



Families Bulletin

Monday 18 May 2026 - Friday 22 May 2026

HEADTEACHER'S MESSAGE

Dear Families

At this time of year, it is more important than ever to stay positive and mentally strong. And I mean that for staff, parents/carers and young people alike. The days may be longer, warmer and brighter at the moment but even at this time of year that comes with the challenge of exams, end of year assessments and coursework deadlines, on top of the usual pressures our young people feel throughout the year.

It was timely that our focus this week was on Mental Wellbeing for **Mental Health Awareness Week**. Mr Vallally-Godfrey delivered a fantastic assembly during which he guided students to try three support strategies that may help, which I have shared below:

Immediate Support Techniques



Box Breathing

Inhale 4s, Hold 4s, Exhale 4s, Hold 4s. A quick way to reset your nervous system during school stress.



5-4-3-2-1 Rule

A grounding method to use when feeling overwhelmed: Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.



Digital Sunset

Turn off screens 1 hour before bed to allow your brain to prepare for restorative sleep, vital for mood regulation.

We also reminded students of the key contacts in school they can go to if something is worrying them. This includes their form tutor, their pastoral team including Deputy Community Leads, Community Leaders and Community Assistants as well as the Safeguarding team and any other adult they feel most comfortable speaking to.

Additionally we shared details of some dedicated external services for young people:

The support you give at home, combined with what we do at school not only helps our students to succeed, but more importantly improves their happiness and mental health. I know that by working together to help all young people make these small steps, they can focus on the bigger challenges at hand with confidence, a clear head and in the knowledge they are never alone.

Have a lovely weekend.

Jo Meloni
Headteacher, BA (Hons), NPQEL

Help is Always Here

In the UK, there are dedicated services specifically for your age group. You don't have to carry the weight alone.

Shout: Text 85258 for 24/7 help.

Childline: Call 0800 1111 anytime.

NHS 111: Select option 2 for mental health.

<https://intranet.mysackville.co.uk/student-support/safegua>

Hot Chocolate With The Head

It was the turn of Turing Community to select a group of students to meet with me over a Hot Chocolate this week, alongside Joseph and Phoebe, two year 12 students from Attenborough.

The students enjoyed listening to each other and the reasons for their nomination. They have all been working so hard and had an impressive number of Community points between them. Between them they represented our school values of Resilience, Positivity, Ambition and Community.

Well done to Isabella (Y7), Henry and Shane (Y8), Stanley (Y9) and Ted (Y10).



Key Dates

Tuesday 19 May 2026

Friday 22 May 2026

Monday 25 May 2026 - Friday 29 May 2026

Monday 01 June 2026

Tuesday 02 June 2026

Wednesday 03 June 2026

Thursday 04 June 2026

Tuesday 09 June 2026

Thursday 09 July 2026

Monday 13 July 2026

Wednesday 23 September 2026

Online Parent Carer Forum - 7.30pm - 8.30pm

Year 12 Digital Media and DT Trip to London

GCSE Sociology - Barbie Party

Last Day of Term

HALF TERM

Federation Dance Event at Chequer Mead

CEW Cologne Trip Information Evening - 6.00pm

CEW Geneva Trip Information Evening - 5.00pm

CEW Paris Trip Information Evening - 6.00pm

STEM Trip - The Big Bang Fair

Arts Fest

Year 8 HPV Vaccinations

Year 7 - 11 Flu Vaccinations

Notice Board

Families Focus Group

Sadly, we had to postpone this week's FFG meeting, however this has been rescheduled for **Wednesday 10 June at 4.00pm**. I would strongly encourage families to attend this event as we are keen to receive feedback around **one to one devices** which are considering launching with Year 12 in the next academic year and some big changes to **KS3 homework**.

We will email out further information closer to the time.

Stationery Available

We understand that items can be misplaced or lost. We would like you to be aware that we have a selection of items for sale should you wish to purchase.



The Great Year 7 Sunflower Challenge!



The Sackville Science Department is excited to announce a sunflower-growing competition exclusively for our Year 7 pupils. It's time for our young scientists to put their green thumbs to the test and see who can cultivate the most impressive bloom.

How to Get Involved

- The Seeds: Between **Wednesday 20 May 2026 and Friday 22 May 2026** every Year 7 pupil will receive a letter during their science lesson. Attached to this letter, they will find three sunflower seeds to get them started.
- The Research: Before planting, we encourage pupils to research the best conditions for growth. What kind of soil do they need? How much water is too much? Where is the sunniest spot in the garden?
- The Entry: Please keep the letter safe! It contains specific instructions on how and when to submit the final entry.

We cannot wait to see the results of their hard work and witness Sackville turning a little bit greener this summer.

Happy growing!

Safeguarding

Celebrating Good Attendance

We're proud of students who commit to excellent attendance, and we regularly recognise their efforts. Whether it's certificates, rewards or praise in assemblies, we believe it's important to celebrate commitment and reliability.

We will always contact you if we are concerned about a child's attendance. If you are worried, please do not hesitate to contact your child's tutor, the Community team or Miss Harper in the attendance office.

Safeguarding Leads:

Mr Millican - amillican@sackvilleschool.org.uk

Mr Street - pstreet@sackvilleschool.org.uk

Mrs Steer - asteer@sackvilleschool.org.uk

Mr Vallally-Godfrey - avallallygodfrey@sackvilleschool.org.uk

Safeguarding Team:

Mr Endersby - jendersby@sackvilleschool.org.uk

Mrs Hunt - shunt@sackvilleschool.org.uk

Ms Porter - mporter@sackvilleschool.org.uk

Mr Cowlin - pcowlin@sackvilleschool.org.uk

Mr Quigley - pquigley@sackvilleschool.org.uk

Mrs Harper - aharper@sackvilleschool.org.uk

Mr Groves - hgroves@sackvilleschool.org.uk

Mrs Valentine - hvalentine@sackvilleschool.org.uk

Talk to one of your Safeguarding team or email, safeguarding@mysackville.co.uk

Safeguarding at Sackville
PRIORITISING SAFETY & WELLBEING

 Mr Millican Designated Safeguarding Lead Assistant Headteacher	 Mrs Steer Deputy Designated Safeguarding Lead Child Protection Officer	 Mr Street Deputy Designated Safeguarding Lead Deputy Headteacher	 Mr Vallally-Godfrey Online Safeguarding Lead Associate Assistant Headteacher
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 Mr Cowlin Deputy Headteacher	 Mr Quigley Assistant Headteacher	 Mrs Meloni Headteacher
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We are here
if...
...you feel down or sad
...something is bothering
you
...you are concerned
about a friend

Email us confidentially
by scanning the QR code
below:



If you need to talk to someone about an issue that is worrying you, you can speak
to your form tutor, Community Team, or a member of your Safeguarding Team

KEEPING OUR STUDENTS SAFE IS EVERYBODY'S RESPONSIBILITY

Together We Achieve

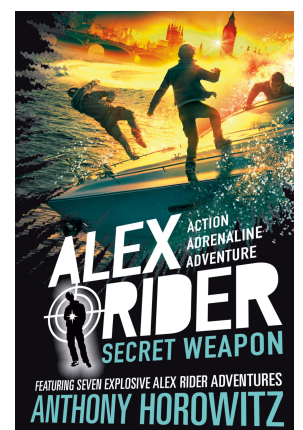
Please find the live link to our Together We Achieve Programme here - [Together We Achieve 2025-26](#)

Book of the Week

Book of the Week

This week, to coincide with the launch of our new 300 word story competition, our **Book of the Week** (details can be found on the noticeboard) is a book of short stories. **Secret Weapon** by Anthony Horowitz is a continuation of the hugely successful Alex Rider series, with seven fantastic and thrilling short stories in this single volume.

Sackville School Families' Bulletin page 4



Extra-Curricular Opportunities

The link for next half terms extra-curricular sessions can be found here:

[Extra-Curricular Opportunities Summer Term](#)

The 'live' document shows our sessions, and new clubs may appear throughout the term. These will be communicated through this document and the Families Bulletin. Once in the document please scroll across to the year group relevant to your child.

Mr Ashley Vallally-Godfrey
Associate Assistant Headteacher

Sackville News

We also publish a half termly newsletter and the latest edition can be seen here: [Sackville Newsletter](#).

Next publication date: **Friday 22 May 2026**

Current Vacancies

We have two support staff roles available at the moment. If you would be interested in any of the following or know anyone else who may be, please call Katie Dawson, Headteacher's PA for more information, or apply directly following these links:

- [Exam Invigilators](#) - Next Interviews in July due to exams

Futures - Find It Out Thursday

Find it Out Thursdays

This is a chance for students to explore different professions and learn from those that are in that industry and can give a first hand experience. Different industries are highlighted each week and students have the opportunity to attend one talk per half term. When these terms talks have been confirmed, students will be able to sign up using a Google form that will be sent out. Students can come along and start to investigate career paths open to you and discover the skills that you will be required to develop to join that industry.



We are always looking for people to come in and speak to students about their jobs and professions. Would you be willing to share your experience and join part of our Find it out Thursday program? Please contact Helen Smith on hsmith@sackvilleschool.org.uk.

Please find information on Degree Apprenticeships [here](#).

Medication, Illness and Vaccines

NHS Guidelines

Please find some useful information [here](#) from the NHS on when to keep your child off school.

Medication

To ensure that we continue to support students when they are unwell, we need to make sure our records are up-to-date. As a school we will continue to administer ad-hoc medication as per the consent slip you have completed. If you wish for this to change, please contact the relevant year team. Should your child be diagnosed with any new medical condition please contact us.

In addition, should your child's medical condition change (i.e., they no longer need to use their inhaler) please contact their community team.

We will continue to provide the support and medical assistance you have already agreed to unless we hear from you.

Illness

In order to keep the more vulnerable members of our school community safe, a reminder to inform the school if your child contracts any of the following: Chickenpox, Shingles, Measles or Mumps. Please call the relevant community office, thank you in advance.

Lost Property

Please can we ask that you check the lost property list above for items missing and encourage students to look in lost property for their missing items. Can we remind parents to name everything for a much higher chance of relocating lost property to their rightful owner.

The latest spreadsheet showing current lost property can be found [here](#).

External Clubs, Sports, Services and Events

Tennis Coaching

Tennis coaching for all levels

- Tennis coaching for all ages from 10-18 years (Year 6-13)
- Every **Saturday @ Sackville School (term time only)**
- 6 week course - only **£10 per session!**
- **FIRST SESSION FREE!**



LTA Level 3
tennis coach
and qualified
PE Teacher



Beginners
Years 6-7
9:30-10:30am

Intermediates
Years 8-9
10:45-11:45am

Advanced
Years 10-13
12-1pm

FIRST SESSION FREE!

REGISTER NOW

ajtenniscoaching@gmail.com

AJ Tennis - May Half Term Camps



MAY HALF TERM TENNIS CAMPS!

— PLAY • IMPROVE • ENJOY



WHEN:
26TH – 27TH MAY



WHERE:
SACKVILLE SCHOOL



TIME:
9:30AM – 3:00PM



WHO:
YEARS 7-10

COST:

£ £40 PER DAY

£ £70 BOTH DAYS!

CAMP HIGHLIGHTS

- FUN GAMES
- MATCHES & PRIZES
- IMPROVE TECHNIQUE
- LTA QUALIFIED COACHING

BOOK NOW - LIMITED SPACES!

CONTACT MR JONES

ajtenniscoaching@gmail.com

www.ajtenniscademy.co.uk

Lingfield Circus

**Sunday 21
June 2026**

Lingfield Circus

is coming to town!

Doors open: 12:30pm

Show starts: 1:30pm

Racecourse Road, Lingfield, RH7 6PQ

Ticket price: £15

Family price: £55

Join us for a spectacular family fun day.
Happy Circus brings its unique, accessible
non-animal show to Lingfield!
Expect laughter, acrobatics and
unforgettable entertainment for all ages.

Come along,
enjoy the show & support
St Piers and Dormansland
Primary School

Funds raised through ticket sales go
St Piers and Dormansland Primary School



**Scan me
to book**



East Grinstead Library

westsussex.gov.uk



Volunteers Needed!



We're looking for people
aged 14+ to help deliver
the **Summer Reading
Challenge** in libraries from
July – September.

Help families complete an online
form to register for the Challenge.

Talk to children about books
they're reading this summer.

Hand out rewards and encourage
children to keep reading.



Find out more and apply
online by 3rd July at
libraries.westsussex.gov.uk/src

PQA Crawley - Summer School



PQA CRAWLEY
SUMMER SCHOOL

**WEST
END**
Week

3RD - 7TH
AUGUST 2026
10AM - 4PM

EG Whitefriars school, RH11 8PQ
PQA Students: £100 (Non Students: £105)

BOOK YOUR PLACE

Kids Rugby Camp



KIDS RUGBY CAMP
26TH - 28TH MAY 2026
9:30 - 15:30

Reception - year 3 Year 4 - Year 6
Age 5 - 8 Age 9 - 11

Both boys and girls welcome!

Hosted at
East Grinstead Rugby Club

Ryland Dan

Run by

Scan for Tickets

£40 for a day, £105 for 3 days
The Gearan Pavilion, Saint Hill Rd, East Grinstead RH19 4JU

EG Meads FC Girls



EG MEADS FC GIRLS U13
*CURRENT YEAR 8

EAST GRINSTEAD MEADS FC GIRLS U13 ARE
LOOKING TO INCREASE THE SQUAD IN ADVANCE OF NEXT
SEASON MOVE TO 11V11. IF YOU'RE UP FOR A NEW CLUB
PLEASE GET IN TOUCH.

LOOKING FOR A NEW CHALLENGE?
JOIN OUR TEAM!

THURSDAYS | 7.00 PM | EG SPORTS CLUB

TRAINING THURSDAYS | MATCHES SUNDAYS
FA QUALIFIED COACHES | FRIENDLY ATMOSPHERE | COMPETITIVE SPIRIT
CONTACT: ROOP CARSON | 07572037153 | ROOP.EGMEADS@GMAIL.COM

Meads F.C.

Ashurst Wood Junior - Football Club



**ASHURST WOOD JUNIOR
Football Club**
UNDER 14S SATURDAY TEAM

Recruiting players
for the
2026/27 season

Year 9 in September
All Positions Considered

Guaranteed Match Time
Friendly Players & Parents
FA Qualified Coaches

Training: Thursdays
Matches: Saturday Mornings

Contact: Rachel
07794 548186
rachel.dufeu@sky.com

Helping Students Through Exam Season



Advice and links to the app website [here](#).

FACE - Additional Support Courses

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.
Full access to all three courses for £6.99/month
Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk

Online Courses for Parents page

info@facefamilyadvice.co.uk



Moonlight Walk

The poster for the Moonlight Walk features a photograph of two women smiling and walking outdoors. They are wearing blue t-shirts with the 'Moonlight Walk' logo. A QR code is overlaid on the image with the text 'Scan me, sign up!'. The top of the poster has the 'HOSPICE IN THE WEALD' logo and the title 'Moonlight WALK'. A yellow circular badge on the right says 'Three routes! Walk with purpose, in celebration of those who matter most'. At the bottom, it lists the date 'Saturday 27th June 6pm' and the location 'SEVENOAKS KNOLE PARK'. It also mentions the sponsor 'CANHAM HOMES' and provides contact information for further details.

HOSPICE IN THE WEALD

Moonlight WALK

Scan me, sign up!

Three routes!
Walk with purpose, in celebration of those who matter most

CANHAM HOMES
Proud sponsor

Saturday 27th June 6pm
SEVENOAKS KNOLE PARK

For further information, please visit hospiceintheweald.org.uk or email fundraising@hospiceintheweald.org.uk

Java and Jazz - Live Show

THE QUEEN OF CAMDEN CONCERT

Amy Winehouse

By Cali Rivlin

Live show

Get tickets now



Featuring Amy's original guitarist Robin Banerjee, Live at Michael Hall theatre (Forest Row) with a 6-piece band!

SATURDAY 18TH JULY 2026

Cali Rivlin
www.calirivlin.com

Tickets & info:
www.javaandjazz.com



300 - Word Story Competition



300-WORD STORY COMPETITION

Shortlisted stories will be added to a Sackville Anthology...

Write an epic story in exactly 100 words. Any genre, any theme - just make it amazing!

Deadline: Wednesday July 1st 2026

Submit your story in the LRC

Remember to include...
Your name, form group and the title of your story

Community Competition

300 – Word Story

We are delighted to launch our new writing competition. We are looking for fantastic 300-word stories from across our student body.

The rules are as follows:

- Maximum of 300 words.
- Maximum of 3 entries per student.
- Submit to the library.
- Students need to include name, form group and title.
- Shortlisted stories will be used to create a Sackville Anthology booklet, which will be kept in the library.

Elite Squad Trials



ELITE SQUAD TRIALS 2026/2027 SEASON

IS YOUR CHILD READY TO TAKE THEIR GAME TO THE NEXT LEVEL?

We're building our strongest Elite Squads yet... and we're now inviting committed players from U8s-U16s to trial.

THIS IS MORE THAN JUST TRAINING – IT'S A FULL DEVELOPMENT PATHWAY.

- HIGH-LEVEL COACHING ENVIRONMENT
- SHOWCASE GAMES & FIXTURES
- INTERNATIONAL TOURS & EXPERIENCES
- ELITE TRAINING CAMPS
- PROVEN PLAYER DEVELOPMENT PROGRAMME

Every current player re-trials. Every new player earns their place.

IF YOUR CHILD IS SERIOUS ABOUT IMPROVING, THIS IS WHERE IT STARTS.

APPLY NOW TO SECURE YOUR TRIAL PLACE:

TRIALS BEGIN TUESDAY 26TH MAY

U8	09:15 - 11:00 School Year 3 From September
U9	09:15 - 11:00 School Year 4 From September
U10	09:15 - 11:00 School Year 5 From September
U11	11:15 - 12:45 School Year 6 From September
U12	11:15 - 12:45 School Year 7 From September
U13	13:30 - 15:00 School Year 8 From September
U14	13:30 - 15:00 School Year 9 From September
U15	15:30 - 17:00 School Year 10 From September
U16	15:30 - 17:00 School Year 11 From September

SUSSEX FA CULVER ROAD BN15 9AX LANCING

LIMITED SPACES AVAILABLE – DON'T MISS OUT!

Sackville School Art Exhibition



Sackville School Art Exhibition

Private View
4-6pm
Friday
26th June

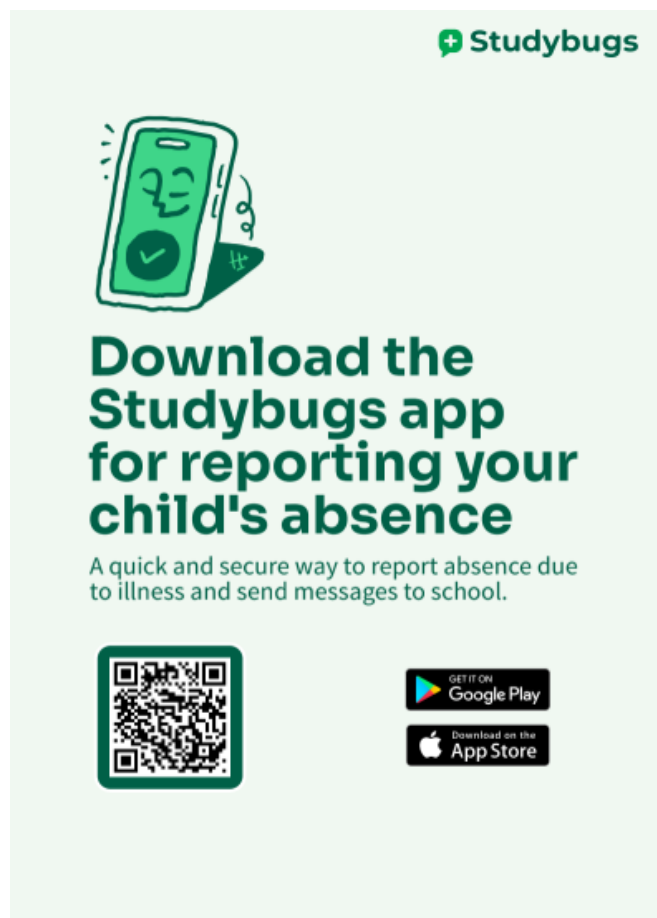
A Level
Fine Art & Photography

D Block Gym
Sackville School
Lewes Road
East Grinstead
RH19 3TY

Bar and snacks available

Painting by
Chloe Greenwood

Studybugs



Studybugs



Download the Studybugs app for reporting your child's absence

A quick and secure way to report absence due to illness and send messages to school.



U13 Fun Racket Sports



EAST GRINSTEAD
TENNIS, SQUASH & RACKETBALL CLUB

FUN RACKET SPORTS OPEN AFTERNOON!

SATURDAY 16TH MAY

FOR FAMILIES • FOR ALL AGES • ALL WELCOME

1:00PM – 4:30PM

TENNIS, PICKLEBALL & TABLE TENNIS

SQUASH, RACKETBALL & MORE

ON THE COURT
Try tennis, squash, racketball, pickleball and even table tennis!
Meet our friendly club members for a bit at your level, test your skills against the ball machine, or get tips from our expert coaching team.
Rackets and balls are provided – just bring your footwear!

THE SOCIAL SIDE
BBQ fired up from 1:00PM – 3:00PM
Our fully stocked bar will be open all afternoon for cold drinks, ice lollies, tea and coffee.

THE FINAL WHISTLE
Finishing up at 4:30PM?
Stick around to watch the FA Cup Final on the big screen in the clubhouse!

WHAT WE OFFER
Top-tier courts, a fantastic social scene, and a way to play racket sports all year round.
Come down and see why we love it here!

GET ACTIVE • HAVE FUN • EVERYONE WELCOME!

WE'RE A FRIENDLY CLUB FOR THE WHOLE COMMUNITY

FIND OUT MORE
<https://www.egtsc.org/>

Elite Saturday Summer Football Training Programme

Join our Saturday football sessions at Oriel School 3G, running 02 May – 25 July (13 Saturdays) for U13–U15 boys and girls...11.00am - 1.00pm.

STAY SHARP - IMPROVE FOUNDATION - LEVEL UP

Sessions led by *OMG Football* and supported by experienced UEFA and FA qualified coaches, including a specialist GK coach

SAFEGUARDED ENVIRONMENT - ENHANCED DBS CHECKED STAFF

GUEST APPEARANCES:

- Coaches from leading Premier League clubs confirmed
- Young pro players' visits confirmed.

Players will develop key technical and tactical skills including:

- Ball mastery, shooting, passing, dribbling and 1v1 attacking and 1v1 defending

- UEFA principles of the game
- Advanced attacking concepts
- Athletic development included – sessions also feature SAQ, strength and movement training delivered by GB kickboxer, schools sports specialist & PT Lisa Boardman.

Location: Oriel School 3G

Dates: 02 May - 25 July 2026 (13 Saturdays)

Times: 10.00am - 12.00pm (Boys and Girls)

- All players are welcome with a great attitude and desire to improve.
- Flexible pricing options:
- 5 flexible sessions – £125...you can pick any five dates over the Saturdays during the summer term.

Five sessions – £75

10 sessions – £150 (+ FREE 121 with Coach A. Worth £40)

13 sessions – £195 (+ FREE 121 with Coach A + FREE Small Group Session place. Worth £75 in total)

Train with top coaches, improve your game, and enjoy high-quality sessions on a full-size 3G pitch.

Limited places available – book early.

If you are keen for your child to attend, please request to join the Spond group below....

If you have any questions please email - info@sseliteacademy.co.uk or WhatsApp message Simon on 07958 531605 for more info.