



ST. CATHERINE'S
COLLEGE

A CHURCH OF ENGLAND ACADEMY

CONTACT



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Preparing students to stand shoulder to shoulder with their peers: locally, nationally and globally.



When the men's England football team lost in the Euros final, most of us who supported them were obviously disappointed. However, England are still a very good team, and the players can still improve because they are led by an inspiring manager who believes this is not the end, but rather the beginning of their journey to success.

Losing was a tough blow, but as Southgate said, *"The questions around us principally come down to character; the essential ability to withstand events that go against you."* To succeed requires resilience when things do not go to plan. It also requires each player to work hard, alongside their teammates, according to a plan. He says, *"Results are a consequence of doing things well and having high standards, improving the detail of how we play."* Southgate is not just some hard taskmaster though, demanding excellence in an impersonal way. Anyone who saw the way he treated his players after the penalty shootout would have seen the compassion and respect he has for them. Yes, he and his players are ambitious, he builds resilience, he plans and blends the strengths of his players into a successful plan, but he also cares for and respects his players. He once said, *"If a player feels that you respect them and you want to help them, then they are more likely to listen to you and follow you."*

Gareth Southgate has shown himself to be an inspiring leader and one that has shown a fair degree of wisdom in his words and actions. He knows that success does not come easily, but rather from ambition, hard work, resilience and shared responsibility.

As the Bible says, 'Wise words bring many benefits, and hard work brings rewards.' (Proverbs 12:14)

We need to see successful people in the real world and observe how they achieve success. Gareth Southgate has proved himself to be such a person, and one that we can all learn a great deal from.

Reverend David Garratt



GRAMMAR UPDATE

Love it or hate it, grammar is integral to communication because, without it, the English language is difficult to understand.

A report from Mrs Ward:

If your child is currently in Year 8 or Year 9, you may remember me writing to you in June 2020 to address our increasing concerns about the negative impact of the national school closures on children's literacy skills. All children in Key Stage 3 were asked to complete a 30-question grammar quiz to help identify areas in which they needed more support. Since then, the English Department has raised the profile of grammar in their lessons focusing on:

- word class (nouns, verbs, adjectives and adverbs)
- punctuation and
- sentence structure

I am pleased to report that the results from the latest quiz show a marked improvement in grammar knowledge. The number of children currently in Year 8 achieving 21/30 correct answers has increased by 19% since the quiz was completed last year. In addition, the number of children in Year 9 achieving 21/30 correct answers has increased by 16% since they completed the quiz last year.

Well done to our fantastic students who have demonstrated such resilience and proven that even a global pandemic cannot stop them from learning.



YEAR 10 GEOGRAPHY FIELD WORK

A report from Mrs Pavey:

It was great to get our Year 10 geographers out to do some fieldwork. It was a lovely opportunity to put into practice the data collection methods we have talked about in class, and this work will be a huge benefit to them in their exam next year. They worked incredibly hard, well done!



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SPONSORED BEACH CLEAN

Plastic Free Eastbourne are hosting a litter pick competition to raise funds for more water filling stations across Eastbourne to reduce the number of plastic bottles being used. The fundraiser will be a beach clean, and whoever collects the most litter will win an eco-friendly prize! There is an entry fee of £4 for adults and £2 for children, which will help to fund the water fountains. If you do not wish to enter the competition and just want to litter pick for free that is ok too. However, you will not be eligible for a prize.

The fundraiser is on Thursday 22 July 2021 meeting at the pier. There are two sessions: the morning session is from 10.30am – 1.00pm and the afternoon session is from 2.00pm - 4.30pm. It would be great to see as many of you as possible there.

If you are unable to come along and would like to make a donation, please [CLICK HERE](#) to donate to Naomi's (Year 11 student) GoFundMe page. Naomi is participating in the National Citizenship Service and has chosen to support Plastic Free Eastbourne in her social action project.



MANDARIN ACTIVITIES IN JUNE AND JULY 2021

A report from Mrs Ruff:

In June, we celebrated the Dragon Boat Festival by making rice dumplings. Our Year 7, 8 and 10 students enjoyed sampling some homemade rice dumplings and were also able to have a go at making some for themselves and their families. It is something definitely worth trying and no, we didn't eat the bamboo leaves!

In July, our Year 9 Mandarin Excellence Program students took part in a "Virtual Trip to China". This took the format of a series of Intensive learning days that gave the students the opportunity to have live online lessons with teachers in China and virtual tours in Chengdu to see Pandas and to chat with professional Panda keepers.

Our Year 10 Mandarin Excellence Program students also took part in a series of Intensive Learning Days, looking into international marketing programs and culminating in our students creating a real-life tourist advertisement for Eastbourne. Our partners at UCL were really impressed with the video our students created and the amount of hard work that went into the production. Our marketing video can be seen [HERE](#).



FRENCH AND SPANISH SENECA SUCCESS!

In June, all students studying French and Spanish at St Catherine's College were given the opportunity to participate in the inaugural Seneca Challenge Competition. In this competition, schools in the local area were pitched against each other in a language learning battle! St Catherine's College was matched with a local school and over a two-week period, students were tasked with completing as many units of French or Spanish on Seneca Learning as they could. The key challenge was, "Could St Catherine's College complete more language learning units on Seneca Learning than the other school?"

After the first day it seemed that we were not going to come out well as we were over one hundred units behind our competition, but our students really grasped the challenge with both hands and by the end of week one we were ahead. From then on, we pulled further and further away and by the end, we had won with a massive 2,682 units completed compared with 559 achieved by the other school! Well done to everyone who took part and helped us to achieve such a resounding victory.

Our individual winners for each year group (those with the greatest amount of learning time and highest scores) were Year 7 Ashton W; Year 8 Alesha D/Robyn L; Year 9 Shakira H; Year 10 Kezia L/Elizabeth F. Prizes will be awaiting you on your return in September!



THE SUMMER READING RACE TO THE FINISH

A report from Ms Preston:

If you are facing the long weeks of the summer with a feeling of dread and the first words your offspring says five minutes after the holidays start are, 'I'm bored', then read on!

Research has shown clear evidence in over 39 different studies that the long summer break leads to learning loss. In reading terms, children who do not have access to reading material or who are disinterested in reading lose between 2-3 months progress. This alone is a disadvantage. However, coupled with the disrupted learning and time lost through Covid, we want to give our students as many opportunities to maintain their progression as possible. Conversely, it has been shown that students who read during the summer months will make at least one month's progress, which further underlines just how important it is to keep our students reading. 20 minutes per day at any age is great, but even 10 minutes will make a difference.

Not all students have ready access to reading books at home but the good news is that there are many ways you can encourage your child to pick up a book. Public libraries are open again. In Eastbourne, the main library is opposite the station facing the roundabout.

Another good way to find reasonably priced books is to buy second-hand. There are many charity shops in Eastbourne and Polegate, all of which sell books, often in good condition. You can also buy books at low prices at The Works in the Beacon Centre and at Waterstones and W H Smith, which often have deals, especially in the summer.

You can download the Kindle app onto your phone and have at your fingertips thousands of classic and brand-new titles. Ebay and Gumtree are good sources for books, often new and incredibly good value. Amazon not only sells in its own name (a bit pricey) but they also list titles from other sellers around the UK and you can often pick up a bargain for as little as 1p!

However you read this summer, the knock-on effect of doing this will impact your child's progress, whether in KS3 or studying for GCSEs. I hope you will encourage your child to take part in the Reading Race this summer as detailed on the following slides.



ST CATHERINE'S COLLEGE BOOK BANTER

Welcome to the final edition of Book Banter for this academic year! If you have not read us before, please head to the school website where you will find all the previous editions and fab competitions you missed!

From Wednesday afternoon, the long weeks of the summer holiday stretch ahead and what better way to fill some time than by taking the St Catherine's College Summer Reading Race? There will be a prize draw for those who have completed the challenge.

OTHER WAYS TO READ

Picture yourself lying on the beach, sun blazing overhead, the sound of the waves gently kissing the shore and the calling of the gulls overhead. You want to read your book but don't want to get sunscreen on the pages and sand in your face. So, you give up and go to sleep instead. No longer! Plug your earphones in and enjoy an audio book. It's a joy having someone to read to you and you get all the benefits of reading with less of the effort. Win win! You can access hundreds of audio books on BBC sounds [HERE](#) and you can download reading apps [HERE](#). There are also thousands of audio books you can buy/download. You can even ask Alexa to find you a story!

SUMMER READING

Why does every teacher go on and on (and on) about reading in the holidays? Enough already! You work hard all year, right? Well, yes, you do work hard and deserve a holiday... BUT there is solid science behind this constant urging to read. We want you to keep reading to strengthen your reading skills. Just like exercising keeps muscles in shape, reading keeps the brain in shape. If you don't exercise, you lose muscle 🏋️ and if you don't read, you will lose literacy skills 📖. There are A LOT of studies concerning this learning loss. If you read regularly throughout the summer, you are likely to gain one month of progress; if you don't read all summer, you will lose 2-3 months of progress. Just reading for 20 minutes a day will keep you going just fine and set you up well for September.

For the Summer Reading Race (to the finish), teachers, pastoral and support staff, have given their top recommendations for books they think will keep you going over the long summer break. Check out the cornucopia of titles they suggested (on the next slide) and see how many you need to read to win the race to the finish and have a chance at the prize 💎.

SUMMER READING RACE TO THE FINISH

Keep a record of the books you have read by shading a square and asking a parent or carer to sign over it. (Books more suitable for Years 9 and 10 are highlighted blue.)

Warhorse - Michael Morpurgo	Northern Lights - Philip Pullman
Percy Jackson - Rick Riordan	Scavengers - Darren Simpson
The Curious Incident of the Dog in the Night-Time - Mark Haddon	The Boy at the Back of the Class - Onjali Rauf
Twelve Minutes to Midnight - Christopher Edge	The Truth Pixie - Matt Haig
Be Resilient: How to Build a Strong Teenage Mind for Tough Times - Nicola Morgan	The Color Purple - Alice Walker
The Secret Diary of Adrian Mole aged 133/4 - Sue Townsend	Summer of my German Soldier - Bette Greene
We See Everything - William Sutcliffe	The Outsiders - S.E. Hinton
Salem's Lot - Stephen King	Dr Zhivago - Boris Pasternak
The Kite Runner - Khaled Hosseini	The Catcher in the Rye - J.D Salinger
The Time Traveller's Wife - Audrey Niffenegger	Rich Dad, Poor Dad - Robert Kiyosaki
One of Us is Lying - Karen McManus	Seed - Lisa Heathfield
Ronia, The Robber's Daughter - Astrid Lindgren	The Colour of Magic (Discworld) - Terry Pratchett
My Family and Other Animals - Gerald Durrell	Auggie and Me - R.J.Palacio
The Woman in Black - Susan Hill	The Last Paper Crane - Kerry Drewery
The Book of Joy - Desmond Tutu/The Dalai Lama	The Fault in our Stars - John Green
Priestess of the White - Trudi Canavan	Never Let Me Go - Kazuo Ishiguro
The Rules - Paul Orton	How to Survive Anything - Rachel Bucholz
The Twisted Tree - Rachel Burge	Lore - Alexandra Bracken
Letters from the Lighthouse - Emma Carroll	This Lie Will Kill You - Chelsea Pitcher
Girl, Missing - Sophie McKenzie	The Hunger Games - Suzanne Collins
To Kill A Mocking Bird - Harper Lee	The Maze Runner - James Dashner

Year 7 & 8 - Read 6 books

Year 9 - Read 4 books

Year 10 - Read 2 books



MUSIC NEWS

Congratulations to Daniel, Year 7 student. Daniel has just passed his Grade 5 drum exams. This is a fantastic achievement, well done Daniel!



AUDITION SUCCESS FOR YEAR 8 STUDENT

Congratulations to Phoebe, Year 8 student. Phoebe successfully auditioned for Glyndebourne's youth opera production of The Pied Piper of Hamelin. She will be rehearsing during the summer holidays and the lead up to these performances which will take place in February 2022.



PERIOD PRODUCT SCHEME

Last summer, the Government made period products free in schools but with the summer holidays starting next week, six weeks without access will be a struggle for many teenagers. Since January, East Sussex Library Service has made unopened sanitary products available for people to collect in branch - discreetly and without any proof of eligibility.

For more information, visit the [East Sussex Libraries website](#).

SUMMER SELF-CARE

Summer is a great time to think about self-care. With long sunny days and warmer weather, there are more opportunities than ever to switch up your routine and enjoy what the season has to offer. Use the self-care checklist [HERE](#) to get some ideas for taking care of yourself this summer. We hope these suggestions will help you get moving, get outside and enjoy the sunshine!



COMBINED CADET FORCE (CCF) CAMP

A report from Miss Haggart:

Last month, we took cadets to two individual CCF event days run by MoD staff. They experienced a variety of exciting activities which included kayaking, paddle boarding, mountain biking (one of their favourites), archery and lots more. One cadet learnt to ride a bike for the first time and another overcame their fear of water to learn to kayak! Cadets also visited Longmoor Army Training Camp and took part in an escape room. They had to work together as a team to solve clues and puzzles so they could collect keys to find their way out of the tent maze. They also built a STEM catapult and competed against each other to hit various targets. One team impressively knocked the skittle over on the first attempt! They also had fun paintballing and learning how to take over a compound with imitation rifles. Again, teamwork and leadership skills were important.

The cadets were a huge credit to us and themselves. MoD staff commented on how amazing they were. We are so proud of them all. If your child is in Year 8 - 11 and would like to join our CCF cadets, they can speak to Mr Millen or Miss Haggart. Here is what our cadets had to say about the event days:

Mason - *I had fun with cadets and staff were really nice. I enjoyed learning about tibula and attack and defence.*

Luke - *I had a lot of fun and gained some skills like how to kayak and how to get good aim in archery. I faced my fear and got almost to the top of the rock-climbing wall. Overall, I had a lot of fun and am excited for camp next year when hopefully we can do the 4-day overnight camp.*

Zachary - *I had a great time at camp. I learnt some new skills which included paddle boarding and how to do section attacks. I can't wait to go to camp again next year!*

Jade - *I enjoyed everything but I enjoyed mountain biking the most. I learnt how to work in a team. I overcame my fear of heights with the rock-climbing wall.*

Oscar - *It was a great experience; I had loads of fun and loved the mountain biking and archery. I learnt great communication and teamwork and made loads of new friends.*

Niki - *At the camp, I learnt many new skills. I'm very grateful for all the staff helping out and I really appreciate it. Thank you.*

Paige - *Camp was an amazing experience, it was filled with challenging and fun activities. We learnt a lot of skills that we will need for the future such as teamwork. This experience was incredible, and I would definitely do it again!*



COMBINED CADET FORCE (CCF) CAMP



SILVER DUKE OF EDINBURGH EXPEDITION

A report from Miss Haggart:

Huge congratulations to our Year 11 all-boys Silver DofE team who have successfully passed their qualifying expedition. They are the second cohort to complete a Silver expedition at St Catherine's College. The boys have done amazingly well to complete this expedition during a pandemic alongside their year 11 GCSE assessments and are one of the *best* teams I have worked with in my 12 years of leading the DofE Award. The assessor said their teamwork was especially commendable and was also very impressed with them! They are a credit to St Catherine's College and to DofE. Well done!

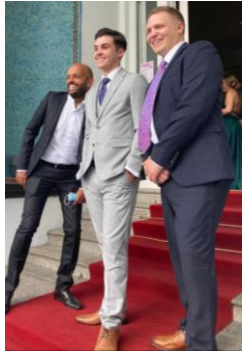


PROM: CLASS OF 2021

A long awaited warm sunny July evening with restrictions lifted, our students and staff celebrated with Prom at The Cavendish Hotel. Arriving in style our wonderful Year 11 students dressed up, and with movie star glamour entered the hotel via a red carpet.

Families of our community, past and present students, watched from the seafront as the evening began.

It was an exciting evening touched with a bit of sadness for students who left the previous year, but staff welcomed our wonderful students and joined in with the evening fun.





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The Quality in Careers Standard >>>>

CSW

Investor in Careers



We are delighted to announce that St Catherine's College has been awarded the Quality in Careers Standard for another three years. The Quality in Careers Standard is the national quality award for careers education, information, advice and guidance (CEIAG) in secondary schools, colleges and work-based learning. The College was assessed by Careers Education and Guidance professionals and fully met all the accreditation criteria.

From September, we will have our very own Careers Advisor. Mrs Divall, our School Secretary, has recently qualified at Level 6 and is looking forward to working with our students.



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WHO ARE WE?

Mrs Bawden is Head of Art. This is Mrs Bawden.....

STAFF PEN PORTRAITS



I was born in Eastbourne but moved away and went to school in Redhill in Surrey.

I have a twin but we are not identical. I also have two other sisters and two step sisters and three step brothers.

My daughter will be coming to St Catherine's College in September.

When I have time, I like to carve wooden spoons and have a collection of knives and axes for this hobby.

Sketchbooks are great, I draw in them. I also collect keepsakes of the places I have been to in them.

I really enjoy school trips. I have been to Gambia, Italy and France with the College.

I am half Swedish and visit there regularly. I have also spent many holidays in France.

I like swimming in the sea, particularly when it is really cold in winter.

I love cooking. For three years, I made something I had never cooked before once a week and wrote the recipes into a book.

I love photography and pick up old cameras from car boot sales. I particularly love Polaroid cameras.

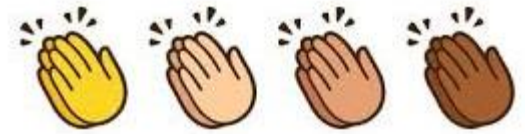
I have a rescue dog called Bandit. He lives up to his name.

I enjoy running and have run the Hastings Half Marathon twice. I didn't start running until I was thirty.





TOP HOUSE POINT ACHIEVERS

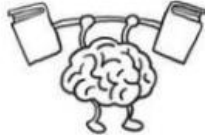


YEAR 7	YEAR 8	YEAR 9	YEAR 10
Rebecca C 1157	Jack D 1041	Lauren D 1017	Solen S 810
Isla C 1087	Logan A 1016	Millie B 896	Jade D 810
Sophie C 1027	Eva B 939	Daniella B 855	Cyrine E 713
Archie M 990	Jasmine G 902	Amberley C 844	Ellise M-M 696
Max T 974	Teriza W 886	Caedmon M 841	Isabelle W 693



7 Reasons Why It's Important to Let Your Kids Struggle

1. Struggle leads to growth



Struggle is an **essential component** of growth. If we only engage in activities that come easily to us, we're not stretching ourselves. And if we don't stretch ourselves, we will never reach our full potential.

2. Struggling enough vs. struggling too much



Teach children that asking for help is **not "giving up."** Instead, it's another strategy that children can use to solve a tough problem or overcome a big obstacle.

3. Builds problem-solving skills



Through the **process of struggling**, children develop creative problem-solving skills. Without struggle, children never encounter problems to work through.

4. Struggling fosters growth mindset



Through struggle, children realize that their **brains can grow**, they can do hard things, and that mistakes are simply learning opportunities. As a result, **they embrace struggle** instead of fearing and avoiding it.



5. Struggling Teaches Children to Manage Emotions



Struggle results in emotions like frustration, sadness, disappointment, and sometimes anger. We should **accept feelings without judging** them and we should learn strategies that help us work through difficult emotions.

6. How to teach self-regulation



Help children find strategies that keep them calm. Next time the child becomes frustrated, remind them of the strategies that help them manage frustration.

7. Struggle builds superheroes

Through safe and developmentally appropriate struggle, we help children build the mindset and skills they need for a **happy and successful life**.





Wednesday 21 July

Year 12 Reunion Celebration

Wednesday 21 July

Last Day of Term 6

Thursday 22 July

First Day of Summer Holidays

Thursday 12 August

GCSE Results Day

The dates/times for the start of Term 1 are on the next slide



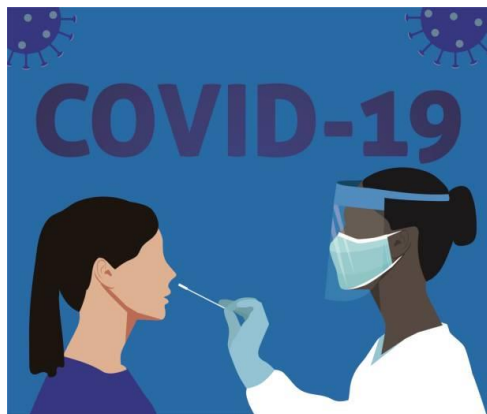
SCHEDULE FOR START OF TERM 1 – 2021/22

DATE	ACTIVITY	TIME
Tuesday 31 August	Covid testing for Years 8 and 11 in school	Details on next slide
Wednesday 1 September	Staff Inset Day Covid testing for Year 7 in school	All day Details on next slide
Thursday 2 September	Year 7 Transition Day We are excited to welcome our new Year 7 students for a day of familiarisation and transition events. Covid testing for Years 9 and 10 in school Please could other year groups remain at home.	8.40am to 3.00pm Details on next slide
Friday 3 September	Year 7 students come into school to continue with familiarisation and transition events. Years 10 and 11 return to school Please could other year groups remain at home.	8.40am to 3.00pm 8.40am to 3.05pm
Monday 6 September	We look forward to welcoming all students into school	Year 7 – 8.40am to 3.00pm Years 8, 9 and 10 – 8.40am to 3.05pm Year 11 – 8.40am to 4.00pm



DATES AND TIMES FOR COVID TESTING

If you are unable to make your allocated date, please contact your Head of Year. We can confirm that we are happy for students to wear non-uniform clothing when they come to school for the Covid tests.



Date	Tutor Groups	Please arrive between
Tuesday 31 August	11 EPA, 11LMI 11LOB, 11MDA 11MHE, 11MTE 11SGW, 11SCR	9:00 and 9:30 9:30 and 10:00 10:00 and 10:30 10:30 and 11:00
Tuesday 31 August	8JMA, 8JMU 8SNE, 8YLE 8CBW, 8DHA 8KPA, 8SBD	11:30 and 12:00 12:00 and 12:30 12:30 and 1:00 1:00 and 1:30
Wednesday 1 September	7AVI/JMI, 7EBR/STN 7RCA, 7RNE/MHA 7EMC/JMI, 7HCL 7KWA/MHA, 7LME	1:30 and 2:00 2:00 and 2:30 2:30 and 3:00 3:00 and 3:30
Thursday 2 September	10JCL, 10KRU 10KFA/MCL, 10MHO (will be ATI) 10NBA (will be KWR), 10NBU 10RMA, 10SBO	9:00 and 9:30 9:30 and 10:00 10:00 and 10:30 10:30 and 11:00
Thursday 2 September	9CSA, 9JPA 9SHA, 9SRI 9AEL, 9CPR 9EFE, 9KWR (will be NBA)	11:30 and 12:00 12:00 and 12:30 12:30 and 1:00 1:00 and 1:30

