

They then learnt how to fillet a trout, and then cooked it on the outdoor fire near the BBQ hut.



Paul Jensen

### **Thrive**

We have recently become a Thrive embedded school, this is a new journey for us and we would like to share what Thrive can do for our young men and their families.

We currently have 2 fully licenced Thrive practitioners and over the coming months this will increase to 6 practitioners across the school.

Thrive is about social and emotional development. The adolescent brain goes through amazing changes at this stage of development. By being able to better understand the changes developing in the brain our licensed Thrive practitioners can support our young men in recognising thoughts, emotions and feelings on a deeper level.

The young men will also recycle their needs at this stage of development. Thrive will help us work with the young men by developing action plans and putting strategies in place to support them in their development.

Claire Brooks - Pastoral Support and Thrive Champion

**Mr Leeds**

### **Mental health and wellbeing**

Here at Sunnydown our approach is to develop a positive ethos and culture where everyone feels that they belong. To achieve this it involves working with the boys and their families and making sure the whole school community is welcoming, inclusive and respectful.

We maximise the boys learning through promoting good mental health and wellbeing across the school through our curriculum, in particular our PSHE lessons. We celebrate awareness days such as World Mental Health Day to show the boys they are not alone and there is support available to them. We usually celebrate this particular awareness day by having a Tea and Talk afternoon, which is always successful.

We also put in place early support for pupils and encourage positive staff-pupil relationships and commitment from everybody. Please find attached some useful websites that offer support and guidance on how young adults can look after their mental health and wellbeing.

<https://www.annafreud.org/schools-and-colleges/resources/mentally-healthy-schools/>  
<https://www.charitychoice.co.uk/youngminds-the-childrens-mental-health-charity-2142>

**Miss Drake**

### **Chromebooks**

I have noticed an increase in the number of Chromebooks needing repair for broken/cracked screens. This sort of damage is not covered under warranty and as such the cost associated with repairing this comes from families. The cost of a new screen or keyboard is around £90-£120, the price changes in line with purchase demand on the market.

To avoid this unnecessary expense, may I encourage the purchase of a well fitted, well padded case. School bags are often dropped or left on the floor and I am sure this will add to the risk of damage, a case will help to prevent and reduce the number of devices needing repair.

**Mrs Rogers**

### **Year 11 Food Technology**

Six Year 11 pupils took part in their BTEC final assessment on Tuesday this week and I would like to congratulate them all for their mature approach and hard work in preparing for the day, and also on the day. It was a busy and challenging day but all the pupils demonstrated the skills and knowledge they have learnt over the last 5 years by producing some lovely meals, which they then shared with a handful of staff. Well done and congratulations on completing your BTEC Home Cooking Skills course.

**Mrs Hull**

### **Term Dates**

Please find attached the term dates for 2021-2022.

### **100% Attendance**

Congratulations to 11D, 9P & 7D for achieving 100% attendance for the w/e 30th April 2021.

### **Friends of Sunnydown**

## **Cycle Challenge**

The countdown begins! Just ONE week to go until the boys take part in the Kenley Aerodrome (Friday 14<sup>th</sup>-Friday 21<sup>st</sup> May)! The goal is to cycle 660km during this time and hopefully raise £17,000 via sponsors to benefit our local community (in the form of vouchers to help purchase school shoes for primary school children in CR3 on free school meals), the Gibb Challenge (<https://thegibbchallenge.com.au>) and, of course, our own Sunnydown boys. For further details and sponsorship information, contact:

[cyclescheme@sunnydown.surrey.sch.uk](mailto:cyclescheme@sunnydown.surrey.sch.uk)  
[www.justgiving.com/campaign/caterhamcyclechallenge](http://www.justgiving.com/campaign/caterhamcyclechallenge)

You will have received a sponsorship form (if you need a copy, please email the office) and there is a yellow collection tin at several Caterham shops - spread the word and let's see if we can spot them and fill them up with any loose change!

## **Weekend Working Bee/Summer camp**

Thank you to the parents who helped out at last week's Weekend Working Bee. The garden and BBQ area is looking great - your hard work was greatly appreciated! Don't forget, another Weekend Working Bee is being planned for Saturday 12<sup>th</sup> June in the afternoon, with hopefully a summer camp at school in the evening (of course, subject to the easing of lockdown restrictions). Further information to follow. Please email the office if you are interested:  
[office@sunnydown.surrey.sch.uk](mailto:office@sunnydown.surrey.sch.uk)

## **Second hand uniform shop**

As always, if you have any good quality items to donate, please hand into the office. Thank you:  
[www.pta-events.co.uk/sunnydownevents](http://www.pta-events.co.uk/sunnydownevents)

**Friends of Sunnydown**  
**[friends@sunnydown.surrey.sch.uk](mailto:friends@sunnydown.surrey.sch.uk)**

## **Boarding News**

Albeit a shorter week in boarding, however we have made the most of this and spent some time outside when the weather has allowed us.

On Thursday Gabe and Miss Kiddier took some of the boys out to the Aerodrome for a bike ride. It was a great way to welcome them into the Cycle Challenge coming up over the next few weeks. Please dig deep and donate to this amazing cause.

Some of the boys made dinner on Wednesday with some Brownie treats for pudding. A Special thank you to David Darraval, Daniel Linney and Ben Tushingam for all their help - budding young chefs in the making!

Next week we are hoping to spend some time by the BBQ hut and have a couple of dinners out there, weather permitting. Have a lovely weekend!

**The Care Team**

**Thought for THIS week was: Positive relationships - respecting others**

This week the thought of the week was positive relationships. 7T discussed how one act of kindness can turn someone's bad day into a positive one and that we should all be making sure that at times like this we are all looking out for one another.

**Miss Thompson**

**Thought for week commencing 10<sup>th</sup> May - Conflict resolution - why do we need to put things right?**

Next week we will be thinking about Conflict Resolution and the most useful ways to deal with difficult situations. Is it best to avoid conflict entirely? Or is there other ways to deal with it?

**Mrs Cybuch**

**Word of the Week**

**Vivaciously (adverb)** – please see end of newsletter (w/c 10<sup>th</sup> May 2021).

**Mrs Herring**

**Chef of the Week**

The recipient of Chef of the Week, awarded by Mrs Hull is Declan Giddings (11C).

**Artist of the Week**

The recipient of Artist of the Week, awarded by Mrs Ogle and Miss Adams is Joshua Tucker (9J) for his fantastic Pop Art cupcake designs.

**Scientist of the Week**

The recipient of Scientist of the Week, awarded by Mr Cybuch and Mr Djehiche is James Dean (8M) for resilience.

**Science guess the picture competition**

Picture of the week is shown below. No-one could guess the picture for last week.

Answer for last week: Each tiny dot in this circle represents one of around 100,000 from rhesus macaque monkeys. Cells with similar traits cluster together and each colour represents different tissues such as the thymus and lymph nodes (blue) and bone marrow (red).



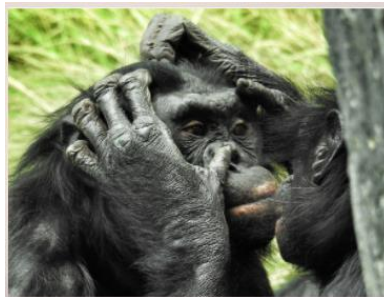
### **Science fact for last week**

Congratulations to Ryan Gellett (8C) - a prize will be delivered to you today.

Answer: Increased humidity means that there is more moisture in the air, and less space for sweat to evaporate. Sweating becomes less effective in cooling you down because the air is less capable of holding the extra moisture that evaporates from your sweat. You can't run as fast because your body is trying to prevent you from overheating.

### **Science fact for this week**

What are the differences between chimpanzees and bonobos?



**Mr Djehiche**

### **KS3 Friday Curriculum - 14<sup>th</sup> May 2021**

A separate Parentmail will follow on Monday.

### **House Points**

Congratulations to the following young men who have achieved their House Point certificates this week:

Sonny Chater	7D	Portley	100 House Points
Edward Gair	7D	Buxton	150 House Points
Finley Marley	7T	Portley	150 House Points
Joe Harley	10W	Portley	250 House Points
Reece Williams	9J	Portley	300 House Points
Kieran Kirk	8M	Buxton	400 House Points
Alexander Neale	8M	Burntwood	400 House Points
James Dean	8M	Buxton	450 House Points
Henry Hilton	10M	Portley	450 House Points
Nathan Waters	9P	Burntwood	450 House Points
Joshua Barnes	9P	Whyteleafe	500 House Points
Ben Tushingham	10M	Buxton	550 House Points

Word of the week w/c 10th May 2021

# Vivaciously

adverb

Full of animation and spirit; lively.

They danced vivaciously across the dance floor.





## **SUNNYDOWN SCHOOL** **Term Dates 2021-2022**

### **Autumn Term 2021**

Wednesday 1st September	Inset Day
Thursday 2nd September	Start of Autumn Term 1 (Years 10 & 11)
Monday 6th September	Start of Autumn Term 1 (Years 8 & 9)
Monday 13th September	New Year 7's join
Friday 8th October	Inset Day
Friday 22nd October	Finish for half term

Monday 25 <sup>th</sup> October – Friday 29 <sup>th</sup> October	Half Term
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Monday 1st November	Inset Day
Tuesday 2nd November	Start of Autumn Term 2
Friday 17th December	Last day of term

### **Spring Term 2022**

Tuesday 4th January	Inset Day
Wednesday 5th January	Start of Spring Term 1
Friday 11th February	Finish for half term

Monday 14th February – Friday 18th February	Half Term
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Monday 21st February	Start of Spring Term 2
Friday 25th March	Inset Day
Friday 1st April	End of Spring Term

### **Summer Term 2022**

Tuesday 19th April	Start of Summer Term 1
Monday 2nd May	Bank Holiday
Friday 27th May	Finish for half term

Monday 30th May – Friday 3rd June	Half Term
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Monday 6th June	Start of Summer Term 2
Friday 24th June	Inset Day
Friday 22nd July	End of term for pupils