

Weekly Bulletin

w/c Monday 11th February 2019
Week A / [February Menu](#)

[Notices:](#)

- **Eating and drinking:** Recently, we have seen a trend with lower school students attending the med centre feeling sick and light-headed. After investigating, the cause appears to be that they have not eaten breakfast or had anything at break time. Most pupils are drinking very little which will make them feel light-headed and they will struggle to concentrate. We would appreciate it if they could be reminded of the importance of eating breakfast and drinking enough through the day, as this really does have an impact on their learning and wellbeing.
- **Wellbeing Toolkit:** The online Wellbeing Toolkit is now available to view online. This new initiative is run by Sixth Formers and is available to every student in the school. The aim is to provide the opportunity to talk about worries and offer support, as well as develop strategies for resilience. Students will be hearing about the toolkit before half-term; please could you encourage your son/daughter to think about what to put into their Wellbeing Toolkit over the half-term. There are useful documents available on the website (link below).
- **Tanzania 2020:** Yesterday, Tom Trueman, managing director of Trueadventure, launched project Tanzania 2020 for students currently in Years 10, 11 and 12. On Thursday 14th February at 7.00pm in the Queens' Hall, Tom will be giving a more detailed presentation about the expedition to parents and students that are interested. For more information on the Tanzanian expedition, please [click here](#) to go to the Trueadventure website.
- **Second Hand Uniform Shop:** The CSPA will be opening the Second Hand Uniform Shop on Saturday 9th February from 9:30am—10:30am, as it was not open last weekend due inclement weather conditions. As always, donations of outgrown uniform and kit are most welcome.
- **Weald Table Tennis Club:** The Weald Table Tennis Club are looking to recruit young players for high level training and coaching. For more information, please [click here](#).

New on the website:

- [Wellbeing Toolkit](#)
- [Hairspray: A musical spectacle](#)

Dates for your diary:

- Thurs 14th Feb Tanzania 2020 presentation, 7:00pm, Queen's Hall Theatre
- Fri 15th Feb Half Term (3:35pm)
- Sun 24th Feb Borders return (from 6:00pm)
- Mon 25th Feb Return to school
- Tues 12th Mar Sixth Form Open Evening, 4:30pm—7:00pm, Sixth Form Centre

Links to attachments (these will redirect you to the website):

- [Futures](#)