

# SUNNYDOWN SCHOOL

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



## Friday 3<sup>rd</sup> March 2023

Dear all who are associated with Sunnydown,

We had the privilege of working with Dan and Chimene from Talk Consent (<https://talkconsent.org/>) on Thursday. Consent is a concept that is addressed during our comprehensive PSHE and RSE curriculum as part of our endeavours to provide quality relationships education to your son.

Feedback from staff who supervised the sessions which were delivered to whole year level groups, was overwhelmingly positive. While very few young men were not able to meet the high levels of mature engagement we expect, the vast majority of students appear to have enjoyed and learnt from the sessions.

I would encourage all families to review the messages in newsletters since January regarding safeguarding here at Sunnydown. We take our responsibility to ensure your son is safe and to educate and modify the behaviour of students who appear to be behaving in an unsafe manner seriously. We appreciate your support in this.

Some students have offered 'I was only joking' as their defence following an inappropriate comment. I take this opportunity to remind students, staff and families that we have a zero tolerance approach to inappropriate comments, especially those that can be interpreted as bullying, racism or sexually harmful and derogative in any way. We do not accept "I was only joking" or "it is boys being boys" as justification for such behaviours.

## The Gibb Challenge

I can feel the excitement of this event building daily. Ollie and Oscar are riding 660km across a remote part of Australia to help raise money for our very own Caterham Cycle Challenge which promotes positive Mental Health in our community. I have had overnight communications with Mr Simon Rimmer, the inspirational leader of this event, and he is also excited to welcome the very first genuinely international team.

## Greenhouse Event

Thando Po-Ba attended a Greenhouse event on Thursday evening at The Oval cricket ground as a representative of Sunnydown School and as a Young Ambassador to Greenhouse. Thando was asked to say a few words about his Sunnydown journey and the impact of Greenhouse support. He was able to describe his journey as "transformative." I know that Gabe will write a more substantive entry in a future newsletter with photos, but I wanted to take this opportunity to extend my congratulations to Thando for a confident talk last night.

## Friends of Sunnydown

If not already in your diaries, make sure you add in these important upcoming events -

- **Caterham Cycle Challenge - May 2023** - This involves students cycling 660km around Kenley aerodrome in a relay event (with the aim of raising money for emotional wellbeing and mental health support). Over the past two years we have raised over £40,000 - we'd love to top this figure for 2023!
- **SunnyFest - Saturday 3<sup>rd</sup> June 2023** at Sunnydown. We are proud to announce that a band made up of graduates from Sunnydown will feature among other artists (see attached flyer).
- **Golf Day - Tuesday 6<sup>th</sup> June 2023** at Farleigh Golf Course (see attached flyer). Treat yourself to a relaxing golf day and raise funds at the same time!

All monies raised will make a difference in improving support for emotional wellbeing and mental health - a much needed cause.

## KS3 Basketball report

Sunnydown entered 2 teams into the inaugural Surrey Special Schools KS3 Basketball Tournament.

The A team won their first 3 matches with suffocating full court press defence and some excellent team work to create scoring opportunities for each other. Sunnydown A met New Barn in the final match of the afternoon. Two undefeated teams to decide the tournament. We had heard about how good and tall the New Barn team were throughout the day. Watching them warm up we realised the extent of the challenge. Several 6 foot plus players with good technical skills. The team agreed that the best opportunity we had was to play a tight zone defence and hustle for every rebound and loose ball and to make sure they had to fight for everything. The game started at a frenetic pace and New Barn scored first but Sunnydown responded well and scored on a fast break. The game was a back and forth battle with Sunnydown holding their own against the very talented (and did I mention tall) New Barn team. With 30 seconds to go, New Barn scored a long shot which settled the match and crowned them Champions. Congratulations to New Barn, they were an outstanding team. Congratulations to Sunnydown who played some outstanding Basketball of their own and demonstrated excellent team work, communication and sportsmanship throughout the day.

### **The A Team - Managed by Year 11: Elvinas Sermuksnis**

Antony Harper  
Callum Annis  
Finley Marley  
Harry Franklin  
Jayden Peters  
Lithar Po-Ba  
Max Gibbins  
Teddy Foster

Players **Player of the Day** - Congratulations Max Gibbins!



Sunnydown B team played four fifteen minute matches against schools across the borough which tested the boys' skills and fitness levels. Though the B team were younger and less experienced than some of their opponents, they showed great resilience throughout and managed to score twice through Jayden Smurthwaite and Freddie Collins. Well done boys and a special mention goes to Josh Barnes and Elvinas Semuksnis for their great efforts as coaches and referees. They also won the fashion award. Mr Wright and I will have to dust off our suits for the next fixture.

#### **Sunnydown B squad managed by Y11: Josh Barnes**

Dominic Hanley  
Freddie Collins  
Jayden Smurthwaite  
Michael Hanley  
Nathan Small  
Ollie Taylor

#### **What parents and carers need to know about NGL**

Please see the flyer attached to this newsletter for further information.

**Richard Cassim**

#### **Greenhouse T Shirts**

This week three new students have won Greenhouse T-shirts. Cody and Freddie Dunne learnt to cycle, Freddie showed great determination in learning to cycle while Cody learnt pretty much straight away. Well done to both boys.

During the same lesson, Freddie Ponsford saw that one of his classmates looked a little cold so gave them his gloves, then helped the other boys put their bikes away at the end of the lesson. Freddie, you should be really proud of your kindness and helpfulness.



#### **Attendance**

Congratulations to 11P & 10C, for achieving 100% attendance for the week ending 24th February 2023.

**Thought for the Week**

(W/C: 27<sup>th</sup> February)

**World Book Day 2023 - You are a reader**

**Thought for the Week**

(W/C: 6<sup>th</sup> March)

**Do you understand your true value?**

**Sportsmanship Award**

**Freddie Dunne  
(7C)**

**Employability Skills Award**

**Reece Wood  
(11P)**

For valuing diversity & difference

**Baton Award**

**Jamie Rogers  
(10M)**

For demonstrating incredible resilience during the exams this week. Nominated by Miss Newcombe

**Mathematician  
of the Week**

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

**Luke Dean  
(8N)**

**Scientist  
of the Week**

The recipient of  
Scientist of the Week,  
awarded by Mr  
Cybuch for  
cooperation

**Charlie McSorley  
(9D)**

The recipients of  
Scientist of the Week,  
awarded by Ms  
Hristova for  
cooperation &  
resilience

**Kasra Alavi  
(8N)**

**Harvey Caruana**

**Musician of the  
Week**

The recipient of  
Musician of the  
Week, awarded by  
Mrs Cybuch is

**Jonathan  
Edwards  
(8O)**

**Chef of the Week**

The recipients of  
Chef of the Week,  
awarded by Mrs  
Hull for  
progressing with  
his cooking skills  
& independence is

**Sam Lopes  
(7C)**

**Aritst of the Week**

The recipient of  
Artist of the  
Week, awarded by  
Mrs Ogle for his  
fabulous  
animation is

**Leo Sumsion  
(8O)**

## Song of the Week

Song of the Week was nominated by Mrs Downs: Miley Cyrus, Flowers (2023).

<u>House Points</u>	
Byron Boniface	700 House Points
Ty Small	700 House Points
Felix Drummond	650 House Points
Jayden Peters	300 House Points
Ollie Taylor	500 House Points
Lithar Po-Ba	450 House Points
Alfie Monk	400 House Points
Alfie Tharle	300 House Points
Freddie Collins	200 House Points
Robert Hall	200 House Points
Jaden Doorga	150 House Points
Harrison Williams	150 House Points

## Friday Curriculum - 10/3/23

A timetable of events will be sent out next week.

## Forthcoming Events

<u>Date</u>	<u>Description</u>
Wednesday 8th March 2023	Year 7 Parents' Evening KS4 Dodgeball
Thursday 9th March 2023	Year 8 Swimming sessions
Friday 10th March 2023	KS3 Dodgeball
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



# Sunnydown School Caterham Cycle Challenge



**gusperiscopes**

SAFETY . QUALITY . DURABILITY

## **The Community Needs You!**

**Between 4th & 12th May, the students of Sunnydown School will be cycling 660km around Kenley Aerodrome.**

**With your help, we aspire to raise £35,000 to support local schools by providing additional Specialist Mental Health and Wellbeing Practitioner hours for those families in need.**

**Please help by sponsoring this event - any donations are gratefully received.**

**[www.justgiving.com/campaign/sunnydowncyclechallenge23](http://www.justgiving.com/campaign/sunnydowncyclechallenge23)**

**For more information email:**

**[cyclescheme@sunnydown.surrey.sch.uk](mailto:cyclescheme@sunnydown.surrey.sch.uk)**

**In May, two students are flying to Australia to take part in The Gibb Challenge and cycle 660km across the remote Kimberley region. This demonstrates how committed we are to supporting the Mental Health of our community.**





SATURDAY 03RD JUNE  
2023

SUNNYDOWN SCHOOL

12.00PM - 8PM

CATERHAM. CR3 5ED

## II SUNNYFEST 23 II

LIVE MUSIC | GREAT FOOD | FAMILY FUN



JOIN US FOR A FAMILY FESTIVAL,  
FILLED WITH AMAZING LIVE MUSIC



BEER/PROSECCO/GIN BAR | PIZZA | BURGERS |  
CARIBBEAN FOOD | CAKE | ICECREAM |  
BOUNCY CASTLE | MUSIC AND DANCING

RAISING MONEY AND AWARENESS FOR COMMUNITY  
MENTAL HEALTH INTERVENTIONS

TICKETS: £10 UNDER 12'S GO FREE  
WITH A PAYING ADULT

SCAN THE CODE TO PURCHASE  
TICKETS ONLINE OR BUY IN  
PERSON AT COMPUTER  
SOLUTIONS CATERHAM





FRIENDS OF SUNNYDOWN  
CORPORATE  
**GOLF**  
DAY

**DATE**

6 JUNE 2023  
ARRIVE 10AM  
TEE OFF 11AM

INCLUDED:  
BREAKFAST ROLL &  
2 COURSE MEAL

**VENUE**

FARLEIGH GOLF CLUB  
OLD FARLEIGH ROAD  
WARLINGHAM, CR6 9PE

**PRICE**

£75 PER PERSON  
&  
£280 PER 4 BALL

EARLY BIRD:  
£65 PER PERSON &  
£240 PER 4 BALL  
(offer ends 31 March)

BUY TICKETS

[www.bit.ly/sunnydowngolf2023](http://www.bit.ly/sunnydowngolf2023)

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](http://www.sunnydown.surrey.sch.uk)

# What Parents & Carers Need to Know about

# NGL

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

## ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making 'advised' confessions or revealing their fears and insecurities.

## PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

## COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

## INFLATED ENGAGEMENT

In June 2022, NGL had to revise its terms of service: informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

## QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not sit with our expert with confidence that the app can address bad behaviour adequately.

## ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

## Advice for Parents & Carers

### DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

### BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

### EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

### THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Source: <https://nsl.uk.net/what-is-ngl>

**NOS** National Online Safety®  
#WakeUpWednesday