

# Reigate School





Issue No: 307

## **NEWSLETTER**

Friday 10th November 2023

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www.reigate-school.surrey.sch.uk

## MESSAGE FROM THE HEADTEACHER

Today we held a two-minute silence at 11am to remember the people who have lost their lives in wars around the world. I also attended a Remembrance Service at Reigate Grammar School this morning with the Reigate School CCF Cadets.

Thank you to the Poppy Club who created some fantastic poppies to adorn our front gates and Reception area to commemorate Remembrance Day.

Monday 13th November is an INSET training day for the staff so school will be closed to the children.

Mr Alexander

## **UPCOMING DATES**

Sunday 12<sup>th</sup> November CCF Remembrance Day Parade

Monday 13<sup>th</sup> November INSET DAY

Tuesday 14<sup>th</sup> November Year 7 Kidzania Careers Festival, London

Thursday 16<sup>th</sup> November Newviews Trip to National Theatre

Year 9 SEND Parents' and Carers' Evening (Virtual)

## SPOTLIGHT

## YEAR 7

William Buckley for thoughtful annotations and summaries of narcissistic characters in English Literature. Harrison Howlett for picking up two stamps on his Year 7 reward card. It is the first week of this new initiative and he has already been rewarded twice!

## YEAR 8

Chloe Francis and Sophie Green for excellent participation and in particular reading to the class in their literacy lessons.

## YEAR 9

Aliza Codd for another excellent week being awarded 13 achievement points.

## **YEAR 10**

Well done to Jacob Hill and Evie Waite for all their hard work and effort in Maths this week. Lilia Diggins for always showing the school values. Kenley Wenban for his positive attitude in Humanities lessons. Charlene Retuya and Daisy Arnell for their excellent work in Spanish lessons. Well done to Kayla Munns for her most recent sketchbook work in Art.

## **YEAR 11**

All Year 11s for their conduct during the mock exams and the coursework days.

## **SCHOOL PHOTOGRAPHS**

The original copies of the Year 7, Year 9 and Year 11 school photographs have arrived. If you ordered a photograph and arranged for it to be delivered to school please ask your child to come and collect their photograph from Student Services.



## SPIRITUAL, MORAL, SOCIAL AND CULTURAL EDUCATION

Our assemblies this week have been highlighting the selflessness and sacrifice of those who serve in our armed forces both past and present. Today, we held a moment of silence and reflection to mark Remembrance Day. Furthermore, it's Parliament Week across the UK this week, so in tutor time children have been learning about the Houses of Commons and finding out about their local MP. This has been a really good opportunity for them to understand the democratic process of UK law.

## REMEMBRANCE ASSEMBLIES

This week we have held Assemblies for Remembrance in order to honour the lives of our service people past and present. In our short time together Years 7-10 have learned a little bit more about World War I, our military and civilian service providers and The Royal British Legion and its Poppy Appeal. Our amazing singers Lucy, Freya, Rosie and Delilah delivered sensitive performances of 'Epiphany' written by Taylor Swift, Tilly explained a little about what CCF cadets would be doing this weekend and Felicity read the poem In Flanders Fields.

I would like to thank these children for preparing so well and I would also like to thank Mrs Hartnett and the wonderful poppy makers who ensure that every year Reigate School fully engages with this important event.

Mrs Hill





## **OTHER NEWS**

Well done to Noah who spent his whole half term training in Malaga with the professional football players at Malaga City academy at their football grounds with some of his LPA team. What an amazing experience!



## HOUSE EVENT - YEAR 7 SCIENCE MODEL COMPETITION

## Year 7 House Event Science Model Cell Competition













Make a cake!

Use a sponge



## **Competition rules:**

- You can make a cell on your own or in pairs/groups
- · Decide if you are making an animal or plant cell
- Research the parts that make up the cell that you have chosen
- Find resources to make your cell have fun!







Lego Cell

#### How to enter:

You can either submit a photo on SMHW or hand in your model to Mrs Hudson in Room S10

Add your name and House to your entry.

## **GOOD LUCK**

Deadline: FRIDAY 1st DECEMBER

## HOUSE RESULTS – WEEK ENDING 10<sup>TH</sup> NOVEMBER

Attenborough	22113	2ND
Curie	23647	1ST
Parkes	21745	3RD
Turing	21151	4TH

There's so much information available about what you should and shouldn't do when it comes to sleep, and most of it is great, but sometimes it's easier to go back to basics - so it's time we ask ourselves, how do we get to sleep? It's important to remember that different ways work for different people but sticking to these tips will make falling asleep easier for us all.

**Keep regular hours**. Going to bed and getting up at roughly the same time, all the time, will programme your body to sleep better. Choose a time when you are most likely to feel sleepy.

**Create a restful sleeping environment**. Your bedroom should be kept for rest and sleep and it should be neither too hot, nor too cold; and as quiet and dark as possible.

**Make sure your bed is comfortable**. The surface we sleep on plays a key factor in getting a good night's kip. It's difficult to get deep, restful sleep on an old, uncomfortable bed. A bed with the correct support, comfort and space will ensure you wake less, move about less, and are less likely to wake up feeling tired or aching.

**Take more exercise**. Regular, moderate exercise such as swimming or walking can help relieve the day's stresses and strains. But not too close to bedtime or it may keep you awake!



Cut down on stimulants such as caffeine in tea, coffee and energy drinks—especially in the evening. Caffeine is a stimulant and its effect on sleep is well known — it interferes with falling asleep and prevents deep sleep. Try and avoid it 4-5 hours before bedtime; have a hot milky drink or a herbal tea instead.

**Study Space.** Make sure to have a separate space to revise and work, doing this in bed can damage your ability to sleep stress-free. Try using a desk or a completely different room is even better!

**Don't over-indulge**. Too much food, especially late at night, just before bedtime, can play havoc with sleep patterns.

**Try to relax before going to bed**. Have a warm bath and listen to some quiet music – all help to relax both the mind and body.

**Turn off gadgets before bed!** Blue light can affect the production of melatonin (the hormone that helps you sleep), so avoid screen time at least an hour before bed.

**Deal with worries.** If the minute your head hits the pillow you start thinking about your 'to do' list or worrying about something, write it down. It clears the mind making it easier to concentrate on getting a good night's sleep.

**Keep a sleep diary**. Why not keep a sleep diary If you find dropping off hard, it may be interesting to see what you've been doing, what you've eaten and where you've slept on the days you sleep and don't sleep well. It could help in finding the answers to some of your questions.

**Still struggling to sleep?** If you still can't sleep, don't lie there worrying about it. Get up and do something you find relaxing, like reading a book, until you feel sleepy again – then go back to bed. If you find that your sleep issues continue to be a problem, call our <a href="National Sleep Helpline">National Sleep Helpline</a> on **03303 530 541** for direct support.

#### HOW TO SLEEP (CONT.)

#### Do you want more information on sleep?



If you're struggling with your sleep but don't want to confide in your parents or even your friends, then help is now just a phone call away.

Teen Sleep Hub

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on <a href="mailto:info@thesleepcharity.org.uk">info@thesleepcharity.org.uk</a>

## YEAR 8 FOOTBALL

In a highly anticipated league and cup double-header, the Reigate School Year 8 Boys faced off against Oakwood School on Monday 6<sup>th</sup> November. However, it was a performance to forget for Reigate, as Oakwood showcased their strength and skill on the pitch.

The first half of the match saw Oakwood taking the lead. They scored their first goal from a rebound off a free kick, following an impressive double save by Reigate's goalkeeper, Bryce. Oakwood continued their offensive prowess with a well-executed individual goal, as their striker skillfully placed the ball into the bottom corner of the net.

The second half witnessed Oakwood's dominance continuing, with Reigate struggling to find their rhythm. They faced difficulty



in passing the ball effectively and creating clear-cut chances. Oakwood added two more goals to their tally, and it could have been even more if not for the remarkable efforts of Bryce in the Reigate goal. His performance prevented what could have been a higher score line for Oakwood.

Ultimately, it was a challenging match for the boys, but it serves as a valuable learning experience. They will take away important lessons from this game and work to improve in the future.

Mr Price

#### YEAR 9 FOOTBALL

The Year 9 'B' team played their first fixture of the season vs Carrington on Wednesday 8<sup>th</sup> November. Reigate got off to a quick start when Charlie W went down in the box. Bailey converted the subsequent penalty. 1-0. It was soon to be 2-0 when Charlie latched onto a long ball from Freddie and slotted the ball past the goalkeeper.

The second half saw some new faces and Carrington took advantage of this. Scoring to make it 2-1. Game on.

The Reigate fans were in full voice, chanting and spurring the team on. Theo's defensive work alongside Charlie and Seb's constant threat allowed Reigate to take control of the game. The Carrington goalkeeper made some great saves to keep the score 2-1 but Bailey grabbed his second goal with five minutes to go.

Full Time: Reigate 3-1 Carrington Player of the Match: Charlie W



Mr Collins

#### YEAR 10 FOOTBALL



On Wednesday 18th October, the Reigate School Year 10 football team played the Beacon School and braved the wet weather conditions and displayed great resolve to run out 5-1 victors after going a goal behind. From the off, Reigate were able to string together long periods of possession that began from the back and progressed through the thirds. A backline of Harry, Jacob, Alfie, and Sam consistently received the ball from the goalkeeper, Ted, before moving the ball efficiently towards the midfield. Despite this early dominance, Beacon took a surprise lead after a smart cut back in the penalty box was met with an accurate finish into the corner of the goal. Reigate showed great team spirit after this early setback and quickly regained control of the match. Harvey's driving runs were rewarded with a corner late in the first half. After quick thinking from Oliver, the corner was played short to Harvey on the edge of the box who thumped a rasping shot into the top corner. Reigate were evidently buoved by the emphatic nature of the equaliser and finished the half strongly.

Beacon rallied early in the second half, but Ted was able to relieve much of this pressure by comfortably holding some powerful free-kicks from range. It was a free-kick by Reigate that eventually broke the deadlock. The ball ricocheted around the box before Jacob rose highest to guide the ball into the back of the net. With the Beacon evidently shaken by Reigate's latest goal, Finlay was able to take advantage of a loose pass back from the kick-off and drive past the last defender. With just the keeper to beat, Finlay confidently slotted the ball into the bottom corner. Reigate were now out of sight but their impressive attacking performance showed no signs of slowing down. Finlay and Archie were able to add an additional late goal each to put some extra gloss on a classy display from the Reigate team.

Result: Reigate 5 - 1 Beacon

Player of the Match: Finlay

Goal scorers: Harvey, Jacob, Finlay x2, Archie

Mr Hamilton/ Mr Mahoney

#### YEAR 10 FOOTBALL

On Thursday 2<sup>nd</sup> November, a thrilling football match unfolded at Reigate School, where the Year 10s faced off against the Year 10s from John Fisher School in the first round of the Surrey Cup. Despite challenging wet and windy conditions, both teams displayed their competitive spirit and determination.

The match kicked off with Reigate School pressing forward, looking to assert their dominance early on. Despite the adverse weather, goalkeeper Ted showcased his skills with several crucial saves and secure ball handling. However, John Fisher capitalized on Reigate's slow start, as a precise pass sent their striker through on goal, and he calmly slotted the ball into the net, taking an early lead.

Alfie and Finlay showed remarkable leadership skills, rallying their teammates and driving them forward. Yet, despite

Reigate's growing influence in the game, John Fisher added a second goal shortly before half-time. The opposition seized on a rebound after a fine low save from Ted, finding the corner of the net.

In the second half, Reigate continued to apply pressure on the John Fisher goal. Their efforts were rewarded when Harry unleashed a spectacular shot from the edge of the box, rifling the ball into the bottom corner. A crucial moment arrived when Will made his season debut, immediately making an impact with his all-around midfield skills, pressuring the opposition and evading challenges effectively.

Reigate faced a setback when they had a close penalty appeal denied, and John Fisher capitalised on the momentum shift, scoring their third goal. However, Finlay brought Reigate back within one goal with a characteristic slaloming run and a tidy finish into the corner.

With just ten minutes left, it seemed Reigate had found a way back into the game. But a momentary lapse in concentration proved costly, as John Fisher launched the ball down the field from the kick-off and secured their fourth and final goal of the match.

In the end, John Fisher School emerged victorious, claiming a hard-fought 4-2 win over Reigate School. The match was a testament to the resilience and skill of both teams, showcasing the competitive spirit of school-level football. Despite the challenging conditions, the players displayed their determination and love for the game, leaving spectators with a memorable contest to cherish.

Final Score: Reigate School 2- 4 John Fisher School

Goal scorers: Harry and Finlay

Mr Hamilton/ Mr Mahoney

## DISTRICT CROSS COUNTRY

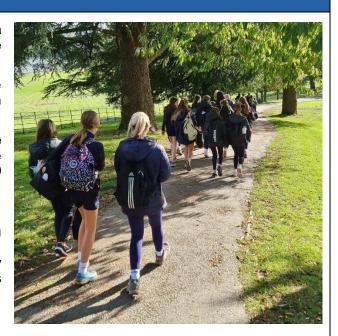
The District Cross Country event on Tuesday 7<sup>th</sup> November was a memorable day with clear skies, a chill in the air, and some impressive performances from Reigate School's runners.

The Year 7s, despite some nerves, did well with Cora leading the way. Eliza showed lovely sportsmanship as she helped a runner from another school and crossed the line with her.

Year 8 had a strong showing with seven runners in the top half of the finishers, and the Year 9s displayed experience and speed with Millie in 5<sup>th</sup> and Izzy in 9<sup>th</sup>. The final race results were excellent for Year 10 and 11, with Ava in silver medal position, Isla gaining a bronze medal, Bella 5<sup>th</sup>, Izzy 13<sup>th</sup>, and Lydia 21<sup>st</sup>.

Superb efforts all round! Congratulations to all the participants. You were brilliant company and represented Reigate School perfectly. Possibly the most memorable moment of the day was Betsy expressing her feelings as she crossed the line and said, "That was the most horriblest thing I've ever done!" Same time next year, everyone!

Mrs Jones





#### YEAR 7 AND 8 FOOTBALL

In a historic match on Thursday 9<sup>th</sup> November, Reigate Schools' Year 7 and 8 girls' football team showcased an outstanding performance as they hosted their inaugural league game against The Royal Alexandra and Albert School. The chilly weather didn't dampen the girls' spirits, as they approached the match with enthusiasm.

Josie stole the spotlight, netting an impressive four goals, including a breath taking screamer and a confidently converted penalty. Niamh dominated the midfield, tearing through the opposition and adding another goal to the tally. The opponents unintentionally contributed to Reigate's success with an own goal, sealing a convincing 6-1 victory.

The girls displayed remarkable teamwork and determination, with each player making a significant impact on the game. This triumph marked a memorable start to the team's league journey, leaving both players and fans excited for more successes ahead.

A huge thank you to Frankie in Year 10 who expertly and confidently refereed the football game for us.

Mrs Corder







## **EDUCAKE**

Congratulations to the following children who have answered the most questions on Educake.



3<sup>rd</sup> November – 10<sup>th</sup> November

#### Year 7

Adam Chiswick Roman Flint Princess Ayodeji Alice Higgins Charlie Cousins Ava Smith Daniyal Khan Klaudia Grochal Harry Adshead Millie Shaw

#### Year 8

Emily Dixon
Jake Head
Louie Denham
Oliver Le Marechal
Ruby Proctor
Elizabeth Fifield
Leah Handscomb
Alexia Oakley
Gabriel Reis
Oscar Sexton

#### Year 9

Freya De-Grads
Avani Sandhu
Tom Barham
Luca Hicks
James Lee
Zac Miller
Cami Frear
Ruby Kelly
Mia Steel
Dylan Glover

#### Year 10

Lily Dunlop Tyler Giles Shaun Adams James Golder Gary Jewitt-Norman Kate Leitch Laila Moore Maddison Derosa Oliver Dempsey Eilidh Milne

#### Year 11

Emily Hayes
Nat Ayres
Oliver Clements
James Turnbull
Lily Hall-Brennan
Keifer Nicholas
Poppy Johnson
Ella Garrett
Hassaan Alam
Lois Humphreys

## PE FIXTURES

## What's on this week?

Monday 13th November 2023

INSET DAY

#### Tuesday 14th November 2023

Girls Football Training - All Years (Astro)

Boxing - All Years (Gym 3)

Y10 Girls Football Tournament @ Carrington.

#### Wednesday 15th November 2023

Y8 & 9 Boys Football Training (Astro)

Y8 & Y9 Netball Training (MUGA)

Rugby Training - All Year Groups (Field)

Y9 Netball Tournament @ RAAS

#### Thursday 16th November 2023

Y7 Netball Training (MUGA)

Table Tennis Club - All Year Groups (Gym 1)

Badminton Club - All Year Groups (Gym 2)

Y10 & Y11 Basketball Club (Gym 3)

Y10 Boys Football vs Carrington (A)

U15 Girls v Gordon's (A) @ 2pm.

Y9 A Netball vs RAAS

## Friday 17th November 2023

No Fixtures













#### **CAREERS**

There is a comprehensive careers section on the Reigate School website. Go to <a href="www.reigate-school.surrey.sch.uk">www.reigate-school.surrey.sch.uk</a> our school/careers.

In the CEIAG - Careers, Education, Information, Advice and Guidance section you will find our termly career plan which details what CEIAG each year group receives throughout the academic year. Our careers policy can be found in the same section.

The careers section also includes information on the labour market, apprenticeships and apprenticeship vacancies. The section for parents and carers contains guides to post 16 options, the new T level qualifications and apprenticeships.

In the "Options at post 16" section, there are links to the local colleges where you can register for their open events.

https://www.reigate-school.surrey.sch.uk/ckfinder/userfiles/files/Careers/2023-2024/FURTHER%20EDUCATION%20COLLEGES%20OPEN%20EVENTS%2023-24.pdf

The website contains much information, which I hope you and your children will find useful.

#### **COMING UP IN CAREERS**

## **Coming up in Careers**

23<sup>rd</sup> November Year 11 Meet the Army (teamwork, problem solving, STEM activities, building confidence)

Every Wednesday lunchtime – Careers drop in with Mrs Grew, Careers Officer



### CAREERS

Our Reigate School website has a Careers Section which contains lots of useful information regarding college open events, up and coming careers events at School, details regarding apprenticeships and how to search and apply for them along with links to useful websites. Below are some other very useful websites which have plenty of information regarding further education, apprenticeships and careers choices plus interview techniques and many other tips. The library also has lots of Careers Resources and books for the children to use. When using the Morrisby platform please use the Reigate School Code when signing up: MC94232M









<u>www.barclayslifeskills.com</u> <u>www.apprenticeships.org.uk</u> <u>www.allaboutschoolleavers.co.uk</u> <u>www.icould.com</u>



## SAFEGUARDING AT REIGATE SCHOOL

We recognise our moral and statutory responsibility to safeguard and promote the welfare of all children. Reigate School makes every effort to provide a Ready, Respectful and Safe environment in which children feel secure, valued and respected. If a child has any worries or needs some support at any time, we



encourage them to speak to their pastoral team or any member of the safeguarding team in the first instance.

Please visit the school website <a href="https://www.reigate-school.surrey.sch.uk">https://www.reigate-school.surrey.sch.uk</a> to access our safeguarding pages for guidance, support and signposting information. We have a comprehensive outline of our Reigate School Early Help offer, which is designed to help families access key services when support is first needed.

If you have any concerns, questions or would like advice surrounding any aspect of safeguarding please contact the school and ask to speak to a member of the safeguarding team or email <a href="mailto:dsl@reigate-school.surrey.sch.uk">dsl@reigate-school.surrey.sch.uk</a>

#### SAFEGUARDING - ONLINE SAFETY

The internet is a wonderful resource, however ensuring children know how to use the internet safely is vitally important. Please visit the school website E-Safety page using the link below to access important signposting information designed to inform parents and carers about online safety and how to best support your child at home.





E-Safety: https://www.reigate-school.surrey.sch.uk/safeguarding/esafety

The following resource from Childnet has been created to help a parent/ carer and child to have a conversation together about life online. https://www.childnet.com/wp-content/uploads/2022/05/My-Life-Online.pdf

## ONLINE SAFETY - ONLINE SAFETY BILL 2023

## A guide to the UK Online Safety Bill 2023

The Online Safety Bill is a new set of laws to protect children and adults online. It will make social media companies more responsible for their users' safety on their platforms.

The Bill will make social media companies legally responsible for keeping children and young people safe online.

It will protect children by making social media platforms:

- remove illegal content quickly or prevent it from appearing in the first place. This includes removing content promoting self-harm
- prevent children from accessing harmful and age-inappropriate content
- enforce age limits and age-checking measures
- ensure the risks and dangers posed to children on the largest social media platforms are more transparent, including by publishing risk assessments
- provide parents and children with clear and accessible ways to report problems online when they do arise

## Types of content that will be tackled

### Illegal content

Some content that children and adults encounter online is already illegal. The Bill will force social media platforms to remove illegal content, stopping children and adults from seeing it.

The Bill is also bringing in new offences, including making content that promotes self-harm illegal for the first time. Platforms will need to remove this.

This is not just about removing existing illegal content, it is also about stopping it from appearing at all. Platforms will need to think about how they design their sites to reduce the likelihood of them being used for criminal activity in the first place. Illegal content that platforms will need to remove includes:

- child sexual abuse
- controlling or coercive behaviour
- extreme sexual violence
- fraud
- hate crime
- inciting violence
- illegal immigration and people smuggling
- promoting or facilitating suicide
- promoting self-harm
- revenge porn
- selling illegal drugs or weapons
- sexual exploitation
- terrorism

#### ONLINE SAFETY - ONLINE SAFETY BILL (CONT.)

#### Content that is harmful to children

Some content is not illegal but could be harmful or age-inappropriate for children. Platforms will need to protect children from it

The categories of harmful content that platforms will need to protect children from encountering are set out in the Bill and include:

- pornographic content
- content that does not meet a criminal threshold but which promotes, encourages or provides instructions for suicide, self-harm or eating disorders
- · content that depicts or encourages serious violence
- bullying content

#### Underage children will be kept off social media platforms

The online safety laws will mean social media companies will have to keep underage children off their platforms.

Social media companies set the age limits on their platforms and many of them say children under 13 years of age are not allowed, but many younger children have accounts. This will stop.

Different technologies can be used to check people's ages online. These are called age assurance technologies.

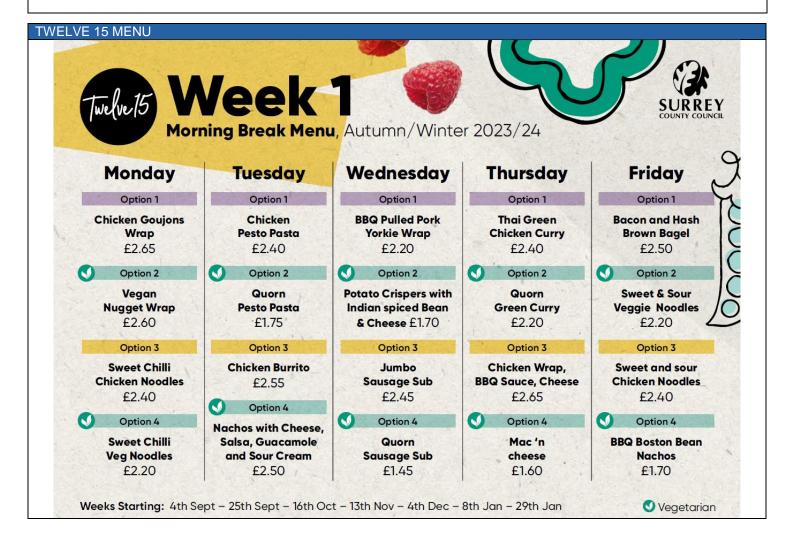
The new laws mean social media companies will have to say what technology they are using, if any, and show they are enforcing their age limits.

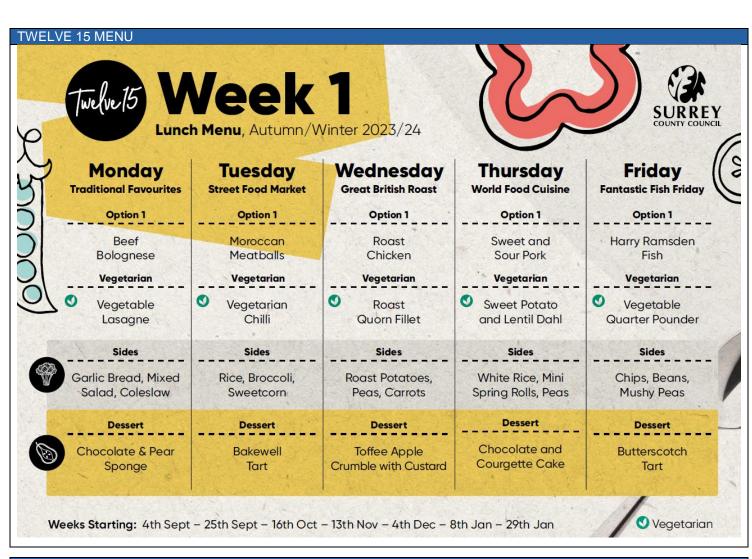
#### How the Bill will be enforced

The Government are putting Ofcom in charge as a regulator to check platforms are protecting their users.

Platforms will have to show they have processes in place to meet the requirements set out by the Bill. Ofcom will check how effective those processes are at protecting internet users from harm.

Ofcom will have powers to take action against companies which do not follow their new duties. Companies will be fined up to £18 million or 10 percent of their annual global turnover, whichever is greater. Criminal action will be taken against senior managers who fail to follow information requests from Ofcom. Ofcom will also be able to hold companies and senior managers (where they are at fault) criminally liable if the provider fails to comply with Ofcom's enforcement notices in relation to specific child safety duties or to child sexual abuse and exploitation on their service.





## **NOTICES**





## Tree giveaway

In support of Surrey County Council's 1.2m Tree Strategy, to plant one tree for every Surrey resident by 2030, Surrey Libraries are pleased to be giving away free trees at the following libraries on

- Saturday 18 November between 9.30am and 12 noon:
  - Reigate Library
  - Dorking Library
  - Chertsey Library
  - Farnham Library
  - Haslemere Library
  - Molesey Library

The trees are native, broad-leaved species and come with a stake and tie, ready for garden planting. We will also provide a leaflet containing information on how to plant and care for your tree to give it the best start in its new home.

Available on a first-come, first-served basis.