



Monday 22nd April 2024

# Student Bulletin



Creating Bright Futures for All

Through Life Transforming Learning



Theme of  
the week:  
Earth Day



**WE ARE  
KIND**

## Mentor Time this week

Day	Mentor Time
Monday	Year 7 Assembly - Earth Day Year 8-11 Bulletin/Standards and Expectations
Tuesday	Year 7 Bulletin Year 8 Standards and Expectations Year 9+10 Assembly - Student Leadership Year 11 Intervention
Wednesday	Year 7-10 Employability Year 11 Assembly - Prom
Thursday	Year 7 Standards and expectations Year 8-10 Theme of the week - Earth Day Year 11 intervention
Friday	Year 7-10 Virtual assembly Year 11 intervention





# Rye College Student Leadership Recruitment

Next week we kick off our Student Leadership Recruitment Process to select the new Student Leader Team which will be drawn from current Year 9 and 10 students.

Miss Mitchell and Miss Carpenter will be running a Year 9 & 10 assembly on Tuesday 23rd April to give you an overview of the team, the role you play and how to apply.

We're looking forward to seeing your applications!



# Respect



- ▶ Respect your environment. A nice environment benefits everyone.
- ▶ Place rubbish in the bin - we have plenty. Taking a moment to use the bin helps protect wildlife.
- ▶ If you think an area isn't covered let us know and we will aim to cover the area.
- ▶ Any act of vandalism results in a bill being sent home to your family. Charges will be pursued.
- ▶ The college has limited resources and replacing is a waste. Help us, help you.



## Year 9 Group Guidance Discussions with MFSH

- ▶ Well done to Year 9 on your conduct in these group discussions
- ▶ The careers advisers were impressed with your engagement
- ▶ Remember the choices deadline is 24th April





# Year 11 Exam support - check your Year of Entry 2019 inbox for copies

## Navigating exam season

Student guide to managing exam stress

Exams can be a challenging time, and the pressure to do well can feel overwhelming, especially if you're feeling pressure from school or family.

It's perfectly normal to feel worried about your exams, but it's important that you find ways to manage your worries.

We've shared some advice below.

### Recognise when you're stressed

Think about what signs tell you are stressed - perhaps you find you have a racing heart, or find it difficult to sleep - these are perfectly normal responses. Know the signs so you recognise when you're struggling.

### Create a daily timetable

Create a plan and be realistic about what you can achieve each day. Planning your revision time will help you know what you want to study when, which can make revision seem less overwhelming.

### Play to your strengths

Not everyone learns the same way, so consider your strengths and how you learn best. You may prefer to read, watch videos, draw diagrams, write lots of notes... Find what works best for you.

### Ask for help

Let your family, friends, and teachers know if you are struggling so that they can support you. If you're feeling overwhelmed and need to talk:

- Text **CONNECT** to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](http://childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](http://place2be.org.uk/help) for more advice

### Know the signs of stress

What signs tell you that you are stressed?

- Perhaps you do certain things (shop, eat, sleep, study more, don't study)
- Perhaps you think certain things (catastrophise, 'I can't do this')
- Perhaps you feel certain ways (grumpy, sad, hopeless, helpless)

### Develop coping strategies

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques (we love these [relaxation techniques from NHS Scotland](#)).

### Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. If you can, use breaks as an opportunity to go outside, exercise, or spend time with family and friends.

### Keep things in perspective

Remember that there's more to life than your grades. Exams are only a small part of the picture, and your results don't define who you are.

[place2be.org.uk](http://place2be.org.uk)



## Navigating exam season

Place 2Be

## Student guide to results day

Exams results day, and the lead up to it, can be a stressful time - especially if you're worried that your exams didn't go as well as you had hoped, or are disappointed with your results.

We've shared some advice on how to look after yourself in the lead up to results day, and on the day.

### Waiting for your results

The period of time from when you break up to when the exam results come out can seem endless and intense. Here are some top tips to cope with the interminable wait:

### Make plans

Make plans with your friends and interact with people. Avoid sitting home and worrying. Even if exams went badly, focus on what you can change, not what you can't. It will help to regulate your mood and give you a lift if you see other people.

### Get yourself into a routine

As much as we love the idea of a lie-in for 6 weeks, being out of routine can actually lead to more anxiety. Try to get up at a similar time each day, get some sunshine, eat healthily and get yourself organised.

### Decide how you want to get your results

In a group? With your parents or friends? What would make things easiest on the day?

### Be kind to yourself

Accept it's normal to feel worried and strange, and immerse yourself in something you love. Watch your favourite movie, go for a walk, have a relaxing bath and take yourself away from it all for a while.

### Don't dwell on it

Be strict with how much time you spend discussing and thinking about exam results. It's likely you and your friends, and family, will want to discuss and debate what could, might, or has happened. Set aside time (say half an hour a day) where you think and talk about it - some people call this 'worry time'. The rest of the time, get on with your life!

### Map out the scenarios

Facing the worst case scenario head on can take away its power. Make a plan of what you could do if you don't get the grades you need. Nothing is unsolvable, things will get better, and there are a tonne of alternatives to every situation.

### Make a list of all the things you enjoy

Find the time to do them. This can reduce your stress levels, improve your mood, and help you feel refreshed and relaxed.

[place2be.org.uk](http://place2be.org.uk)

## Navigating exam season

Place 2Be

## Student guide to results day

### Results day - coping with the stress

It's finally here, the results are in. Whatever happens, the most important thing to remember is nothing is insurmountable.

### Recognise the emotional rollercoaster everyone is on

The school will be a cauldron of emotions - from frustrated, angry, and upset students, to those celebrating and totally ecstatic. Prepare yourself as best you can for the range of emotion, remember people are likely to react differently to normal.

### Be there for your friends, but also take care of yourself

It's tempting to put others' first, particularly if they haven't got the grades they wanted, but take time to also look after yourself.

### Another route?

If things don't go as planned, look at all the options you have available to you and plot a new course. It could be to the same goal (for example doing re-sits so you can go onto further education) or it could be to a completely new goal.

### Make a list

Make a list of all the things you want to do in life which don't involve exams. You will soon see that exams are only a small part of the picture.

### Don't compare yourself

We are all different. Not better or worse, but with our own gifts and skills. If the results aren't what you imagined, don't beat yourself up. Academic success is just one of many attributes to be celebrated. Remember who you are and what you're good at.

### Get inspired!

With a spot of Googling you can find endless stories of inspirational people who have chartered their own course - from Steven Bartlett to Victoria Beckham. Whatever happens, life is far from over!

### Ask for help and advice

There are so many people around you who can offer insight, such as teachers, career advisers, parents and family members. Try to get a range of opinions.

### Seek support

Let your family, friends, and teachers know if you are struggling so that they can support you.

**If you're feeling overwhelmed and need to talk:**

Text **CONNECT** to 85258 for free to speak to Shout

Call 0800 1111 to speak to Childline, or visit [childline.org.uk](http://childline.org.uk) for their free online chat

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# Canteen Menu This Week

Find out what's on the Canteen Menu this week

A copy of the weekly menu can also be found [Here](#) on our website.

## WEEK 2 MENU

W/C: 22/04, 13/05, 03/06, 24/06, 15/07, 16/09, 07/10

FOOD UNION

### CHOICE One

	CLASSICS	CLASSICS
<b>MON</b>	<b>Sausage and Mash</b> Served with Vegetables and Gravy	<b>Vegetarian Sausage and Mash</b> ♻️ ♡ Served with Vegetables and Gravy
<b>TUE</b>	<b>Mandarin Chicken</b> 🐟 Served with Wholegrain Rice, Peas and Crunchy Slaw	<b>Vegetable Donburi</b> ♻️ Served with Peas and Crunchy Slaw
<b>WED</b>	<b>Roast Pork</b> Served with Roast Potatoes, Vegetables and Gravy	<b>Korean BBQ Quorn Sub</b> ♻️ Served with Chipotle Wedges, Coleslaw and Sweetcorn
<b>THUR</b>	<b>Chilli Con Carne Nachos</b> ♡ Served with Mixed Salad and Salsa	<b>Vegetarian Cottage Pie</b> ♻️ Served with Vegetables and Gravy
<b>FRI</b>	<b>Battered Fish</b> Served with Chips, Baked Beans and Peas	<b>Cheese and Onion Pasty</b> ♻️ Served with Chips, Baked Beans and Peas

### CHOICE Two

### GRAB & GO options

**HOT DISHES:**  
Paninis  
Pasta and Sauces  
Freshly Baked Pizza  
Soup and Bread  
Jacket Potato and Toppings

**SALADS:**  
Tuna and Sweetcorn Pasta Salad  
Pesto Pasta Salad ♻️ ♻️  
Roasted Indian Chickpea Salad ♡ ♻️

**SANDWICHES/BAGUETTES:**  
Ham and Cheese Sandwich  
Chicken Salad Sandwich  
Cheese Baguette ♻️  
Tuna Mayo Baguette  
BLT Baguette

**WRAPS:**  
Pepper and Houmous Wrap ♻️ 🐟  
BBQ Chicken Wrap 🐟  
Chicken Caesar Wrap 🐟

♡ Nutritionist's Choice   ♻️ Vegetarian   🐟 Oily fish   🌾 Wholegrain

Our menu is subject to change.



# Uniform reminder

- ▶ No hoodies
- ▶ No leggings
- ▶ No coats in lessons
- ▶ Blazers **MUST** be worn around school, (unless during break) into classrooms and out of classrooms. You may remove once you sit down
- ▶ You will receive a 30 minute detention for incorrect uniform



# Equipment sanctions

- ▶ No pen = 30 minute detention - **this is NOT removable** if you bring a pen the next day!
- ▶ From Term 5 it will also be a 30 minute detention if you do not have 3 pieces of equipment
- ▶ Your equipment should include a purple pen and a pencil case. Incomplete set of equipment - **3 strikes in one week** = 30 minute detention



**WE ARE  
EMPLOYABLE**



# Revised Timetable

## Extra-Curricular Clubs



Day	Activity	Time	Location
Monday	Crochet Club Gym/fitness Club Year 7 - 9 Football Club Performing Arts Club Life Saving Swimming	2nd break (week B) 15.30 15.30 15.20 16.00 - 18.00	Room 4 Gym Field/Muga School Hall Rye Leisure Centre
Tuesday	Badminton Table Tennis Y11 OCR intervention Y10 OCR intervention	15.30 15.20 15.30 (week A) 15.30	Sports Hall Gym Room 30 Room 30
Thursday	Pride Club Crochet Club Personal Training Fitness Science & Eco Club	1st break 2nd break (week A) 15.30 -16.15 (Y7 -9) 16.15 -17.00 (Y10 -11) 15.20	Room 26 Room 4 Gym Room C24
Friday	Gym/fitness Club Year 11 OCR intervention	8.00 - 8.30am 15.30 (week B)	Gym Room 30






# Corridor behaviour

- ▶ Please travel around the school in a calm manner
- ▶ Remember there may be meetings going on, and in the admin corridor people are trying to work
- ▶ During breaktimes you should be outside
- ▶ It is not permitted to run around the buildings at any time - this is to ensure the safety of others
- ▶ Any students reported doing this will receive a detention



**WE ARE  
KIND**

# Rye College Values




**WE ARE PROUD**

## PROUD



*At Rye College, we have a sense of pride in our work, ourselves and our community. We are mindful of the presentation of our work and the standards we present. We take pride in what we produce and pay attention to details.*

Our Rye College Values



**WE ARE POSITIVE**

## POSITIVE



*At Rye College, we demonstrate a positive attitude to our learning, and relationships with others. We engage in our learning with a 'can-do' attitude. We embrace challenging and thought-provoking tasks.*

Our Rye College Values



**WE ARE EMPLOYABLE**

## EMPLOYABLE



*At Rye College, we develop and nurture diverse skills, talents and abilities that support our progress within and beyond the school. We grow ourselves so we can positively participate in our community and society as a whole.*

Our Rye College Values



**WE ARE KIND**

## KIND



*At Rye College, we show kindness and respect to all members of our community. We understand British values and act inclusively in our conduct. We celebrate what characteristics we share and those that make us different.*

Our Rye College Values



**WE ARE COMMITTED**

## COMMITTED



*At Rye College, we possess an ambitious attitude towards our learning and academic progress. We strive towards fulfilling our potential, demonstrating an understanding of our own strengths and weaknesses.*

Our Rye College Values