

SUNNYDOWN SCHOOL

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



Friday 9th October 2020

Dear all who are associated with Sunnydown,

Hooray - we are going ahead with our socially distanced Friends of Sunnydown Working Bee. The first six (6) families to have responded have been contacted and all relevant information shared with them.

The weather report does look cold, but currently dry. There are a great deal of exciting tasks that need to be undertaken and I am so excited to put into action the motto that 'many hands make light work'. To the six families - THANK YOU. Your contribution to improving the school grounds will be appreciated by your sons and the remainder of the boys here at Sunnydown. By way of reminder, we are working from 10.30am to 12.30pm followed by a hearty Burger Van lunch.

I met virtually with Year 7 students on Monday morning to discuss how they are feeling, what has gone well and what could be improved here at Sunnydown. It was genuinely wonderful to feel their energy and enthusiasm. Questions ranged from 'When can we go into the woods?', 'when is gadget club', 'what is your favourite animal' and 'if I was not working as a headteacher, what would I want to be doing'.

I was able to inform the young men that they could go into the woods from lunch time on Monday (when the weather is fine and supervision can be arranged) and that gadget club would start from Tuesday. My favourite animal was the Green Tree Python from far northern Australia and PNG. While I am committed to being the Headteacher at Sunnydown currently, my alternative career would be running a charity. My unrealised passion is to purchase land that has been damaged from the introduction of non-native species of plants and animals or from non-traditional farming practices, and repair the damage. The new parcels of land would then be gifted to future generations. The type of work that Sir David Attenborough and Prince William have recently spoken about.

Last week a poster was included with the Newsletter to remind all of us about washing our hands and giving one another plenty of space as part of the battle against Covid-19. These are now displayed around the school as a visual reminder to the young men and staff. As we see cases rise nationally, but particularly in the north, we must remain vigilant.

Have a wonderful weekend.

Paul Jensen



New outdoor benches

To the Friends of Sunnydown, another THANK YOU. Below is a picture of our new benches for outdoor use. They are made of recycled plastic and have the Sunnydown House colours included on the top of each bench. This very kind donation will be able to be accessed all year round.



Autumn Poetry Competition

Thank you to everyone who sent in their amazing entries for our poetry competition on the theme of Vision. Please see the list below of our winners, who will all receive Amazon vouchers.

KS3

1. Thomas Bodkin
2. Reece Wood
3. Nathan Waters

KS4

1. Joe Harley
2. Adi Dasbiswas
3. Ben Tushingham

Congratulations also go to the following students who will all receive certificates of achievement. A poetry booklet will be given to all those who participated.

Adi Dasbiswas
Ben Tushingham
Byron Boniface
Cameron Castle
Cam'ron Pindi
Connor Mason

Daniel Diaz-Lester
Daniel Linney
Joe Harley
Joseph Rutter
Josh Barnes
Liam Tushingham

Matthew Young
Max Thwaites
Nathan Waters
Reece Williams
Reece Wood
Tomas Bodkin

Mental Health and Wellbeing

Saturday 10th October is World Mental Health Day. During PSHE this afternoon the boys had Tea & Talk where they were invited to have a drink and some biscuits and to have a chat about the topics we covered in PSHE on self esteem and mental health.

Please find some helpful links below to help and support the boys and their families during these difficult times we find ourselves in:

<https://www.annafreud.org/anymind/>

[CAMHS Early Intervention Parent Video's - Anxiety and Transition in relation to Covid 19 v1 23.09.20](#)

[Multi-Agency Health and Wellbeing Guide for Parents v1 23.09.20](#)

Chef of the Week

The recipient of Chef of the Week, awarded by Mrs Hull is Ollie Keehn (11D).

Boarding News

The young men have been great again this week. We have been cooking, playing football, games in the gym, walking around the aerodrome, trying to spot shooting stars (unfortunately we didn't see any!) and chilling out in front of a film.



In a couple of weeks time we are planning a Halloween evening with games and a buffet tea, and then an evening at the fire pit and BBQ hut after half term to enjoy bonfire night.

Have a lovely weekend.

The Care Team

Thought for THIS week was:

This week's summary of our Thought for the Week has been written by Thando on behalf of 9J.

What 9J thinks a Growth and Fixed Mindset are and what type of mindset we have:

What is a Growth Mindset:

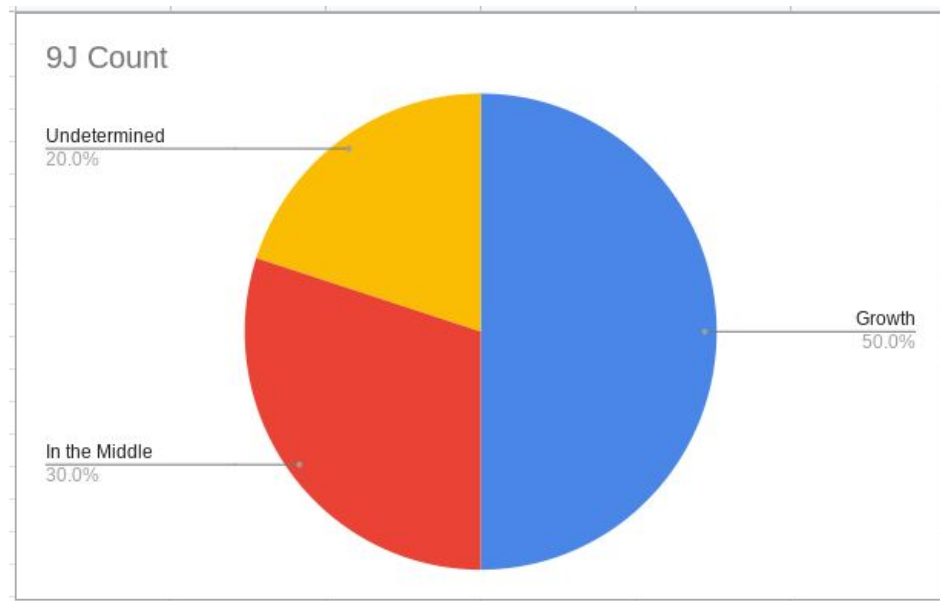
A Growth mindset is a mindset that is fluid and ever-changing. People with a Growth Mindset believe their talents can be developed and they can learn anything they want. When frustrated they persevere and triumph over their challenges. They will achieve far more than people with a Fixed Mindset.

What is a fixed mindset:

A Fixed Mindset is a mindset that is rigid and set in stone. People with a Fixed Mindset believe their qualities and talents are fixed traits and cannot change. Rather than trying to develop their talents, they will think only of the risks.

What type of Mindset we are:

- Thando = Growth Mindset
- Byron = Growth Mindset
- Tomas = In the Middle
- Reece = Undetermined
- Joshua = Growth Mindset
- Cam'ron = Growth Mindset
- Elvin = In the Middle
- Charlie = Undetermined



Mrs Cybuch

Thought for NEXT week: The 5 fundamental British values

This week's thought for the week will be looking at the 5 fundamental British values and thinking about how we as a school and pupils can take responsibility for upholding them. We will also discuss what would happen if we didn't have the British values and why we should be proud to be British.

Mr Moody

Science guess the picture competition

Picture of the week is shown below.



Mr Djehiche

Request for the return of containers

Please can you wash and return any plastic containers brought home from Food Tech. We are now running very low on these. Many thanks.

Mrs Hull

100% Attendance

Congratulations to 10M, 9P and 8M for achieving 100% attendance for w/e 2nd October 2020.

Friends of Sunnydown

By way of reminder, there is now less than a month until the Friends of Sunnydown quiz night which takes place on 6th November. Please be sure to mark in your diaries, and swot up on your general knowledge for this ever popular event!

If you are able to have a rummage for any new unwanted gifts, vouchers or bottles of wine (if there is such a thing as unwanted wine?!) to donate for our raffle, these would be very gratefully received. Thank you.

Lastly, if you haven't had a chance to check out the Friends of Sunnydown Facebook page, please do visit; it's a fantastic way of connecting with the school community.

Melanie Bridges
friends@sunnydown.surrey.sch.uk

E-Safety

Please see the attached poster from National Online Safety which gives information about Persuasive Design.

Mr Cassim

KS3 Friday Curriculum - 16th October 2020

Class	Activity	On/Off site	Activity
7D	Humanities	On site	The Normans Experience - School uniform
7T	Humanities	On site	The Normans Experience - School uniform
8C	RICE Challenge	On site	School uniform
8M	RICE Challenge	On site	School uniform
9J	Food Experience	On site	School uniform
9P	School Project	On site	School uniform

House Points

Certificates and prizes for earning House Points this week go to:

Alex Hennessy	250 House Points
Thando Po-Ba	300 House Points
Ollie Keehn	400 House Points
Thomas Monfort	450 House Points
Cameron Castle	550 House Points
Daniel Edwards	600 House Points
Harry Monkhouse	600 House Points
Daniel Linney	650 House Points

The weekly top scorers are detailed below:

KS3	Burntwood	Freddie Phillips & Nathan Small
	Buxton	James Hall
	Portley	Teddy Foster
	Whyteleafe	Alex Hennessy
KS4	Burntwood	Declan Giddings & Simeon Gordon
	Buxton	Harry Monkhouse
	Portley	Oliver Benneyworth & Cameron Castle
	Whyteleafe	Max Thwaites, Kal-EL Harris & Mason-Ray Hayden



Holiday Activity Programmes - October Half Term: 26th–30th October 2020

Parents/carers can be assured that all outdoor activities provided by Surrey Outdoor Learning and Development/TAZ – The Adventure Zone are fully COVID compliant. Please read our assurances to all of our customers [here](#)

We have exciting outdoor activities for 8-13 year olds taking place at all three of our outdoor learning centres – High Ashurst in Dorking, Henley Fort in Guildford and Thames Young Mariners in Richmond in October half term. Ranging from paddleboarding, canoeing and kayaking to high ropes, climbing, woodland skills, archery and more! New for October half term are our Home Front 1940's History Days at Henley Fort for children aged 8 – 11 years where they learn about how important Henley Fort was during WW2 and become Home Front Guards and Air Raid Wardens for the day! A truly immersive, living history day – loads of fun!

For more information and to book, parents can take a look at <https://www.surreyoutdoorlearning.uk/the-adventure-zone/holiday-activities>

We are also continuing with TAZ Family Activity sessions where the whole family can book onto a three hour session to learn a new skill and have fun altogether. Again available at three centres weekends and evenings. Why not try climbing or archery or paddleboarding? Lots of options to try. For more information and to book: <https://www.surreyoutdoorlearning.uk/the-adventure-zone/taz-family-activity-sessions>.

We can also offer bespoke holiday bookings for youth groups and holiday clubs wishing to have a day in the outdoors. Please email outdoor.learning@surreycc.gov.uk with your enquiry.

What you need to know about...

PERSUASIVE DESIGN

NOS
Online Health & Wellbeing

NOS
National Online Safety

What is it?
'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These algorithms are highly sophisticated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacting in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. Phones have a 'downtime' feature which automatically shuts apps off between specified times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will obviously help improve sleep problems too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone is spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of alert, check, scroll.

Action & Support

Monitor the situation

See if you often link your child's mood with the time they spend on their phone. Do they stop scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal. So they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhealthy relationship with social media developing, this is probably made worse by spending longer there.

Our Expert
Jodie Cook

Jodie Cook is a leading expert on social media. She is the Founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on TV News and BBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.

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