

SUNNYDOWN SCHOOL

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Friday 5th January 2024

Dear all who are associated with Sunnydown,

Welcome to 2024. This is always an exciting time of the year - we all know the day length is slowly increasing and that Spring will see a proliferation of life and colour - as long as this rain, wind and storms stay away!

As if we needed any additional evidence to support the fact that the educational opportunities at Sunnydown are second to none, we welcomed the GASP Motor Mechanic project onsite this week with twelve students committing to six weeks of training. Registration for the second opportunity, starting after the February half term will open soon. Some current mechanical students may wish to continue and if they do so, will gain some qualifications. New students will be introduced to the world of motors. By way of reminder, part of the commitment is for a £60 contribution from families for each six (6) week course (unless you are eligible for FSM) and for students to complete school work that has been missed when attending the Mechanic Project.



Another amazing opportunity is the return of the School Ski trip for January 2025. Mrs Hanna Pletts will lead this and will be talking to the young men and staff next week before calling for registrations of interest.

Matty Horkan continues to recover in Stoke Mandeville Hospital. In talking with him, we decided that funds raised for running the London Marathon would be invested in an all terrain wheelchair so when Matty is released from Hospital, he can access the forest area he so much misses. Your support in promoting our endeavours and sharing links to fundraising pages when they are released will be greatly appreciated and will enhance his recovery.

Staff are working closely with all students to support them to be 'classroom ready' throughout the school day. This enhances their active learning in lessons and decreases distractions in class. Any support that families can offer in this regard is appreciated. Some families have indicated that they are working hard on monitoring screen time before bed and the age appropriateness and nature of what their son is accessing, introducing regular evening and morning routines and others still looking into seeking medical support for disturbed sleep patterns. These all help to support a calm and focussed time at school. Working together, we can give your son every chance to achieve his potential.

Thank you for your support and understanding.

Have a wonderful weekend.

Year 11 Food students

Some of the Year 11 Food & Nutrition students have their final food assessment on Tuesday 9th January. They will be spending the day in the Food Tech room preparing a meal for some of the staff to enjoy. The remaining students will have their food assessment the following Tuesday 16th January. Wishing them good luck for a successful and enjoyable day.

Mrs Hull

Thales Apprenticeship Open Evening

Thales have shared an invitation to their Apprenticeship Open Evening on Tuesday 6th February and the latest edition of their newsletter. Please scroll to the end for details.

Attendance

Congratulations to the 18 students who have achieved 100% attendance for the Autumn Term (1st September - 15th December 2023). Also to the 15 students who achieved 100% attendance for Autumn Half Term 2 (31st October - 15th December 2023).

Online Safety

Please see the flyer at the end of this newsletter for more information on 'Top Tips for Managing Screen Time'.

Mr Cassim

<u>Thought for the Week</u> (W/C 1 st January 2024) Welcome back - Setting goals for the new year	<u>Thought for the Week</u> (W/C 8 th January 2024) Why do we need to look after our health?
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<u>Mathematician of the Week</u>	The recipient of Mathematician of the Week, awarded by Mr Zadok is Jamie Rogers (11M) <i>For his continued progress in mathematics</i>
<u>Scientist of the Week</u>	The recipient of Scientist of the Week, awarded by Mr Cybuch is Alfie Tharle (9O) <i>For cooperation & independence</i>
<u>Artist of the Week</u>	The recipient of Artist of the Week, awarded by Mrs Ogle is Zack Harrison (7P) <i>For his fantastic drawing over Christmas</i>

House Points

Ollie Taylor	800 House Points
Nathan Small	750 House Points
Kasra Alavi	550 House Points
Sonny Burgess	350 House Points

Forthcoming Events 2024

<u>Date</u>	<u>Description</u>
Tuesday 9 th January 2024	Year 11 Final food assessment
Tuesday 16 th January 2024	Year 11 Final food assessment
Wednesday 15 th - Friday 17 th May 2024	Year 9 residential trip
Thursday 20 th June 2024	Scheduled formal graduation event 🎓



National Apprenticeship Week Thales Crawley Insight Event – 6 February 2024

Would you like to learn more about the Thales apprenticeships? If so, join us for the Crawley Insight Event on Tuesday 6 February.

The Crawley Thales UK Insight evening will give you the opportunity to learn about our different business areas and what our apprenticeship programmes can offer you. Come and meet some of our current apprentices and find out what it is really like to be an apprentice at Thales. Our Early Careers team will also be there to give you advice on the application process and assessment centres and answer any questions you may have.

This event is for anyone interested in an apprenticeship with Thales, either ready to apply now for our September 2024 intake, or for future years.

Entrance is by invitation only, and we are only able to accept ticket requests from a school email address.

The following time slots will be available:

- Session One 17.00 – 17.45
- Session Two 18.00 – 18.45
- Session Three 19.00 – 19.45

To register for tickets please follow the link: <https://www.eventbrite.co.uk/e/thales-crawley-national-apprenticeship-week-insight-event-6-february-2024-tickets-789076397747?aff=oddticketcreator>



This event is by invitation only. Spaces are restricted so tickets will be issued on a first come first served basis. For any enquiries please contact suppearlycar@uk.thalesgroup.com

Due to our strict security requirements, all attendees must be registered in advance, have photo id, only arrive during the designated time slot and only register for one slot. We will also be operating a no bags policy on the night.

We have a range of apprenticeship roles available, for more details and to apply, please follow the link [Thales Apprentice Roles 2024](#).

For more information about roles this year or future years, we have a graduate and apprentice future talent platform, where our future talent can engage with digital buddies and access information about Thales. Buddies will be able to offer insights on our roles, share information on what it's like to work at Thales and help develop their skills and knowledge on how to make a good application, as well as how to best perform at an assessment centre. To register scan the QR code

Welcome to Thales Future Talent Connectr platform.



Thales Early Careers Newsletter



Here at Thales we would love to wish you all a Happy New Year!

There is still time to apply for our 2024 Apprenticeship roles, the closing date is 11 February, to apply click [here!](#)

This issue will focus on everything to do with apprenticeships. What they are, pros and cons and different types of apprenticeships!

Apprenticeships are a great way for individuals to learn and earn at the same time. You're employed to do a real job whilst studying for a qualification!

You follow a approved programme known as a apprenticeship standard so you know what you're working towards!

Apprenticeship durations depend on the programme but could be between 1-4 years.

PROS

Pros

- Applying your learning in a real life environment!
- Earn while you learn!
- Fully funded courses. No student debt!
- Become financially independent quicker.

CONS

Cons

- May have to wait longer for independence.
- May miss out on uni social life!
- Shorter holidays.

Apprenticeship Levels –

Apprenticeships have different levels. These levels indicate what qualification you will receive at the end of the apprenticeship. Each level has different entry requirements.



Level 2:

Intermediate Level Apprenticeship
Equivalent to 5 GCSEs

Level 3:

Advanced Apprenticeship
Equivalent to achieving 2 good A-Level's

Level 4:

Higher Apprenticeship
Equivalent to a foundation degree

Level 6:

Degree Apprenticeships
Equivalent to a bachelors degree.

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Thales Early Careers Newsletter



Spotlight on Roles in Crawley!

In Crawley, we have a variety of different roles available, from engineering to business. We have shown a selection below, each link will take you straight to the job description for more information.

[Level 3 Assembly Technician Apprenticeship](#) and

[Level 3 Test & Repair Technician](#) – both roles are 4 year apprenticeships with a starting salary of £16,000 for 16-18 year olds and £21,000 for 19+. You will need 5 GCSEs grades 9-4, including English and Maths

[Level 4 Industrial Planner Apprenticeship](#) and

[Level 4 Procurement Apprenticeship](#) – these roles are both 3 year apprenticeships with a starting salary of £22,500. You will need a minimum of 2 A levels at grade A-C and 5 GCSEs grades 9-4 including English and Maths.

[Level 6 Systems Engineering Apprenticeship](#) – this is a 4 year degree apprenticeship studying at Warwick University. The starting salary is £22,500 and the entry requirements are a minimum of 112 UCAS tariff points at A Level including a grade B in Maths and at least 1 further STEM subject (Physics, Computer Science, Engineering, Electronics) or an equivalent e.g. BTEC DMM. You will also require 5 GCSEs grade 9-4 including English and Maths.

[Level 6 Hardware Engineering Apprenticeship](#) - this is a 5 year degree apprenticeship studying at Nottingham University. The starting salary is £22,500 and the entry requirements are 3 A Levels (BBB) including Maths or an equivalent qualification, as well as 5 GCSEs grade 9-4 including English and Maths.

[Level 4 Project Planning and Controls Apprenticeship](#) – this is an 18 month apprenticeship with a starting salary of £22,500. Entry requirements are 2 A levels and 5 GCSEs grade 9-4 including English and Maths.

To learn more about our roles why not come to our Apprenticeship Insight Event on Tuesday 6 February?

For more information and to register on Eventbrite, follow the link below:

<https://www.eventbrite.co.uk/e/thales-crawley-national-apprenticeship-week-insight-event-6-february-2024-tickets-789076397747?aff=oddtcreator>

To see all of the roles available, as well as the full job descriptions, follow the link below:

[View and Apply!](#)

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Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Michelle Ahmed designs and delivers the UK's only specialist postgraduate research health qualifications. They also provide training and support to education organisations and trust affiliates – empowering senior leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

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