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Dear Parents

At Frewen, we understand that students learn better when they feel good about themselves.

We strive to provide an environment that is safe and positive. The small classes and friendly staff all

contribute to this. We recognise that many of our students have struggled in mainstream schools, without the necessary levels of support. Pressure to perform, from the school but often from themselves, may have led to anxiety - a common problem among young people in all schools. We know that to apply this kind of pressure to our students - who want to learn - will be counterproductive, and we aim to avoid this through encouragement, and by teaching in ways that, as far as possible, make learning enjoyable.

There are a number of elements within the curriculum which are aimed at supporting students' personal development and wellbeing. These include PSHEE (Personal Social Health and Economic Education), SEAL (Social and Emotional Aspects of Learning), pastoral sessions, mentoring, and aspects of therapy, such as Mindfulness.

This term, it was suggested that we devote an entire day to wellbeing, and on Wednesday 6th February we ran our first Wellbeing Day, for the whole of the Senior School.

The day was a great success - students followed an alternative timetable, and instead of the usual Maths and Science attended classes called "Young Minds", "Yoga", "Affirmations" and "Mystery Challenge". An inspirational external speaker came into school and gave a presentation, and

worked with students. I am deliberately not giving too much information, as all will no doubt be explained in the pages of this newsletter, but special thanks must go to our Head of PE, Jo Hambleton, who was the main organiser of the day.

Some might question the wisdom of giving up a whole day of traditional learning to provide students with such alternative experiences. However it is a mark of our belief in the importance of students' wellbeing that we took this risk - and given the success of the day, and appreciation shown by students, it seems to have been a day well spent, preparing students for the second half of the year, with its increased challenges, including, of course, external exams.

I hope you will enjoy reading about the Wellbeing Day, and all the other news from the school, in the following pages.

Nick Goodman
Principal, Frewen College



PREP NEWS by Sally Welch

This term pupils at the Prep School have been learning about what life was like on the homefront during WW2. They have completed some fantastic written work around this important topic. Year 5 and 6 pupils have been creating a newspaper page and have learnt how to write reports. Year 4 and 5 have been learning about informative writing and have made an information page all about rationing.

To help with this work, all our pupils have been benefiting from learning how to use Assistive Technology. This term there has been a real focus on getting used to the new tablets, accessing 'voice to text' dictation technology and learning how to use the 'read aloud' functions.

The topic culminated this week with a special Evacuation Day. All pupils and teachers came dressed in period clothes and the day was spent enacting various aspects of an evacuation. Pupils all had to carry their gas masks and identity cards at all times. Following Physical Instruction classes, our pupils partnered with those of Northiam Primary School to share some poems and a selection of playground games.

some fascinating letters written by a real evacuee.

Thank you to parents for helping to make your children look so authentic. Also, thank you to all the staff who helped to make this a truly inspirational learning day.



Back at Frewen, The Evacuation Day continued and pupils enjoyed a 'train journey' and the process of going to the new homes with different characters. The Frewen catering team prepared a fantastic WW2 lunch for the pupils and in the afternoon we had a visit from one of our Governors, Anne Moore-Bick, who shared with us

SENIOR SCHOOL NEWS

English by Neil Stanley



Over many years, Frewen College has built up an impressive reputation for public speaking. Since 2016, all students in Key Stage Three have taken LAMDA's Speaking in Public examinations. Typically, Year 7s take Entry Level, Year 8s take Grade 1 and Year 9s take Grade 2.

This year, we have gone even further. A group of Year 10 students have taken Grade 3 and a number of Sixth Formers have taken Grades 5 and 6. Grade 6 is significant because, as a Level 3 qualification (at the same level as A Levels) it carries UCAS points for university applications.

Our Sixth Formers worked hard to develop speeches aimed at specific audiences. For example, Bea M-C spoke about the representation of disability in theatre and film, Tristan W-B spoke about the European Union and Charlie H explored the rise of fascism.

All our students, from Year 7 upwards worked extremely hard to prepare for their examinations and, once more, we look forward to receiving their results.



Science by Scott Wassel

This term has been busy within the Science department. At the beginning of January we completed 3 papers as part of our Mock assessments. The department was very pleased with how the Year 11 GCSE students performed. We now hope they continue to work hard in the run up to the real exams. We need to also mention the Entry Level group who have all been performing well in their end of topic tests as well as performing their own dissection of the heart and lungs.

At the other end of the school, the Year 7s have been introduced to electric circuits and getting to grips with a variable resistor. They also got to crush tin cans as part of their investigation into air pressure. (pic).



This was the most successful group we've had during my time at Frewen College. We also made the lab very wet when looking into water pressure and using some new equipment for the first time.

SENIOR SCHOOL NEWS

Arts Faculty, Art by Duncan Sangster

On Wednesday 9th January we welcomed artist and filmmaker Annis Joslin, to work with Year 7 as part of the preparations for the 'Draw Me In' exhibition in Eastbourne. The students were asked to respond to a print called 'Untitled' by Rachel Cohen, in which they took part in a lively mark-making and letter forming workshop. Students explored different ways of communicating through lettering and ultimately seeing letters and words as patterns and marks. From here they tried manipulating their ideas further by using animation, as well as experimenting with different scales and wet media.

The ideas that were formed over the workshop have fed into regular art lessons and students have developed and expanded this work that will hopefully be realised in an exciting and personal outcome, exhibited from 5th April - 2nd June at the Towner Gallery, Eastbourne.



Arts Faculty, Music by Debbie Chambers

Students in Year 7 have been learning all about Folk music – studying instruments from around the world, and about some of the different scales used to produce the folk sound. They have been working as a band when together as a year group, learning songs such as Count on Me by Bruno Mars and Shotgun by George Ezra. It has been inspiring to see the students all taking on instrumental roles and working together as a band. Some talented musicians are beginning to emerge!

In Year 8 the students have been learning about Reggae and their main focus has been on performing Three Little Birds as a class. Mr Barnett and I have encouraged students to try new instruments, and to focus on playing and rehearsing as an ensemble. We have been impressed at the students' ability to adapt, take part and improve every week.

Year 9 Students have been focussing on creating a band. They have looked at all aspects of this – from deciding who is playing what, to choosing suitable songs, to researching chords and lyrics. They have also learnt some important skills regarding how to rehearse and set up equipment. They have performed songs including Glorious by Macklemore, Uptown Funk, Blinded by your Grace and Let it Be. The students have learnt a lot about how to work independently and how to play as an ensemble.

Year 10 students are about to complete final performances for their BTEC Unit 5 assignments and so have mostly been practicing hard for this. They will be performing a variety of tracks both as soloists and as part of an ensemble. The students have had to practice lyrics, basslines, drum patterns, melodies and chords in order to be able to bring the performances together.

Myles in Year 11 is making great progress with composition and performance coursework and has continued to impress with his determined and original approach to both these disciplines.



Year 7 music lesson

SENIOR SCHOOL NEWS

Arts Faculty, D&T by Rebecca Forbes Gower

DT News

The DT curriculum is changing and there is now a greater emphasis on STEM learning in the new GCSE; Year 10 have designed their own Automata to learn in a hands on way how mechanisms can be used to change direction of movement and to transfer force.



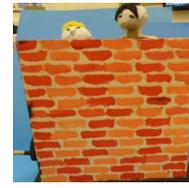
Daniel F Geared Drummer; Daniel calculated, designed and made gears using the CNC machine



Reuben L Tank with pin gears



Scarlett H Dancing Pig



Ryan A H – 2 men discuss a wall.



DT Students Research Clients Needs.

Year 9 students are designing products to keep people safe at night, some students are developing light-up dog leads; George and Buddy, our Frewen dogs, were very willing to help out when students wanted to test ideas and materials.

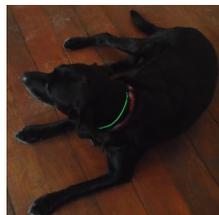
The new DT curriculum places more of an emphasis on designing for real situations, designing 'for good', testing and modelling prototypes.



Fenton S - circuit testing.



Buddy doesn't mind the EL wire.



George finds the EL wire quite relaxing !



Francesca, Fenton, Benjamin and Woody testing.



Good Boy, George !
Francesca, R Forbes-Gower, Fenton, Reggie, Benjamin, Woody

Year 9 Students Problem solving in DT
The Year 9s have been making animal toys and learning how cams can transfer movement from rotary motion to linear motion. They made model movements to test their ideas and then transferred these to make their toys operate.



Reggie using his model as a guide.



Tallulah assembling her mechanism



Fynn Problem solving



Benjamin carefully assembles his mechanism.



Well done Fynn – Finished!

SENIOR SCHOOL NEWS

Maths by Graeme Rawlings

MATHS ZONE

MATHS



ZONE

GCSE Maths Club

Tuesday 4:15 pm
Thursday 4:15 pm

Maths Help

Wed. first lunch



Tristan (6th Form) gained the GCSE grade he needed for his college course.

Functional Level 1 & 2 are an important step on the pathway towards GCSE. Functional Skills Level 1 was taken just before Christmas by 7 students; 6 achieved the Pass, unluckily, the 7th student missed out by 1 mark! But not to worry, she had another go at the start of February, and we are very hopeful.

Another 16 students took the Functional Skills Level 2 exam this month; 5 are Year 10 students who just wanted to have a go! A courageous first exploration into national qualifications.

Love struck Brits spent a heart stopping £620 million on Valentine's gifts in 2017, that's an average of £60 per gift.

Older Millennials (28 to 37) were the big spenders, with 60% of them buying gifts and spending £81 on average.

Men are clearly the romantics (guilt?): 53% bought Valentine's Day gifts and they spent an average of £72, compared to 39% of women who spent £44 on average.

Food and drink consumed at home tops the list of products Brits spent the most on for Valentine's Day, reaching £128 million in 2017.

We also splashed the cash on other romantic favourites; jewellery (£112 million), flowers (£102 million) clothing & footwear (£80 million), chocolate (£53 million) and greeting cards (£53 million)

Happy Valentine's Day

SENIOR SCHOOL NEWS

Humanities by Hazel Lawrence



RE students have also been thinking about the importance of food in different festivals. Year 9 took part in a Seder Meal to reflect on the Jewish Festival of Passover. The students learnt the symbolic significance of specific foods and took part in food tasting. They were not all overly impressed with bitter herbs, salt water and flat bread.

Humanities by Debbie Chambers

Year 7 have been learning all about how to use an atlas, continents of the world, and most excitingly...where chocolate comes from.

The students have been learning about the climate needed to grow cocoa beans, the life of a cocoa farmer and also the process of chocolate making, from bean to bar.

The highlight of this project has been the chocolate tasting session, where students were asked to taste four different types of chocolate and then rate them on taste, sweetness, texture and how quickly they melted. It was a challenging lesson, but someone had to do it...!



SCHOOL COUNCIL

by Hazel Lawrence

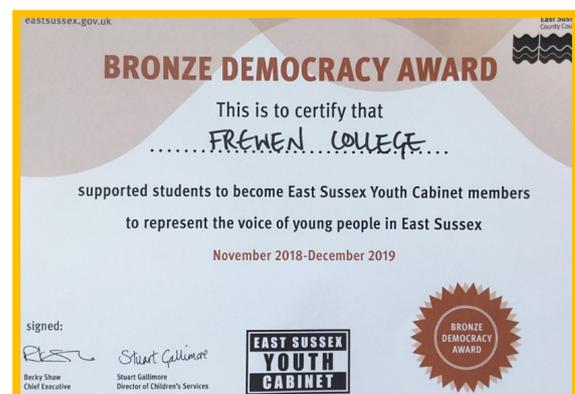
The School Council have continued to work with the estate team to make improvements to the fabric of the school building. This term Aaron and his team were able to unveil the newly refurbished boys changing rooms. They have created new seating area, removed old storage racks to create more space for changing, added additional coat hooks, repainted walls ceiling and floor.



Our Council are starting to plan the Fun Run, Friday 5th April.

More details will be revealed next half term.

We have also just been awarded the bronze Democracy Award by East Sussex County Council, which acknowledges the work the school does to promote democracy and democratic activities; including taking part in the elections of Youth Parliament and the Mark your Mark ballot.



CAREERS UPDATE

A busy half term for careers. In PSHE both Year 9 & 10 have been thinking about and researching future careers. We have been thinking about the salary of certain jobs; the qualifications and skills required for these jobs.

For Year 9 there has been further support by Careers' discussions with Corrine, from My Future Starts Here, to help students think about their options choices.

Year 10 had the opportunity to attend the 'I Can' Careers Fair in Eastbourne. This was an opportunity to find out about the range of opportunities available to them post 16.



Some Sixth Form students have also had 1:1 Careers interviews as well this term.

Up coming dates:

BLAZE YOUR OWN TRAIL

To launch your career you need qualifications and experience.

Apprenticeships give you both.

BOOK A FREE PLACE for you, parents/careers and friends at a Roadshow event and meet local employers, training providers and apprentices.

Thursday 5 March
Town Hall, Eastbourne 5-7pm

Wednesday 13 March
Hastings Library Hastings 5-7pm

Visit c360.org.uk/NAW2019 to book, for up to date information and to find out more about Apprenticeships in Sussex. Places will be going so in Hastings, Lewes, Newhaven, Crowborough, Hailsham and Uckfield.

For more information and book c360.org.uk/NAW2019

Traineeships • Apprenticeships • Higher Apprenticeships • Degree Apprenticeships

- 4th – 8th March is National Apprenticeship Week
- 26th February – NCS assembly for Year 10 – 14.
- 4th – 8th March – National Apprenticeship week.
- 6th March – Careers Interviews
- 5th July – Year 10 Taster Day at Bexhill College.

Assemblies

Assemblies are an important part of school life, an opportunity to share information as well as an opportunity to stop and reflect. This term students have enjoyed assemblies on:

- New Year resolutions and Random Acts of Kindness
- Awe & Wonder
- Brexit
- Martin Luther King Day
- Feeling thankful
- Chinese New Year
- Internet Safety
- Bob Marley & his influence in culture



Eilidh helped Mr Gore with his Chinese New Year assembly and also making a Chinese themed lunch.



SIXTH FORM

This has been a term of celebration.



On 16th January, with trepidation some of our Sixth Form students received and opened white envelopes containing results for their English or Maths GCSE resit results. I am delighted to report that the following students all achieve a grade 4 or above:

- * Charlie B – Grade 4 in English
- * Charlie H – Grade 6 in English
- * Tristan WB – Grade 4 in English

For all, this represents several years of hard work and determination to achieve these grades.

Some of our students have also been awaiting news from UCAS about their university offers. I am pleased to report that students are starting to receive offers and invitations to interviews.

A handful of students have also been involved in the recent LAMDA exams and I look forward to sharing news with you next half term about how they have got on.

It is also with sadness that I share that Ro Johnson, one of our TAs, will be leaving at the end of this half term. Ro is the longest serving member of the Sixth Form team having been with the Sixth Form since the start in September 2014. She has supported all staff members of the team in their induction to Sixth Form. Ro has also supported

several students through their Sixth Form studies; supporting with assignments, learning of lines, LAMDA Practice, arranging ballet trips, English exam practice, scribing for several exams, supplying tissues to mop up tears, and issued many hugs to students to celebrate their achievements.

I think I speak on behalf of the entire Sixth Form team, past and present, when I say: Ro we are truly thankful for everything and you will be hugely missed by us all. We wish you every happiness for the future and enjoy spending more time with your family.



GAMES AND SPORT

By Jo Hambleton

Wellbeing Days Sports Star

On the 6th February, as part of the Wellbeing Day we had the pleasure of having Josh Senior, a GB paraclimber, in to run a workshop which included a growth mindset talk, fitness circuit and also an opportunity for students to ask questions about his life in sport.

He started the day with an inspiring talk about his life as a Climber and then as a Para Climber. He spoken openly about the challenges he faced when sustaining a serious back injury which also meant he lost one of his lower legs. Josh spoke about difficult times but also how he set himself personal goals and developed his growth mindset to overcome these challenges.

I was amazed how engaged all the students were and they thoroughly enjoyed the workshop he provided. There was time for some questions and students once again rose to the occasion and asked some thought provoking and interesting questions.

We have managed to raise an amazing £580 and this will not only help to sponsor 'up and coming' athletes through the Inspire Through Sport programme, but it will also mean we receive some money for new PE equipment. So thank you for your generous sponsorship.



GAMES AND SPORT

By Jo Hambleton

Wellbeing Days Sports Star

Our first Wellbeing Day was designed to focus on students' physical, social and wellbeing. As we know, it is very topical, and ensuring all round health is very current and something we aim to embed to students as well as the academic subjects they study. They enjoyed the following:

First Aid- Matron ran an interesting workshop teaching students about cuts/burns/allergic reactions and teaching them the recovery position and basic CPR.



Yoga/Pilates- some gentle strength and movement-based activities



Exotic Food tasting- Students had the opportunity to try different fruits and rate them. There were lots of new fruits discovered!

Mystery Challenge- students having to work together to create spaghetti bridges



Wellbeing Day 2019

Affirmation- getting students to think about positive self-talk and writing an affirmation

Young Minds- Talking to students about current issues facing the youth of today

Practical Skills- students were given an opportunity to learn how to do life skills such as measuring/ sewing on button



Study Skills- Mr Rawlings and Mr Stanley ran a wonderful double act talking to year 10/11s about exam preparation and revision techniques.

NCS Challenge- Run by Oli who was able to share some of her NCS experience by leading tasks which challenged the students to show respect and resilience to each other.



10 Year challenge- students were encouraged to look forward and think about how they see themselves in 10 years time- using the current social media craze for inspiration

Mindfulness- Ms Driver shared her wonderful knowledge of mindfulness and students had to really get in touch with their own body and thoughts.

News from Chitiwiri School

By Sally Welch

Firstly, I have been asked to pass on a big thank you from the staff and pupils at Chitiwiri School.

The feeding programme is now underway and a thousand pupils everyday are benefiting from the meal provided by pupils at Frewen and residents of Northiam village. Between us, we managed to sponsor four months worth of the feeding programme.

Although the village is still in a famine crisis, there is better news on the horizon. The new crop has been planted and the rains have been very much kinder this year.

The children take their farming tools with them as they have to stop and do some farming on their way to and from school. They have to keep their tools by them at all times otherwise they would be in great trouble if they lost them or if they were stolen!

Look how great the crops look in comparison to last year. The crops growing are maize and

groundnuts (we would call them peanuts).

We will be writing to the pupils and are looking forward to receiving more letters from them in May when our School Link person returns from her visit.



BOARDING NEWS

By Sarah Medcraft

The boarders have been busy this half of term with weekend activities including bowling, roller blading, trampolining and some creative pursuits such as a creative craft session and a chocolate-making workshop in Tunbridge Wells. Keeping on the theme of chocolate, we were delighted to discover that Knoop's had re-opened after their winter break and their amazing range of hot chocolate was a great source of excitement for students, gap assistants and staff!

By now parents will have received information about our adventure activity planned for the bank holiday weekend on 4-6 May. This year we are looking forward to an overnight stay at a nearby PGL centre where our boarders will be able to try a range of exciting activities and catch



Hot chocolate fix!!

up on the day's events around the campfire. It promises to be a great opportunity to try something new.

A quick reminder for our weekly boarder parents to please advise boarding staff if there are any changes to the usual return-to-school-day after the weekend.

We would like to take this opportunity to wish Mr Doherty well as he moves on to a more sports-based position after half term. Joining us after Easter, will be Mr Swinson, and we look forward to welcoming him as Housemaster, assisting with games/PE.



Craft Magic in Rye



Bowling...

Coming Soon...Dates for your Diary	
Career interviews for Year 10 & 6th Form	6th March
Year 9 and 10 football tournament	11th March
Prep parents evening	19th March
Photographer visits (please ensure your child is smartly dressed)	21st March
Bronze Duke of Edinburgh practice	23rd March
Fun Run	5th April
Term Ends, Easter holidays begin!	5th April
Term re-starts	24th April