



NEWSLETTER

Friday 7 May 2021, Week 3—Term 5

Seaford Head School



Achieving Excellence Together



Message from the Headteacher

We received some excellent news last week when we were informed that 'Cheeky Wipes', the Newhaven and Seaford based company, has been granted the Queen's Award for Enterprise sustainability. This award is extremely prestigious and recognises the company's excellence in sustainable development. Cheeky Wipes was one of seventeen companies to receive this national award. It has been a great friend to Seaford Head School and, at the start of the pandemic, provided us with a batch of face masks for the school community. The company has sustainability principles at the heart of its products, each providing a reusable alternative to single use baby wipes, makeup removing wipes and absorbent underwear and pads for period and incontinence use. Helen Rankin, its founder, will be visiting the school to talk to a group of our sixth formers to promote environmental awareness and outline how to develop a business.

Last week, I mentioned that I had been presenting the school's 'Keys to Success' to students who best represent the school's values and achieve in an area related to one of the five elements of the school's ethos. The lockdown highlighted how fortunate we are to be so well supported by individuals and groups across the town and we have been awarding keys to recognise their input. This support has ranged from baking 'Friday afternoon cakes' for our on-site staff to providing much needed ICT devices for our students. A massive thank you to all members of the community who have offered such fantastic help to the school, throughout lockdown, to ensure that we emerge from this period in a stronger position than ever.

Although, in terms of the pandemic, we are now able to plan for the future with a great deal of optimism, we will remain vigilant and maintain the system of controls. There is a blog from the DfE that reiterates the importance of testing and [why reporting your test result is as important as taking a test](#). I would urge all our students to continue to test on a twice weekly basis and register the results.

Last week Paul Vaesen from Seaford Rotary Club was in touch with me, promoting its 'Over the Rainbow' walk on 20 June. Information for this event can be downloaded from its website - www.seafordrotary.org.uk. The deadline for entries is 17 May and funds raised through the registration will go towards the Mayor's charities, whilst monies raised through individual sponsorship can be used for any charity, ensuring that

a wide range of groups from across the community will benefit. The last eighteen months have been extremely difficult in terms of fund raising and the support provided by groups, such as Seaford Rotary Club, has never been more needed.

Although it's very much 'business as usual' for students in many year groups, our Years 11 and 13 students have three more weeks of the assessment period to produce the 'evidence' that will support the grading process. I have been so impressed by the way in which our students are managing this; they are continuing to do everything that is being asked of them and maintaining a really positive attitude.

Headteacher's Stars of the Week; Summer Wheeler: Positive Contribution Key

Madelyn Pateman, Patrick Brackenridge, Sophia Watts and Harry Brown – Can Do Attitude Key

For this week's Star of the Week, I wanted to recognise some of our Year 11 students who have responded so positively to the unprecedented situation in which they have found themselves. I was speaking with Mr Hooker earlier this week and he was effusive in his praise for this year group, commenting on how so many of them regularly give up their time, before and after school, to deepen their understanding. Not only does this reflect positively on their attitudes to learning, it's invigorating for teachers to be challenged by students who are always looking to develop their understanding. Mr Hooker stated that these four students personify the positive way in which the whole cohort is working in Mathematics.





**Making Memories, Building Confidence
and Supporting Families**



Emily Yulle, Year 9, is collecting Build-A-Bear Accessories for a Teddy Bear's Picnic for the charity Forward Facing, as part the DoFE Award. These donations will be used for a Build a Bear Picnic for terminally ill children. If you have any accessories, please can you bring them into school, bagged, with a label marked 'Forward Facing Charity Event Year 9' (parents/carers can drop these at reception on either site) and we will pass these on to Emily.

Dates for Your Diary

Year 9 Exams	Monday 10 May—Friday 14 May	Exams take place in lessons
Year 9 Parent/Carer Consultation Evening	Thursday 27 May	Virtual Event 4.00pm-7.15pm
End of Term 5	Friday 28 May	Term 6 starts 7 June 2021 for ALL students

Year	Name	Reason
7	Dylan Tuppen- Drummond Hay	For outstanding effort and performance during the triple jump in PE!
8	Mackenzie Lilley	For a huge improvement in attitude to learning and engagement within lessons!
9	Joshua Phillips	For always putting in effort and completing work even when not being in school!
10	Lola Clark Scarlett Parker	Both for continued hard work and fantastic attitude to learning in Maths!
11	Cerys Dixon	For working extremely hard in Maths and seeing this pay off in assessments. Well done!

Hegarty Heroes 26.4.21

Year 7

James Kelly

Amy Robinson

Hayden Vanderveldt

Petal Czolak

Lucille Benton

Dominik Foldvarszki

Jack Ireland

Tia Harding

Luke Jackson

Rudy Clemente

Year 9

Katie Hutchings

Louie Vacher

Ellie Law

Jack Zammit

Callum Hill

Year 8

Henry Gay

Lily-Anne Middleton

Sean Sedar

Lina Ragragui

Amani Ouali

Hazel Mavuka

Philipp Huebbe-Nelson

Lily Spokes

Dale Bingham

Year 10

Leo Riley

Samuel Hughes

Ellen Jones

Xing Wu

Blubelle Brinkmann

Maddison Macmillan

Carla Sorrell

Ruth Jenkins

Huw O'Shea

Amelia Dixon

Year 11

Dylan Keitch

Finley Nye

Jack Jenner

Fay Blackwell

Isabelle Davis

Oliver Oldrey

Willem Browne

Sophie Coveney

Elle Easton

Isabelle Dry

Seaford Head School

Achieving Excellence Together



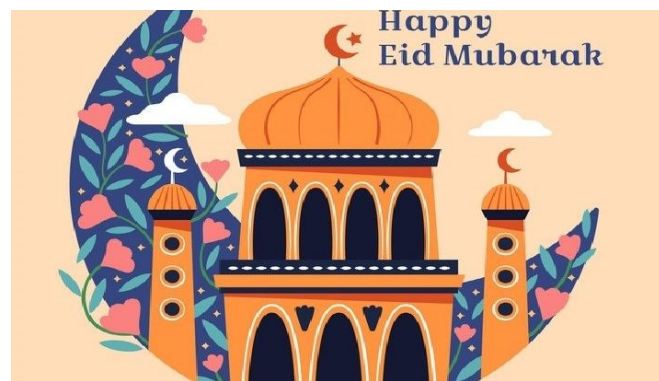


This week-:

National Doughnut Week
Food Allergy Awareness Week
ME Awareness Week
Coeliac Awareness Week
National Vegetarian Week
National Conversation Week
Water Saving Week

Wednesday 12th May

International Nurses Day
ME Awareness Day
National Limerick Day
World Fibromyalgia Day



Eid al-Fitr meaning 'Festival of Breaking the Fast', is the important holiday that follows the month of Ramadan. Celebrated for up to three days, Eid al-Fitr does not begin until the sighting of the moon, although it is expected to start on Wednesday 12 May or Thursday 13 May 2021. It is a time for great feasts, the giving of gifts to children and spending time with those dearest to you

Mental Health Awareness Week
10-16 May 2021



Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health for all without a greater connection to the natural world. For most of human history, we lived as part of nature.

During long months of the pandemic, millions of us turned to nature. Research on the mental health impacts of the pandemic showed that going for walks outside was one of our top coping strategies and 45% of us reported being in green spaces had been vital for our mental health.

During Mental Health Awareness Week, we are asking to do three things:

Experience nature: Take time to recognize and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!

Share nature: Take a photo, video or sound recording and share the connections you've made during the week to inspire others. Join the discussion on how you connecting with nature by using the hashtags **#ConnectWithNature** **#MentalHealthAwarenessWeek**

Talk about nature: Discuss in your family, school, workplace and community how can you help encourage people to find new ways to connect with nature in your local environment.

profiles



Name: Florence Nightingale
Born: 12 May 1820

Famed as 'The Lady with the Lamp' in the Crimean War, she revolutionised nursing. A noted statistician, she is also said to have invented a predecessor to the pie-chart



Name: Salvador Dali
Born: 11 May 1904

Best known for the striking and bizarre images in his surrealist work "The Persistence of Memory."





Seaford Rotary

Invite you to join us on our colourful

Over the Rainbow Walk

This will be a fun fundraiser for your group to enjoy



Raise funds through sponsorship for your group, and raise your profile in the community.

A Mayor of Seaford's Charities Event

20th June 2021

Organised by Seaford Rotary

We are registering teams now. For more details.

Contact

rainbowwalk@seafordrotary.org.uk

Information regarding and registration forms for the Over the Rainbow Walk can be downloaded on our community page



SELF-HARM: PARENT AND CARER BESPOKE LIVE ONLINE SESSION

THE SESSION

FREE online self-harm session for parents and carers of a young person engaged in or at risk of engaging in self-harming behaviour. Presented by the Charlie Waller Memorial Trust, This webinar is available to parents and carers across East Sussex, West Sussex, and Brighton & Hove.

The session will cover:

- Introduction to the new self-harm learning network – Find out about a new programme of support for parents/carers of children who self-harm
- What is self-harm and why do young people adopt this as a coping strategy
- How to approach your child if you think they are self-harming
- How to respond if your child tells you they are self-harming
- Understanding the cycle of change and responding accordingly
- Resisting the 'fix it urge' – why just telling them to stop is unlikely to be effective
- Seeking help for your child and your family
- Awareness of medical risk and emergency first aid
- Harm minimisation techniques
- Tolerating the distress of setbacks

The session will be available via ZOOM and places are limited to 100 for each local authority. You can book your place on the webinar via your respective local authority links found on the right-hand side of this flyer.

Attendees will receive links to and/or copies of all associated information and resources.

About the trainer:

Jenny Langley is the Schools' and Families' Programme trainer at the Charlie Waller Memorial Trust and writes about children's mental health



Aged 11 to 19?
Or parent/carer of a child or young person aged 5 to 19 years old?



Service provided by Kent Community Health NHS Foundation Trust



Speak to a school nurse in person.
Tuesdays and Thursdays
10am to 3 pm
and 6 to 9pm
Click <https://nhs.uk/east-sussex-school-health>
or text
07507 332473 anytime.

Confidential, private and here for you.

11th May 2021

12-1pm

**West Sussex
County Council
online booking:**

<https://self-harm-parent-and-carer-bespoke-session.eventbrite.co.uk>

**East Sussex
County council
online booking:**

MHEW127

**Brighton and
Hove City Council
online booking:**

<https://www.eventbrite.co.uk/e/self-harm-parent-and-carer-session-tickets-150158777947>

Please note that the sessions will be recorded for future learning and resource. Your faces will not be shown, only the trainer.