be given to the Council representatives so that they can distribute them around the school.
- There is a possibility of a School Council trip this year. We are hoping to go to the Houses of Parliament. More information on this to follow!

Consent

Following on from Mr Jensen's comments in recent newsletter about sexualised behaviour. I am now sharing some information on **Consent**. We are also exploring workshops on **Consent** for the young people of Sunnydown. This will be with Talk Consent. <https://talkconsent.org/booking/> This is a new service available to help educate our young people.

When we have any concerns that a young person's behaviour has a sexualised element. We refer to a Brook Traffic light Tool to help assess the risk to the young person and others. Brook is an online service which helps young people with sexual health and wellbeing and supports schools and families. <https://www.brook.org.uk/>

What is Consent

To consent means to agree to something, and the word can be used in lots of different situations. When it comes to sex or sexualised behaviours specifically, to consent means to agree to have sex or engage in sexual behaviours. This also means touching any parts of people's bodies without consent. But particularly those areas covered by our underwear. Please refer to the NSPCC PANTS information attached for more clarification.

Giving Consent

Practising good consent involves checking in with yourself and thinking about your feelings, emotions and bodies.

- Mental: what am I thinking? Is this right? Could my behaviour upset other people?
- Emotional: How am I feeling? How is this going to make me feel?
- Physical: How is my body responding? How will this make my body feel? Is the area I want to touch covered by the underwear of the other person?

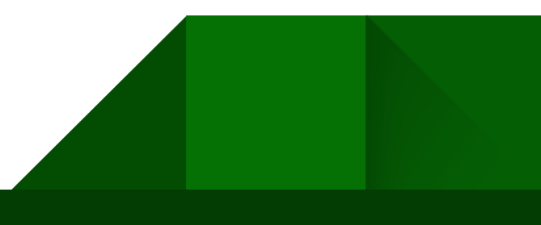
Remember, if you say 'no', or if someone else says 'no', whether through words or through body language, you must always respect their wishes immediately, and they must respect yours. If it doesn't feel right or makes you feel uncomfortable say no. Always find someone to talk to if you are worried or concerned. Parents, Teachers, Pastoral or someone you can trust. We are all here to help and support you. Have a lovely weekend.

Miss Brooks

Here is the NSPCC PANTS rule.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

The NSPCC Underwear poster is attached below.



LEARN THE UNDERWEAR RULE

TALK

P

A

AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP



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ChildLine is a service provided by the NSPCC. 2012061. Registered charity numbers 214801 and 2020779

LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see, or touch them. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first. No one should ask you to touch or look at parts of their body that are covered by underwear.

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.

N O MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.

T ALK ABOUT SECRETS THAT UPSET YOU

Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

S PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.



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