



Seaford College

Prep · Senior · Sixth Form



Winter Newsletter 2023

A round up of academic and pastoral news

Love to learn

Remembrance Day

Hundreds of students, parents, staff and alumni attended our moving Remembrance service on the morning of Sunday, 12th November.

Thanks to all those who helped to make Remembrance Sunday so special, and well done to everyone involved with the service. Particular thanks should go to the CCF, our choir and orchestra, Major Plewes, Father Colin, Sara Vernon, Jenni Hawkins and Mercè Molas-Moss, our teachers and our operations and catering teams.

The afternoon then provided a chance for Old Seafordians to catch up over a bite to eat in the Mansion dining room and down at the sports fields watching alumni taking on the school teams.

We would like to thank all the alumni who turned up to play in and watch our Remembrance Sunday sports matches. This year, there were mixed hockey and netball matches, some clay pigeon shooting and golf. In the hockey, the alumni team kept up their winning streak by beating the Seaford team 4-1. The alumni women also won their netball match 50-20. Thanks to Chris Adams, Jack Halsey and Major Plewes for organising the sports afternoon.





Student Voice

Student voice is at the heart of the Seaford community. The autumn term is always an exciting time for the various councils to re-group, encourage new members, and establish their goals for the year ahead.

All student councils have seen a change in leadership this academic year. The Eco Council for the Sixth Form is now hosted by Mr Mitchell, while Ms le Barth and Mr Hart continue to support the Middle School and Prep School, respectively. The Charity Council's new Chairperson, Art Griffith, has made a positive start by hosting a whole school assembly this term to remind students of their social responsibility and to support others less fortunate than themselves; 'faith in action' was the key message. The Year Groups' Councils have begun recording the wants and needs of their peers and reporting to the School Student Council each half term. In the Prep School, Mr Hart has met with both Years 1-6 and Years 7-8 School Council this term. As always, these meetings are well attended and students had some great ideas.

This year's focus will be to put more control and ownership into student hands, to ensure that it is truly student led. They will be inviting key members of staff in to host specific feedback sessions and, hopefully, take groups of Student Council members to London to watch Parliament in full flow.

Our approach moving forward will be to split the councils into a Middle School and separate Sixth Form Council in half term one, and then have a full, combined meeting the following half term. This will ensure that each year group can have more dedicated time to speak on the issues that affect them the most. There will be a prefect team in place to support the Middle School Council members and help design and implement the election process. It is an exciting time.



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Student Wellbeing

Continuing to create an environment that nurtures wellbeing is a key priority for all of us here at Seaford College, and we are always looking for new ways to enhance the support we offer our students – when students speak, we listen, hence the changes outlined below.

Meet No.46

Seaford's pastoral hub, formerly known as the Pink House, has a new name: No.46. The new name celebrates 1946, which is the year Seaford College moved to its current location at Lavington Park. In numerology, 46 represents inner strength, resilience, creativity and discovery.

The primary goal of the No.46 team is to build resilience and to support students, enabling their continued growth as they journey through the school. Building resilience and teaching positive coping mechanisms is at the heart of everything the team do, and this can be done in a structured

way, by drop-in sessions with any member of No.46, with our Counsellor or sessions with our Martial Arts Instructor. Not forgetting to mention our two pastoral dogs, Max and Frank, who are also very happy to be walked.

Seaford's inclusive and nurturing environment fosters a culture of kindness and openness, aiming to eliminate any stigma surrounding mental health. Student wellbeing is at the forefront at Seaford, and students know that if they have a problem, they can go to No.46 knowing that they will be supported and have someone to talk to.



Sarah Adams (DDSL), Mark Bernhardt (DDSL), Jo Forman (Assistant Head - Safeguarding and Resilience, DSL), Reverend Colin Datchler (School Chaplain), Simon Staples (Martial Arts Instructor), inset – Julia Hosp, (Counsellor).

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Parent Wellbeing Evening – Save the Date

Our next Parent Wellbeing Evening will be held on Tuesday, 6th February, 2024 at 7pm for refreshments, with the talk from 7:30pm – 8:30pm.

The evening will commence with a 'meet and greet the pastoral team' followed by speaker, Karl Hopwood, on 'Social Media, Online Safety and Protecting and Supporting Children'. Further details to follow in January.

This speaker has been chosen due to parental requests for further information on the topic of social media. If any parent wishes to make a request for a future Wellbeing Evening, we welcome all suggestions. Please contact 46@seaford.org



Karl Hopwood talks to Year 11 students about all things Social Media.

Peer Mentor Programme

Peer Mentors at Seaford actively engage with and support younger students across our community and can be identified by their pink lanyards.

The Year 12 Peer Mentor Recruitment / Taster afternoon held in October was run by both the current Year 13 Peer Mentor Leaders and the No.46 team. It was a hugely successful afternoon with engaged and enthusiastic participation from all involved, resulting in numerous articulate and heartfelt applications to join the 2024 programme. The application process closed in November with 40 new Peer Mentors being offered roles, of which five were chosen for leadership duties.

As exciting as recruiting our new Peer Mentors is, it does mean that we have to say farewell to the 38

Peer Mentors from the wonderful 2023 cohort, who have been leading students through emotional ups and downs over the course of this year. The current cohort have been nothing short of inspirational, resilient, and courageous in their approach, and we have been extremely impressed by the insightful questions and ideas that they have brought to the programme. Never once have they said no when asked to 'perform' in front of a camera or present to the whole school, and they also seemingly relished opportunities to role-play in assemblies!

Thank you to the Leaders and all the Peer Mentors from 2023 – you have left very big shoes to fill!

Breck's Story

helping young people
reclaim the internet

Student Personal Development and PHSE

Personal Development lessons are now a permanent feature on the academic calendar as it moves into its second year. Each Head of Year, Director of Middle and Sixth Form, together with the Director of Studies in the Prep School, continue to collaborate on ideas and support each other to create a spiral curriculum for the students that is inspiring, thought-provoking and reflective.

This term, every year group has participated in a bumper selection of lessons, ranging from Digital Safety and the necessity to embrace Artificial Intelligence (AI) with both excitement and wisdom; Relationship Building; to the newest edition of our Leadership Pathway Programme with High Performance Coach, the 'Education Athlete', Rick Cooper.

As the Sixth Form students prepare for independent adult life, their lessons have centred around topics that equip them for that next big step. Year 13 students have focused on the UCAS process, alternative pathways, Study Skills, and finance, among many others. Year 12 students have now settled into the new rhythms of A Level and BTEC demands by addressing strategies for managing stress, emotional wellbeing and nutrition, and will finish with their first Driver Awareness course in the final week of term.



The Middle School team have worked on relationship building for the Year 9 students, recognising healthy and unhealthy relationships and habits, culminating with an outstanding Anti-Bullying workshop with guest speaker, Rob Higgs, and follow-up discussions with their tutors.

Year 10 students began the year with a powerful presentation from the Breck Foundation, which highlights the necessity for online safety, followed by an exploration of Emotional and Intellectual Intelligence. They have delved into the world of AI, discussed Real vs Fake news, and completed the term with Mental Health discussion in groups.

Year 11 students, as they prepare for their mocks in the new year, have received advice on time management, study skills, revision techniques and organisational tips from the academic perspective, while complementing this with emotional needs, such as stress management, relaxation techniques (Chair Yoga was a big hit with the students) and relationship guidance.

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In the Prep School this term, PC Phillips delivered a session to Year 7 and 8 students on the importance of keeping safe online.

Shannon Reddin returned this term to deliver Relationships Education to students in Year 5 and 6, as well as Relationships and Sex Education to those in Year 7 and 8.



We have introduced an optional 'drop in' session where students can speak to Shannon in small groups outside the main session. Recent assemblies in the Prep School have increased awareness of the European Day of Languages and Dementia Awareness. During national 'Anti-Bullying Week', we enlisted the help of some Year 13 Prefects to encourage students to think about bullying.

Our guest speakers this term have been outstanding. The students benefit from listening to professionals in their fields of expertise, and for the first time this year, we are running a full Leadership Programme with Rick Cooper, and extending his large group workshops into smaller, bespoke, four-week courses with each year group.

Years 9 and 13 have already completed this with exceptional feedback from both the students and parents. Another new addition has come from the author of *Boys Don't Try*, and most recently, *Boys Do Cry*, Matt Pinkett.

Matt hosted assemblies with Year 7 and 8, on 'calling out' inappropriate behaviours within peer groups, and giving them strategies to support a positive, friendly, learning environment.

Year 11 students participated in a two-hour workshop to discuss the societal issues surrounding misogyny, and how to prevent polarisation of genders by supporting one another, treating everyone with dignity and sensitivity, and discussing what 'positive masculinity' looks like and strategies to achieve it.



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Boarding

Boarding at Seaford continues to thrive, and we have seen full capacity at many points this term.

There is no doubt that the range of activities boarders can access in the evenings is certainly a draw, as well as the academic support sessions running to give all boarders on site a chance to spend time with subject specialists, going through work/completing coursework or reviewing work already submitted to gain extra help and feedback.

The boarding community is a cohesive and happy one. The lovely thing about the evening activities and support sessions is that they are open to all boarders from all year groups and all houses, and this encourages the boarders to mix with different year groups and with people they may not see at all during the school day.

We continue to monitor the range of activities and support sessions on offer every evening, and, working with the Boarders Council, we always try to ensure that they reflect the boarders' wants and needs wherever possible.



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Prep School Highlights

As is ever the case, the Prep School has organised and run a variety of educational trips and visits to enhance the curriculum and generate curiosity and deeper thinking as well as the social and developmental aspects of education: fun is also a much-overlooked part of these experiences.



Years 7 and 8 had a trip to 2XS watersports centre in West Wittering at the start of the term, enabling Year 8 tutor groups to bond and integrate and for Year 7, with a significant number of new joiners to the school, to become familiar with their tutors and peers in a fun and engaging way.

Year 7 pupils also had a wonderful Paris residential trip to further bond and develop their personal confidence and independence. Our Years 1 to 6 have also had a broad range of experiences with Year 3 visiting Butser Ancient Farm as part of their Anglo-Saxon studies, a visit from the Novium Museum, looking at the Romans.

Year 6 had a fabulous three-day residential experience at Henley Fort in Surrey involving re-enactment of WW2 trenches as well as outdoor education.

Year 5 students had a most successful trip to the Planetarium in Chichester to complement their work on the solar system. Relationships and Sex Education, provided by Shannon Reddin from Enrich Education, continues to be a feature of Prep School and indeed Senior School education – this is so important not just to fulfil the statutory requirement but also to continue to support pupils in their personal development.

The Prep School has also held some delightful Tea & Tunes Concerts and Dance, Drama & Doughnuts for all year groups with excellent numbers participating. It is so important that the pupils have the opportunity to develop their performance skills and confidence, and parental support of these events has been much appreciated.

Years 1 to 5 put on a simply fantastic Christmas production of the Nativity in the Johnson Centre, and the audience were well entertained. There was also the Crib Procession to the School Chapel led by Father Colin, who explained the significance and history of both the Chapel and Crib processions. The Christmas Carol Service in Chichester Cathedral, bringing the term to a close, is always a highlight in the Prep School year, and this year was no different.



The staff, too, have not let the grass grow under their feet, with ongoing professional development focusing on iPad resources to enhance learning as well as a continuing drive to develop digital literacy and reading development in pupils and equip them for success moving forward.

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Middle School Highlights

As we approach the end of another enriching term, it is time to reflect on the vibrant happenings across our Middle School. The students in Years 9, 10, and 11 have truly embodied resilience, academic excellence and community spirit during the buzzing autumn term at Seaford.

The start of Year 9 marked a chapter of growth and discovery for our students. Navigating the challenges of a new environment in the Senior School, they demonstrated commendable resilience, forming fresh friendships and delving into exciting new subjects. With 7,154 positive day books, their achievements in lessons are truly praiseworthy. Personal development thrived with captivating talks, leadership workshops and co-curricular successes. The Student Council's initiatives, from a football table to improved access to sanitary products, showcased the power of student voices in shaping our community. We anticipate more opportunities for personal and academic development in the upcoming events which promise to add joy and festivity to our year-end.

In Year 10, our students have seamlessly embraced their GCSE option subjects this term, and this step-up in terms of academia has been witnessed by all our staff. The students' academic dedication, reflected in their recent academic reports, mirrors the high standards they uphold during lessons. Additionally, the array of talents presented on stages, pitches and in classrooms has been outstanding all round, demonstrating the students' diverse talents

in all our co-curricular offerings. The emphasis on student voice and Personal Development sessions continues to nurture well-rounded individuals who embody all that Seaford has to offer.

In Year 11, the forthcoming GCSEs in May suddenly feel not so distant this term. Their management of the natural stresses of this important year is a testament to their grit and growth. Mock exams loom, and the pressure is felt, yet the students have excelled in various performances, matches, and concerts, finding solace in the things that give them joy and distraction. Due to this, their Personal Development sessions have focused on vital topics, including mental health awareness, exam preparation and resilience. As students approach the mock exam period in January, they are well equipped with revision strategies and support. The upcoming season will add a touch of festivity, leading them into a well-deserved Christmas break, balanced with some important revision, this holiday.

Overall, the Middle School has been a hive of activity, growth and accomplishment. The unity, enthusiasm and commitment of our students shine brightly as we look forward to a new year filled with promise and purpose.



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Sixth Form Highlights

Autumn Term is about moulding a Sixth Form from existing Seaford and new-to-Seaford students and setting the tone for a productive, rewarding year ahead. We came back in September to a refreshed and expanded Sixth Form Centre with new Heads of Year, Miss Robertson and Mr Kimber, and their pastoral teams.

Year 12 also rang the changes with a new destination for their welcome trip, swapping Wales for the warmer Jurassic Coast, but the fun stayed wet and muddy. The key to a successful Sixth Form is to quickly integrate students new to Seaford with old hands, and the wonderful Year 12 Ball in late September allowed parents to make new connections.

With such a large and diverse range of subjects and qualifications on offer in Sixth Form, we have a lot in common both with traditional schools and Sixth Form colleges. The atmosphere in the Sixth Form Centre has started to reflect this blended ethos. Students have the space to concentrate fully on furthering their academic studies either independently or in collaboration with other students. The Autumn Term of Year 13 is the calm before the storm of public BTEC exams in January and A Level mocks in February, with the added incentive of sending off UCAS applications and receiving university offers. Christmas is crackling with positive nervous energy.

Sixth Formers have thrown themselves wholeheartedly into co-curricular activities over the Autumn Term with sport and performing arts leading the way. Girls have been able to compete in both hockey and netball during the term, while boys have enjoyed a tough fixture list with blocks against some of the top names in English schools rugby. It is often on the pitches or in rehearsals that lasting memories are made and friendships forged; there will be plenty more opportunity for all over the remaining terms.





Achievements Outside the Classroom

Combined Cadet Force

It has been another busy term for the Combined Cadet Force. Despite difficult circumstances at the MOD, we have continued to conduct some fun, challenging and beneficial training.

The CCF was active over the summer holidays, conducting their own residential camp, as the centrally run camp was cancelled. Cadets visited the home of the Royal Engineers, learning about their role in operations and looking at some of their equipment. Next was a two-day survival package, including butchering and cooking game meat (deer, pigeon and trout), fire building, whittling, shelter building and finally a touch of axe throwing.

Some keen and ambitious senior cadets undertook the Cadet Force Instructional Techniques course at the end of the holidays. This qualifies them to deliver training to the junior cadets and qualifies them for promotion to Cadet Sergeant.

The focus then moved to preparation for the Remembrance Service, the major event of the term. It was conducted like a military operation; the event ran like clockwork and in perfect harmony with the choir, a performance befitting of the thoughtful nature of the day.

During the half-term break, some of the new recruits took part in a 'Boot Camp' designed to kick-start their cadet journey with two full days of fun and interesting activities. Directly after this was then a two-day Weapon Training package as well as another Cadet Force Instructional Techniques Course.

Other key activities included:

- Royal Navy Field Day to the Portsmouth Historic Dockyard
- Army and RAF Field Day consisting of a full day of theory and practical navigation training in the local area
- Clay pigeon shooting
- Cadet rifle live firing range day
- RAF Air Experience Flights



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Outdoor Education (including Duke of Edinburgh Award)

The Outdoor Education team at Seaford has had a bustling start to the academic year, featuring regular climbing, archery, clay shooting, and the reintroduction of paddleboarding at Chichester Basin.

The Prep School Bushcraft Club remains highly popular, with many parents and children recently getting involved in the 'Festive Parent & Child Bushcraft event' at the end of November.

The climbing team has been gearing up on the Seaford Wall and Red Spider Wall in Fareham, preparing for upcoming inter-school competitions. Current success has seen the school climbing team placed 2nd and 3rd in the lead climbing element. Meanwhile, the first half of the term witnessed the dedicated efforts of existing Duke of Edinburgh (DofE) participants, with many achieving their full Bronze or Silver Awards. This resulted in a reward ceremony, which included certificates, pin badges and celebratory tea with Mr Green.

This term saw Seaford Sailing welcomed its new Head of Sailing, Mr Pattison, who has brought a wealth of experience, including international rankings and an impressive sailing background. The intention is to develop both grass roots and competitive sailing.

Looking ahead, the 48 Silver Duke of Edinburgh Award expedition participants who survived the training in the New Forest during a very wet half term are now commencing their planning for the Summer Expedition in the Forest of Dean. Post-Christmas, the Outdoor Team will be offering all students the opportunity to get involved in scuba diving, more competition climbing, Prep School bushcraft and the John Muir Award.



Performing Arts

This term has been a whirlwind of artistic excellence in the realm of the Performing Arts department, with students achieving remarkable milestones and leaving an indelible mark on the cultural landscape of the school and in the community. From thought-provoking plays to captivating workshops and unforgettable concerts, the achievements from our students have been nothing short of excellent.

The recent Christmas concerts filled the air with festive cheer, as students showcased their musical talents at a myriad of events. The vibrant and joyous performances added a touch of magic to the end of term for the entire community.

A memorable theatre trip took Drama students to witness a mesmerising performance of *Metamorphosis*, opening their eyes to the transformative possibilities of the stage and broadening their understanding of diverse forms of storytelling. This led very nicely into 'Frantic Assembly' then visiting Seaford to deliver a workshop, providing a unique hands-on experience, allowing students to explore innovative approaches to physical theatre. This dynamic workshop not only enriched their understanding of the art form but also ignited a passion for collaborative and experimental performance.

Some of our dancers performed by invitation at Chichester University at their 'boys' dance day'. This empowering showcase not only highlighted the boys' skill and dedication but also championed the importance of inclusivity in the performing arts.

A seminar from WaterBear provided a platform for students to engage with industry professionals and gain valuable insights into the world of music and performance. This seminar not only broadened their horizons but also inspired a new wave of creativity among aspiring musicians seeking further education in the world of music technology.

Weekly lunchtime concerts continue to be a regular source of joy and inspiration, providing students with the opportunity to showcase their musical talents in a relaxed setting.

The achievements in the Performing Arts department during the term have been a testament to the passion, dedication and creativity of our students with masses of support from our excellent staff. From the stage to the rehearsal room and the concert hall, each endeavour has contributed to a vibrant and thriving 'performing buzz' within the school. As we celebrate these triumphs, we look forward to the rest of the year being full of performing arts delights.



Seaford Sport

Cricket

Fantastic news! For the third year in a row, Seaford College has been named in the Cricketer Magazine top 100 schools, and as our boys' and girls' cricket programme continues to thrive, we are very proud that five students have been selected on cricket performance pathways: Mollie Adams, Lottie Curling, Luke Smith, Kieran Finnegan and Harry Walker.

Mr Adams, Miss James and Mr Palmer Goddard have also started to incorporate our Year 9 students into the outstanding performance cricket programme, which means many of our students are now accessing top coaching all year round in preparation for the summer.

Netball

Netball has had a busy term with the U14, U16 and U18 teams competing at the National Schools – Sussex Round, producing some excellent performances against strong opposition. The U15 and U16 teams are progressing through the rounds of the National SnS – Sisters n Sport – Plate and are growing in strength each round. The Senior College girls have enjoyed their usual off-season netball activities and additional pre-season training along with new Saturday sessions for our senior athletes. All the girls have worked extremely hard and have developed key skills ahead of the eagerly awaited netball season. We are very proud to say that we have a growing number of students playing county and regional netball, and two of our students have been selected on the Surrey Storm / England Performance Netball Pathway. Well done to Eva Doubler (U17s) and Lili Doubler (U19s).



Golf

Seaford golf has had a great term with great fixtures against Brighton College and Eastbourne College. We also had a strong week in Coventry at the AQ invitational where the players had chances to gain world amateur ranking points and finished top 3 as a team. Individually we have had some great achievements with Georgia Young winning the Sussex Girls Order of Merit, Alex Wells verbally committing to Virginia University for 2025 and Freddie Muggeridge signing for Southwestern Community College this coming August 2024.

Swimming

This year marked a significant milestone for Seaford swimming as we joined the Schools Swimming Super League, hosted by Hurstpierpoint. The league provided an exciting platform for students ranging from U12 to U18 to engage in competitive swimming within the school community. Notably, our school demonstrated outstanding performances across various age groups, competing fiercely against excellent swimming schools. We take pride in offering our students the chance to showcase their unwavering commitment and hard work in the sport. Our dedication to comprehensive swimming lessons at Seaford has enabled our prep school students to pursue their school swimming awards, aligning with the Swim England guidelines. This commitment to structured swimming education ensures that our students receive a well-rounded experience and the opportunity to hone their skills. As we reflect on our achievements, the Seaford swimming programme looks ahead to a promising future.

Tennis

It has been fantastic to see significant interest in the tennis programme this term. We have entered both boys' and girls' teams into the LTA National Championship for the first time this year. This provides opportunities for our students to showcase all their hard work and dedication in a competitive environment. Providing these fixtures throughout the year will increase our ability to host and participate in competitive fixtures in the summer term. Our current Saturday tennis programme has included developmental coaching for all students across the college, which will be returning in the summer term when the weather improves.

Hockey

The girls are having a fantastic season on the hockey pitch across the age range with huge strength and depth developing from the Prep School into the Middle and Senior College. We have had record numbers of girls representing the College at hockey this year. The girls have tested themselves on a challenging weekly fixture list along with County and National Cup matches. We now have many students representing their various county programmes. Poppy Stace (Year 9) has been asked to represent the Invitational UK Lions team, and we have Tegan Lyne and Rosie Stace (Year 11) training within the Guildford Talent Academy.

Rugby

It has been another successful year for our Seaford rugby players and teams. We have six boys represent Harlequins and two representing London Irish: Quins U16 – Josh Andrews, Quins U17 – George Chandler, Quins U18 – Jimmy Staples, Oscar Thompson, Rory Minton, Harry Bostock; London Irish U18 – Elliott Giles and William May. A large contingent of Seaford boys are involved in the Quins DPP programme from U14 to U16, while many of our senior boys have been selected for their respective county rugby programmes. This season has seen arguably our strongest fixture list with Seaford now competing with the top schools and colleges in the country across the age range. The future looks bright with strong performances from our Prep School through to the senior squads. We are already looking ahead to the Seaford Southern Tens, the National Sevens and Sedbergh Tens. Lots more to look forward to in the new year.

Equestrian

In October half term, Seaford Equestrian took a squad of 10 riders and 10 horses up to the National Schools Equestrian Association (NSEA) Show Jumping & Arena Eventing Championships at Addington Equestrian Centre, near Milton Keynes. There were 160 schools represented, all of whom had to have been placed in the top two teams or top four individuals in their area competitions to qualify to compete. Competition was intense and of an extremely high standard, but we had some amazing results as follows:

- National Team Champions 100/105m Arena Eventing
- National Individual Reserve Champion 100/105m Arena Eventing
- National Reserve 110m Team Champions
- National Show Jumping Championships 100/105m Team 3rd
- Speed Show Jumping Individual Warm-Up 3rd
- National Individual 110m Show Jumping Championships 5th
- National Individual 120m Show Jumping Championships 5th
- National Individual 110 Arena Eventing Championships 8th

In November, we competed in the NSEA Eventers Challenge competition at Coombelands, Pulborough, qualifying two teams for the Nationals at Hickstead in May, while our other riders gained much experience jumping these challenging courses.

Our equestrian teams are going from strength to strength, and we're delighted to include grassroots riders again competing at the lower levels of 40cm - 70cm. There are two training sessions in the Christmas holidays with three-time Olympian Tina Cook at Coombelands and Hascombe Indoor Arena.





Competitive Houses

This term has seen a bumper programme of events for our students to get involved with on a friendly but competitive level. House Cross Country was the first big event of the year in October. House Rugby, Hockey, Bake Off and Debating have all been hits this term, with points being spread relatively equally across the five houses. The Christmas Quiz brings all the students in the Senior School together to compete for house points in the final event of the term. These are the standings at the end of this term, with all still to play for:

Next term, we look forward to a plethora of new events. House bridge building will test students' imagination and understanding of the laws of physics, the remote-control car time trial will test students' reaction times whereas the Land Rover challenge will test the students' skill and dexterity. With chess going from strength to strength, lots of students will be looking forward to testing their problem-solving skills in the House chess competition. House Perudo will allow students with a tactical and mathematical flair to shine. The

House Readathon will continue into next term, and we will see the 2024 edition of the ever-popular House music – this year's theme is 'songs from the 1980's. Each house will perform a house song, with all students involved, and will present a house band which will include some of their top musicians. The term will then be seen out by the netball and boys' hockey events. It is fantastic that so many of our students are getting involved in these events to support and represent their houses.

Current House Points



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Driving Literacy

Research tells us that reading just 10 minutes a day has the power to raise your attainment by two grades. Therefore, we will be continuing to champion reading across the campus. Furthermore, reading is incredibly beneficial to your mental health. Take time out before bed each night and engage in a book. It will really propel your wellbeing and confidence in school.

Across the College, a dedicated group of teachers have formed a Literacy Working Group. We have recognised that at the root of all our success there has to be literacy prowess and performance. There is a well-known cliché that we can all recite: “Readers make great leaders.” In light of this, our focus this term has centred around reading. On 20th November, Mrs Thomas and Mrs Butler led a “Literacy Assembly” where the importance of reading was reiterated. Included in this, we have launched our “Reading in an unusual place competition” and the initiative to bring a reading book every day. In the Prep School, we have a Reading Quest competition, which all Prep School students should aim to participate in.

Love to Read

This term students have fully engaged with the various events happening in the library.

To mark National Poetry Day, students from Year 9 were given the opportunity to meet performance poet and recording artist Kimba Bush-Ramsey. Kimba inspired and entertained students with his poetic verse and reminded us of the importance of using figurative language when creating poetry. Students also had the opportunity to produce and perform their own poetry during an open mic session, held in the library at lunchtime. The event was a great success, and students continue to be enthusiastic about poetry within their lessons.

The Young Writers Competition is back again this term, and students have been producing their own pieces of original creative writing, which will be judged and selected for publication in the new year. The deadline for submissions is 22nd December, so we look forward to reading their short stories and discovering more authors here at Seaford.



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Destinations Programme

The UCAS season has been in full swing this term, and our decision to move up internal deadlines paid off – with almost two-thirds of our cohort meeting the November dates. These students are now looking forward to their forms being sent off before Christmas with the exciting prospect of offers from their universities coming through early in the new year.

As in recent years, there’s considerable interest in Russell Group universities, with nearly all our students applying to at least one of these prestigious institutions. The BUCS League universities also attract attention, especially from our talented athletes.

On the Oxbridge front, we have a robust group aiming for Oxbridge or medicine courses this year, applying to diverse courses from Biochemistry to Economics. It’s been a whirlwind of entrance tests, interviews and early applications, all while staying on top of academic studies.

Destinations – Class of 2022/2023

Russell Group Universities

Bristol, University of
Cardiff University
Durham University
Exeter, University of

Leeds, University of
Manchester, University of
Newcastle University
Nottingham, University of

Oxford, University of
Queen's University Belfast
Southampton, University of
York, University of

Universities


Aberystwyth University
Arts University Bournemouth
Bangor University
Bath Spa University
Bath, University of
BIMM University
Bird College
Bournemouth University
Bristol, University of the West of England
Buckingham New University
Cardiff Metropolitan University
Central Film School
Central Saint Martins
Chichester, University of
Coventry University
De Montfort University
East Anglia, University of
Falmouth University (Waterbear Brighton)
Greater Brighton Metropolitan College
Harper Adams University
Hartpury University
Heriot-Watt University, Edinburgh
Kent, University of
Kingston University
Leeds Beckett University

Leicester, University of
Leiths School of Food and Wine
LMA
London South Bank University
Loughborough University
Manchester Metropolitan University
Met Film School
Northumbria University, Newcastle
Nottingham Trent University
Oxford Brookes University
Plymouth, University of
Portsmouth, University of
Ravensbourne University, London
Reading, University of
Royal Agricultural College
Royal Holloway, UoL
Salford, University of
SGS
Stirling, University of
Swansea University
Surrey, University of
Sussex, University of
UCFB
West London, University of


Other Destinations

Cameron University, Oklahoma, USA
University Of South Carolina, USA
Bocconi University, Milan, Italy

Destinations Map - United Kingdom



International Destinations



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A graphic featuring the letters 'AI' in a large, white, sans-serif font, centered within a purple square. The square is surrounded by a complex network of white and blue lines resembling a circuit board or digital pathways, set against a dark blue background with glowing blue dots.

AI

Digital Seaford: AI in Education

Image by rawpixel.com on Freepik

In the dynamic landscape of artificial intelligence (AI), even the last few months have witnessed remarkable strides. At times it may seem overwhelming, confusing and terrifying. In education, it holds immense promise, yet concerns about privacy, bias and ethics loom large. So how do we navigate this world in a way that educates and protects our students?

Both the Department for Education and the House of Lords Select Committee on AI in Education have reiterated the need for schools to teach students about working with and using AI. All students from Year 9 to 13 have now had an assembly on the issues with AI, how to use it appropriately and what constitutes misuse. There are opportunities to explore these areas further in Personal Development lessons and in an AI activity on Monday afternoons.

AI is already disrupting the wider world of work and in small ways is affecting students in school. The nature of assessments, coursework and exams will no doubt continue to change. AI could enhance or revolutionise learning, depending on who you listen to. No matter what happens in the future, we must continue to value and develop the skills and characteristics that make us human and continue

doing the activities that keep us happy and healthy. At Seaford we are lucky to be future-proof with all the skill, physical, mental and character based opportunities we offer.

Online harms, misinformation and cyberthreats are magnified by AI advancement. Therefore, it is more important to lean on trusted and verified sources of information and to guard your personal data, including photos, videos and voice recordings from being openly available. When it comes to safeguarding, AI chatbots are not a replacement for human interaction for pastoral concerns or relationship advice.

For any queries or concerns about AI, please get in touch with Chris Hawley, Director of Innovation CHawley@seaford.org

A blurred background image showing students in a classroom setting. In the foreground, a student's hands are visible, interacting with a tablet computer. The tablet screen displays a social media interface with a video player and text. Other students and classroom materials are visible in the background, creating a sense of a busy learning environment.

Love to learn



Prefects

College Prefects have continued to make a tremendous impact this term and have remained an active presence around the campus, when on duties and when on parent tours.

Our four Prefect Teams this term have provided the Senior Management Team with an opportunity to thank the Prefects for their contribution, diligence and commitment. Throughout their tenure as Prefects, they have been reminded to look after themselves and to speak to senior staff and the Senior Prefect Team if they have needed support with their Prefect duties.

Our Prefect system is just one of the leadership opportunities offered to students at Seaford in their Sixth Form. College Prefects are ambassadors for the school and epitomise the characteristics and behaviours we expect from all our students at Seaford College. Recruitment of the next cohort of College Prefects, led by Ash Arya (Deputy Head), will begin in the second half of the Spring Term.



Love to learn



Showcasing Scholars

Academic Scholars

Sixth Form scholars aspire high and feel the pressure as they apply for the UK's top universities.

Sixth Form scholars had a busy term identifying which top university they wanted to pursue for their chosen courses. Many chose Oxbridge as a potential destination and applied for a range of courses such as Natural Sciences, History, Biochemistry, Economics and Maths. They had to endure gruelling entrance exams before December interviews, and subject teachers mobilised to support students by interrogating their knowledge in mock interviews.

Taken away from their teachers' comforting faces, students were put through their paces by external interviewers online to give them a real interview experience before the big day. For example, the Site Lab Manager at the pharmaceutical company GSK (who interviews hundreds of people a year) grilled our Biochemistry applicant on why, chemically, food tasted better hot or cold. Senior History teachers from The Angmering School tested our applicant's knowledge of Santayana, E. H. Carr and Jenkins, debating the purpose of History and whether it justifies public spending. What came across from all the applicants was the passion for their subject, their deep knowledge and understanding of content and, most importantly, their ability to think deeply and think on their feet. Well done to all our university applicants, especially those who have faced entrance exams, interviews and an additional layer of well-managed pressure!

Creative Arts

This term as part of their Scholarship Club, Year 9 Art scholars had the opportunity to participate in an exciting glass painting workshop.

Year 7 & 8 scholars have recently been working collaboratively, creating festive displays for both Halloween and Christmas.



Performing Arts

Performing Arts scholars have embedded themselves into our busy Music, Drama and Dance departments by thoroughly involving themselves in rehearsals, performances and ensembles with great gusto and enthusiasm.

Our Performing Arts scholars play a pivotal role in shaping the boundless creativity here at Seaford College. One exciting performance that celebrates the talents of our Music, Drama and Dance scholars this term was the Scholars' Showcase concerts. This termly event serves as a platform for budding performers to showcase their subject specific skills, captivating audiences with a mesmerising display of music, dance, and drama: some performances occasionally combining all three disciplines.

For many of our aspiring artists, the journey to success involves gruelling conservatoire and university auditions, some during the Autumn Term. These auditions serve as a rite of passage, testing the skills and resilience of scholars seeking admission to prestigious courses. The rigorous selection process ensures that only the most talented and committed individuals have the privilege of honing their craft in these esteemed institutions – and we are delighted that some scholars have already been awarded places on their courses of choice. We wish them all success in further upcoming auditions.

Our scholars, though individual in their chosen specialism, lead en masse in ensembles, orchestras, choirs, troupes, plays, rehearsals and performances, reinforcing excellent team-building skills that are vital to their future in their chosen discipline, while developing their own studies as soloists. The daily diligence from our Performing Arts scholars is also vibrant and dynamic and essential to the cultural tapestry of the wider life at school. Our scholars navigate a diverse and challenging landscape, enriching our lives through their dedication to the Performing Arts.

Sports

This term, our scholars and the wider College community got to meet people competing and working with world-class athletes who have played and coached at the highest level. It gave them an opportunity to ask questions that relate to themselves as well as academic PE topics, and they gained an insight into what it takes to be a professional athlete. They had visits from:

- Ben Cambriani – former Ospreys and Wales 7s
- Tina Cook – equestrian athlete and three-time Olympic medallist (1 silver and 2 bronze)
- Timothy Patterson – Functional Movement Systems

Coaching masterclasses were also well received by our scholars and included:

- Simplifying Processes: Thriving and flourishing – with Andy McBride
- The Game Plan: Competition for places – with James Overend
- Personal Development: Values and goal setting – with Jez Belas
- Competition Nutrition: Fuelling for peak performance – with Dan Richardson

Sporting Achievements and Honours

Senior Sports Captains Autumn Term 2023

- Girls' Hockey – Ellen Cornwell – Year 13
- Boys' Rugby – Jimmy Staples – Year 13
- Equestrian – Lulu James – Year 13

Spring Term 2024

- Girls' Netball – Lili Doubler – Year 13
- Boys' Hockey – Ben Blair – Year 13
- Equestrian – Lulu James – Year 13

International Honours

- Jimmy Staples – Year 13 – England Rugby – U18 Training Camps





School Production

A mesmerising rendition of *Macbeth* by William Shakespeare took centre stage in our Senior School Drama production, despite the inclement weather forcing the performance to be moved into the Johnson Centre from its original outdoor performances space within the Music School courtyard.

Shakespeare's timeless tragedy, *Macbeth*, recently came to life in a captivating performance that left audiences spellbound. The production not only showcased the depth of talent within the Senior School, but also demonstrated a commitment to excellence in every aspect of the Performing Arts.

The cast were nothing short of exceptional, with each actor embodying their character with passion and precision. The lead actors delivered powerful and nuanced performances that captured the complexity of their characters' lives, while the supporting cast contributed to the overall atmosphere of tension and suspense that is characteristic of Shakespeare's tragic masterpiece.

The use of lights and sound in the production played a pivotal role in enhancing the emotional impact of key scenes. Moody and evocative lighting heightened the suspense during pivotal moments, while the strategic use of sound effects, including eerie winds, thunderstorms and ominous whispers, created an immersive auditory experience.



What truly set this production apart was its commitment to immersive theatre and the welcome return of Shakespeare's groundling audiences – the standing crowds who are up close and personal with the actors. The actors confidently ventured into the audience, blurring the lines between stage and audience, heightening the emotional connection between the performance and the spectators.

Macbeth was a triumph of artistic vision and execution for new Head of Drama, Mike Smith. The stellar performances and the immersive technical elements contributed to a memorable and enriching theatrical experience. This rendition of *Macbeth* not only showcased the talent within the school but also exemplified the transformative power of live theatre to transport audiences to new worlds and engage them in the profound narratives of classic literature.





Charity

Charity at Seaford College is essential. This term alone, the school has supported Macmillan, Stonepillow, Children on the Edge, the British Legion and the Trussel Trust foodbank, among others, through various projects. It is the burgeoning relationship between the Eco Council and the Charity Council members that makes it all possible.

The total raised so far this term is more than £6,000, and the community hours given up by our students is over 700 in this term alone. Cake sales are always a great way to raise funds, and the Macmillan Coffee Morning in the Prep School was a fantastic example of that, raising over £650. There have been some amazing acts of kindness from staff, students and parents during our Reverse Advent Appeal too. Each week, we have delivered many bags of toiletries, food, toys and pet food to worthy causes in the wider community. The Rotary Club have helped with distribution, and Mount Noddy RSPCA Animal Centre received the pet food and accessories with thanks. All other donations went straight to the Chichester District Foodbank, who distribute the food across its local outlets.

It is with enormous thanks to staff, students and parents that we managed to buy, make and send out 260 Kids Lunch Packs (KLPs) once more to those children who will not receive free school meals during the long Christmas holidays. A selection of Sixth Form students also took time out to attend the foodbank warehouse in Chichester, unpacking your donations and stacking them ready to make up another batch of KLPs. We are very excited to be planning for our Easter KLP Day already; this will be a CCF-run operation, supported by many of the sports teams, lifting, shifting and sending out boxes to the community. I am looking forward to it already. It is such a vital lifeline to the recipients. While it is tragic that such a scheme is needed, Seaford College is immensely proud of the care and commitment we provide.

Even in the final week of term, charity does not stop. The annual Christmas Jumper Day will raise funds for Save the Children, and the Carol Service at Chichester Cathedral will collect money for the Sussex Snowdrop Trust, a worthy cause nominated by the Charity Council as one of five possible local charities and voted for by the students. This charity provides 'nursing care at home' for local children who have a life-threatening or terminal illness. Thank you to everyone who cast their vote, and thanks in advance to everyone who is able to donate.





Staff and students returned to St Richard's Hospital to officially open "Phase 2" of the Wellbeing Gardens.

David Shaw, who has masterminded the transformation of the gardens at the Donald Wilson rehabilitation unit, returned with the workforce of students and staff to officially open Phase 2 of the Gardens. It was a wonderful opportunity for the students, and staff, to see what a difference their incredibly hard work on the day has made to the lives of the patients, their families and the staff who use the outdoor space on a daily basis – please see below an extract from an email from the Chairman and Chief Executive from the NHS Trust, who are both very grateful for the help they received on the day.

"I wanted to personally reach out and thank the team who visited Donald Wilson House on July 6th and volunteered their time to carry out some incredible work there. Narratives like this are few and far between, and it is heart-warming and inspiring to see these young people helping in the community; they are a testament to your college, and we were very lucky to have them helping out and making a difference at Donald Wilson House. I have been told that the impact this work has had on our patients there has been huge, and for that I thank you. The challenges our staff and patients face every day are undeniable, but stories like this provide hope and should be celebrated – please know that you have made a difference to these patients' lives and wellbeing."

George Findlay, Chief Executive,
and **Alan McCarthy**, Chairman MBE DL

The Seaford staff and students enjoyed a pleasant afternoon talking to ex-patients and their families who were present during Community Action Day, hearing about the difference the garden makes to their lives and how it enhances their wellbeing and recovery time. They were also treated to a delicious afternoon tea, including a cake that had been specially made to celebrate 75 years of the NHS.

Phase 3 is already being planned, and Seaford staff and students look forward to continuing to strengthen the bond with St Richard's Hospital





Eco-Schools

Global Citizenship and a Zoom link-up with Seaford College – A Different view of Rwanda

In October half-term, Seaford College Sixth Formers Alex Slater, Georgia Meacock, Lavinia Thorndell, Bobby McCulloch and Edmund Wright visited Rwanda to explore its education system, culture and environmental awareness. Led by staff members Kevin Finniear, Kirsten Tomlinson, Genevieve Bayley and Adam Vernon, they engaged in a successful Zoom debate with students from Regina Pacis Secondary School, discussing eco issues.

The Rwanda students are actively involved in improving their local environment by cultivating crops such as avocados on school grounds. Nationally, Rwanda has banned plastic shopping bags and implemented regulations against unauthorised tree felling. The government provides grants to farmers for soil erosion prevention and encourages tree planting initiatives, supported by free government-donated trees. Both schools share common objectives in global citizenship, biodiversity and waste management for ongoing collaboration.

This term, the Senior Eco Council have concentrated on waste reduction and proactively encouraged increased recycling opportunities for both pupils and staff. They have initiated a school-wide campaign emphasising the importance of recycling and introduced recycle pen bins in selected departments for the community's use. In addition, Seaford College is looking forward to Green and Sustainable Week from 29th January to 2nd February, 2024, aimed at engaging the entire school in sustainability efforts.

The Prep Eco-Council is comprised of students from Years 2 to 6, including Charlie Myers, Grayson Butler, Kitty Langridge, Poppy Thorne, Sasha Eely and Savannah Miles, who have been actively involved regularly. Their focus this term has been on 'Energy' and preparing for 'Switch Off Fortnight' by creating signs to encourage lights-out in empty classrooms. These signs were displayed across the Prep School and parts of the Senior School. They have also partnered with the John Muir Club for an engaging session on bats, aligning with their exploration of 'Biodiversity', which they plan to delve deeper into during the upcoming Summer Term. Moving forward to January, their next theme will be 'Waste', which students hope to focus on in an assembly and practically within their lessons, to create a positive impact across the Prep School.





Careers

We were pleased to welcome a team of apprentices from Rolls-Royce to speak at our Careers Tea in November.

This was well attended, and everyone found it very useful and insightful. Not only did they explain clearly what is involved in doing an apprenticeship and the variety of areas covered by an employer such as Rolls-Royce, but they also brought along some activities and materials to fully engage the students. If anyone is interested in applying to Rolls-Royce, their applications page becomes live on 9th January – the link will be posted on Firefly.

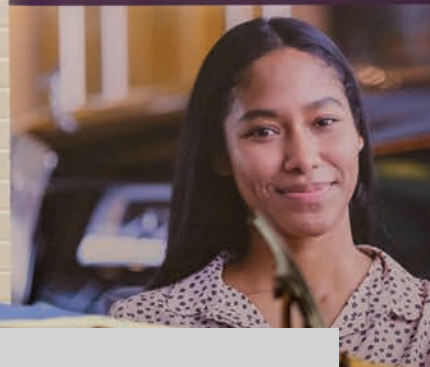
Next term, we are planning to hold Careers Teas on the theme of Science and also Working with Animals. Year 9 will begin their introduction to Morrisby and start to consider possible futures for themselves. If anybody would like a more in-depth Careers interview, please email aloten@seaford.org. The focus next term will be Year 13 and then Year 12.



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Love to learn



Academic Support and Personalised Learning

Proactive not reactive: How the key to each student's success has to be actively engaging with each and every subject.

In the second half of the term, there has been a focus in the exam years on revision strategies and time management. But aspects of these skills can begin much sooner than Year 11. There are certain practices all students could begin to integrate into their school life:

Time Management

Prioritising workload, coursework and tasks is an incredibly niched and at times difficult challenge. We have seen clear parallels in success for those students who can manage this. A mechanism we would encourage from an early age is the use of bespoke weekly planners. This can be more of a visual planner for younger years, but for older years it can help to organise tasks into key moments of the day.

Active Recall and Revision Mechanisms

To fully comprehend material and to engage in the curriculum, it is important to become an active learner rather than a passive one. What does this mean? For our exam years, this means engaging in activities that force a recall of information, for

example, flashcards, making quizzes or using software such as Educake or Seneca. For younger pupils, there are excellent resources on BBC Bitesize which mirror the syllabus.

Pre-Learning

A final method of success is within pre-learning key materials ahead of the lesson. I know in the Prep School units of work are shared by the class teacher on a termly basis. Schemes of work and overviews of curriculum for the Senior School can be accessed here: Curriculum Overviews - Seaford College (fireflycloud.net)

Pre-reading, or watching a relevant video in a subject area prior to the lesson, can mean further understanding, engagement and motivation.

If you do have concerns about your son/daughter and their learning journey, we are very much here to provide support. Within her new role as Assistant Head, Personalised Learning, Sheila Butler is very willing to have those 1:1 conversations and to facilitate academic pathways to progress.



Love to learn

FOOD WASTE

We are on a mission to reduce our food waste.
We need everyone's help to do so!

@LoveFoodAtSeaford

During the Autumn Term, our students and staff returned with remarkable enthusiasm. While maintaining our daily provision of 1,500 meals, 2,000 breacktime snacks, and generous hospitality, we remained dedicated to addressing the issue of food waste. Since the beginning of the year, when we commenced monitoring and weighing all food waste in January, we've been working hard behind the scenes to minimise it wherever possible.

Throughout 2023 our average percentage of food waste and declined from:

- Winter Term (Jan-Mar): 10.16%
- Summer Term (Apr-Jul): 9.45%
- Autumn Term (Sep-Dec): 7.89%

To aid our attempts to obtain student buy-in to the scheme, we have introduced plate waste boards where we display the previous day and week's wastage totals, along with whether it was higher or lower than the week before.

In the Prep School, we set the students the challenge of reducing their waste by 10% over a two-week period. If they achieved it, they got to choose the menu for the day. Their choice – chicken or veggie nuggets, chips, and peas, which they all thoroughly enjoyed.

We rounded off 2023 with the annual whole-school Christmas Lunch, a monumental effort delivered by the catering team along with additional festive helpers.

To see more of what we do, search 'LoveFoodAtSeaford' on Instagram.



Love to learn



Merry Christmas
from everyone at Seaford College



Love to learn



Seaford College

Prep · Senior · Sixth Form



Lavington Park, Petworth,
West Sussex, GU28 0NB
Telephone: 01798 867392

Admissions: jmackay@seaford.org

www.seaford.org

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@SeafordCollege

