



Monday 28th November 2022

Student Bulletin

Creating Bright Futures for All

Through Life Transforming Learning

Careers Performance - Year 9 Period 5 Monday (TODAY)

- ▶ Please can all year 9 line up outside the hall as they would for assembly at 2:15
- ▶ You will be watching a performance about careers in the NHS
- ▶ Your teacher will register you outside before you go in



Theme of the week - International day of persons with disabilities



**WE ARE
KIND**



A close-up photograph of wooden Scrabble tiles on a wooden surface. Three tiles are placed in a wooden rack, spelling out the word 'JOB'. The tiles are light-colored wood with black lettering and numbers. The 'J' tile has an 8-point value, the 'O' tile has a 1-point value, and the 'B' tile has a 3-point value. Several other tiles are scattered around the rack, including 'L', 'B', 'C', 'F', and 'N'.

Job of the week: Life Coach

- ▶ 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
- ▶ [LIFE COACH](#)



**WE ARE
EMPLOYABLE**



Tutor Time this week

- ▶ Monday - Bulletin
- ▶ Tuesday - Year 9+10 assembly/Year 7+8
Theme of the week
- ▶ Wednesday - Wellbeing Wednesday
- ▶ Thursday - Year 7+8 assembly/Year 9+10
Theme of the week and debate
- ▶ Friday - Year 11 assembly/Year 7-10 Quiz
and acknowledgements



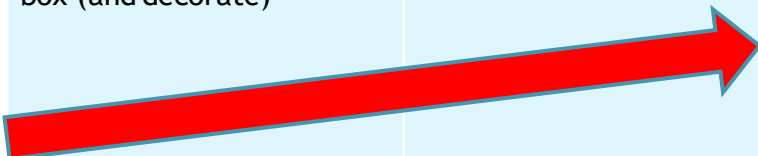
Christmas Events



Very Important Reminder

You need to order your Christmas Lunch by Wednesday 30th November. All families were emailed a letter with an online booking form. You cannot order a Christmas Lunch after this date. There will also be no food available from the canteen or cube during 2nd break on this day.

Mon 5th December	Tues 6th December	Wed 7th December	Thurs 8th December	Fri 9th December
Food bank donations start in tutor groups - Student Ambassadors to collect a box (and decorate)	Food bank donations continue in tutor groups	<p>Christmas Lunch 2 sittings: Y 7 & 8 12.15 - 1pm Y 9, 10, 11 1.30 - 2.20pm</p> <p>Christmas themed non-uniform day in return for food bank donation.</p> <p>Final day for food bank donations. Ambassadors to bring parcels to reception at 9.15am for collection and photos.</p>	<p>Christmas Performance - Y7 choir and Y10/11 Music students. 6.30 - 7.30pm in the hall.</p> <p>Ticketed event for families, 1st come 1st served. Please remind your families that you need to have a completed consent form to participate and that they need to book tickets if they would like to attend.</p>	<p>Student Leader Christmas themed Bake Sale</p> <p>Bake Off competition 1st break in the main hall for staff and students. Music and fun Christmas games.</p> <p>Money raised to go to student enrichment fund.</p>
Mon 12th December	Tues 13th December	Wed 14th December	Thurs 15th December	Fri 16th December
Travelling Crib is passed from Rye Primary to Rye College. Head Students receive the crib.			<p>Maths department Christmas crafting event 2nd break Room 17/18</p>	<p>Non uniform for £1 donation - Student Leader nominated charity.</p> <p>Break Up Term 2</p>



Tutor Group Christmas Food Bank Donation Programme



- We will be supporting Rye Food Bank this year with our Christmas donation programme.
- Tutor groups will be responsible for collecting items from Monday 5th December until Wednesday 7th December.
- All students who bring in a donation may wear Christmas themed non uniform on Wednesday 7th December which is Christmas Lunch day.
- Student Ambassadors are to bring boxes to reception ready for collection on Wednesday 7th December during tutor time.
- Boxes will be available to collect from the office from Wednesday 30th November - students may decorate them and add a Christmas card for a family.
- Please see list of goods that are currently in demand and make ideal food parcel items.

RYE FOODBANK
**HELPING LOCAL
PEOPLE IN CRISIS**
[Learn more](#)



 **5151**
emergency food supplies given to
individuals and families in crisis last
year



We Are Kind

This Christmas we are supporting

Rye Food Bank

Items that are suitable for
Food Parcel Donation Boxes

- Cereal ~ Pasta
- Rice ~ Pasta Sauce
- Beans ~ Tinned Meats
- Tinned vegetables
- Tea ~ Coffee
- Tinned Fruits
- Biscuits ~ Soup



RYE COLLEGE
STUDENT LEADERS
PRESENT

CHRISTMAS BAKE OFF

Enjoy our holly jolly Christmas bake off
competition, bake sale and Christmas fun!
Prizes for winning student and staff entry

FRIDAY 9TH DECEMBER
1ST BREAK - MAIN HALL
BRING SMALL CHANGE TO BUY BAKES
ALL FUNDS RAISED WILL GO TO OUR
STUDENT ENRICHMENT FUND

Please drop your competition entries
to the main hall before tutor time

Christmas Bake off



Food Technology

- ▶ This week you will be making healthy flapjacks
- ▶ You will need to bring in (unless you are free school meals):
 - ▶ 150g margarine
 - ▶ 100g brown sugar
 - ▶ 2 tablespoon golden syrup
- ▶ Next week you will be making healthy raspberry tarts
- ▶ You will need to bring in:
 - ▶ Self-raising flour
 - ▶ Margarine
 - ▶ Caster sugar

Year 11 Notices

- ▶ The final 2 days of Year 11 1:1 interviews are Thursday 8th and Tuesday 13th December
- ▶ If you have not yet had an interviews, you will definitely have one on these days
- ▶ Teaching staff will be emailed the appointment times and info is also outside the Learning Directors' office
- ▶ You must turn up for your appointment on time - PLEASE DO NOT FORGET!
- ▶ Revision sessions will carry on after school as usual



**WE ARE
PROUD**



**WE ARE
POSITIVE**



**WE ARE
EMPLOYABLE**



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COMMITTED**



Rail Safety

- ▶ There have been reports of students being unsafe on level crossings and on the tracks
- ▶ This is exceptionally dangerous
- ▶ Do not collect anything that has fallen on the tracks
- ▶ Do not cross when the red lights are flashing
- ▶ Be aware at crossings when there are no barriers
- ▶ Watch these 2 videos:
- ▶ <https://youtu.be/Uy-slfsW7tg>
- ▶ [You vs Train - Harrison's Story - Network Rail](#)

WORTH WARRIOR

- ▶ <https://www.worthwarrior.co.uk/>
- ▶ **Want to manage low self-worth and body dissatisfaction leading to eating difficulties?**
- ▶ **Worth Warrior is a free app created for young people to manage negative body image, low self-worth, and related early-stage eating difficulties or disorders. It provides a range of helpful activities and information, based on the notion that eating and body-related issues can be helped through learning to challenge and change thoughts, emotions, behaviours and body image issues underlying low self-worth.**
- ▶ **Download the free Worth Warrior app**



CALM HARM

<https://calmharm.co.uk/>

About Calm Harm

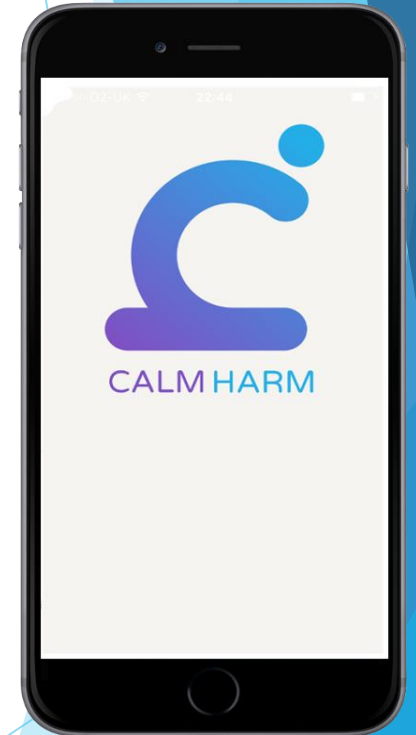
The urge to self-harm is like a wave. It feels the most powerful when you start wanting to do it.

Learn to ride the wave with the free Calm Harm app by choosing activities from these categories:

Comfort, **Distract**, **Express Yourself**, **Release**, and **Random**.

There is also a breathing exercise to help you be mindful and stay in the moment, regulate difficult emotions, and reduce tension.

When you ride the wave, the urge to self-harm will fade.



Child Exploitation and Online Protection



- ▶ www.thinkuknow.co.uk
- ▶ The online world can be a positive space where you can keep in touch with friends and make new ones. But the internet can also be negatively used by people to target and hurt others. If you are ever worried about the way someone is communicating with you online or about online sexual abuse, there are steps you can take and lots of people that can help.
- ▶ It is common to feel a mix of emotions if something happens online that makes you feel worried or uncomfortable. The situation might make you feel confused, angry, embarrassed, betrayed or guilty. You might start feeling these emotions when it happens, or much later on. There are no right or wrong ways to feel and remember you are **never** to blame.
- ▶ **What to do if you're worried about something online**
- ▶ **Tell someone.** The most important thing to do is tell someone you trust what has happened. Speak to a parent, carer, teacher or other trusted adult. They will understand and be able to help you. Take a look at our tips for [having a difficult conversation with an adult](#).
- ▶ **Report to CEOP.** If you are worried about online abuse or the way someone has been communicating online, [report it to CEOP](#) and they can support you.
- ▶ **Contact a support service.** If you don't feel like you can speak to an adult you know and trust, there are plenty of [support services](#) that offer free and confidential advice, like [Childline](#) and [The Mix](#).
- ▶ **Remember it's not your fault.** If someone has pressured, forced or tricked you into sharing naked photos or videos of yourself or anyone else or doing anything you didn't want to do, this is [sexual abuse](#), and it's **never** your fault.
- ▶ **Block the person who is contacting you.** If you are receiving hurtful messages from someone online, you can [block or report](#) them to stop them contacting you.

Exam-ready Revision Timetable



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- ▶ 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



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

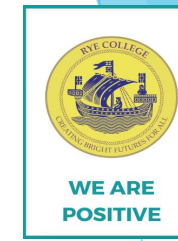
Crochet is the process of creating textiles by
using a crochet hook with different materials

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

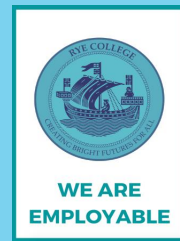
Come and try it out!

Due to the
popularity of
Crochet club, this
will also run
afterschool on
Wednesdays in
room 4.
3.20 - 4pm

Maths Circle



WE ARE
POSITIVE

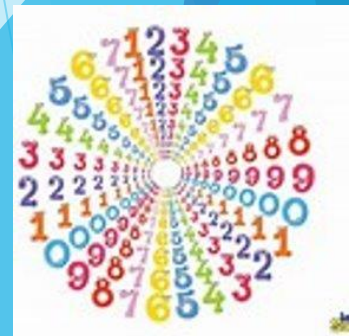


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- ▶ We are looking for students to join new Maths Circles in January 2023. If you are in Year 7 or 8, a keen mathematician, and are committed to participating in weekly Maths Circles sessions, then please see Mrs Harrison or your Maths Teacher.
- ▶ **What is a Maths Circle?**
- ▶ In a Maths Circle, each week a small group of students come together to be mathematicians together.
- ▶ **In Circle sessions you will:**
- ▶ Grapple with, and sometimes (but not always!) solve, intriguing questions
- ▶ Discover and explore exciting ideas
- ▶ Learn to think like a university mathematician - Sometimes think on your own, sometimes think in a team
- ▶ Usually your Circle will be after-school and last about an hour. There will be ten Circle sessions each term
- ▶ Some Circles meet each week in a school with a teacher, some Circles meet each week online - You can tell us what you prefer.
- ▶ Maths Circles are **completely free** if you are a student at a secondary school in the UK.



Pride Group

Room 26 - Mrs Willis
Tuesday breaktime
All welcome



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Daniel Quasar/Facebook

What is a Pride Group?



A Pride Group is a student-led group in a school or college which provides a safe online place for students to meet, support each other, talk about issues related to sexual orientation and gender identity and expression, and work to end homophobia, biphobia and transphobia (HBT).



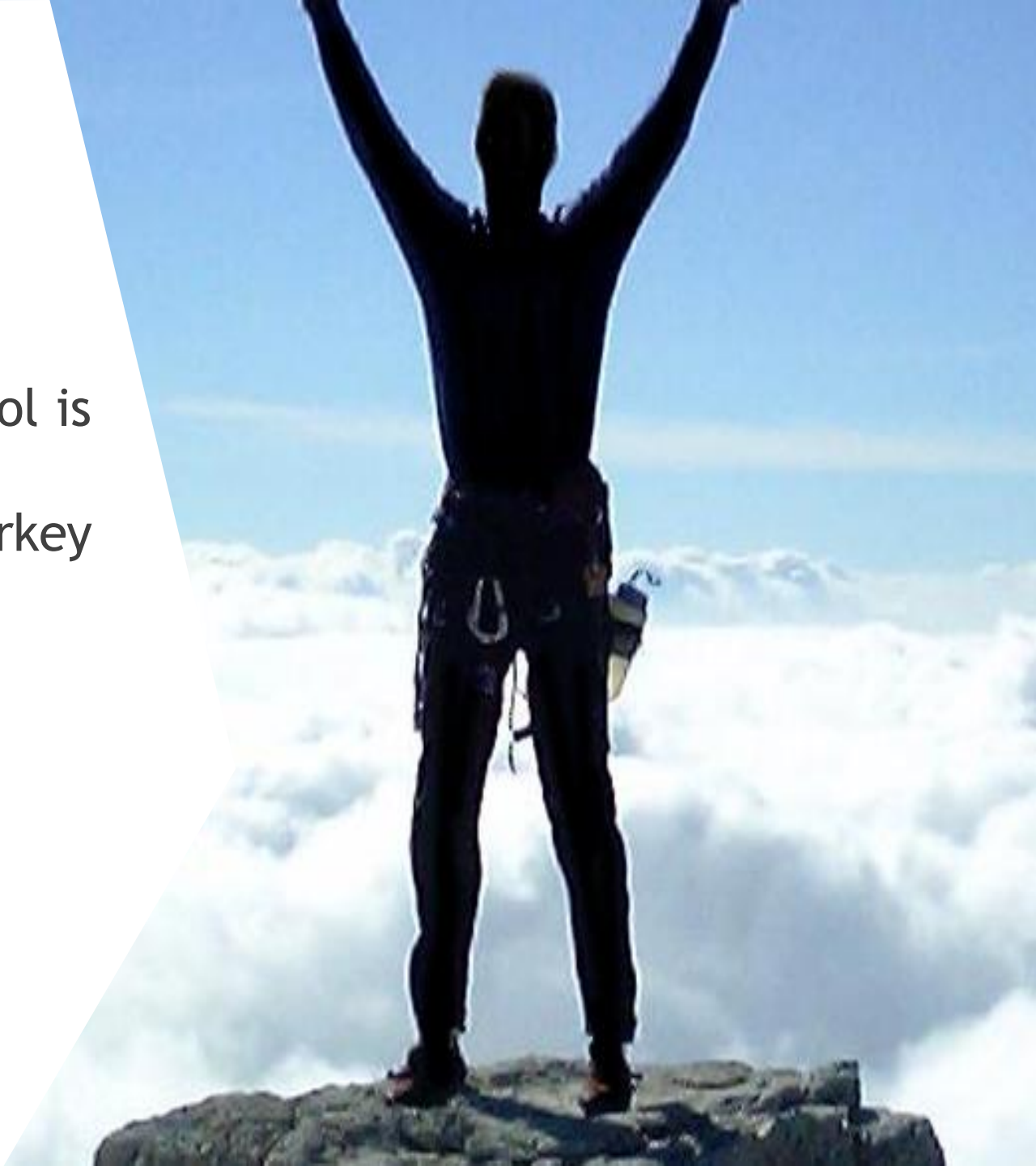
Science club - Starts this Tuesday

- ▶ Room 25
- ▶ 3.20 -4.00
- ▶ All welcome
- ▶ Theme: Space



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)
E.carpenter@ryecollege.co.uk
Location: Rye College



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



Mr Downes
Assistant DSL
E.downes@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: Student 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@zonewall.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.

Tutor Time

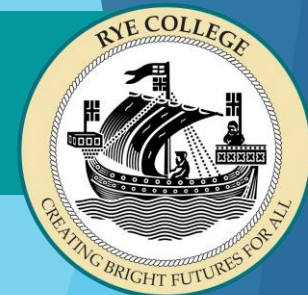


	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Bulletin	Theme of the week	Wellbeing	Assembly	Quiz/acknowledgements
Year 8	Bulletin	Theme of the week	Wellbeing	Assembly	Quiz/acknowledgements
Year 9	Bulletin	Theme of the week	Assembly	Wellbeing	Quiz/acknowledgements
Year 10	Bulletin	Assembly	Wellbeing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

Attendance to Line-up and 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