



Reigate School



Issue No: 319

NEWSLETTER

Friday 23rd February 2024

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MESSAGE FROM THE HEADTEACHER

I hope you all had a great half term. The Year 11 Geographers had a fantastic time in Iceland over half term. A full report will be in next week's newsletter.

The Year 11 GCSE mock exams have gone well this week. The mocks continue into next week.

Mr Alexander

UPCOMING DATES

Monday 26 th February	Let's Sing, Greensand Multi-Academy Trust Event, Reigate Baptist Church
Tuesday 27 th February	Let's Sing, Greensand Multi-Academy Trust Event, Reigate Baptist Church
Thursday 29 th February	GCSE Drama Trip to see Hamilton, Victoria Palace Theatre, London Year 8 Options Evening, Reigate School

PARENTS' EVENINGS

Year 8	Thursday 7 th March
Year 9	Thursday 21 st March
Year 7	Thursday 18 th April

SPOTLIGHT

YEAR 7

Tilly Mortlock for her excellent work in Drama lessons and for being selected for the lead role in the school Summer Show. Callie MacIntyre for completing a recent reading milestone and has now read over 2.5 million words! Archie Mackay is top out of everyone in Year 7 and has read 2.7 million words.

YEAR 8

Dean Goble and Hermione Allan-Jones for excellent work in Maths. Lily Churchill for her engagement on the East Surrey College and Reigate College trip.

YEAR 9

Kai Fenton for being an unsung hero who quietly gets on and always does the right thing, with particular praise being given for his efforts by his Biology and RE teachers this week.

YEAR 10

Well done to Finlay Candler, Kacper Chmurzewski and Joshua Holdsworth for their commitment and hard work in the Lego League competition. Daisy Arnell and Charlene Retuya for their hard work in their recent Spanish lessons. Ryan Floyd for his improvements in lessons especially in Travel and Tourism. Brandon Glasson and Tyler Giles for volunteering to help with the up-coming young carers event. 10RA Life skills for their mature comments in their lesson this week. Henry Jacques and Liam Denman for their good attendance record. Grace Cresswell for her excellent final piece in Textiles. Well done and thank you to the Year 10 children who presented to Year 8 in their 'options assemblies' this week.

YEAR 11

Well done to all the Year 11s for their excellent motivation and conduct during the mocks. We have seen great examples of kindness towards one another throughout the year group.



WELLBEING BOX

A wellbeing post-box is now in Reception. The box is there to enable children to ask questions relating to wellbeing or ask for advice anonymously. The school's Wellbeing Ambassadors will work with a key member of staff in discussing queries raised and providing responses. Please use the post-box in reception as another way to ask about well-being.



YEAR 9 DUKE OF EDINBURGH

Children in Year 9 have had an assembly about enrolling in the Duke of Edinburgh Bronze Award. If they wish to be considered they need to write a letter of application which needs to be submitted by Friday 1st March. Any child interested hopefully collected a handout which outlines what to include in the letter. If successful an enrolment letter with key information and dates will be sent out by Friday 8th March.



The cost of completing the Duke of Edinburgh Award is £240.00 which includes support from Reigate School as well as training and two weekend expeditions which are run by the experienced Expedition Company BXM Expeditions who help us run Duke of Edinburgh at Reigate School. If you wish to receive more information on BXM please look at their website: <https://www.bxmoutdoors.com>. If you have any questions for BXM please e-mail them on: parents@bxmoutdoors.com stating that your son/daughter attends Reigate School.

If you have any questions for us at Reigate School please email: info@reigate-school.surrey.sch.uk If your child is eligible for pupil premium and you wish to discuss any financial support that may be available from Reigate School to enable your son/daughter to take part in the Duke of Edinburgh Bronze Award please email: finance@reigate-school.surrey.sch.uk

We look forward to seeing many Year 9s take up this opportunity as possible.

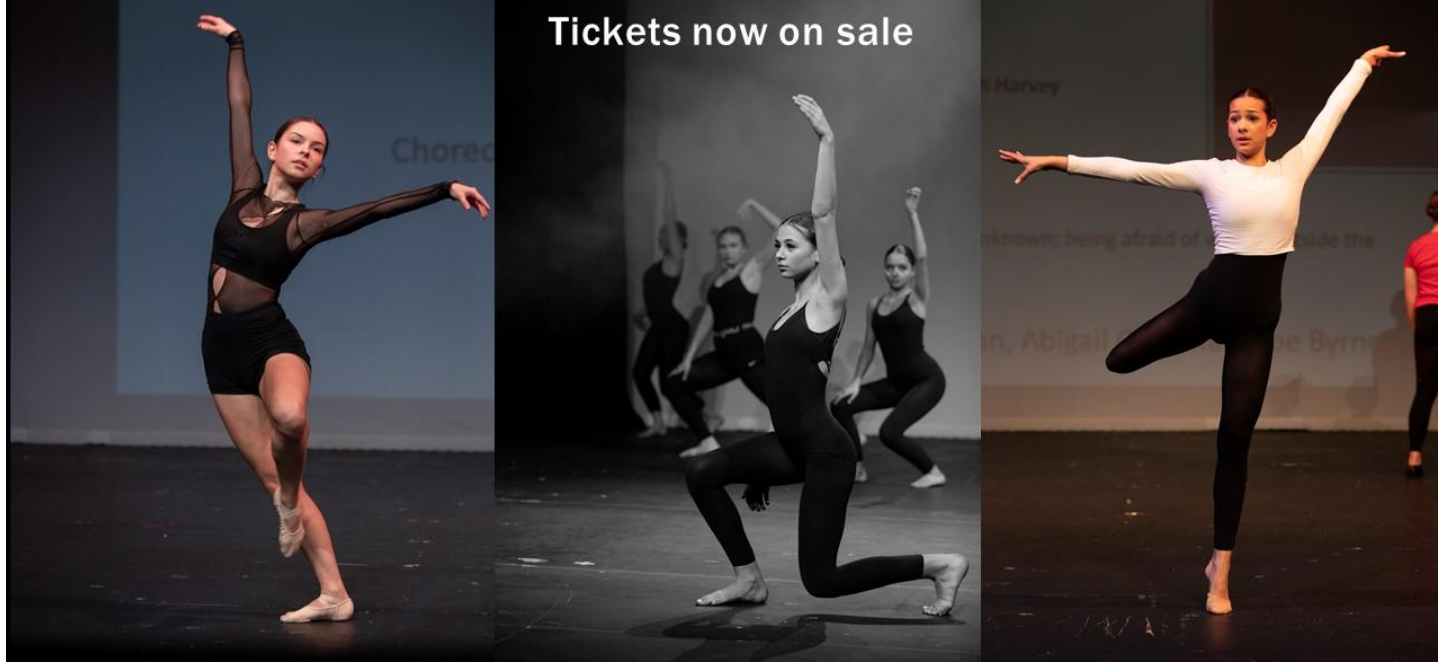
Mr M Brown and Mr C Hawkins
Duke of Edinburgh Managers

GCSE DANCE SHOW

YEAR 11 GCSE Dance Performance 2024

Tuesday 26th March - 6:30pm, Reigate School

Tickets now on sale



We would like to share with you what your child is learning in Life Skills in the second half of the Spring term.

There are three Themes in Life Skills, and each appear twice in an academic year.

Theme 1: *Health and Wellbeing*

Theme 2: *Living in the wider world*

Theme 3: *Relationships*

The **Theme** in Spring 2 is: *Health and Wellbeing*

Year 7

The **Topic** is: *Health and puberty*

The **Lessons** are;

1. How to make healthy lifestyle choices – diet, dental, exercise and sleep
2. How to manage influences relating to caffeine, smoking and alcohol
3. How to manage physical and emotional changes during puberty
4. Personal Hygiene
5. How to recognise and respond to inappropriate and unwanted contact
6. FGM

Year 8

The **Topic** is: *Emotional Wellbeing*

The **Lessons** are;

1. Attitudes towards mental health
2. Daily wellbeing
3. How to manage emotions
4. How to develop digital resilience
5. Unhealthy coping strategies (self-harm and eating disorders)
6. Change, loss and grief

Year 9

The **Topic** is: *Healthy Lifestyles*

The **Lessons** are;

1. The relationship between physical and mental health
2. Balancing work, leisure, exercise and sleep
3. How to make informed health eating choices
4. How to manage influences on body image
5. How to make independent health choices
6. How to take responsibility for physical health including cancer self-examination

Year 10

The **Topic** is: *Role models, gangs and peer pressure*

The **Lessons** will include;

1. Positive and negative role models
2. How to evaluate the influence of role models and become a positive role model
3. Media's impact on perceptions of gang culture
4. Substance use and assessing risk
5. Substance use and managing influence
6. How to seek help for substance use and addiction

Year 11

The **Topic** is: *Role models, gangs and peer pressure*

The **Lessons** will include;

1. Emergency first aid
2. Cancers
3. Medical Donations

If there is time, we may look at cosmetic surgery, vaccinations, immunisations and medical services

YEAR 9 NETBALL

On Wednesday 21st February we travelled away to Woldingham School on a very wet, windy, and miserable day. Spirits were mellow in the minibus with DJ Betsy mixing between Justin Bieber and Adele for much of the journey plus a few unmentionable tracks, and Teyha supplying us with mango.

The first comment from their coach was to say how tall our team were and to check they were Year 9! We did manage to use this height as an advantage for effective intercepting throughout the match.

We went off to a flying start with much of the possession in the first quarter. We struggled to make this count but did get the advantage of one goal. Woldingham couldn't get the ball into their D thanks to the incredible interceptions and stops from Teyha and Maisie. We almost finished the quarter ahead until Woldingham scored on one of the few shots they got the chance to take. This was in the last second of the quarter!

The game was even from then on with some lovely plays from us and lots more that almost paid off. Some overzealous passing caused slightly more turnovers. The score yo-yoed for the rest of the game. Cerys got some important defensive rebounds to pass to Maisie to start our attack. Betsy played the role of centre brilliantly transitioning the ball from the back court into our shooters, Bethany, and Hana, in the circle with the help of Abi and Cami. Teyha continued to intercept and pressurise the shooter. Bethany was unstoppable with her shooting. No hesitation, no errors.

The final quarter was where we started to tire. We had worked so hard for the whole game. Woldingham applied pressure and managed to gain most of the possession. This allowed them to get a two goal lead that we could not get back. We felt that we deserved a draw at least after our impressive performance. Sadly, it was not meant to be. However, we all had fun and have shown what we are capable of. I'm immensely proud of the performance we put on today. Well done, ladies. Player of the Match was voted as Betsy. She celebrated with Bruno Mars on the journey home!

Mrs Jones

YEAR 8 NETBALL

The Year 8 Netball team won the plate at their District Tournament on Tuesday 20th February. The whole team, captained by Mia displayed some of the best netball they have played this season after a few disappointing results in the league so far. We quickly took the lead in our first game against Oakwood School and gave very few chances for the opposition to attack. With the first win under our belts, confidence grew and we dominated in the next games against the Beacon School and Merstham Park School resulting in two more convincing wins and a place in the final!

The team maintained their high levels of skill and performance in the final against de Stafford School and won the game 8-0! Elissa was consistent as centre throughout the tournament, with excellent goals scored by Mia and Tilly and strong reliable defence from Jonah! Well done to the whole team and we can take this success forward into our last few league games!

Ms Chevalier



What's on this week?

Monday 26th February 2024

Y10 & Y11 Netball Training (MUGA)

Y7 Football Training (Astro)

Girls Football Training – All Years (Astro)

Y9 Football v de Stafford (H)



Tuesday 27th February 2024

Y10 Basketball v Lingfield College (A)

Wednesday 28th February 2024

Y8 & Y9 Netball Training (MUGA)

Y7 'A & B' Netball v Woldingham (A)

Y9 & Y10 Netball v Atelier 21 (H)

Swimming Gala @ Caterham



Thursday 29th February 2024

Y7 Netball Training (MUGA)

U13 Girls Football v Oxted (A)



Friday 1st February 2024

No clubs or fixtures

 Instagram: @Reigate_School_PE



MFL LINGUIST OF THE WEEK



Tayla Lynn, Emily Dixon and Grace Clarke for their incredible hard work in French .
They always go above and beyond and their class contributions are always fantastic.
Georgina Baldwin for a fantastic result in her speaking test!

5 Achievement points to all our linguists. Well done!

COMING UP IN CAREERS

- | | |
|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| 26th February– 1st March | All years: Morrisby Careers Assemblies |
| 4th - 8th March | All years: National Careers Week (assemblies and tutor time activities) |
| 18th April | Year 9: Student Living (University of Surrey)
Every Wednesday lunchtime – Careers drop in with Mrs Grew, Careers Officer |



CAREERS

There is a comprehensive careers section on the Reigate School website.

[Careers | Reigate School \(reigate-school.surrey.sch.uk\)](http://reigate-school.surrey.sch.uk)

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 and provider access 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.

[FURTHER EDUCATION COLLEGES OPEN EVENTS 23-24.pdf \(reigate-school.surrey.sch.uk\)](#)

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

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. Our library has many resources within the Careers section which the children are welcome to use.

When using the Morrisby platform please use the Reigate School Code when signing up: MC94232M



www.barclayslifeskills.com

www.apprenticeships.org.uk

www.allaboutschooleavers.co.uk

www.icould.com



www.morrisby.com

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 <https://www.reigate-school.surrey.sch.uk/> 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 dsl@reigate-school.surrey.sch.uk

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.



Education from
the National
Crime Agency

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 – FAKE NEWS

ALL NEWS ISN'T ALWAYS GOOD NEWS. We need to be mindful that as children spend much more time online, they will come across many types of news to include, fake, real, biased, exaggerated and AI generated impersonation. They are then only a few clicks away to exploring more and vulnerable to being dragged into things. Factors such as being easily impressionable young people especially at risk.

How to explain fake news to children:

What is fake news?

- Fake news is news or stories on the internet that are not true.
- There are two kinds of fake news:
 - False stories that are **deliberately published** or sent around, in order to make people believe something untrue or to get lots of people to visit a website. These are deliberate lies that are put online, even though the person writing them knows that they are made up.
 - Stories that may have some truth to them, but they're **not completely accurate**. This is because the people writing them - for example, journalists or bloggers - don't check all of the facts before publishing the story, or they might exaggerate some of it.

It is happening a lot at the moment, with many people publishing these stories in order to get as many shares as possible. Now that we have social media, it is much easier for these stories to spread quickly, which can be a problem. It is also easier than it used to be to edit photos, and create fake websites and stories that look realistic.

Why is it a problem?

Fake news is a problem for different reasons.

- The first kind of fake news - deliberate lies - is a problem because it can make people believe things that are completely untrue.
- The second kind - when people publish something without checking that it's completely right - can make people have less trust in the media, as well as make everyone believe something that might be inaccurate.

People also only tend to share things that they agree with. So if people are sharing a lot of fake news, and lots of people believe it, it's easy to get sucked into a bubble that is actually completely different to the real world - and a long way from the truth.

When is fake news not fake news?

Sometimes, a story might be called fake news (when actually it isn't) by someone, or a group of people, who don't want to accept that the news is true - even if it might be.

- They will tell people that a story is fake, just because they don't want it to be true.
- Some people will call things fake news, when really they just have a different opinion.
- Calling something fake news, when it isn't really, is a problem as it can mean some people don't know what to believe anymore.

How to spot fake news

If you want to try to make sure that you don't get caught out by fake news, there are a few things you can look out for.

Ask yourself:

- Has the story been reported anywhere else?
- Is it on the radio, TV or in the newspapers?
- Have you heard of the organisation that published the story?
- Does the website where you found the story look genuine? (meaning it doesn't look like a copycat website that's designed to look like another genuine website)
- Does the website address at the very top of the page look real? Is the end of the website something normal like '.co.uk' or '.com', and not something unusual, like 'com.co'?
- Does the photo or video look normal?
- Does the story sound believable?

If the answer to any of these questions is 'no', you might want to check it out a bit more, before spreading the word. If you're at all unsure, speak to an adult that you trust about the story to find out a bit more about it.

The informative wall poster below serves to reinforce online safety practices and encourages open conversations among children, parents, caregivers, and wider family.

Skips Safety Net Keeping children safe online

A Parent's Guide to Fake News

IT'S ON THE INTERNET SO IT MUST BE TRUE!

FAKE

scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

Don't believe everything you see online!
Young people can very easily be dragged into things without parental guidance and support.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with

- Home Office
- West Midlands Violence Reduction Unit
- West Midlands Police and Crime Commissioner

Skips www.skipssafetynet.org

Twelve 15 Week 2

Morning Break Menu, Spring/Summer 2024

Weeks Starting:
26th Feb, 18th March,
22nd April, 13th May, 10th June,
1st July and 22nd July



Monday

Option 1
Homemade Nachos with Chipotle Chicken and Salsa
£2.50

Option 2
Loaded Potato Skins with Veg Chilli, Cheese, Crispy Onions
£2.65

Option 3
Pepperoni Pizza
£2.20

Option 4
Vegan Sausage Roll
£1.65

Daily superfood and salad bar

Tuesday

Option 1
Cuban Chicken with Chimichurri Pizza
£2.20

Option 2
Loaded Taters, Guacamole, Sour Cream, Spring Onions, Roasted Peppers
£2.75

Option 3
Bacon and Hash Brown Wrap
£2.10

Option 4
Cheese & Ham Panini
£2.95

Pizzas, Wraps and Paninis
Fresh options every day

Wednesday

Option 1
1/4 Pounder Cheeseburger
£2.85

Option 2
Southern Style Quorn Burger
£1.95

Option 3
Chicken and Black Bean Noodle Pot
£2.20

Option 4
Vegan Kofta Wrap, Tomato, Cucumber, Mint Yoghurt
£2.85

Daily offer includes:
Freshly filled baguettes and sandwiches
A range of filled jacket potatoes, loaded taters
A variety of fresh fruits, yoghurt pots, pretzels, waffles, cakes, traybakes and muffins

Thursday

Option 1
Breakfast Burrito
£2.20

Option 2
Roasted Vegetable Pasta with Chickpea Pesto
£2.45

Option 3
Chicken Tikka Naan with Mango and Minted Yoghurt
£2.75

Option 4
Waffle Fries with Beans and Bacon
£1.75

Friday

Option 1
Bacon and Maple Syrup Waffles
£2.65

Option 2
Proper Cornish Cheese and Onion Slice
£2.75

Option 3
Piri-Piri Chicken Flatbread with Roasted Peppers and Sriracha
£2.45

Option 4
Sweet Chilli Chicken Wrap
£2.75

Selection of Pasta Pots Available every day

Vegetarian

Twelve 15 Week 2

Lunch Menu, Spring/Summer 2024

Weeks Starting:
26th Feb, 18th March, \ 22nd April, 13th May, 10th June,
1st July and 22nd July



Monday

Traditional Favourites

Option 1
Minced Lamb Hot Pot Pie

Option 2
Vegetarian Veggie Haggerty Pie

Sides
Mashed Potatoes, Carrots, Green Beans

Dessert
Carrot Sponge with Vanilla Custard

Daily superfood and salad bar

Tuesday

Street Food Market

Option 1
Suya African Spiced Chicken

Option 2
Vegetarian Vegan Meatball Tagine

Sides
Jollof Rice, African Slaw

Dessert
Eton Mess Sponge

Pizzas, Wraps and Paninis
Fresh options every day

Wednesday

Great British Roast

Option 1
Roast Chicken with Stuffing

Option 2
Vegetarian Leek and Courgette Crumble

Sides
Roast Potatoes, Green Beans, Carrot and Swede Mash, Gravy

Dessert
Forest Fruit Cobbler

MEAL DEAL ONLY £2.75 includes Main/Side/Dessert

Thursday

World Food Cuisine

Option 1
Beef Bolognese Pasta with Garlic Bread

Option 2
Vegetarian Kerala Spinach and Butternut Squash Curry

Sides
Rice, Peas, Sweetcorn

Dessert
Tropical Fruit Salad

Friday

Fantastic Fish Friday

Option 1
Harry Ramsden's Fish in Batter

Option 2
Vegetarian Quarter Pounder with Tomato Relish

Sides
Chips, Mushy Peas, Chip Shop Curry Sauce

Dessert
Chocolate Fudge Pudding with Whipped Vanilla Cream

Selection of Pasta Pots Available every day

Vegetarian

Restorative Practice for Families, Parents and Carers: Starting 5th March 2024 12.30 - 1.30pm



Want to have calmer, more connected interactions with your child?

Want to better understand tantrums and how they link to the developing brain?

Our online course will give you the tools you need to develop your child's resilience, improve their self-esteem and allow them to understand and express their emotions in a way that helps everyone to see behaviour differently.

Connect with other families and learn new techniques to support your child.



Cost: £120 for 6 x 1 hour group sessions



Restorative Practice
Training and Consultancy

To book or for more information, scan the QR code or email bookings@restorative-practice.co.uk