



PARENT BULLETIN

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21st September 2023



Dear Parent/Carer,

Our vision for Willingdon states that 'we are a united, vibrant community' where 'we look after ourselves and each other, and show empathy, respect and compassion to all people and our environment along the way.' In my role as Assistant Headteacher, I see every day the Personal Excellence that students and staff demonstrate towards each other through their kindness and courtesy.

We are an inclusive school and we are committed to ensuring that Willingdon is always a welcoming place for every person in our community. Over the past year, Willingdon has been working towards the Rainbow Flag Award, a national quality assurance framework for all schools, focusing on positive LGBT+ inclusion and visibility.

The Rainbow Flag award is a great award because, rather than telling schools what to do, it allows us to understand the needs of our community and take action that works for Willingdon. It assesses our commitment to equality and diversity in 6 areas: student voice, expert teachers, curriculum, supportive parents and governors, pastoral and policies. We have had amazing feedback and been told that we have passed each area with flying (rainbow) colours!

The magnificent Miss Connolly has led our work on the Rainbow Flag Award, working with staff, students, parents and governors to create a culture and ethos where LGBT+ young people can feel safe and thrive. Departments have weaved LGBT+ representation into their subject curriculums, policies have been updated to reflect everyone's needs and our education first approach to incidences of homophobia ensures that young people at Willingdon have the opportunity to learn the need for empathy in our diverse community.

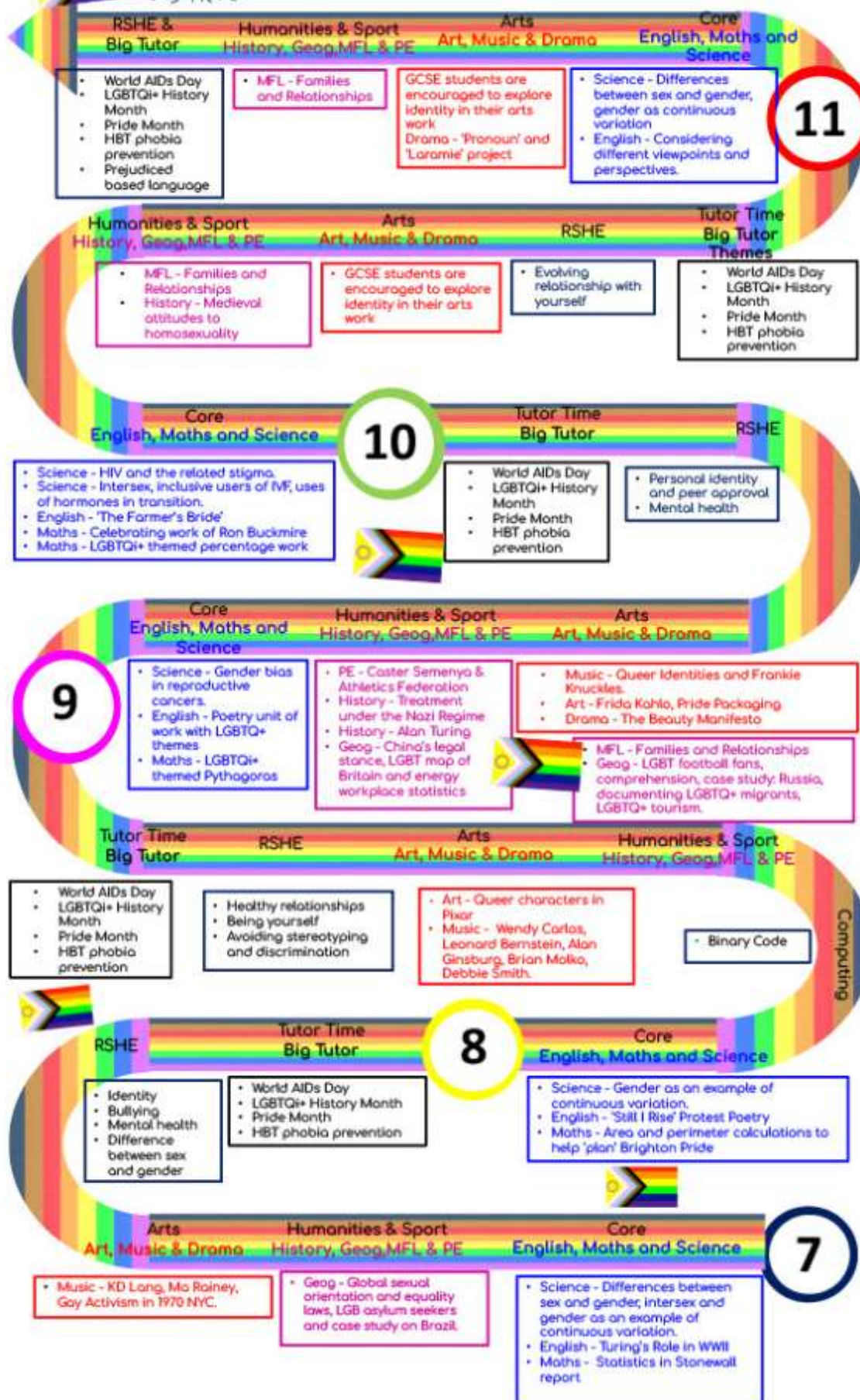
Schools have a duty to teach children and young people about the world they live in and to celebrate the contributions that all our young people make to our community. I look forward to being able to announce the great news that we have achieved the Rainbow Flag to you soon!

Have a great week.

Jake Lambert
Assistant Headteacher



LGBTQi+ Learning Journey



SPONSORED WALK REMINDER

ParentPay for BBQ orders on Friday 29th September will close on Tuesday, so do get your orders in. Students can also bring along cash for snack and drink purchases after they walk.

NEW STAFF INTRODUCTIONS



My name is Mrs Legate and I joined Willingdon Community School this September. I moved to the Eastbourne area in 2010 and love living by the sea and being so close to the South Downs. I grew up in Peterborough where I played Hockey and did both cross-country and athletics. I represented my region at Hockey and athletics and competed in the English Schools cross-country. I studied Sports Science at Loughborough University and having always wanted to teach PE I stayed there for another year to get my teaching qualification.

Football is my first love and I enjoy both watching and playing. I also enjoy playing stoolball, cricket and basketball. I currently coach the U13 Whites Boys Polegate Grasshoppers team. I love spending time with my family, going for walks and spending time in our caravan. I love spending time in the garden looking after my allotment as well as reading and watching sci-fi movies!

My email address is alegate@willingdonschool.org.uk

Do you have an unwanted chess set at home? It would be fantastic to have a few more chess sets for our lunchtime school enrichment club. If you have one that you no longer need and are happy to donate it to the school, please drop it in to our reception, where it will be very gratefully received.



Willingdon School is growing places

Check out the article at the end of this bulletin for full information



Willingdon's Wonders



The Student Leadership Team are very excited to publish the First Edition of their newsletter - written for students by students and we are really proud of their efforts.

Do please have a look through and encourage your children to read it too and play the games. We welcome your feedback and would love to pass this on to the editorial team.

You will find our first edition newsletter attached to the email with the Parent Bulletin. Please look out for our new House page (coming soon) on the school website for information on events etc.

The whole student cohort has been sent the newsletter directly.

The Editorial Team are so keen to report stories that interest the students and to get students interested in writing articles, stories and journalism. If your child is interested in supporting the newsletter, earning extra points for their House and learning new skills, please do direct them to contact the Student Leadership Team on students4students@willingdonschool.org.uk

**PLEASE VISIT OUR WEBSITE FOR FULL INFORMATION ON
OUR ENRICHMENT ACTIVITIES AND TO KEEP AN EYE ON
ANY CHANGES TO CLUB DETAILS**

**PLEASE NOTE, YEAR 7 FOOTBALL CLUB NEXT WEDNESDAY (27TH SEPT) HAS BEEN
CHANGED TO TUESDAY DUE TO MEET THE TUTOR EVENING. STUDENTS HAVE BEEN
ADVISED IN ASSEMBLY TODAY. THE CLUB WILL GO BACK TO THE WEDNESDAY THE
FOLLOWING WEEK.**

willingdonschool.org.uk/learning/enrichment-programme

Art of Brilliance - Happy Choose-Day

Want to see some positive choices that you can start making,
right now?



**Tuesday 26th September - Cakes brought to LA1 in the morning + Sold at
break and lunch - Amazon vouchers to be won - Earn points for your house!**

THIS WEEK



Great work from the Year 9 Netball Team winning 10-7 in their first league game! Special mention to Kayleigh and Amy for playing out of position and doing an awesome job!!



Brilliant effort and performance from the Year 8s with a 6-0 win in their first league game of the academic year



Willingdon are so proud of Imogen Welfare
Imogen had Sussex county races in February, coming 3rd for her age group in the 50m back and fly.

South East regional swimming competition in May, making it to the finals and 7th for 50m in her age group!

Multiple mini swimming galas throughout the year, being placed top 3 in most of her races.

Imogen narrowly missed out on nationals this year.....so that's the aim for 2024.

A promotional poster for Planet Golf's 18-month anniversary. The background is a dark space with stars and nebulae. A large white speech bubble in the upper left contains the main text. To the right, a circular inset shows a man sitting on a stool. Below that, another circular inset shows a woman with glasses. In the center, a circular inset shows a group of people in costumes. To the left, a circular inset shows a woman with a headband. In the bottom left, a circular inset shows a young boy. In the bottom center, a circular inset shows a building. In the bottom right, a circular inset shows two people standing. A circular logo with the text 'PLANET GOLF' is in the bottom right corner. The website 'planetgolf.uk' is written in the bottom right corner.

**Rich, Liz and the Team
invite you to celebrate
18 months of Planet Golf!!**

**30th September - 1st
October**

For just £6pp!!!!

**PLANET
GOLF**

planetgolf.uk

MEET THE TUTOR EVENING - Wednesday 27th Sept.

Our IT support team will also be available to help answer any issues or queries you or your child might have with regard to accessing the schools systems for homework, communication updates etc. They will be situated in the Dining Hall up until 6.00pm.

YEARS 9 - 11

PREMED PROJECTS

FREE online work experience course, for medicine & nursing, taking place every Monday evening in October.

A free 5-week course for all students aged 14-18 interested in healthcare complete with a work experience certificate.

Perfect for all students aged 14-18 interested in Biology, Science, healthcare and of course those considering careers in medicine.

Students can join our doctors live and online every Monday at 7.30pm BST in October as they go through interactive real life patient cases from symptoms, diagnosis and treatment.

Students that cannot attend live will have access to the recordings to watch for 30 days afterwards when they have time.

All of our doctors work in busy NHS hospitals so this is a unique opportunity to learn more about healthcare and gain some fantastic material to use in med school applications and to talk about at interview as verified work experience.

Students just need to visit www.premedprojects.co.uk/free-online-work-experience-sessions where they will be able to sign up for the course.

YEAR 10



Willingdon
COMMUNITY SCHOOL

Dear Parents/Carers and Students,

Year 10 Work Experience / 13th – 17th May 2024

I am writing with regards to Year 10 work experience which will take place during the week of 13th - 17th May 2024. Please see the below requesting that students source their own work experience placements by **Friday 29th September 2023**.

Work Experience is an important part of education and supports young people to make career decisions, develop employability skills and support successful transition into Further Education, Higher Education, apprenticeships and the workplace.

Finding a work experience placement

We would ask that students find their own placement for work experience with your support. This could be a placement with you or other relatives, friends/connections, or by simply approaching an employer directly. Finding an own placement will mean that students will be able to undertake a suitable placement that is of interest and personally rewarding to them.

It also helps develop communication, resourcefulness and initiative and will help ensure that they have access to a wide range of jobs and employers.

Should students be unable to source their own placement, we do have a database of available employers and placements, and we do our utmost to place students in a sector they are interested in. However, it can sometimes be challenging to find placements that are aspirational and match student needs.

Note: A work experience placement cannot be outside of the UK or in a place where your child would need to be over 16 to access it (i.e. a tattoo parlour). It is also a legal requirement that all employers have 'Employers Liability Insurance' in place unless the parent is a sole trader.

What happens next?

Students and parents start to explore options over the summer holidays. We would need to know of any confirmed placements by **Friday 29th September 2023** due to suitability, risk assessment and health and safety checks that will need to be carried out by East Sussex County Council. Please email me on srooney@willingdonschool.org.uk with the name of the employer, their address, contact telephone number & email address. Those students that are unable to source their own placement will receive support in finding a suitable placement during school time.

Should you have any questions please do not hesitate to contact me.

Kindest regards,

Sarah Rooney
Careers Adviser

Tel: 01323 485254 ext 281

YEARS 10 & 11

Please see the below details for the Open Evenings at Bexhill College. Please note that there is no need to register that you will be attending. Should you have any questions please email Mrs Rooney on SRooney@willingdonschool.org.uk.



The poster features a vibrant background with a blue-to-purple gradient. At the top left, there are yellow dashed lines representing a sun. In the center, two black birds are flying. To the right is a white stylized logo of a building. Below the logo, the text 'Bexhill 6th Form College' is written in a white sans-serif font. The main title 'Open EVENINGS' is prominently displayed in a large, white, cursive font for 'Open' and a bold, white, sans-serif font for 'EVENINGS'. Below this, the text 'FROM 6.00-8.30PM' is written in a white sans-serif font. In the center, there is a large orange circle containing the text 'Good Vibes ONLY' in a pink cursive font and 'AT BEXHILL COLLEGE' in a white sans-serif font. To the right of the circle are two purple calendar-style boxes with white text: 'Wednesday 18 OCTOBER' and 'Thursday 19 OCTOBER'. At the bottom, there is a photograph of three students (two girls and one boy) wearing colorful sunglasses and holding stacks of books. The bottom of the poster has a dark purple banner with social media icons and links: a globe icon for 'www.bexhillcollege.ac.uk', a Facebook icon for 'bexhill6thformcollege', an Instagram icon, a Twitter icon, a YouTube icon, and the text 'bexhillcollege'.

Bexhill 6th Form College

Open EVENINGS

FROM 6.00-8.30PM

Good Vibes
ONLY
AT BEXHILL COLLEGE

Wednesday
18
OCTOBER

Thursday
19
OCTOBER



 www.bexhillcollege.ac.uk [bexhill6thformcollege](https://www.facebook.com/bexhill6thformcollege) [bexhillcollege](https://www.instagram.com/bexhillcollege)

Date for your diary - Dv8 Sussex Open Days

Dv8 Sussex Open Days will take place at the following times in both our Brighton and Bexhill Campuses:

Wednesday 11th October 5pm - 7pm

Saturday 14th October 10am - 12am

The Open Days are a great opportunity to experience the different courses available at Dv8 Sussex . You will have the opportunity to meet our specialist industry tutors who show you around our facilities and provide a fun taster of what it is like to study with us.

BRIGHTON

Victoria House (between Mountain Warehouse and Ackerman Music)

125 Queens Road

Brighton

BN1 3WB

BEXHILL

41 St Leonards Road

Bexhill-on-Sea

TN40 1HS

If you are unable to make our October Open Days, we can offer a guided tours at a more suitable time. This will offer you the chance to view every area of the College and ask questions to our experienced marketing team.

In the meantime, please see the new 2024/25 prospectus here <https://www.dv8sussex.com/prospectus/> or let me know if you would like to receive a hard copy.

Admissions

07902 968615

www.dv8sussex.com

Twitter: [@dv8sussex](https://twitter.com/dv8sussex)

Instagram: [@dv8sussex](https://www.instagram.com/dv8sussex)

Facebook: [Dv8 Sussex](https://www.facebook.com/Dv8Sussex)



Willingdon School is growing places!

For the past couple of months, a small group of enthusiasts have been transforming the Eco area into a Well-being garden.

This has included various raised beds made from railway sleepers; paved paths to make the area fully accessible; a patio area with seating; a greenhouse; a partitioned compost bin; a bog garden and water feature around the focal point of our splendid cobnut tree. The area is being called “Our Space to Grow” – based on Mrs Burton’s garden group who have been working in that area growing vegetables for some time.

Firstly: What is the science behind our thinking?

Being in a garden feels good. Just a few minutes among the leaves, flowers and wildlife can distract us from everyday life, soothe us, tune us in to the present and connect us to the natural world.

Scientific studies show that being in touch with nature is essential for our mental wellbeing. Scientists have a range of different theories about how gardening helps our minds.

Two stand out:

Stress Reduction Theory (SRT) focuses on how natural environments reduce physiological stress and negative feelings.

Attention Restoration Theory (ART) shows that natural environments distract attention, allowing tired minds to recover.

The Royal Horticultural Society (RHS) is currently carrying out research into how flower shapes and colours affect our emotions.

Our Space to Grow has a focus on the senses. A garden is a sensory treat, full of colours, shapes, smells, sounds, textures and tastes. As it grows and changes around us, it takes our senses on a journey and helps us grow, Spring’s raindrops patter rhythmically on trees, warm summer breezes carry scents. Autumn leaves crunch underfoot. And winter frosts draw incredible patterns. Simply enjoying these natural sensory experiences has been shown to boost our wellbeing.

Look

A garden is a never-ending show of beauty and colour. Every time we look it changes. Big seasonal transformations are full of fleeting moments, like sunlight playing on a tree’s leaves, or the eye catching crimson of a ladybird. From the large shape of trees to the tiny details of a flower gardens are perfect places to capture our attention. Nature captures our attention with repetitive patterns called fractals. You can see them in ferns, snowflakes, the arrangement of tree branches and many other natural wonders. We are drawn to fractals because they are easy to process. Looking at them fascinates our minds effortlessly, allowing our brains to recover.

Listen

Sound has a potent effect on our wellbeing, and a garden is one of the best places to explore how nature’s melodies can help us de-stress. Research shows that natural sounds such as birdsong, the rustling of leaves, the wind blowing through grasses or bamboo or trickling water help to restore our minds.

Smell

For centuries people have believed that botanical scents have the power to boost our mood and health. Now scientists know that smells affect memory, emotions and our brainwaves in powerful ways. So growing scented plants throughout the seasons could boost our wellbeing all year round.

Feel

Touch activates parts of our brain that influence how we feel and respond to the world around us. Feeling the soil in our hands, or the sun on our face or gently running our fingers over grasses can help us to connect with the joy and relaxation of nature.

Taste

Gardens add more flavour to our lives. Experiences such as picking a ripe strawberry that you have grown yourself or popping a garden pea fresh from its pod straight onto your tongue are invaluable. What we experience as flavour is a complex collaboration between our senses of taste, smell, sight and touch.

Secondly: Where are we up to?



Our starting point was an area covered with a thick membrane which in turn was covered by some 75-100mm of 20mm gravel. There were two beds constructed from old scaffold boards – one has been filled with random shrubs and the other has been used by the garden group to grow vegetables.

We drew up detailed plans and have initially concentrated on the hard landscaping. The scaffold boards have been removed and three new beds have been constructed using sturdy railway sleepers. One has been used to rehome the shrubs. The other two will be used by the garden gang. Four additional beds have been made as sensory beds, a bed for grasses and a bog garden. We have completed a paved path leading to a central patio area which in time will have comfortable seating. After struggling with the world's worst ever – illustration only – flat pack instructions we now have a marvellous greenhouse.





Thirdly; What do we still have to do?

We are grateful to SLT for recognising the importance of the area and committing significant funding to allow us to get to where we are now. We now need to talk nicely to Mr Webb and the Leadership team to see if we can afford some of the luxury items that were on the original plan ... these include a corner seating feature as a place for quiet reflection (something the Student Leadership Team were keen to develop): Some comfortable seating and a water feature.

If you do have any time to spare after school between 3pm to 5pm please contact chale@willingdonschool.org.uk ... as you can see from the outstanding works list below no special skill is needed but most jobs are quite physical.

- We have a compost bin that needs to be taken apart and reconstructed, using planks from disassembled pallets, to create different sections to allow the compost to be turned.
- The greenhouse needs to be levelled and have a sand and slab loose laid base ... staging needs to be installed
- The tool store needs to be brought round from the front of the school
- A raised planter needs to be converted into a pond.
- Two crane bags of topsoil needs to be wheelbarrowed from the playground to top up all the beds
- A mosaic artist has been commissioned (at no cost to the school) to design a new sign for the garden ... this will need to be fitted

If you are unable to help physically you might like to donate some plants or equipment.

Here is our current WISH LIST

Tools and Equipment:

- 2x Potting Trays
- 3x Border Spades
- 3x Border Forks
- 2x Hoes
- Several hand forks and trowels
- 6x Kneeler padded mats

Plants

- Any vegetable seeds or seedlings
- Any herbs and spices ... mint, sage, catmint, chillies, rosemary ...
- Any ornamental grasses and bamboo eg ... Greater quaking grass, Small Japanese silver grass, Chinese fountain grass ...
- Lavenders (especially Lavender Arctic Snow), Salvias,
- Bog garden plants ... such as Marsh Marigold, Primulas, Snake's head fritillary, Hostas, Ferns, Globe flower, Darmera Peltate (umbrella plant), Marsh Woundwort, Angelica Archangelica, Terry's Pink...
- Rockery plants, Alpines, Sedums, succulents
- Plants with interesting shapes, colours etc ... eg Cardoon (giant Thistle), Red Hot Poker, Herbstsonne coneflower, Gaura, Geranium Orion – cranesbill,

The above is illustrative and is not intended to be an exhaustive list ... obviously we are happy to receive any contributions. Perhaps you have a surplus of particular plants in your garden and would like to pass some on to us.

Or you could donate some funds to the Friends of Willingdon to be able to purchase some items. Whatever anyone can do to help would be so appreciated. You will find a specific ParentPay option to donate to this project – if you are able to help, big or small – please put Space to Grow in the reference – and whatever you can help us with, we thank you so much!

