



Rye College Newsletter



End of Term 3 - February 2023



Signs of Spring

Mr Downes, Headteacher

Standing at the gate this morning, on what was a beautifully bright and cold day, I reflected on the definite signs of spring in the air. This emerging of new life and bright futures coincides with a new phase here at Rye College.

While we still await the final report from the recent OfSTED inspection, we are now entering a new era here at the school. The inspection is a signpost along the way of our journey, acting as an external measure of our progress so far. The work we have been doing over the last few years on the curriculum and our systems is now bearing fruit as we watch, with pride, our students grow and thrive.

We are continuing to focus on further refining our curriculum to ensure that it has the maximum impact on the students' growth and development.



The new term marks the final run in for our Year 11s as they prepare for their final examinations beginning in May. Year 11 Pre-Public Examinations (PPEs) begin Monday, 27th February and provide an important opportunity for us and the students to identify what is needed to be successful in the final examinations. Year 11 families, please encourage your children to spend time revising and preparing for the mocks (information regarding the PPEs can be found on our exam web pages).

Finally, I wish you all a fantastic half term break. We look forward to welcoming students back to Term 4 on Monday 20th February.



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Children's Mental Health Week

We were proud to support #ChildrensMentalHealthWeek this week. Place2Be is the official organiser and founder of Children's Mental Health Week, which shines a spotlight on the importance of children and young people's mental health. We are very fortunate to work closely with Place2Be, with our onsite counsellor Inga Springell assisting many of our students.

The theme of this year's campaign is 'Let's Connect' and we have been encouraging our school community to connect with others in healthy, rewarding and meaningful ways. Taking this campaign theme into action, we have seen lots of fantastic 'Connection' activities this week, and we have been actively welcoming students and staff members to discuss why looking after our mental health is so important.



**WE ARE
KIND**



From 'Dressing to Express', to cookie baking, to bake sales, to a mental health tombola to crochet club's worry worms; our students have brilliantly come together as a community to shine a spotlight on this important awareness week.



Family Coffee Morning

Our Student Hub team hosted their second family coffee morning this week, where we were so fortunate to be joined by a number of our external support providers. Andrew Wright from Action Your Potential gave an insightful presentation on coping with anxiety and by understanding how the brain works, we can develop strategies to cope in stressful situations. He shared lots of mindful management tips – for more information please visit the AYP website – www.actionyourpotential.org.

The team from Place2Be, I-Rock Hastings, FSN My Time and Young Carers also took time out of their busy schedules to join our families and offer their invaluable knowledge and experience. Please see details below on how these organisations might be able to help your family. Please get in touch with our Student Hub team, if you would like further advice accessing this support.

Finally, a big thank you to all the families, who made the time to share for a cup of tea and some delicious homemade cookies from our students! As a school, we are focused on developing our parental engagement and providing forums, such as the coffee mornings, for families to connect with us and others.



i-Rock helps 14 -25 year olds living in East Sussex with advice and support on emotional and mental wellbeing, jobs, education and housing. You can visit them face-to-face or via a web based appointment.
www.irocksussex.com



Through their unique programme of bespoke 1:1 coaching and online video courses, AYP use the very latest research in Neuroscience and Cognitive psychology, to help students and their parents to understand their brains, unleash it's learning power and build great well-being to manage their brain's negative biases.
www.actionyourpotential.org



FSN My Time offers a free early intervention peer support service to help children and young people aged 5-15 cope with emotional wellbeing, anxiety, anger or separation.
www.fsncharity.co.uk



Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools. Providing one to one and group counselling support.
www.place2be.org.uk

Sporting News

Term 3 has seen a lot of sporting fixtures. Our Year 7 and 8 Girls Football played their first ever game as a team against Ark Alexandra. The girl's confidence developed throughout the game and they demonstrated brilliant resilience and consistency to apply pressure. Our Year 7 and 8 Girls Netball Team were also in action against St Leonard's Academy. They worked brilliantly together and communicated well to keep possession of the ball. Year 7 scored 2 fantastic goals but were unfortunately, defeated by a strong St Leonard's team. Year 8 scored seven goals to seal the win. Well done!



**WE ARE
COMMITTED**



Well done to all students who consistently represent our school so brilliantly with all of our Rye College Values on display, particularly - Pride, Positivity, Kindness and Commitment. We are really proud of you all and we can't wait to see our sporting teams go from strength to strength this year.

The PE department is looking forward to Term 4 with lots of exciting PE fixtures and activities including the return of Rye Cricket Club Coaching - we would love to see lots of our students make the most of this on site sporting opportunity.



Our Year 9 Netball Team also enjoyed a warm up match against our staff team!

5 minutes with

Getting to know our Rye College team. This term;
Mr Channer from our PE Department

Tell us about your role at Rye College?

I am a P.E. teacher with responsibility for developing the curriculum and deciding which sports we teach. I also oversee the extra-curricular programme as well as sports fixtures.

What's the best part of your job?

The best part of my job is being out on the field or on the MUGA teaching our students. Whatever the weather being outside with a class engaging in physical activity has always been enjoyable to me. Seeing students develop their sporting knowledge and practical abilities is extremely rewarding. When groups and individuals tackle elements of P.E. that at the outset, they find difficult but through hard work and persistence they succeed in, shows the value of Physical Education.

What careers pathways can PE take our students onto?

There are many careers that PE can lead to including:

Sports science, PE teacher, Physiotherapist, Professional sportsperson, Sports coach/consultant, Sports policy at local and national level, Diet and fitness instructor, Personal trainer.

Tell us about some of the exciting plans the Rye College PE department have this year?

We have recently opened the new fitness suite with a variety of equipment for all students to use and our aim is to get as many students to develop their own personalised exercise programmes to drive our healthy lifestyles focus. We would like to introduce a sports leadership course to develop students' confidence, communication skills and encourage them to take responsibility and develop leadership skills.

What's your greatest sporting event or memory?

I have been fortunate to attend lots of great sporting events including Champions league matches, Football and Rugby World cup matches, but nothing compares to taking students to events at the 2012 London Olympic and Para-Olympic games. We were lucky enough to see some of the greatest athletes from across the globe competing at the highest level.



Careers Spotlight

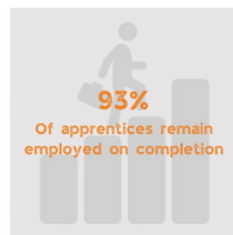
The focus for this term in careers has been on Apprenticeships.

Year 11 attended an Apprenticeship registration workshop, and Year 9 and 10 students attended an assembly and Q+A. Both of these were delivered in collaboration with ASK Apprenticeships. Students across the school have also been learning about apprenticeships in Tutor time, through completing quizzes, watching inspirational films and debating the future of apprenticeships. For further information on apprenticeships, please visit Amazing Apprenticeships – www.amazingapprenticeships.com.



**WE ARE
EMPLOYABLE**

APPRENTICESHIP FACTS



Next term is an exciting one for Careers at Rye College. **6th –10th March** is **Careers Week** where all subject areas will be delivering lessons to all year groups specifically linked to careers and employability. There will be a careers fair for Year 7–9 and a QR code A–Z of careers competition. If you are able to support our careers fair on **8th March** by having an employer stand, or feel that you could come in and talk to students in a specific subject area, then please get in touch with Mrs Starkey, our careers lead via the school office.

We will be launching the **Choices at 14** programme for year 9 students. As part of this, they will receive taster lessons in GCSE choices subjects, careers lessons in Life Education and group guidance interviews with My Future Starts Here. Please make sure you attend our Choices at 14 Webinar with Mr Downes and Mr Franks on **Tuesday 14th March at 6pm**. Zoom details will be emailed to Year 9 families. We also have our Year 9 Progress Evening on **Tuesday 7th March** where our focus will be on Choices at 14.

Finally, our Year 7 and 9 students will be attending some insightful workshops with the University of Brighton to learn all about university life.

The Student Voice – Feedback About The Canteen

We invited a group of our Student Ambassadors to a feedback forum this term to hear their views and ideas about our school canteen. We asked what they liked about the canteen, what they didn't like and what ideas they had for improvements. As always, we can rely on our students to give honest and insightful feedback. Here is what they shared with us:

Best Things

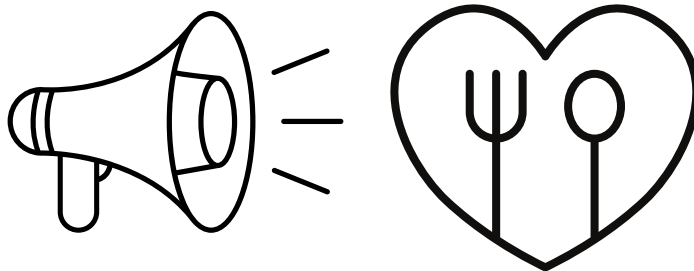
- The variety and number of food options
- Vegan drink choices
- Bacon rolls

Least favoured Things

- The crowded line up
- The repetition of the menu
- Running out of some food

Key Improvement Ideas

- Improved signage of vegan foods
- Improved communication of the menu – share via Student Bulletin and improved poster display around the canteen entrance
- More fresh fruit
- More pasta options
- More healthy snacks eg hummus and pittas, fruit bars and healthy sandwich options



Thank you to all students who participated – we are working with the Chartwells team to act on your feedback.

Year 8 DISCO

And to close our Term 3 Newsletter – a few photos from our recent Year 8 DISCO! We always enjoy being able to offer our students school enrichment opportunities, with the school disco being a great event to spend time with friends. All our Year 8 students were impeccably behaved and had a wonderful time. Thank you to the team of staff who make these events possible.

**WE ARE
POSITIVE**

