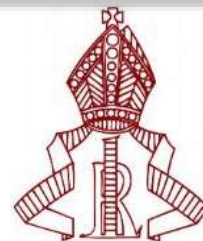


Bishop Luffa School

2023-2024 Issue 1

October 2023



Dear friends of Bishop Luffa School,

This is the first newsletter of our Diamond Anniversary year! Bishop Luffa students are in the process of designing a 60th anniversary logo, led by Ms Sutton. We will also be having a very special Carol Service at 7pm on the 7th December, to which you are all invited. I hope that we can all come together and give thanks for this remarkable school.

One thing that has changed since the school's 50th anniversary is that Bishop Luffa is now the founding school in a multi-academy trust. Our partner school, Rumboldswyke, has recently had its first inspection since it joined us and received a glowing report. This is a real achievement, as the school had been previously judged to be 'inadequate' and was ear-marked for closure. We are incredibly proud of the progress that the school has made and are grateful for the hard work of the team there, led by Lisa Harris. The school is once again a strong Christian presence in the community and will hopefully show people what can be achieved if you trust God and roll your sleeves up!

I hope that you enjoy reading about our Harvest Term.

Best wishes,

Austen Hindman
Head Teacher.

A'Level Results Day 2023

There were smiling faces at Bishop Luffa School in August as students collected their A'Level results. Despite warnings that there would be fewer top grades awarded, 28% of entries were given A* or A. Similarly, students arrived worried about a squeeze on university places but left happy, as 92% secured either their first or second choice course.

Amongst many notable achievements:

- Jasmine Karim achieved three A* and an A and is now off to Bristol University to study Medicine
- Holly Pullen also secured a place to study Medicine at The University of Exeter, having achieved A*AA
- Will Rhoades achieved A*, A*, A*, A and is going to study Maths and Physics at The University of Warwick
- Seth Swain achieved three A* grades and will be reading Chemistry at Bristol University

- Jessica Spencer achieving A*A*A and off to Kings College to study Biomedical Sciences
- Tom Spencer achieved three A* grades and is off to Cambridge to study Geography
- Other Oxbridge successes were Tom Bisatt and Matyas Vecsei, who are both off to study Engineering at Oxford and Cambridge respectively
- Alex Webb is to read Law at Exeter University, having gained A*, A*, A.

And finally, the most remarkable set of results were well and truly earned by Olha Melnychenko, 13An, who achieved A*, A, A, despite only joining us from Ukraine in May last year. She is now off to Southampton University to study Physics with Astronomy.



Head of Sixth Form Jamie Saunders noted 'we have kept courses running that are in danger of dying out in school Sixth Forms, such as Music, Dance, DT, Latin and German. We feel that students benefit from a broad curriculum, and with 32 different courses on offer, our students choose their own unique pathway. This helps them when they are interviewing for universities and higher-level apprenticeships, as they show real passion for the subjects that they study.'



Austen Hindman said: 'this year group were taking national exams for the first time and have surpassed all reasonable expectations. The character and resilience that they have shown is remarkable. Not only have they endured the pandemic, but they have lost days to industrial action and had a cyber-attack that took out the IT system during their final term at school. It is an incredible achievement and we are very proud of them all.'



Covid Rollercoaster ends happily at Bishop Luffa School

Year 11 students celebrated their GCSE results in August. Austen Hindman said, 'our students have shown real character to come through the difficulties of the last few years. Results have returned to pre-Covid levels, but of course those students in 2019 hadn't been through what these students have been through. We are incredibly proud of them.'



One notable success is Eddie Baldry. Anxiety prevented Eddie from coming into the building for the whole of Year 8 and 9 and he didn't think that he would ever return to school. Not only did he come back, but he passed all of his GCSEs, even achieving a grade 9 in English.

Nika Muravets only joined Bishop Luffa from Ukraine last July and still managed to secure 9 strong passes at GCSE.

Katie Faulkner, Head of Key Stage 4, praised the year group for their resilience. 'I am not sure that many adults would have coped with this amount of adversity and still come out smiling. They are an incredible group of young people, who deserve this success.'

With the number of top grades falling substantially this year, the following students deserve credit for bucking the trend:

- Charlotte Hatton and Erin Pullen, who both gained seven grade 9s
- Alicia Witch, Zoe Smyth and Alex Wilburn, who gained five grade 9s
- Aaron Butters, who gained four grade 9s and six grade 8s.
- Sam Goldsmith, James Quail, Jasim Rahman, Johnny Sargent, Olivia Frymann and Ioan Harley who all gained four grade 9s.

Overall, 76% of students achieved grade 4 or above in English and Maths, and 53% achieved grade 5 or above in both subjects. The average grade at the school was 5.2.

A sunny start to the 60th year of Bishop Luffa School

In warm sunshine Bishop Luffa School came together for their first assembly of the school year. This assembly is a tradition of our school and it was fantastic to have everyone together – the whole Bishop Luffa family in one place. The assembly was led by Mr Hindman, with the opening prayer of Saint Richard of Chichester read by Ms Sutton, our longest serving member of staff.



It was great to see our new Year 7s and Year 12s (this is a record Year 12 group with 58 external students joining us), and to welcome back all our students from their summer break.

Mr Hindman spoke to the students about something this summer that really reminded him of our school and what we are about.

“It was during the women’s football World Cup. I saw Bishop Luffa values when the football had ended. For those of you who didn’t watch, we played Nigeria in the quarter-finals, it was a tense match that was ultimately decided by penalties. England were cool and clinical and beat Nigeria. Can you imagine being one of the goal scorers for England? The feeling of elation, knowing that this is what you had trained for, that you were going to be a hero to your whole country...

“And the England goal scorers did feel like that. But their first thought was for the Nigerian goalkeeper, who was lying crushed on the floor, wrongly blaming herself for her team’s fate. The England players surrounded her, consoled her and gestured to the tv cameras to leave her alone.



“When I saw that, I felt even more proud of the England team. And it reminded me of you. Because every one of you makes me proud in that way. You do amazing things, and you do them the right way. I regularly get emails and letters from members of the public who want me to know how polite you were in the street, in shops and on the bus: believe me, you have to really impress someone for them to take the time to write to me. But that is who you are, that is who we are as a school. That belief that everyone in our school community matters is part of us, and I think it will stay with you through-out your lives.”

Mr Hindman then spoke about the fact that this is the School’s 60th Anniversary – our diamond year. “60 years ago this week students of this brand new school in Chichester were going to the cathedral for a service of thanksgiving. Work had started on the building but they were in borrowed rooms in Orchard Street...so 60 years ago this was a building site...

“So what does it mean to come to Bishop Luffa? What is the difference? Well, the people who set our school up believed that there was more to life than eating, sleeping and playing Xbox – and not just because Xbox hadn’t been invented yet. They thought that God has a plan for each of us, a plan that we are free to reject, to grumble about, fight against and try to get away from, but ultimately a plan that will make our lives better in every way. By building a school on those values, they thought that they could give students a more meaningful life – the full life that Jesus told us about.

“I think that our school proves them right. We have values here that I think are in every single person that I’ve ever met, but sometimes these values are hidden. At our school those values are front and centre: they are who we are.”

We hope to have many more celebrations during the course of the year to mark our 60th year.



Bishop Luffa Greenpower F24 Team

In 2022 Bishop Luffa started a Greenpower F24 kit car project. Greenpower F24 is an Education Trust charity based in the UK. It helps gets young people enthusiastic about science and engineering by challenging them to design, build and race an electric car. Being part of the team gives secondary school age children the opportunity to design, build and race an electric, single seater car on some of the UK's top motor circuits. Greenpower's IET Formula 24 category has a proven track record in engaging 11-16-year olds with Science, Technology and Engineering through participation in designing, building and competing in electric, racing cars.

During the first year the team were extremely successful travelling around the county. The team competed in four races, from the Lotus test track in Norfolk to the Goodwood racing circuit in West Sussex. At the end of the season Bishop Luffa team finished 8th in the F24 kit car category, which was an incredible achievement for their first year.



The team are now into their second season and have achieved 1st place in the second race of the season held at Dunsfold Aerodrome race circuit. This was achieved through team work. However, there are so many cost constraints to the team in racing the car, such as entry fees, travel costs and safety aspects. While the team have independently raised finance through raffles, sponsorships and selling unused machinery from our school Design and Technology Faculty, we need your help to accomplish our goal of continuing this season and the growth of a F24+ team, enabling our Sixth Form students to design, build and compete. We are hoping to raise enough funding to purchase a second car to enable more students to take part in this fantastic opportunity from across our partnership.

The team have generated a 'Gofundme' page; if you feel you would like to contribute towards the Bishop Luffa Greenpower F24 team project please [click here to donate](#)

Your donation will have a great impact for all those involved in the Greenpower team and will be used to support them in accomplishing their dreams and helping them to achieve their aspirations. Thank you for any support you can give.

Mr J Bonney, Head of Design Technology

Sporting News

Congratulations to the following students on their sporting achievements during the summer holidays and this half term.



Jonty Harwood-Webb (11Burrows) undertook boxing matches to prepare for the County Championships, and at the beginning of October he won, becoming the Southern Counties Champion! A fantastic achievement Jonty.

Samuel Machell (8Burrows) took part in the Irish Nationals in Northern Ireland, Ballyholme Yacht Club. The GBR British Junior Team spent two days training with their GBR coach Steve Irish. Sixteen children were selected for this event to represent the GBR Junior Team 2023. With Storm Betty roaring across Belfast Lough the IODAI Optimist Irish and Open National Championship went ahead with approximately 130 competitors. 45 children age 9-12 competed in the Junior Main Fleet. Not an easy sailing week with sailors getting to experience a full range of sailing conditions over the course of the event from too much wind to no wind

<https://www.sailwave.com/results/BYC23MainJ.html>



Congratulations to Matty Mainwaring (9Sherborne) who has been selected to represent Brighton and Hove Albion at their upcoming tour in the Czech Republic against teams including Bayern Munich.

Charlie Gran (12Burrows) has had great success at this year's 29er World Sailing Championships and has been selected to represent Great Britain at the ISAF World Championships in Brazil from the 8th to the 17th December. A fantastic achievement and we wish Charlie all the best.



Congratulations to Arran Goode (11Story) and Finlay Rustell (11Ridgeway) who played in the final of the U16 Champions League final for cricket playing for Chichester PPCC. They were unbeaten in the league and qualified from West Sussex to play in a semi-final which they won in August, earning them a place in the final at Hove Cricket Ground. It was an incredible game, tied over 18 overs, and then a super over where CPPCC came out on top.

Congratulations to Jack Challen (7Ridgeway) who has been selected to be part of Sussex Cricket's U12 development pathway.



Well done to the Year 7 and 8 boys Alex Ponte (7Burrows), Ollie Robst (8Wilson), Alex Wilkes (7Burrows) and Charlie Johnson (8Sherborne) who came first in both of their races at the Sussex Schools County swimming gala, this means we have the fastest boys school team of swimmers in Year 7 and 8 across the county. Well done to all the swimmers as we wait to see if we have any teams that have qualified for the national finals at the purpose-built Birmingham Aquatics Centre where the Commonwealth Games swimming events were held in 2022.

Year 8 visit Marwell Zoo

Year 8 had a fantastic trip to Marwell Zoo in September. Each half of the year travelled by coach and went around the zoo with their science class and science teachers. The day also included a talk to each class by a member of the staff at the zoo about the adaptations of some animals to their habitat, particularly the giraffe. Students were amazed at the size of the bones in a giraffe's neck!



The students completed work booklets on the adaptations of other animals in the zoo, but unfortunately some of these got a little wet with the sudden downpours of rain! This by no means dampened the spirits and the students saw many animals up close who were posing for the many photos that were taken. These photos will be used in the next topic to be studied in science, when *Adapting to Change* is covered in the Genes chapter of the Key Stage 3 course.

The students also had the opportunity to enter the photos they had taken during the day for an animal photo competition. The winners were:



1st prize
Steph Sabaydash Janeiro (8Wilson)



2nd prize
Sophia Smyth (8Otter)



3rd prize
Emily Farnell (8Burrows)

Mrs J Tyler, Team Leader KS3 Science

Year 12 PGL Residential

Our recent Year 12 PGL residential was all about fun, boosting confidence and team building! Teachers and students alike faced challenges head-on and tackled a range of different activities and sports designed to motivate and encourage a desire to succeed! We enjoyed three days of thrill-seeking activities, such as the zip wire, as well as water-based activities such as raft building (and for many of us falling into water).



Most importantly, we all made friends and got to know everyone a little bit better, as we supported and encouraged each other.



We also enjoyed an evening programme as a way to unwind with a campfire one night, and the biggest hit with all (staff included) was the silent disco! We had an unforgettable few days.

Mrs S Richi, Assistant Head of Sixth Form

A Fun-Filled Mediaeval Fair

Saturday 23rd September dawned clear and fair. By 6.00am there was brightness in the sky that augured well. Finally, after over 18 months of warming up, plotting, asking questions, making suggestions and low-down begging, the Fair was happening. Driving onto the misty field with my family – all dragooned into service – we were at once joined by the intrepid Solomon Sutton (10Ridgeway) who had cycled in to be with us from 07:00 in the morning. As the hours to the Fair ticked by we were joined by more and more helpers; Mrs Hurry arrived dressed as Queen Elizabeth I which everyone enjoyed hugely and numerous students came in full costume, too, including Isaac McDonald (10Wilson) and Emily Frank (10Ridgeway) who carried off the student costume prize.

The arrival of Wobbles the sheep with 40 bales of straw thanks to the wonderful Mariella Eade (10Wilson) and her father was hugely exciting and very distracting. Tables were set up, gazebos pitched, bunting distributed liberally and the turnip shy swung into operation. By 10:30 we had in



place over 30 stalls – Nomad Pizza, The Crafty BisHop, Jumping Jacks (with their bouncy castle, ‘splat the rat’, foam jousting and sling shot activities), two archery instructors from Bowstrings Archery with all their kit (former Luffa student and parent), Paul Fuller - the axe throwing instructor, and the brilliant Ben Fraser – fire eater, juggler and entertainer.



By 11am, there was a hum of activity with folk starting to arrive and Richard Plowman – Chichester’s wonderful town crier – officially declared the Fair open. The sun shone gloriously and a warm, friendly atmosphere descended. People arrived in a gentle stream, expecting to enjoy themselves and did just that. It was what I call ‘slow’ fun. People were lingering and chatting at the stalls, exploring what was available, eating (very inauthentic, but delicious) pizza and the atmosphere was wonderful.



There were so many people who contributed to the Fair going ahead (above and beyond what anyone might reasonably expect) it would be impossible to list them all, but profound thanks must go to so many Latin and Ancient Greek students and members of 9Otter who generously



gave their time running stalls, setting up and clearing away, Mrs Fowles and her whole family, Mrs Hurry and her family, Mrs Haywood for doing the heavy lifting – in every sense, Mr McDonald for allowing himself to be dragged into helping for the whole day and his unlooked for genius at disassembling the marquee, the astonishingly talented Mrs Pollock and her wonderful family, Mr Vann for his valiant work at the Stocks, Mr Bravo, Mr Hindman and the tireless Jessica Smith (10Burrows) who served drinks all day, Mrs Gleeson for dealing with money so magnificently, Mrs Cooke for all the media work and enticing so many wonderful people to join in, Mr and Mrs Marshall who rewarded their quoits players with vegetable prizes, and so many others.

As for me, I am looking forward to colleagues no longer looking nervous when I say hello!

Ms C Barnett, Teacher of Classical Civilisation & Latin

History at Hampton Court

A perfect autumnal day provided the perfect backdrop for the Year 12 A'Level History trip to Hampton Court. The palace does not disappoint, reaffirming the grandeur of the Tudor Period. Students were able to step back in time, walking the grand hallways, visiting the private apartments and experiencing the solace and intimacy of the chapel.



Fun was had by all in the maze, with the fair-weather allowing students to access all the Palace had to offer inside and out. The day provided the perfect opportunity for our Year 12 historians to bond as a group, whilst immersing themselves in a period of the past they will come to know well during the course of their studies.

**Miss K Hurry, Teacher of History
& Head of King House**

Year 9's Pop Art Designs

Students in Year 9 Textiles were asked to complete a research analysis task for our Upcycle Project. They were given this brief:

The Tate Modern is having a new exhibition on the Pop Art movement and its impact on the fashion industry. It is looking for a new designer to create a Pop Art inspired centrepiece for the launch of the exhibition. It must be an item of clothing and be inspired by the Pop Art movement. Research, design, and develop ideas and techniques that can be used to celebrate and represent the theme of 'The Pop Art Movement' on a T-shirt or another item of clothing.

They were asked to creatively experiment and explore their own initial designs using mini mannequins and paper manipulation. They then wrote an explanation of their design, using questions such as:

- Who is the target market for your product?
- What is the culture of your target market?
- Are you considering selling this to organisations (Tate Modern)?
- Describe the needs that you think they might have for the product.

All students were thoroughly engaged and enjoyed the task as you can see from their wonderful work.



Mrs A Bonney, Design & Technology Teacher

Year 12 Art Trip to London Galleries

Sixth Form students went on an exciting gallery trip to London to see the work of two very different contemporary artists. Claudette Johnson's work was on show at The Couthauld Gallery. Claudette is a founding member of The Black British Arts Movement and is considered one of the most significant figurative artists of her generation. Students produced sketches and were able to discuss and enjoy work from the permanent collection.



Sarah Lucas' major exhibition *Happy Gas* was our second gallery where work using ordinary objects in unexpected ways challenges ideas of sex, class and gender. The work was comedic, large scale and provoked a range of reactions to inform students' work.

Miss L Thorpe, Team Leader of Art

A successful History visit to France and Belgium

Over the first weekend in October, the History department ran a trip for 64 Year 9 students to the First World War battlefields of France and Belgium. Nothing helps bring such monumental events alive than being where they happened.

After a prompt departure on the Friday morning it was straight to the Channel Tunnel and then on to Ypres in Belgium (our base for the trip) soon after lunch. We launched straight into the history, heading first to Tyne Cot cemetery with its 12000 burials and 35000 names of the missing – staggering numbers to comprehend. Nathan Simons (9Story) laid a wreath on behalf of the School, whilst 'In Flanders Fields' was read to the group. Students and staff then had time to each lay a small wooden cross at a grave that they may have found particularly moving – helping emphasise the individual nature of the losses in the First World War. After that it was on to the German cemetery at Langemark,



which felt much more 'sombre' and less about remembering the glorious dead. A mass burial of 25000 German soldiers again emphasised the scale of loss. From there we checked in to our hotel in the centre of Ypres, dined out (pasta!) and then attended the Menin Gate wreath laying ceremony, where Mrs Christopher, supported by Melodie Lushington (9Burrows) and George Stanbridge (9Andrewes), laid another wreath on behalf of the School. It was then back to the hotel for free time (including a very popular games room!) before lights out.



Saturday saw glorious weather, and after a hearty breakfast we headed with packed lunches to the Somme battlefields in northern France. However, before this we visited Sanctuary Wood/Hill 62, where a museum full of artefacts, and a preserved trench system, including tunnels, gave some sense of the war we were on the visit to remember. On the Somme our first stop was Lochnagar Crater – a giant crater created by the British (using 27 tons of explosives) on the 1st day of the Battle of the Somme in 1916. From there we visited Thiepval, site of the largest Commonwealth war memorial in the World, with the names of 72000 British soldiers with no known grave – an incomprehensible number.

It was here that we also stopped and had a group photo. We may not have been in school for the whole school photo, but it is hoped that our group photo can be found a home in school! From there we went to Beaumont Hamel to see the Newfoundland Memorial site, including preserved trenches – the close proximity of both front lines showed the futility of the attacks made on 1st July 1916, when there were 60000 casualties in just 1 day. It was then back to the hotel, a meal out, and more free time, again often in the games room!



Sunday saw good weather again, as we departed nice and early for the Tunnel, via a hypermarket, where many students proceeded to make sure they had some form of souvenir of the trip, no matter how sweet and chocolatey! It was a tired group that eventually returned to School at exactly the planned time.

The trip went very well, and the students time-keeping was exemplary. They also showed great maturity and solemnity at all of the historic sites, and were a credit to the school. My thanks must go to them, and to the staff who accompanied the trip and made it possible. Planning is already underway for next year's Year 9 visit.

Mr J Barnett, Head of Humanities

Go Green Week 2023

We had a fantastic Go Green Week with lots of competitions running. The winning House this year was Story! It was great to hear all the extra changes people made in the week - lots of students walked to school instead of getting a lift, other students and staff arranged car shares, and many cycled - some for the first time and others long distances (Tangmere and they arrived on time). We hope that many will try to make this change a habit.



It is worth sharing that 180grams of CO2 are emitted every km a car travels – cycling and walking helps tackle air pollution in our local community and climate change. Chichester air pollution is not great - it is 'Fair - which means it's 'generally acceptable for most individuals, however sensitive groups may experience minor to moderate symptoms from long-term exposure'



(it is worse than many other towns in West Sussex). By more people cycling and walking we can try to improve our local pollution levels and therefore our health.

Lots of students have a reusable water bottle (many more than 2 years ago) and some embraced the meat free lunch - one member of staff managed the meat free lunch even though she found it a real struggle! Another member of staff planned their week so they could bring a plastic free packed lunch in every day. Thank you for all the contributors to the recycling and for the support at the various activities going on during the week such as recycled art, wildlife pop up museum, upcycling workshop, swap shop and a fantastic bake sale. Thank you for all the contributions to the bake sale – we raised over £100 which will go towards eco-projects in school.

We had some fantastic outfits worn on the last day of Go Green Week. Thank you to everyone who took part – some were in clothes they had made and outfits made from recycled materials. Thank you for all the amazing donations and for everyone's continued support for our Eco School ethos.

Mrs M Wilburn & Mrs A Congalton, Eco-School Coordinators

Open Evenings

We were delighted to welcome parents, carers and prospective students to our Open Evenings in October. We have had a great time showcasing all the fantastic things that happen at Bishop Luffa School. Students were available in each department to share all the opportunities they have in their learning, both in the main school and Sixth Form. We also opened our doors each morning for a week, with students showing Year 6 children around on a normal school day.



Bishop Luffa hosts Healing Classrooms Conference

On Thursday 12th October Bishop Luffa School hosted a Healing Classrooms Conference in the Assembly Rooms, Chichester. The first of its kind on the South Coast, the conference was led by the International Rescue Committee (IRC), which helps people whose lives have been shattered by conflict and disaster to survive, recover and rebuild their lives. Founded in 1933 at the call of Albert Einstein, it now works in over 40 crisis-affected countries, as well as communities throughout Europe and the Americas.

The Chichester conference shared the IRC's Healing Classrooms approach to offering children a safe and predictable place to learn and cope with the consequences of conflict and displacement and other adverse childhood experiences (ACEs).

Attendees included not only educators from schools

and universities, but also students, SENCOs and English as an Additional Language teams. In addition, there were representatives of charities, church and youth groups, hospices, Chichester Contact Centre and West Sussex County Council, as well as mediators, therapists, counsellors and psychologists.

The aim? To help displaced students and students with ACEs gain the necessary academic, social and emotional skills to develop their full potential.

Everyone at the event had time to share ideas, network and collaborate to support displaced young people and their families in the area.

Bud Hagan, from Chichester-based charity The Young People's Shop, which offers free counselling, emotional support, advice and guidance to young people aged between 11 and 25, came to the event. Bud said: *"I attended the conference to find out more about the Healing Classrooms approach and to deepen my understanding and awareness of what it is to be a refugee attending school in the UK. I learnt so much throughout the day and it was great to connect with other local services. It was wonderful to see that schools are having these conversations about trauma and looking at ways to best support their students."*

Bishop Luffa School and IRC teams have now developed a close link and very much look forward to working together to help young people with ACEs live life in all its fullness.

Susie Cooke, EAL Coordinator



Lords in Learning

We received an invitation to Portsmouth Grammar School to join in the *Lords in Learning* programme. Lord Strathcarran gave a frank and revealing insider's account of the work of the House of Lords. From selection, representation, from working with the Commons Chamber, to the Select Committees.



The Hereditary peer also took questions on an enormous range of topics, from what Boris was like, what the best democracy in the world might be, his work towards supporting female Formula One drivers, the future of the UK's military commitments and much more...

Overall, a useful and compelling insight into how government is checked and what some of our key politicians, including Prime Ministers have been like to work with.. And a photo op...

Mr M J Luff, Teacher of Politics

Year 7 have fun on the Isle of Wight

Our Year 7s have been having a great time on the Isle of Wight during the last two weeks of this half term. The weather has been mixed but it hasn't stopped them having a great time.



PSHE Topics

The following topics will be covered during PSHE lessons during the Autumn term (but may be subject to change).

If you have any concerns about the topics being discussed, please contact your child's Head of House or Mrs Smerdon-Corpc, Teacher in charge of PSHE (smerdon-corpc@bishopluffa.org.uk) The following subjects are being covered.



Year 7	Firework Safety Bullying Being part of the community Relaxation Learning Difficulties	Year 8	Racism Hate Crime Importance of sleep
Year 9	Peer on Peer Abuse Cyber flashing Up skirting	Year 10	Human Rights Traveller Phobia Gambling
Year 11	Debt Routes to parenthood Mental Health Alcohol and risk taking		



This week (23rd October) on The Wellbeing Hub
[This month's theme is: Self-harm, suicide and bereavement](#)

This week's content:
[Blog: How to talk to someone who is grieving donated by Barnardo's](#)

You may also like to listen to this podcast:
[Looking after yourself when you lose someone you care about by Tracey Boseley from Child Bereavement UK](#)

Prayers

The Parents' and Carers' Prayer and Support Group have suggested that we circulate a school prayer list, so that families can reflect the present concerns of the school in their prayers. We will aim to update the list every month.

Prayer List:

Every month:

- Students and their families
- All our staff
- Our Governors and Trustees
- Our Clergy Team and Youth Workers
- Our Worship team
- Our Parents & Friends Association
- Our Christian Union
- Our links to the wider church
- House and Sixth Form Charities

For November and December:

- Students preparing for mock exams
- Preparations for our Armistice Day service
- All those in the choirs and orchestras who are preparing for the Carol Service
- All those working to install a new heating system at school.

School Calendar

Monday 23 rd – Friday 27 th October	HALF TERM
Monday 30 th Oct – Friday 3 rd November	Year 11 Mock Exams Week
Monday 6 th – Friday 10 th November	International Week
Friday 10 th November	Remembrance Service
Monday 13 th November	2.00pm – 3.30pm PFA Uniform Shop open
Monday 13 th – Wednesday 15 th November	Sixth Form Fashion Show
Thursday 16 th November	Year 10 Parents' & Carers' Consultation Evening (virtual)
Tuesday 21 st November	6.30pm PFA Meeting
Wednesday 22 nd November	Careers Fair
Thursday 23 rd November	Year 11 Parents' & Carers' Consultation Evening (virtual)
Friday 24 th November	INSET Day (school closed)
Thursday 30 th November	Year 12 Parents' & Carers' Consultation Evening (virtual)
Friday 1 st December	Reindeer Run & Elf Day (Charity Event)
Monday 4 th December	2.00pm – 3.30pm PFA Uniform Shop open
Thursday 7 th December	Carol Service at Chichester Cathedral
Friday 8 th December	Christmas Jumper Day
	Year 11 Taster Day
Tuesday 12 th – Thursday 14 th December	Christmas Dinners (more details to follow)
Friday 15 th December	Last Day of Autumn Term
Mon 18 th December – Mon 1 st Jan 2024	Christmas Holidays
Tuesday 2 nd January 2024	INSET Day
Wednesday 3 rd January 2024	Students return to school