



This year, we have rebranded what we previously called PSHE education (Personal, Social, Health and Economic) to Life Skills. Our Life Skills curriculum comprises aspects of PSHE, Citizenship, British Values, Careers, Global Learning and the soon to be statutory Relationships, Sex and Health Education. Life Skills seemed like an appropriate term to summarise the multiple facets of personal development education.

The aim of our Life Skills curriculum is to support our young people in acquiring the knowledge, understanding and skills they need to manage their lives (now and in the future), and to be active and responsible local and global citizens.



Life Skills is taught in subject lessons, like puberty in science, in a Tutor Time activity once a fortnight and in three Life Skills Weeks spread throughout the year. The topics covered in Tutor Time Life Skills cover topical local, national and global issues. Our three Life Skills Weeks feature themes like Relationships and Sexual Health, Careers, Keeping Healthy and Safe, National and Global Citizenship.

The first of the Life Skills Weeks ran this term. On five consecutive days, the pupils met in their tutor groups for a one-hour lesson, and learned about Relationships (Year 7), Relationships and Sexual Health (Year 8-10) and Post-16 Choices (Year 11). In addition, pupils in Year 7-10 met Pauley, our school nurse, and learned about the health services that are available for them now and for their futures.

The lessons were well received by pupils and it was a pleasure to wander the school observing engaged young people in high quality group work and whole-class discussions. Pupils made good progress in acquiring knowledge and skills in topics including friendship, self-esteem, body image and the media, healthy relationships, consent and seeking help and advice.

The pupils' view on the importance of the week included:

'We have a safe environment to learn about relationships and sexual health.' (Year 10)

'We learn about things that are crucial in life, and how to

have a happy and healthy life.' (Year 9)

'Relationships are the basis for good mental health.' (Year 7)

'They teach you important things about life.' (Year 7)

when asked which parts of the Life Skills Week lessons they thought could be improved, several Year 7s responded in a similar way: *'None of it; it was so much fun!'*

Neil Pittman, Assistant Headteacher

ANTI-BULLYING



A report from Mr Pittman:

This week, it has been my pleasure to be able to start reading the feedback our pupils have written about the recent Life Skills Week. Their views about what went well and what could be improved are valuable to us.

As part of the Year 7 Scheme of Work, the topic of Bullying and Abuse was discussed. The pupils have reflected on their learning and I have read many positive comments. Here are a few examples of what the Year 7 pupils said they found most useful:

'The bullying and relationship lessons taught us how to be a good friend.'

'I really understood how bullying affects people.'

'finding out about homophobic, biphobic and transphobic bullying.'

'The bullying lesson helped us understand how we would deal with this.'

'not to judge one another.' and *'not to judge people who are LGBTQ+.'*

'Bullying can leave people feeling bruised inside and also outside.'

One pupil concluded: *'I think Relationships lessons are important in school because you learn that you need to tell someone if you are upset or being bullied.'*

LAST DAY OF TERM

School finishes at **1.30pm** on Friday 20 December 2019.





MOCK EXAMS

Good luck to all of our students sitting mock exams.

Last week, every Year 11 student was given a revision pack. This pack contained a variety of resources, as shown by our Head Boy pictured left, to support revision.

COME AND JOIN US

PARENT INVOLVEMENT



Would you like to become part of our Parent Team at St Catherine's? We would love to hear from volunteer parents who would like to be part of a team to help raise money for the school as well as sell second-hand school uniform.

If you would like to get involved, please contact Madeleine Maynard at mcollett@stcatherines.college.

MOCK INTERVIEW DAY

A report from Mrs O'Connor:

On Wednesday 13 November, St Catherine's College hosted a mock interview day for Year 11 students. The idea was to give students the opportunity to practise their interview techniques and etiquette with representatives from further education and the world of work.

Our volunteer employers were really impressed with students' level of maturity and how prepared they are to face the future. They were a real credit to the School!

We are immensely grateful to all our volunteer interviewers who included Kathryn Rush and Andrew Pritchard from Bexhill College; Debbie Hill from Marshall-Tuflex; Matt Knight from Akro Valve (who is also our Enterprise Advisor as well as being an ex-student); Ben Pawley from Sussex Police; Deborah Pawley from Sussex University; Dan Carling from Foreman IT Recruitment (one of our ex-pupils); Dermot Clarke from Jobcentre Plus; and Paul Goodenough from Sovereign Constructions.

Volunteers gave up a full day to help our students. We are so grateful for their time and expertise. Their feedback was invaluable!



100% ATTENDANCE WINNERS

Congratulations to all our students who achieved 100% attendance for Term 1. They were entered into a year group prize draw and the winner received a £20 Amazon voucher. A prize draw will take place each term for students who achieve 100%.



PARIS TRIP

A report from Mrs Ruff:

It was still dark when 48 pupils and five members of staff awaited the coach outside school on a dreary Thursday morning. Despite a slightly delayed start (the coach was almost one hour late...Mrs Ruff was not panicking at all, honest!) we made it to the Eurotunnel terminal in plenty of time and were very soon on the train and in France, heading for our first destination, La Tour Montparnasse. From here we had a fantastic view across the beautiful Parisian skyline, a great introduction to all the students and the first of many exciting activities.

The next two days included shopping on the famous Champs Elysées and in a wonderful local market; visiting the enchanting Scaré Cœur and Montmartre; the world famous Musée du Louvre; the eerie yet intriguing Catacombes; and, a highlight of the trip, a Bateau Mouche tour along the Seine which concluded just in time for us to see the Eiffel Tower sparkling at the start of the evening illuminations. Whilst in the city we were accompanied by Bakary, our French speaking Animateur, who also organised evening games and activities for the students and kept them amused with his karaoke and other antics!

Students of French got the opportunity to practise their speaking skills whilst the Artists and Photographers were able to create some beautiful images to use in their GCSE coursework.

For our final day, the reward was Parc Asterix where, despite the rain, students and staff enjoyed the thrills of a variety of white knuckle roller coasters and water rides before heading back for our return train.

Thank you to all the staff who helped make this trip possible and a huge thank you to the pupils who were amazingly well behaved and a credit to St Catherine's College.



'EVERYBODY IS TALKING ABOUT JAMIE'

A report from Molly Blackwell-Neal, Year 10 pupil:
On Wednesday 6 November, Year 10 Performing Arts students travelled to London to see the new hit musical 'Everybody is Talking About Jamie'. The musical follows a 16-year-old teenager as he overcomes prejudice, beats the bullies and steps out of the darkness to become a drag queen.

We set off early in the morning and enjoyed the London sights before making our way to the Apollo Theatre.

It was a fantastic show and I would like to say a big thank you to all the teachers and my fellow pupils who made this such an incredible day.



CHRISTMAS FESTIVE DINNER EVENT

WEDNESDAY 18 DECEMBER 2019

Tickets are available to buy from Reception and the Café and cost £3. Payment can be made by cash or Parent Pay.

Students entitled to free school meals can collect their ticket from the café free of charge.

YEAR 11 STUDENT ACCEPTED AT PRISTIGIOUS BALLET SCHOOL



Year 11 student, Mackenzie, recently auditioned at the Northern Ballet School, Manchester, to study a three year Level 6 Diploma in Dance and Musical theatre. Northern Ballet is one of the most prestigious dance colleges in the country, taking approximately 30 pupils per year. Mackenzie was successful with her audition and has been accepted. What a fantastic achievement Mackenzie, well done!

TOP HOUSE POINT ACHIEVERS

Year 7

Logan Adams **276**
Erin Cameron **235**
Nikitas Tarasidis **223**
Eva Bramley **214**
Jasmine Gallop **214**

Year 8

Asha Reid-Wills **214**
Eve Ward **212**
Eden Prescott **188**
Jasmine Adsett **186**
Amberley Connor **186**

Year 9

Naomi Fraiss **235**
Elizabeth Finn **224**
Grace Boyd **217**
June Maunga **211**
Alyshia Walker **207**

Year 10

Ailsa Cameron **320**
Berrie Robertson **307**
Seth Archibald **303**
Amber Davies **261**
Amber Matthews **256**

Year 11

Katherine Pawley **300**
Jasmine Ramazannejad **262**
Hannah Cheeseman **262**
Grace Crawford **240**
Alice Crean **215**



DATES FOR YOUR DIARY

December

- 5 Y9 Options Evening, 3.30pm - 7.00pm
- 9 INSET Day
- 10 Y10 Parents' Evening, 3.30pm - 7.00pm
- 13 Christmas Jumper Day
- 18 Christmas Festive Dinner Event
- 20 End of Term 2, school finishes at 1.30pm

January

- 6 Start of Term 3
- 7 Y9 Parents' Evening, 3.30pm - 7.00pm
- 15 Y8 Parents' Evening, 3.30pm - 7.00pm
- 31 INSET Day

February

- 6 School Production
- 7 School Production
- 7 Mufti Day
- 12 Y11 Parents' Evening, 3.30pm - 7.00pm
- 14 End of Term 3
- 22-25 Y8 & Y9 Spanish trip to Andalucia
- 24 Start of Term 4



March

- 6 Y9 Booster Vaccinations
- 24 Y7 Parents' Evening, 3.30pm - 7.00pm

April

- 3 Mufti Day
- 3 Last Day of Term 4
- 20 First Day of Term 5
- 21 Y9 Parents' Evening, 3.30pm - 7.00pm
- 24-26 DofE Silver Practice Expedition
- 25-26 DofE Bronze Practice Expedition
- 29 Y8 HPV Vaccinations
- 30 Y8 Parents' Evening, 3.30pm - 7.00pm

May

- 6 Y10 Parents' Evening, 3.30pm - 7.00pm
- 8 Bank Holiday
- 22 Last Day of Term 5
- 23-27 Y8 & Y9 Italy Cultural Trip

June

- 1 First Day of Term 6
- 15-19 Y8 Bushcraft Residential Trip
- 19 Town Sports
- 21-25 CCF Summer Camp
- 26-29 Y9 French Immersion Trip
- 29 Y10 Work Experience Week starts
- 30 Y6 Induction Evening

July

- 3 Y10 Work Experience Week ends
- 4-5 DofE Bronze Qualifying Expedition
- 7 Y6 Taster Day
- 8 Y6 Taster Day
- 10 Sports Day
- 17 Last Day of Term 6