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### Dear All

Welcome to our February newsletter.

The third Monday of January has been awarded the title Blue Monday, and is supposedly the most depressing day of the

year (Christmas is over, it's still dark and cold, spring seems a long way off, etc.). So on February 29th we ran our second annual Wellbeing Day, to raise students' spirits, introduce them to some wellbeing techniques, to benefit them now and to equip them for life.

The Prep school had a healthy start to the day with some sporting circuits, where pupils were encouraged to monitor their heart rate. This was followed by a fully interactive drama session on internet safety. After lunch, the focus was on pets for wellbeing, with visits from four dogs, a pet quiz and a pet photo show. Then, after a mindfulness session, the day ended with music. Pupils had a disco and played pass the parcel, where pupils unwrapped inspirational ideas for their wellbeing.

In the Senior School, sessions included first aid, action for happiness, bush craft, yoga, archery, boot camp, singing, healthy snacks, life skills and affirmations, plus a presentation to Years 9 and 10 by an external group, Coppafeel!, on breast cancer awareness. All Senior School students - as well as selected staff - then took part in a Fitness Rave, with appropriate music and glow-sticks, to end the day.

Every day, indeed every lesson, counts, and we would not put aside a whole day for wellbeing if we didn't believe that it was time well spent. Young people - just like those of us who are slightly older - work better and achieve more when they feel good in themselves.

Thank you to everyone who contributed to the success of the day!

**Mr Nick Goodman**

**Principal, Frewen College**



## PREP NEWS by Sally Welch

### Science

Pupils mentioned science as a highlight last week. "It was fun making the parachutes," said Ben in Year 6. "We did it independently," said Luca in Year 5. The pupils had great fun testing the air resistance by launching them from the highest window. Unfortunately Arthur's got stuck in the gutter which caused much hilarity.

### Sport

Well done to the four pupils who represented Frewen at the Basketball tournament earlier this term. Yanni, George, Taylor and Olivia worked

## PREP NEWS by Sally Welch continued...

hard and played well throughout the event.

Well done to the eight pupils who were chosen to represent Frewen at the badminton tournament this week at Robertsbridge Community College. A special 'well done' goes to Sam and Luca who were placed 3rd overall in their group and also to Tim and Alex who were placed 1st in their group and then went onto the final and won! They were placed first overall out of 28 pairs. We were also very proud of Seb who was awarded most improved player.

### Swimming

Pupils learnt how to Life Save in swimming this term. "I saved Henry," said Noah in Year 6. It all sounded like great fun whilst making pupils aware of the dangers of water. Pupils have also been working really hard to improve their strokes and water confidence.

### Creative Curriculum

This term pupils enjoyed watching the model volcanoes erupt. Ben in Year 6 said it was his highlight of the week. Pupils had experimented with a variety of different methods and in the end it was the Pepsi mixed with Mentoes that did the trick. "We were allowed to stand really near!" said Oscar in Year 4.



## SENIOR SCHOOL NEWS

### Arts Faculty Art by Duncan Sangster

As part of Black History Month in October, Year 9 students immersed themselves in African culture; finding out about different tribes, traditions and ceremonial dances.

They were tasked with designing large scale masks, that would reflect the huge variety of influences found in parts of Africa and once a suitable design was drawn up students began making their masks out of boxes, bin liners and newspaper.

To create something from simple materials is an important part of the

year 9 curriculum, as well as to combine it with paint and printing techniques, so for those wanting to study GCSE Art next year, they got a taste of the kind of working process that is required for the course.

Overall, the masks were enthusiastically made and show not only a good understanding of African culture but also reflect the personalities of each of the students. Well done Year 9!



## SENIOR SCHOOL NEWS

### English by Neil Stanley

#### Creative Writing, by Gervase Phinn

**My story on Monday began:** *Mountainous seas crashed on the cliffs, And the desolate land grew wetter ...*

The teacher wrote a little note: Remember the capital letter!

**My poem on Tuesday began:** *Red tongues of fire, Licked higher and higher From smoking Etna's top ...*

The teacher wrote a little note: Where is your full stop?

**My story on Wednesday began:** *Through the lonely, pine-scented wood There twists a hidden path ...*

The teacher wrote a little note: Start a paragraph!

**My poem on Thursday began:** *The trembling child, Eyes dark and wild, Frozen midst the fighting ...*

The teacher wrote a little note: Take care - untidy writing!

**My story on Friday began:** *The boxer bruised and bloody lay, His eye half closed and swollen ...* The teacher wrote a little note: Use a semi-colon!

**Next Monday my story will begin:** *Once upon a time...*

This term, we turn our attention to creative writing. Year Seven will focus on character, with a new unit entitled Heroes and Villains. Expect "a fearful man, all in coarse grey with a great iron on his leg...who limped and shivered, and glared and growled, and whose teeth chattered in his head."

Year Eight will look at setting, plot and genre, producing their own Spine-Tingling Stories. "Once, he thought he saw a burst of fire at the end of the passage and twisted around to see if it was a dragon, but too late – they plunged even deeper, passing and underground lake where huge stalactites and stalagmites grew from the ceiling and floor."

Let's hope our students have a more inspirational time than the child in the poem!

When asked for comment, Head of English Mr Stanley drew on Thomas Hardy: "Happiness was but the occasional episode in a general drama of pain," he muttered.

### Lamda

This week an outstanding 50% of our students took their LAMDA 'Speaking in Public' exams. This is impressive, but particularly impressive for a school for dyslexic children.

As part of the LAMDA exams, Frewen students had to prepare and present a speech on a theme of their choice, often about a book, an experience or an object. Everything takes place under strict exam conditions so, quite a challenge for some of our younger students.

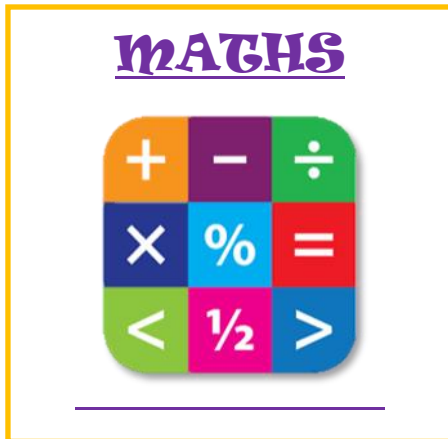




## SENIOR SCHOOL NEWS

Maths by Graeme Rawlings

### MATHS ZONE



### maths Club

**KS3 Wednesday** at 4:15pm with Mr Torres.

Not quite sure, then get that expert support!

**KS4 GCSE Thursday** at 4:15 pm with Mrs Classen

**KS4 Functional skills Thursday** at 4:15 pm with Mr Rawlings

The Chinese New Year

4718 (or our 2020) is the

### Year of the RAT



The RAT's personality is outgoing, cheerful, and sociable in character. They can get along well with different people, so there are a lot of friends around them.

RAT people are believed to be very industrious and thrifty, diligent and positive. They love to collect.

### 'Rarest of palindromes'

For all you numerologists, statisticians and anyone else beguiled by "oddball numbers", you will want to celebrate this date.

**Sunday, 2 February 2020**

when set out in numbers - becomes the rarest of palindromes, whether the day or month is written first.

For instance, 02/02/2020 reads the same forwards and backwards and there won't be another like it until 12/12/2121.

Also Sunday, 2 February 2020 was the 33rd day of a leap year, with 333 days of 2020 left

### Do Millennials have worse money skills than teenagers?

Over 1,000 people were given a mock GCSE financial literacy exam to gauge their understanding of key financial principles and their grasp of basic maths.

Only 36 per cent of millennials gained top marks

42 % of teenagers made the top grade, but best of all ...

the baby boomers (those between 50 and 65) with 59%



### Which Generation Are You From?



## PSHE/Well Being Day by Hazel Lawrence

On February 29th we ran our second annual Wellbeing Day, to introduce students to some wellbeing techniques to equip them for life.

### Online Safety:

As part of this day our Year 10 & 11 students attended a session about Online Safety. The following points are all about encouraging students to have a positive digital footprint:

- Think before sharing · Use the right settings
- Be safety-conscious · Delete old accounts
- Stay Careful

More details can be found on CEOP parent information website: <https://parentinfo.org/article/having-a-positive-digital-footprint?>

### Coppafeel:

Another session in Wellbeing Day was a talk from Cole, one of the Boobettes from Coppafeel Charity. This charity is aimed at young people raising awareness of breast cancer and encouraging young people to start to get to know what is normal for them.



### Railway safety:

This term students have been watching a short film produced by Network Rail on railway safety. This was followed by a class discussion on what they saw.

Please do speak to your child about this important matter.

## SCHOOL COUNCIL by Hazel Lawrence

On behalf of the School Council we are pleased to announce the details of this year's Fun Run!!!

It will be on Friday 3rd April: arrival from 2pm – Fun Run starts at 2.30pm. Theme: Climate Change & Protecting the Environment

This year the school council are committed to protecting the environment. So this year they are aiming to make the Fun Run a Zero Waste event by:

- Encouraging everyone to bring a reusable / refillable water bottle
- Costumes made from recycled material
- Any plastic waste on the day to be collected and turned into eco-bricks

Another new feature for this year is that we are asking students to get sponsored to run in the Fun Run. Further details will follow.

The money raised will be split between our Swimming Pool fund and an environmental charity.



## CAREERS by Hazel Lawrence

### 'I Can' Careers fair

Year 10 recently travelled to Eastbourne to attend a Careers Fair – this was an opportunity to meet people from a range of organisations including Bexhill College; East Sussex College Group; Plumpton College; Military Preparation College amongst others.

Two of our students, Fynn and Amari took part in a coding workshop led by Microsoft; Poppy, Tia and Tallulah had their hair done by the Hair and Beauty team and Reggie spoke to several providers about their catering courses.

An excellent and informative morning was had by all – many thanks for Mr Stanley for driving us there.



### Careers Chats

This is an important term for Year 9 as they start to think about their options; to help them with this process Carrie from 'My Future Starts Here' came into school to support them with starting to think

about future choices and options.

### Up coming dates:

25th March – Year 11 interviews at Bexhill College

1st – 5th June – Year 10 Work Experience

3rd July – Year 10 Taster Day at Bexhill College

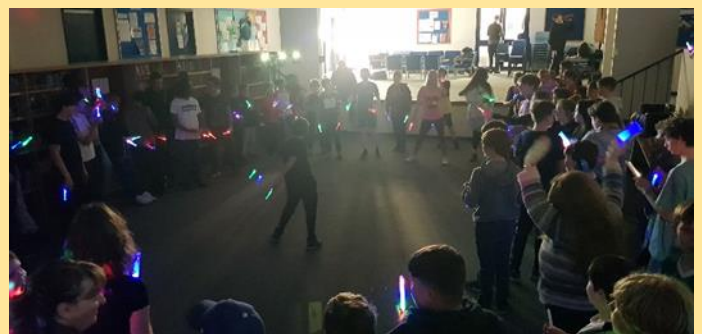
## GAMES AND SPORT By Jo Hambleton

### Rockley Launch 2020

The Rockley Trip has been launched and all the available spaces have now been filled. Thank you to all those who have signed up and made initial payments. It is going to be an action packed week!

### Well being Day

This year in Wellbeing Day we again focused on the benefits of physical, mental and social wellbeing and offer a variety of activities for students to take part in. Some of the physical ones included bush craft, boot camp and we ended the day by doing a fitness rave complete with lighting and glow sticks. Although for some students this was something very outside their comfort zone they all did well and took to the dance floor!





## GAMES AND SPORT *continued..*

By Jo Hambleton

### Beautiful Cross-Country

This term we have been doing Fitness and this involves running and doing fitness-based activities in our amazing ground. We set off on our cross-country run to be greeted by the deer. Not many schools have this much wildlife to offer!



### Sport Relief



Sport Relief takes place on 13th March 2020- This nationwide charity event asks students to walk, dance, swim, floss or round up your mates for match. This is to raise money to end poverty and injustice in the UK and across the world. Although we don't have a specific Frewen Event, can you raise money for this cause by gaining sponsorship!

Check out the sport relief website ([sport.relief.com](http://sport.relief.com)) for ideas and let Mrs Hambleton know if you are able to fundraise!

### BOARDING NEWS by Hannah Lewis

This term has got off to a great start! Not only have we welcomed in a new decade, but we have also welcomed two new members to the boarding team, Eliza and Harvey. They have joined us from Sydney, Australia, as this year's Gap Assistants. Both have settled in well and we hope they enjoy all the opportunities and experiences that their time with us brings.

So far this term our students have enjoyed a range of activities including; bowling, cinema trips, and

trampolining as well as getting up close and personal with some furry friends during a behind the scenes tour at Raystede's Animal Sanctuary.

A highlight was a chocolate making experience at Temper Temper in Tunbridge Wells. The idea was to make some nice chocolate gifts for Valentines or to take home for half term, but for some people, however, the chocolate didn't even make it back to school!

Later in the term we will be taking a trip across the pond for a day trip to Bruges, Belgium. What a cracking day that's going to be, with a planned boat trip on the canals, a walking tour through the heart of the medieval city, not to mention chocolates and waffles galore! I



### Coming Soon...Dates for your Diary

24th February	Term starts
6th March	Non uniform day
12th March	School photographer visit
13th March	Yr 10 parent consultation
17th March	Prep parents eve
28-29th March	Bronze D of E practice w/e
3rd April	Fun Run