



Monday 11th September 2023

Student Bulletin



Creating Bright Futures for All

Through Life Transforming Learning



Mentor Time this week

- ▶ Monday- Year 7 Assembly
Year 8-11 Bulletin
- ▶ Tuesday - Year 10 Assembly (This week only)
Year 7-Bulletin
Year 8/9 Theme of the week
Year 11 intervention
- ▶ Wednesday - Year 11 Assembly (This week only)
Year 7-10 Employability
Year 11 intervention
- ▶ Thursday - Year 8/9 Assembly
Year 7 Theme of the week
Year 11 intervention
- ▶ Friday - Year 7-10 Virtual assembly
Year 11 intervention

Fantastic demonstration of Rye Values



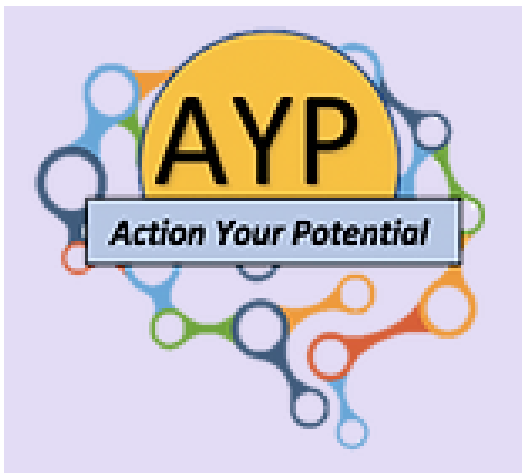
- ▶ We received this message from a lady travelling on the train:
- ▶ **On 7th September I travelled back to Hastings on the train from Rye.**
- ▶ **I have to say as a sprightly but almost 80 year old I was a bit worried at the sight of seemingly hundreds of students from Rye College waiting on the station for the Eastbourne train, I needn't have worried your Students were so well behaved; lots of quiet laughter and the sharing of sweets.**
- ▶ **I sat on my rollator in the lobby between the carriages and several students at a time stood close by as the train was crowded. What delightful young people they are. My only complaint is the young lad generously sharing his sherbert lemons around didn't include me!**
- ▶ **Well done the Students of Rye College you are a credit to your college and to your families.**
- ▶ Thank you to all the students who may have been on this train - this is exactly how we want our school portrayed in the community - Keep up the good work!

Year 10 French exchange



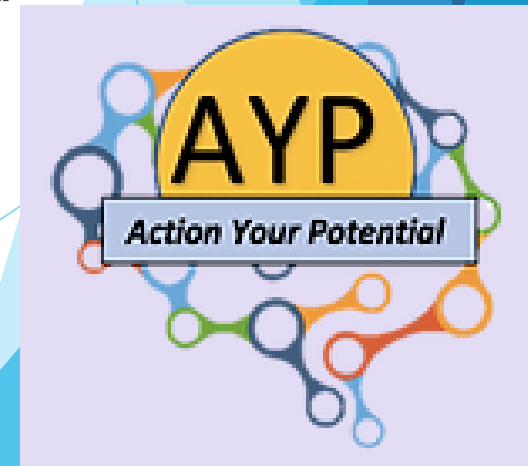
- ▶ This year, we have the fantastic opportunity to start an exchange with a French school in Montreuil-sur-mer (North of France).
- ▶ You will be assigned a penfriend with whom you will be exchanging emails
- ▶ You will take part in two exchange trips: in May, we will be going to France to meet them and in June, they will come visit us.
- ▶ If this is something you would be interested in, **please contact Mrs Ruhla** via email or in person (Tuesday and Thursday in room C104).





Year 11 Meetings

- Over the next term, many of you will be invited to speak to Andrew Wright from 'Action Your Potential'
- The meetings will last 20 - 30 and will be held in 4A (the office at the top of the stairs between the geography rooms').
- Andrew is able to offer you help and advice on all aspects of your school and homelife. From helping you study, manage your anxiety, how to revise and prepare for exams, how to sleep better, organise your time and much more.
- Mrs Willett will let you know when your appointment is



PE Clubs

- ▶ These will start from Monday 11th September and will run from 3:30pm
- ▶ PE staff may be caught up with something at the end of the day, so please don't leave if there is no-one there immediately
- ▶ You will ALWAYS be informed if a club is cancelled
- ▶ ALL WELCOME

After School PE Clubs				
Monday	Tuesday	Wednesday	Thursday	Friday
All years Basketball Sports hall (PGA)	KS3 Football - Field/MUGA (PGA & RWO) Badminton - SH (MCH) From 19/9 Year 11 OCR intervention (EMI)	KS4 Football - Field/MUGA (MCH)	OCR intervention (PGA) Netball (all years) - Sports Hall (EMI)	Staff football/fitness

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.

FOOD UNION

WEEK 1 MENU

W/C: 17/04, 08/05, 29/05, 19/06, 10/07, 31/07, 21/08, 11/09, 02/10

CHOICE One

	CHOICE One	CHOICE Two
MON	Bangers and Mash Served with Peas and Gravy	Plant Based Sausages ♻️ Served with Mash, Peas and Gravy
TUE	Chicken Masala Naan with Crispy Spiced Potatoes and Mint Yoghurt Dressing	Roasted Rainbow Vegetables ♻️ 🌱 with Flatbread Fingers, Carrot and Coriander salad and Houmous
WED	Roast Turkey Served with Roast Potatoes, Vegetables and Gravy	Sweet Chilli Noodles ♻️
THUR	Sriracha Glazed Chicken Burger Served with Chipotle Wedges and Sweetcorn	Plant Ball Marinara Melt ♻️ Served with Chipotle Wedges and Sweetcorn
FRI	Fish and Chips Served with Baked Beans and Peas	Vegan Sausage Roll ♻️ Served with Chips, Baked Beans and Peas

GRAB & GO OPTIONS

WEEKLY SPECIAL

- **Roasted Indian Chickpea Salad** ♻️ •

SALADS:

Tuna and Sweetcorn Pasta Salad
Pesto Pasta Salad 🌱 🌱

SANDWICHES/BAGUETTES:

Ham & Cheese Sandwich
Chicken, Lettuce & Mayo Sandwich
Cheese Sandwich ♻️
Ham Baguette
Cheese & Tomato Baguette ♻️

WRAPS:

Tuna Crunch Wrap 🌱
Pepper and Houmous Wrap ♻️ 🌱

HOT DISHES:

Paninis
Pasta & Sauces
Freshly Baked Pizza
Love Joe's Mexican Burrito

🍏 Fruity! 🌱 Nutritionist's Choice ♻️ Vegetarian 🐟 Oily fish 🍷 Wholegrain 🍴 Halal

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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

Admin Corridor through to Science



Please be respectful when using this corridor as people are trying to work

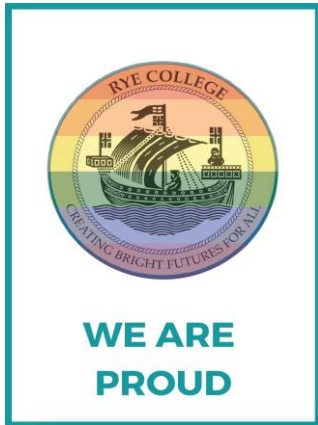


Please walk and keep noise levels low



The staff kitchen in this corridor is strictly out of bounds

Rye College Values



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



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



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



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



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