



Monday 26th September 2022

Student Bulletin

Creating Bright Futures for All

Through Life Transforming Learning





Theme of the week:
British Values/ ADHD Awareness

Our theme for Black History Month 2022 is Time for Change: Action Not Words



To get to a better tomorrow, we can't just focus on the past. We can acknowledge and learn from it, but to improve the future, we need action, not words.

We need to come together around a shared common goal to achieve a better world for everyone.

To ensure real change, we need real support from our allies. It's time to reset your mindset and support us with actions, not words. Join with us, see something, say something, don't be a passive bystander. Not just at the weekend in the club or playing sports, but on the street, in shops, at work.

Being an ally means moving beyond short-term or performative gestures and taking real, long-term action. In the workplace, in places of education and learning, and in the public sphere, this means having policies in place that achieve real outcomes. As an individual, it means actually practising what you preach.

In the wake of 2020's Black Lives Matter protests, many organisations and individuals committed to tackling racism. This was done around the world by taking the time to learn about the black experience and additionally, in the UK, this included learning about the historical legacy of colonialism and slavery. That was an important step forward, but it won't fundamentally change institutional racism today.

A number of recent reports have called out racism across a range of sectors, from international aid and education to healthcare and policing. As a society, we all know there is a problem with institutional racism. Now we need to work together to tackle it.

Black people are often given the double burden of experiencing racism and discrimination, and then being expected to fix it. Hopefully, by making the theme of this year's Black History Month magazine and website Time for Change: Action Not Words' we can come together to make a change for the better.

Yes, Black History Month is a time to celebrate black history, heritage and culture, and the iconic figures that have contributed so much, but this year, let's make it about so much more. If you're serious about allyship, it's Time for Change: Action Not Words.



A close-up photograph of a wooden Scrabble board. Several wooden tiles are visible, some resting on the board and others scattered around. The tiles in the foreground clearly spell out the word 'JOB' in black ink. The 'J' tile has a subscript '8', the 'O' has a subscript '1', and the 'B' has a subscript '3'. Other tiles with letters like 'L', 'B', 'C', 'F', and 'N' are also visible in the background.

Job of the week: Event Manager


- ▶ Every week the bulletin will have a careers focus with a 'Job of the week'
- ▶ Each short video provides information on a job that includes qualifications, salary, how to get there and what it entails
- ▶ [EVENT MANAGER](#)




Tutor Time this week

- ▶ Monday - All year groups bulletin
- ▶ Tuesday - Year 9/10 assembly + Year 7/8 Theme of the week
- ▶ Wednesday - All Years - Wellbeing
- ▶ Thursday - Year 7/8 Assembly + Year 9/10 Theme of the week
- ▶ Friday - Year 11 assembly

School Clubs - Lots to get involved in!



Geography Club



Year 7 & 8 - 2nd break
Wednesday Room 4

Year 9 - 3.20 -4.20pm
Thursday Room 4

All students welcome particularly those with a keen interest in the environment and nature



Crochet Club



Join us for a new and exciting club

Friday Week 2,
2nd break in Room 4

Crochet is the process of creating textiles by using a crochet hook with different materials

It is easy to do, a great stress reliever, social and a perfect way to make handmade gifts!

Come and try it out!



Sports Clubs



Football

Year 7, 8 & 9 Boys
Monday 3.30 - 4.30pm

Year 9 & 10 Boys
Girls football - All Years
Wednesday 3.30 - 4.30pm



Basketball

Year 7
Monday 8.15 - 8.45am

Year 8 & 9
Tuesday 8.15 - 8.45am

Year 10 & 11
Wednesday 8.15 - 8.45am



Netball

All Years
Monday 3.30 - 4.30pm

All students welcome - come and get involved!



**WE ARE
EMPLOYABLE**



**WE ARE
KIND**

Celebrating Rye Values

- ▶ Well done to 5 of our year 11 boys, Dec, Liam, Ethan, Taylor, and Oli who all helped a Year 8 boy who was injured after school on Wednesday
- ▶ They picked him up, administered some first aid and made him comfortable while further help arrived
- ▶ Thank you, also to Bel in Year 8 who ran back to school to get help
- ▶ We are proud of you for responding in the way you did - So many of our Rye values were put into action - Thank you!

- ▶ All students should now have either entered their own placement or made 4 choices from Aspire
- ▶ If you are yet to do so. please see Mrs Starkey to discuss



Year 11 Notices

- ▶ **1:1 Careers interviews**
- ▶ These resume again on Thursday and Friday with the remainder of LBE/AHA. Please check times on Learning Directors' office door
- ▶ **ASK Apprenticeships**
- ▶ Congratulations to all students who attended the Apprenticeships assembly and workshops. Lawrie was very impressed with your conduct and engagement
- ▶ Mrs Starkey has sent you all the assembly and interview preparation presentations.



**WE ARE
POSITIVE**

Exam-ready Revision Timetable



**WE ARE
COMMITTED**

- ▶ All welcome
- ▶ Good attendance could result in a discounted ticket to the Prom

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Science Room 25	French Room 102	Maths Rm 17 Arts 36 & 37		History Room 9
Week 2	Science Room 25	English Room 103	Maths Room 17	Engineering Room 32	Geography Room 4

Sleep Hygiene Tips

- ▶ Set the Scene: Make sure your bedroom is quiet, dark, relaxing and at a comfortable temperature.
- ▶ Limit screens: If possible, do not have a mobile, table, TV or computer in the bedroom at night as the light from the screen interferes with sleep. Switch them off at least an hour before sleep time.
- ▶ Be Mindful of food and drink choices: Avoid large meals and caffeine before bedtime.
- ▶ Routine: Go to bed at the same time each night and get up at the same time each morning, including weekends.
- ▶ Exercise: Regular exercise helps you sleep more soundly, as well as improving your general health. Find movements and activities that you enjoy.
- ▶ Talk: Through anything you are worried about with someone you trust or write down any worries.
- ▶ <https://teensleephub.org.uk/teens-young-people/>
- ▶ <https://www.youngminds.org.uk/young-person/my-feelings/sleep-problems/>
- ▶ [https://www.instagram.com/p/CZyu1MjMMuz/?igshid=MDJmNzVkMjY=\(13+\)](https://www.instagram.com/p/CZyu1MjMMuz/?igshid=MDJmNzVkMjY=(13+))



Student Timetables

- ▶ Too many students are losing their timetables and asking for them to be printed by the front office
- ▶ This costs time and money!
- ▶ Please keep your timetable in a safe place
- ▶ Top tips:
- ▶ Write out on card and keep in your pencil case or blazer pocket
- ▶ Memorise it
- ▶ Take a photo of it and keep on your phone (only to look at when you are at home, getting organised)
- ▶ Have a copy on your fridge/wall at home
- ▶ Keep a paper copy folded up in your phone case/wallet/purse
- ▶ Being responsible for your timetable is a key employability skill!



Timetable

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							

5, 4, 3, 2,1 Grounding

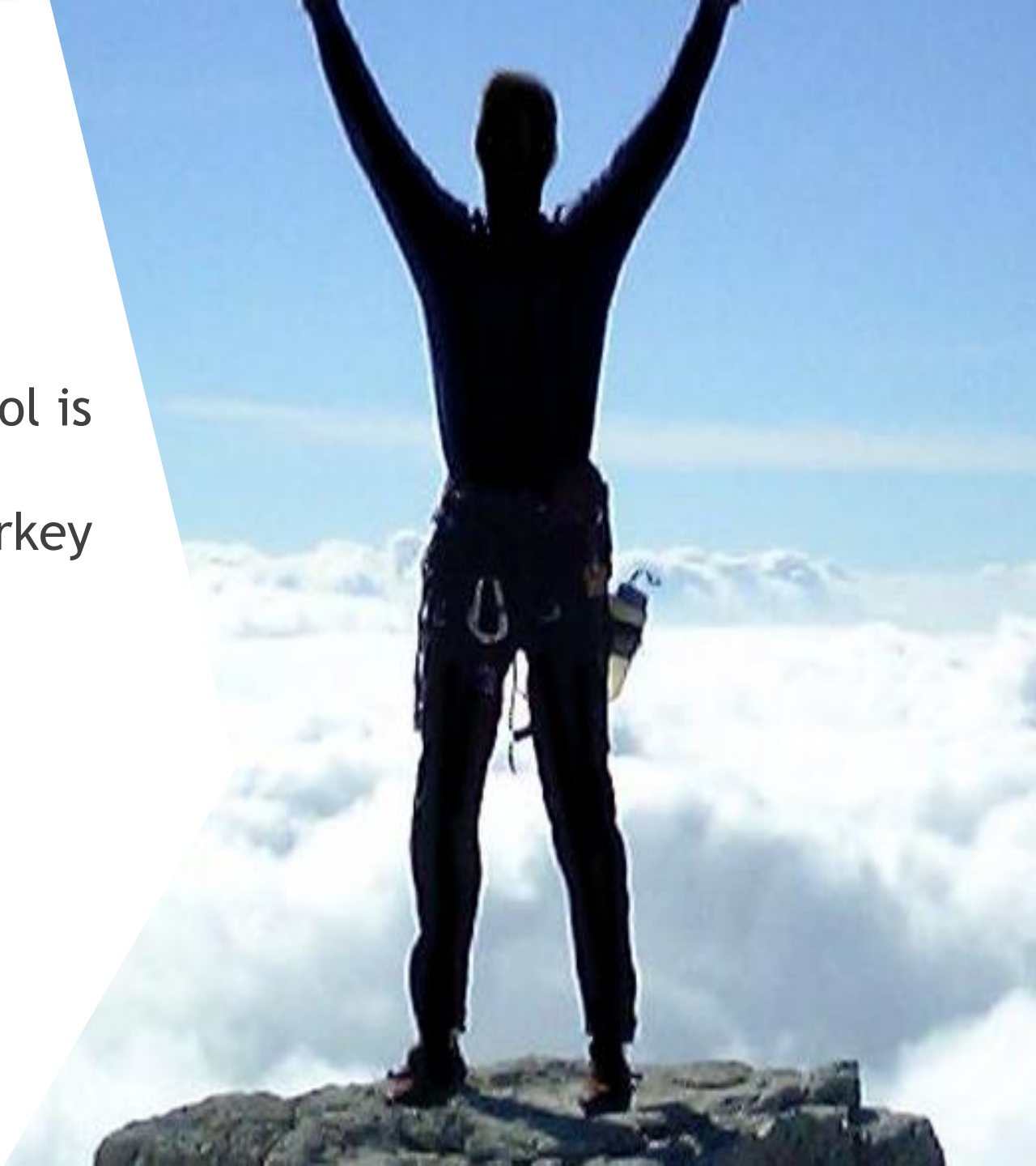
- ▶ Grounding techniques can help you to return to reality. By focusing on the present surroundings, you can become more aware of your safety and to feel calmer.
- ▶ Name 5 things you can see in the room with you right now (e.g. Chair, a painting)
- ▶ Name 4 things you can touch right now (e.g. my feet on the floor, cool air on my skin).
- ▶ Name 3 things you can hear right now (e.g. People talking outside).
- ▶ Name 2 things you can smell right now (e.g. Toast, perfume)
- ▶ Name 1 thing you can taste right now (e.g. eating a mint)
- ▶ <https://www.youngminds.org.uk/young-person/blog/the-grounding-technique-that-helps-me-when-i-m-anxious/>
- ▶ <https://youtu.be/9Y9t65JDJhI>



Calm
Down
&
Relax

Sharing achievements

- ▶ If you, or someone you know in school is proud of something they have done outside of school, please let Mrs Starkey know
- ▶ We would love to include this in our bulletin and put on our website and social media pages



Staying Safe



STUDENT SAFEGUARDING & SUPPORT

Rye College is committed to **'Create Bright Futures for All'**.

Safeguarding is what we do to promote your safety and protect you from harm.



Our Safeguarding Team

We encourage all students to use this support network. You can also email any queries to: yourconcern@ryecollege.co.uk



Miss Carpenter
Designated Safeguarding Lead (DSL)
Ejcarpenter@ryecollege.co.uk
Location: Rye College



Mrs Gull
Assistant DSL
E.gull@ryecollege.co.uk
Location: Students Hub



Mr Downes
Assistant DSL
E.dowdes@ryecollege.co.uk
Location: Rye College



Mrs Mills
Assistant DSL
E.mills@ryecollege.co.uk
Location: School Office



Mrs Holmes
Assistant DSL
E.holmes@ryecollege.co.uk
Location: Students Hub



Mr Francis
Assistant DSL
E.francis@ryecollege.co.uk
Location: Rye College

External Contacts and Support Groups

There is a wide range of external support for you to access confidential help and support:

	The UK's leading children's mental health charity providing in-school support and expert training to help improve the emotional wellbeing of pupils, families, teachers and school staff. Our Place2Be School Project Manager is Inga Springell.	ispringell@ryecollege.co.uk place2be@ryecollege.co.uk 020 7923 5500 Text: 85258
	Childline is a free service that offers direct support for young people, information to help you deal with bullying, drugs and alcohol, family relationships, questions around sexual relationships, personal feelings, and school life.	0800 1111 (9am - 3:30pm) 1-2-1 Counsellor Chat Service (9am - 10:30pm) www.childline.org.uk
	The National Society for the Prevention of Cruelty to Children help to prevent child abuse, helps to rebuild children's lives and support families.	0800 1111 for children (Childline's 24-hour helpline) www.nspcc.org.uk
	Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. They help people who are anxious, stressed, depressed, suicidal or overwhelmed and who need immediate support.	Text SHOUT to 85258 Free, confidential support via text, available 24/7
	i-Rock is a local East Sussex charity who can offer you advice and support on emotional and mental wellbeing, jobs, education and housing.	0800 502020 info@ironewall.org.uk

New email address

If you are worried about a friend or your own safety you can now email

Yourconcern@ryecollege.co.uk

If you do not want to talk to a member of staff about it.

This is also for sensible suggestions / concerns you may have about the college environment or behaviour of fellow students.

This will be checked weekly, and your concerns will be responded to.

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Tutor Time



	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Bulletin	Theme of the week	Wellbeing	Assembly	Quiz/acknowledgements
Year 8	Bulletin	Theme of the week	Wellbeing	Assembly	Quiz/acknowledgements
Year 9	Bulletin	Theme of the week	Assembly	Wellbeing	Quiz/acknowledgements
Year 10	Bulletin	Assembly	Wellbeing	Theme of the week	Quiz/acknowledgements
Year 11	Bulletin	Intervention	Intervention	Intervention	Assembly

Attendance to Tutor time is compulsory

- **As soon as you get to your desk place your equipment on your desk**
- **Tutors will check uniform and equipment**
- **Take register**
- **Engage with set activity**
- **Recap Rye Values**
- **Dismissal**

MUGA Rota



	Before School	Break 1	Break 2
Monday	Year 7	Year 8	Year 9
Tuesday	Year 7	Year 10	Year 7
Wednesday	Year 7	Year 11	Year 8
Thursday	Year 7	Year 9	Year 10
Friday	Year 7	Year 7	Year 11

Rules

Only the year group allocated on that day on the MUGA - NO EXCEPTIONS (so don't ask!)

No swearing

No eating / drinking

No slide tackles

Bring your own ball.

If rules are broken the Year group will lose their next MUGA slot

Rye College Values



**WE ARE
PROUD**



**WE ARE
POSITIVE**



**WE ARE
EMPLOYABLE**



**WE ARE
KIND**



**WE ARE
COMMITTED**

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

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

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

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

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



RYE COLLEGE STANDARDS IN OUR SCHOOL



We work hard

- Arrive on time
- Line up and enter the room silently
- Start work immediately
- Bring our equipment
- Sit where directed
- Phones/headphones out of sight
- No toilet breaks in lessons (unless essential)



We work with pride

- No slouching
- Engage in learning at all times
- Answer questions with full sentences – no 'I don't know'
- Present our work to a high standard
- Aspire to do our best at all times



We participate, collaborate, contribute

- Wear uniform with pride
- Behave in line with Rye College expectations
- Be polite, respectful and follow instructions
- Work in groups when directed
- Be silent when directed



We work consistently

- Write in blue or black pen
- Respond to feedback using purple pen
- Complete our homework to the best of our ability and on time
- Self / peer assess - green pen for what went well, pink pen for even better



We respect our environment

- Don't litter – use bins
- No graffiti anywhere
- No running in corridor
- No eating or drinking (except water) in lessons and in corridors