



# Seaford College

Prep · Senior · Sixth Form



## Spring Newsletter 2024

A round up of academic and pastoral news

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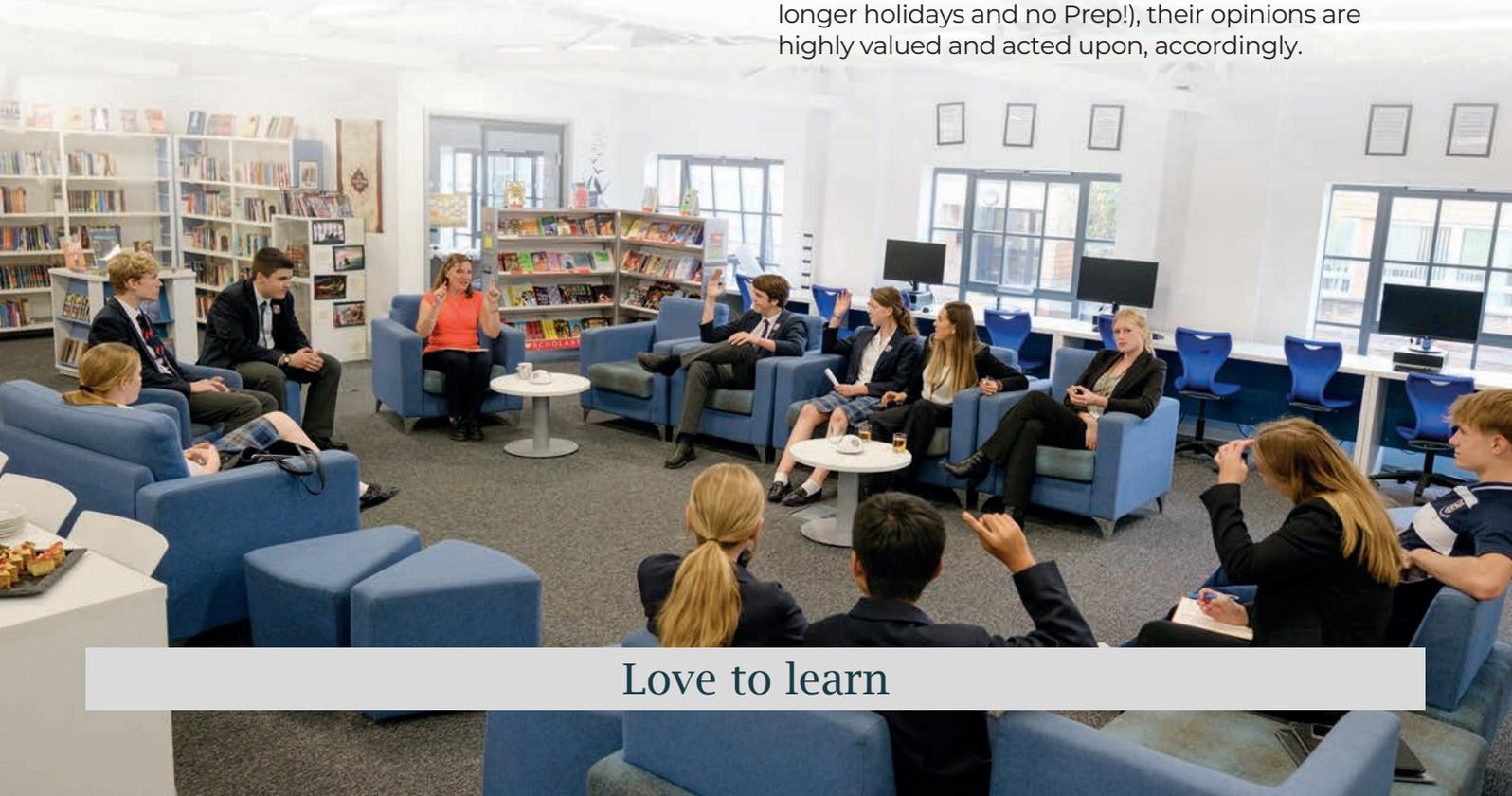


# Student Voice

**The Spring Term has been extremely fast-moving this year. The councils are all firmly established, new goals set out, and student voice can be heard across the school as confidently as ever.**

The Eco-Council have been extremely active in hosting 'Green Week', the Charity Council have just put the finishing touches to 'Easter Charity Week', and the School Council have finished this busy term off with an informal visit from our local MP, Andrew Griffith. Plans to develop two School Councils, one for the Middle School, and one for the Sixth Form, are still in the pipeline. Advice from Mr Griffith on how to run a council and utilise council members effectively will give our students invaluable advice to go away and think about. The Sixth Form students, especially Ms Thomas' and Mr Wilson's A Level Politics students, were also invited. As young adults, potentially able to vote in the next General Election, the need to engage with local politics is increasingly important to them.

Each term, all students can participate in two half-termly 'Big Questions'. The Spring Term topics have been 'Guest Speakers' and 'Literacy'. While we are still analysing the student response to the literacy survey and how we can best support students to develop and sustain a love of reading, early feedback suggests that nearly 75% of students are reading regularly. With World Book Day having taken place a couple of weeks ago, the students have all had many opportunities to read, participate in the Readathon House Competition and listen to guest authors. We will continue to pose 'Big Questions' to the students to build a stronger school community that is underpinned by what the students are asking. While we are not always able to give them everything they want (otherwise we would have a three-day week, longer holidays and no Prep!), their opinions are highly valued and acted upon, accordingly.



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# Student Wellbeing

**Seaford's inclusive and nurturing environment fosters a culture of openness and acceptance, 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, or any chosen staff member, knowing that they will be supported and have someone to talk to.**

This term has seen a focus on the 'whole school approach' to wellbeing, and as such we have invited parents in and launched the new Peer Mentor Programme. We will extend this to sharing best practice between other schools next term.

## Peer Mentor Programme:

**The Year 12 Peer Mentor recruitment afternoon held in October run by Year 13 Peer Mentor Leaders and the No.46 team was a huge success, with engaged and enthusiastic participation from all involved. The application process closed in November with 40 new Peer Mentors being offered roles, of which five were chosen for leadership duties.**

Peer Mentor training was completed in the first week of January, and they immediately commenced duties. Peer Mentors can be found at morning and afternoon break times in the Prep School, Year 9 and Year 10 Common Rooms, No.46 and the Library. The 2024 Peer Mentor Programme has also seen the addition of 1:1 Peer Mentoring where a specific Peer Mentor is asked to mentor a student who is having difficulties. We have found this particularly beneficial to those who want to hear from an older student how they may have coped with similar issues in the past.

Thank you to the 2024 Peer Mentors who have already shown significant contribution in their first term.



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## Parent Wellbeing Evening:

**Our Parent Wellbeing Evening was held on Tuesday, 6th February, 2024 with a 'Meet and Greet the Pastoral Team' followed by speaker Karl Hopwood on 'Social Media, Online Safety and Protecting and Supporting Children'.**

The well-attended event received extremely positive feedback and, following the talk, we were able to provide all parents with a document detailing further online safety guidance, kindly provided by Karl.

This speaker was chosen due to parental requests, and we followed up with a questionnaire to all parents asking for suggestions for further events. If you still wish to respond with any suggestions, please contact [46@seaford.org](mailto:46@seaford.org)

## Young Pastoral Leader's (Interschool) Networking Event:

**To ensure that we are doing all we can to bring our students the best possible support, we are holding a networking event for approximately eight schools on 25th April to discuss best practice and to 'showcase' student pastoral leadership.**

We expect to see six students from each school, and this will provide an excellent opportunity for the students to work together, share ideas and discuss the various issues they may face, working through different scenarios and showcasing their best practices. This event will highlight the important role Peer Mentors, Peer Listeners and Pastoral Prefects play, and will give them the rare chance to collaborate with each other.

## Interschool Wellbeing Conference:

**We are hosting our second Wellbeing Conference in May during Mental Health Awareness Week 2024, where we will share best practice with other schools in order to positively impact the students we interact with on a daily basis here at Seaford College.**

The programme is set to be full and varied, covering topics such as worry, stress and anxiety; supporting students with trauma; the benefits of breathwork; eSafety; and Peer Mentoring.





# Student Personal Development and PHSE

**The necessity for Student Personal Development is becoming increasingly important in all schools. Seaford College is proud of the full and varied curriculum we offer our students. The quality of the lessons, guest speakers, and student experience and participation are excellent. Our tutors are delivering thought-provoking and inspiring lessons every week for the students to engage with and discuss further in the school community and at home or in the boarding houses.**

To ensure our students receive the best possible experience during their PD and PSHE lessons, there are a variety of delivery methods used. The Year 9s have been focusing on one topic Careers for a block of lessons. Head of Careers, Ms Loten, prepared a range of age-appropriate lessons to encourage students to think about their future pathways. The Year 10s and 12s have both completed a range of lessons within a four-week carousel. Year 10s focused on wellbeing methods, such as Journaling, with guest speaker Lisa Nugent; Values and Inner Drivers, with Rick Cooper; and Reading Appreciation with Librarian, Gen Bayley. The Year 12s had a more varied carousel focusing on Careers, Exam Preparation, Leadership with Rick Cooper, and Healthy Relationships with Shannon Reddin.

The Year 11s and 13s have all received lessons on Addictions and Health, with a focus on Vaping, Smoking, Drugs and Alcohol. While the topics are the same, the depth and focus become more specific for the older students. The Year 11s will

continue their journey of responsibility and healthy choices immediately after the Easter holidays when they attend a workshop on 'Freedom and Festivals', in preparation for their long summer holiday, post-GCSEs, when many will attend festivals, such as 'Boardmasters', for the first time, unaccompanied by parents and guardians. The Year 13s finished their term off with Sleep and Nutrition Guidance from nutritionist, Sue Crabtree, as they move towards their final A Level and BTEC examinations.

Finally, the Year 12 boys participated in a two-hour workshop with returning guest, Matt Pinkett. His 'How to be a man' presentation addressed issues the modern man is facing. How are you meant to act? Who are you meant to be? The boys, together with Matt, role-played a couple of difficult scenarios and discussed positive ways to embrace who you are. It was a very energetic session, which was uplifting for the boys and encouraged a wider discussion in the boarding houses and beyond. Matt will be back next term to meet the Year 13s.



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# Co-Curricular Programme

**Students continue to be busy during our dedicated Activity, Support and Prep slot, which takes place each day between 4:30pm and 5:30pm. This term saw the introduction of some new clubs and the return of some firm favourites.**

The students attending Girls STEM (Science, Technology, Engineering and Maths) Club have been working towards their Silver and Gold CREST awards and will continue their investigations and research next term.



Remote Control Car Club continues to be popular, and next term will be taken to the next level with the introduction of new timing devices and a dedicated Seaford Remote Control Car Track.

Board Game Club is as popular as ever, with students meeting in the library every Thursday and pitching themselves against each other in games such as Risk, Traitors, Codenames and Genius Square.

Jewellery Club continues to provide students with an eye for design and with amazing dexterity the chance to produce something special in our bespoke Jewellery Studio. Students have been learning how to use a range of silversmithing techniques to create a personalised pendant.

The Prep School Science Club continues to be a hit, with students tackling some of the more interesting questions that we face in our universe today.

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# Boarding

**One of the top reasons given by boarders when asked why they board is always along the lines of 'to improve my grades'. We embrace this and are constantly looking at ways we can help our boarders maximise their boarding time to achieve their personal bests.**

One of the many things we do in boarding to support academic outcomes is extend the length of Prep and open the library and work room to create quiet and focused spaces for boarders to work in during the evenings.

Last year, we piloted academic support sessions for boarders and initially just offered these in our core subjects (English, Maths and Science). As these sessions proved very popular, the range of subject support in the evening has grown and now includes PE, Economics & Business, Geography, History, Art and DT.

Academic support sessions now take place every evening during the week, and the demand is continuing to grow. Whether it is coursework help, support with revision or working on exam technique, we now have students boarding on nights just so they can attend one of these sessions, and the sessions themselves are productive and focused.

We expect demand for all these sessions to rise considerably in the build-up to the summer exams. With that in mind, we do still have some spaces available during the week for flexi boarding in certain year groups. If you would like to find out more about availability so that your son/ daughter can attend a session, please contact Matthew Pitteway (Director of Boarding) in the first instance.



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# Prep School Highlights

**This term has been extremely busy for our students at the Prep School, with some fantastic highlights throughout.**

In February, we launched our first Inter-House Chess Competition, engaging 20 students from Years 1-8. Springfield narrowly edged out Norwood, enhancing their house totals. The event was a resounding success, prompting plans for its repetition soon.



In the same month, the Geography Department organised a trip for all Year 7 students to Goodwood Home Farm, where they learned about organic farming and observed diversification efforts. Highlights included encounters with baby lambs, calves and piglets.

Year 3 students recently delved into ancient Rome with #Portals to the Past, immersing themselves in tales and reenactments as slaves, Roman legionnaires and emperors. They enjoyed learning marching techniques, spear accuracy, and the discipline of the Roman army. They also enjoyed an exciting visit from the Fire Service as part of their ongoing fires safety topic.

Tea and Tunes continued to captivate this term, with 28 students showcasing their talents in front of an appreciate audience of parents and peers. This provided a supportive space for honing performance skills.

World Book Day remained a highlight on our calendar, featuring guest authors leading workshops and a poetry competition for Years 7 and 8. Students and staff enjoyed the festivities by dressing up as well-known book characters on the day.

National Science Week commenced on 11th March, highlighted by assemblies led by Miss Gray and Mr Saunders on the theme of 'time'. Science activities continued all week throughout Years 1-8, including a science photography competition, and enriched the week's learning experiences.

Lastly, the Prep School hosted another successful cake sale in aid of Comic Relief. As always, our Year 8 Prefect Team led by Mrs Ferris did a tremendous job of running this busy event.



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YEAR 11

COMMON ROOM

# Middle School Highlights

**Throughout the term, we have had the pleasure of welcoming parents and guardians to our informative Parents' Evenings across all year groups. These invaluable opportunities for open dialogue and collaboration between parents, students and teachers have fostered a strong sense of partnership within our school community.**

What resonated clearly from these evenings was the passion for learning, which continues to inspire all our students to strive for their personal bests in every aspect of their academic journey.

This term, our Year 11 students faced a significant milestone as they completed their mock examinations in our sports hall. These assessments served as invaluable practice runs, offering insights into their strengths and areas for improvement as they prepare for the upcoming GCSEs. The dedication and perseverance displayed by our Year 11 cohort have been truly commendable, and we continue to support them as they navigate this crucial stage of their academic journey. Specifically, our targeted Subject Support Sessions have seen an increase in students taking advantage of the extra revision assistance from our dedicated staff.



Similarly, in the throes of coursework and preparation for their internal exams, our Year 10 students have been immersed in their studies, demonstrating unwavering commitment to their academic pursuits. From delving into the intricacies of subjects to honing essential skills through practical coursework, their diligence and determination have been truly inspiring. As they strive for excellence in every endeavour, we commend their resilience and applaud their continued efforts towards academic success.

With GCSE option choices made, our Year 9 students have embarked on an exciting new chapter of their academic journey. The careful consideration and thoughtful decision-making process undertaken by each student reflects their growing maturity and readiness to embrace new challenges. As they explore their interests and passions, we look forward to supporting them in achieving their academic goals and aspirations over the next two and a half years.

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# Sixth Form Highlights

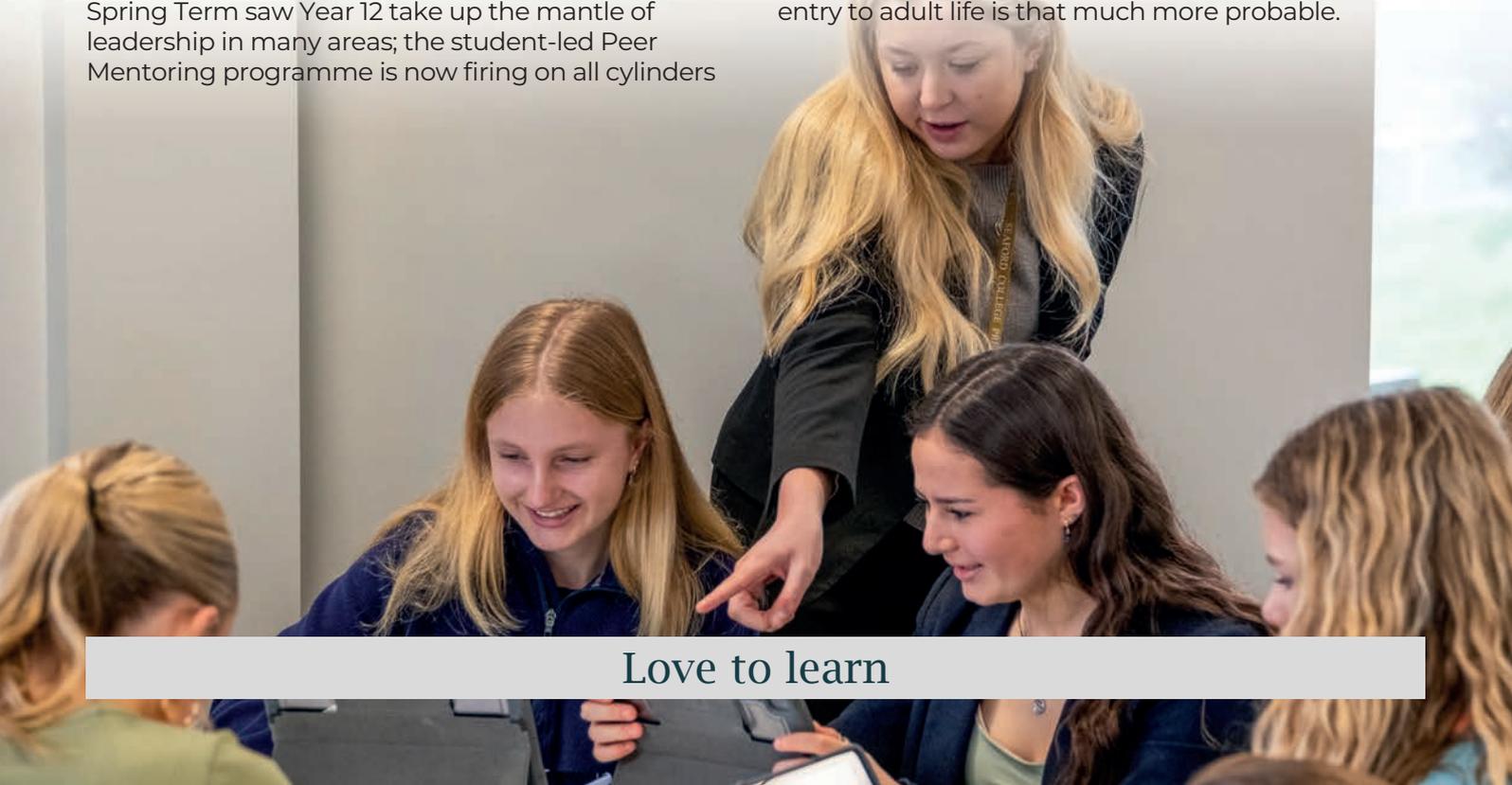
**The Sixth Form came back from the Christmas break with a sense of mission and energy, keen to take advantage of all the challenges ahead to make their Sixth Form experience a success. Time moves fast over these two years, and Spring Term is one of the busiest times of the year in both Lower and Upper Sixth.**

Year 13 had a busy term on many fronts, starting with BTEC external exams. Those students who see university as being their next step after we polished up and submitted their UCAS applications and started to see offers coming back from universities to provide them with some crucial extra motivation ahead of mock A Level exams. Although 90% of Seaford's Upper Sixth have applied to UCAS this year, university is not the only destination and students also benefited from some excellent talks and personal development sessions which showed that non-academic routes or degree apprenticeships are equally attractive and viable alternatives after education.

Spring Term saw Year 12 take up the mantle of leadership in many areas; the student-led Peer Mentoring programme is now firing on all cylinders

and makes such a difference to the lives of the students in lower years. We thanked Year 13 prefects and student leaders for their wonderful service around College over the last year, and Year 12 hopefuls went through a rigorous selection process to become the next generation of school prefects.

Contributions made across the co-curricular spectrum are always strong as students juggle commitments to get the most from their school lives, but the number of busy Sixth Form students freely giving their time to charity, pastoral care or performing arts this term has been truly heartening. This is a true measure of character that won't appear on any CV but makes us certain that a successful entry to adult life is that much more probable.



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# Achievements Outside the Classroom

## Combined Cadet Force

**The annual Regimental Dinner is without doubt the social highlight of the year for the CCF. Cadets are introduced to the various customs, traditions and etiquette associated with events of this nature, and many play an integral part in the process by reading accounts of battles, citations as well as explanations of many of the customs. We were delighted to welcome Mr Phil Stringer from the Royal British Legion who shared a fascinating insight into some of his experiences from his service in the Intelligence Corps.**

A select team of 10 cadets represented the College at our regional Military Skills Competition. They spent two nights in field conditions under a bivvy sheet and were tested on 10 different 'stances' over the two days. Subjects assessed varied from blank firing section attacks to military knowledge, and from casualty evacuation to air rifle shooting. They acquitted themselves admirably, finishing in the top half of the 15 schools competing, a great result from a team that had no previous experience of this type of event. Most importantly, they learnt a vast amount that can be put into practice next year.

Field days this term included a day at the Firefighting School and 'sinking ship simulator', as well as a scuba diving experience for the Royal Navy Section. The Army will spend a day at Longmoor Camp in the last week of term, live firing and taking on the obstacle course, and the RAF had a fascinating trip to RAF Brize Norton learning a huge amount about life behind the scenes.

### **Other key activities conducted at school this term included:**

- Clay pigeon shooting
- Casualty evacuation training
- Making a significant contribution to the school charity food bank programme.

Looking ahead, the next major event is the Easter Camp, where 20 cadets will throw themselves into lots of exciting and fun Adventure Training activities in Jersey.



## Outdoor Education (including Duke of Edinburgh Award)

**All Bronze DofE teams have been busy meeting weekly to develop their skills in the use of cookers, packing rucksacks and completing the 'Youth Expedition First Aid Award' in preparation for this term's Expedition Training Day that took place on 10th March.**

The Expedition Training Day was attended by 57 Year 9 participants who successfully completed a 12k walk, which primarily focused on getting to know other participants in addition to developing journey planning, navigation, resilience and how best to respond to a simulated remote emergency incident... with Ms Loten winning another Oscar for her acting skills!

Silver participants have commenced finalising their route plans for the Forest of Dean Expedition that is due to take place in June, where students will have the opportunity to take in Symonds Yat, the River Wye and the Naval Temple!

More DofE participants have completed their awards and received their certificates from Mr Green (Headmaster) while having afternoon tea.

A record number of students signed up to the school's scuba diving programme, with many completing the PADI Diving Referral Course. Such interest has prompted the Outdoor Team to explore the option of an overseas diving expedition.



The Seaford Climbing Team took part in the inter-schools climbing competition at White Spider Climbing, with this phase being hosted by Tonbridge School. The Seaford Climbing Team was made up of both junior and senior female and male climbers from Year 8 and upwards, who all certainly held their own at the event. They competed in three disciplines: top roping, bouldering and lead climbing. They all concluded that the competition routes certainly stretched all of them, with most excelling in bouldering and lead climbing.

Prep School Bushcraft Club continues to be massively oversubscribed with students and parents experiencing a vast range of creative bushcraft and forest school-style activities.



## Sailing

Seaford Sailing is underway with Seaford Sailors back on the water, exposed to both windy and challenging sailing conditions. Sailors had a chance to develop their boat handling and heavy weather skills in the Prinsted Channel.

## Performing Arts

**As the year unfolds, our students are immersing themselves in a whirlwind of activities within the Performing Arts department alongside their busy academic schedules. From captivating dance performances to enchanting music concerts, the talents of our students continue to shine brightly. One recent highlight was the exhilarating trip to see *Wicked* the musical. It was not only an enjoyable outing, but the intricate choreography, mesmerizing melodies, and stellar performances left an indelible mark on all students who attended, reinforcing the power of the arts to inspire and captivate.**

Meanwhile, within our own Johnson Centre, both our Dance syllabus showcase, and the Prep school Dance show demonstrated the dedication, brilliance and creativity of our dancers. From contemporary to ballet, and from tap to acro each routine showcased our students' commitment and passion for the art form alongside their determination to shine brightly in their performances.

In the music department, our students have been equally busy. Lunchtime concerts and Tea and Tunes sessions have provided a cozy, relaxed atmosphere where the musicians can share their talents to appreciative audiences. Additionally, the Senior House Music competition and brought the frenzied joy of music and singing to the entire school community for a fiercely fought battle between the houses.

The ensembles working weekly during activity sessions have been allowing high class rehearsals to lead to excellent performances, including our 'travelling band' showcasing students talents entertaining at St. Richard's Hospital, spreading the gift of music to those beyond the Seaford gates.

Some of our musicians had the opportunity to refine their skills further through workshops such as the Strings workshop, enriching their musical knowledge and proficiency whilst entertaining the gathered crowds.

And let's not forget the Bognor Regis Dance festival, where our dancers had the chance to shine on a larger stage, competing and collaborating with peers from other schools.

In essence, the Performing Arts department continues to be a hive of activity and achievement, fostering creativity, collaboration, and personal growth. As we celebrate these accomplishments, let us also look forward to the many more magical moments yet to come next term.



## Seaford Sport

### Cricket

It has been another excellent winter performance cricket programme, and with Easter almost upon us, the students are all ready and raring to go for the Summer Term. This winter, we introduced a new Year 9 programme that saw 18 students, nine girls and nine boys all take part for the first time as part of their PE carousel. Preparations are well underway for the summer, and we have entered four teams into a pre-season festival at Bradfield College over the Easter break. Our U15 and U14 girls will compete along with a combined U15/14 boys' team and our Senior 1st XI. Let us hope the inclement weather departs and it is a bumper summer for both our girls and boys cricket programme. Finally, a huge Seaford College congratulations to former student, Charlie Tear, who made his international ODI debut for Scotland, scoring a match-winning half-century too. Well done, Charlie.

### Netball

It has been a fantastic term of netball for our Seaford netballers. There has been a record number of fixtures and girls participating every Saturday in competitive fixtures. The U14A represented Seaford College at the regional finals, which is the furthest any team from Seaford has got. The U16A got to the last 16 in the Sisters n Sport Cup playing a formidable Millfield side and only missing out by two goals. The U13A made it to the quarter finals in the Sisters n Sport Plate competition. We hosted the Seaford Southern Sevens at Chichester University Dome, with 18 teams participating in a competitive environment. Seaford netball was on full display at SISNA, in which all teams did the College proud. The U14s missed out on the title in golden goal, and the U16s missed out by goal difference. The U13s came third at IAPS and are growing ever stronger moving into the senior school. We are hosting the Fast 5 tournament, with 10 teams coming to Seaford, which is set to be a great day experiencing a different style of netball. At the end of the term, the 1st Team girls are going to St Joseph's College Tournament in Ipswich. The netball at Seaford is going from strength to strength and we're looking forward to preseason in August.



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## Golf

The Spring Term has been a great time for golf at the College. With the 1st Team reaching the British Schools national finals and winning their region in the league, we look to try and take back the title we won in 2022. We are also excited to get the Summer Term kicked off for the Prep School where we have our first set of matches for the year. With so many golfers now in the Prep School, it is going to be very exciting to see how we compete. Confirmations have come through for Freddie Muggeridge, our first team captain who is due to leave at the beginning of August to start his American college career playing golf for Southern Western Community College. A huge well done to Georgia Young as well, who was recently selected for the Southeast England regional squad to play against the boys on 17th March. Within our games programme at Seaford, the sport is continuously growing with more students than ever playing in all year groups with a lot of first-timers getting to grips with what our golf programme offers. Our state-of-the-art indoor facility has been a great addition supporting all levels of our golf programme in the wet weather, which has been a noticeable benefit considering in the past this would affect participation. Alongside the drainage work, which has certainly been put to the test over the last few weeks, the golf facilities at Seaford are coming on leaps and bounds to provide the students at Seaford the best possible chance to get into the wonderful game of golf. We look forward to the Summer Term ahead with National finals, ISGA and British Schools events, and Prep School matches in the first few weeks.

## Hockey

A busy term of hockey for the boys as well as the girls' 1st XI playing their regional final after a successful run in the England Hockey Cup. Well done to all who have played for Seaford College, the 14s and 15s having good cup runs too, playing some great hockey along the way. The seniors have done well with a close-knit team playing for each other; they have also had two good cup runs as well as beating some strong teams during the season. The future is bright with our U13 boys winning the regional IAPS competition, meaning that they will travel to Repton School to compete in the National Finals Day. The same group have also qualified for the ISHC Plate Finals Day in Nottingham. A fantastic achievement.



## Rugby

It has been another successful and rewarding term of rugby, both for our age group teams and individual representatives. In the full format of the game, our boys have reached the final of all the county tournaments we entered with the U13, U15 and U16 reaching their respective Sussex Cup Finals. The U13 squad won their final, and in the 7s and 10s formats our boys and girls displayed incredible amounts of effort, energy and enthusiasm to reach the business end of multiple tournaments, as they developed their skills throughout the term. Our U16 boys did the double, winning the U16 Sussex 7s (to add to their 15s title), and our U15s won the Plate at the challenging John Fisher 7s. Our U16 girls reached the final of the Plate at the prestigious Rosslyn Park National Schools 7s, and our U13 boys had a brilliant trip to the Millfield Prep 7s, winning their group and finishing third, narrowly losing to the hosts and St Peter's, York.



The Seaford Southern 10s was, once again, a remarkable day that put Seaford in the spotlight, as 16 of the top schools in the country put on a brilliant show of 10s rugby in the January sunshine, watched by nearly 20,000 viewers on the live stream.

A large number of our boys and girls have represented Sussex, Surrey and Hampshire this term, while five of our senior boys competed in the U18 Premiership Academy League, alongside three others who have also enjoyed academy representative success.

Jimmy Staples, our 1st XV captain, has had a remarkable year. Selected to represent England U18 at the Six Nations Festival in Parma over the Easter break, Jimmy will continue his rugby development for the next two years with Harlequins, as he has signed a professional contract with the Premiership club.

## Swimming

Seaford swimming is truly blossoming and coming into its own this term. It's been a delight to witness our students consistently participating in monthly galas, proudly representing our badge in yet another area of their sporting endeavours. As we approach the end of the Spring Term, our students eagerly prepare for the final, and we wish them the best of luck. Looking ahead, the future for Seaford swimming shines brightly. With a strong emphasis on nurturing both confidence and competence in our Prep School swimmers, we are dedicated to furthering the growth and evolution of our programme.

## Tennis

Tennis at Seaford is gearing up for the Summer Term with great enthusiasm. After the Senior teams triumphantly competed in the LTA national cup, it's now time for Year 9&10 and Year 7&8 to gear up for their LTA matches post-Easter. Additionally, we have a busy schedule of competitive fixtures against other schools every Saturday, spanning from Year 13 all the way down to Year 7 on selected weekends. Throughout next term's games sessions and activities, every student will have the chance to hone their tennis skills and prepare for upcoming matches. We're crossing our fingers for success in the Wimbledon ballot once again this year, as it will allow us to organise our annual tennis trip.

## Equestrian

The equestrian teams have been doing well this term with a good win and placings in the final Eventers Challenge qualifiers. They have also had some excellent results in the show jumping events at Felbridge and Merrist Wood. We have trained in the indoor school at Hascombe and will be training at Hickstead with Tina Cook over the arena cross-country fences in the holidays, as well as competing at the last opportunity to qualify for the Royal Windsor Horse Show Championships. Good luck to all our great riders!

## Seaford XC

It has been fantastic to see Seaford athletes across all ages compete in the Sussex County Cross Country Championships this term. Students competed against hundreds of runners from a variety of schools across Sussex, and a special mention to Eloise Hudson (right, in image) who is going on to represent Sussex County at the English Schools Championships. Well done to the Junior girls (Year 8 and 9) who came in 5th overall and the Year 8 girls who finished in 3rd against all the schools in Sussex. Charlotte Hayes, Jack Carson, Morgan Rice and Eloise Goblet D'Alviella will represent Sussex at the inter-county event where they will gain their Sussex vests. We now look forward to the Summer Term with the commencement of the athletics season.





ADAIR



CHARMANDEAN



CORSICA



KYMES



MILLBURGH

# Competitive Houses

**The Senior School inter-house competition has continued to be very competitive with three of the five houses being in the lead at some point this term. As we come to the end of this term, Charmandean are currently in the lead.**

The headline event of the term was the House Music competitions. Each house had been rehearsing several weeks before the event and all submitted a House Band and Whole House Song entry under a '1980s' theme. Solo entrants were able to contribute to their house with pre-recorded submissions.

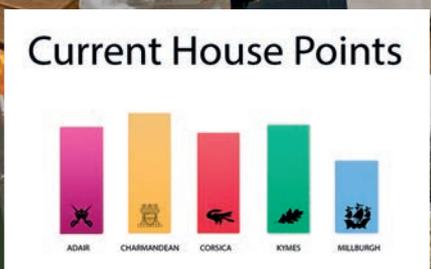
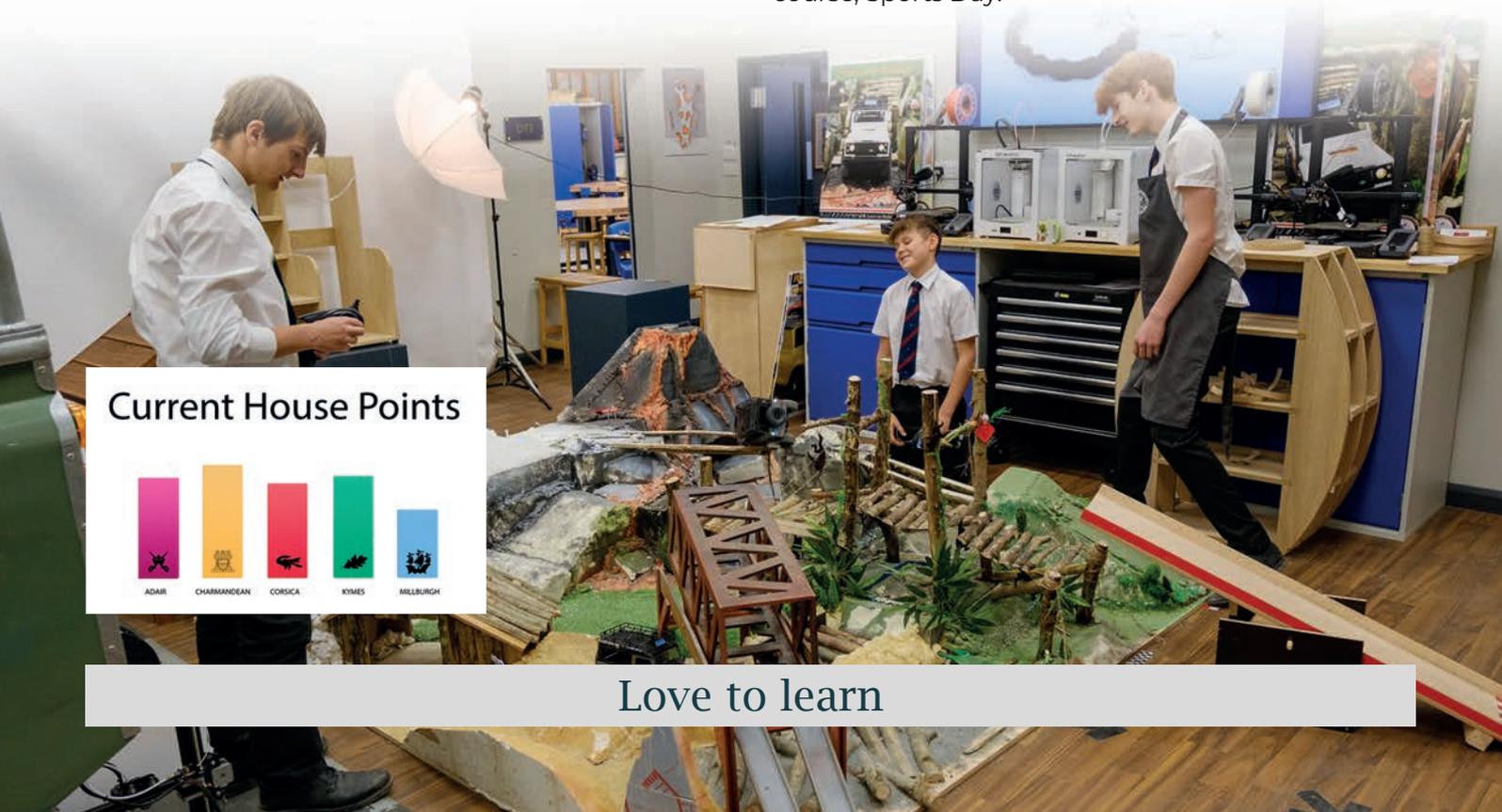
It was fantastic to see a number of new events that were run for the first time. House Perudo – a game of chance and deception – saw Millburgh come out on top.

The highly anticipated Remote Control Car Race saw Charmandean speed to victory, while they also won the inaugural House Languages competition.

Adair played their way to victory in the House Chess tournament, and other events included the House Netball and Hockey competitions and the Land Rover Assault Course Challenge.

Kymes read their way to victory in a new event this year, the House Readathon, which has seen a huge number of students converting their love of reading into House Points.

Well done to all students who contributed towards their house, and we look forward to some of next term's events such as House Darts, House Filmmaking, the Marble Run Challenge, House Countdown, House Drama (to name a few) and, of course, Sports Day.



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# Driving Literacy

## World Book Week

**This term, students across Seaford have enjoyed an inspiring World Book Week featuring a dress-up day, virtual assemblies and visits from a variety of different authors across a wide selection of genres.**

Events kicked off with all Prep School students dressing up, completing the 'design a door competition' and enjoying an author talk, plus workshops with children's writer, actor and Mr Bean screenwriter Ciaran Murtagh. World Book Week organiser Genevieve Bayley, our school Librarian, then delivered a virtual assembly that had students from Year 9 to 13 laughing out loud as they saw their teachers turn into book characters.

During the rest of the week, students took part in talks and workshops with other well-known authors such as football writer Matt Oldfield. Matt's books are extremely popular with our students, who were thoroughly engaged throughout the whole day.

Students from Year 9 enjoyed a captivating talk from author Holly Bourne who spoke about 'The Power of Stories', which explores the links between reading, stories and mental health. Holly also spoke to Year 10 girls about her latest dystopian novel *You Could Be So Pretty*, which addresses the pressures of beauty standards in today's society. Both talks inspired students to think more about how reading can help with mental health and how we can deal with the pressures of an ever-changing society.

In other news – students also enjoyed a visit from performance poet Tom Foolery back in February, as part of their poetry unit in English. Tom performed his hugely popular poem, 'The Great Realisation', written during the Covid pandemic, and inspired students to create and perform their own poetry throughout the day.



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# Destinations Programme

**The Spring term is an exciting one from a destinations point of view. The Year 13s have got all their UCAS forms in and are starting to receive their offers and making choices about where they want to go most and the Year 12s are starting the process of thinking about life after Seaford.**

It is certainly a busy term for the Sixth Formers in that regard, and we (as staff) have been working hard to ensure both year groups are supported and getting the help and support they need to make the most sensible choices they can.

Earlier this term, we invited the University of Sussex in to talk about the UCAS process and how to start choosing universities and courses to our year 12s and their parents in February. This is always a very well attended and informative talk, and it was great to see such a terrific turnout this year with over 200 people attending. The talk is designed to really get the ball rolling and sets up the next few weeks of tutor periods and PD sessions where Year 12s start logging in to create their Morrisby accounts and using this platform to start searching for courses, universities and careers.

Next term, we start the process of creating UCAS forms with the Year 12s, and we will be running a session on writing personal statements in the week before we break up for the summer, to ensure all Year 12s are set up with a first draft they can edit and rework throughout the summer.

For our Year 13s, the sessions we have been running have been centred around how to make choices from the offers they have received. Practical advice was given on how to choose both firm and insurance choices, and this will be backed up early next term with talks on applying for accommodation and finance once the choices have been finalised.

One part of the job of working in the Destinations Team at Seaford that has changed recently is the ability to keep in touch with former students through the various alumni events. This term, we had the pleasure of visiting Rhodes House at the University of Oxford for a catch-up with former students from Seaford for our second alumni event. Most of the old-Seafordians we met were still at university, and it was fantastic to hear how well they were all doing and how much they were enjoying the courses and universities they had gone to. A number of the students thanked the staff that went for the advice they were given when making their choices in Year 13, and it was lovely to see them all really thriving.



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# Prefects

**The current group of College prefects gathered for their final prefect tea recently and were thanked by Headmaster John Green for the diligent way they had carried out their duties.**

In recognition of their time as prefects, the students – all drawn from Year 13 – were presented with a gift and a copy of their original letter of application. All prefects will be attending the prefect dinner at the start of next term to celebrate the end of their special tenure. We thank all our outgoing prefects for their service, commitment and diligence.

As we say goodbye to our brilliant current Prefect Team, we have completed recruitment of our next cohort from Year 12, who will take on the role of trainee prefects for the Summer Term.

The candidate field was the largest and strongest we have ever had, and appointing trainee prefects this year has been a genuine challenge. The process this year was rigorous, fair and transparent, and it considered equally all of the below:

1. Strength of application form
2. Performance at interview
3. Performance during the selection activity
4. Co-curricular contribution to Seaford College (all aspects considered)
5. Conduct in Year 12 and meeting of our expectations
6. Ad Alta scores based on reports

7. Academic progress (being on track) based on reports
8. Teaching staff and houseparent input (where applicable)
9. Key Sixth Form staff input
10. Senior Prefect Team input

As with the selection of all roles and responsibilities, there are always successful and non-successful, potentially disappointed candidates. However, we are hopeful that the process was a positive one for all applicants, with many life skills being learnt.

With regard to the Senior Prefect Team (i.e. Heads and Deputies), we hope to announce this by the end of the Summer Term for appointment in September. As per previous years, such appointments are entirely at the discretion of the College's Senior Management Team with no feedback provided.

We want to thank all the applicants for their time and commitment to the prefect selection process. Well done to all of them for taking the risk and putting themselves forward for this opportunity. Regardless of the outcome, we are proud to have such a high calibre of students who have shown strong ambition and resilience throughout this process.



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New prefects on probation

# Showcasing Scholars

## Academic Scholars

**Last academic newsletter, we witnessed the Sixth Form Scholars tackle the Oxbridge admissions process. This time, we look at the Prep School Scholars and their academic extensions lessons.**

Scholars have explored the philosophical principles of utilitarianism vs deontology and applied them to the trolley problem, have discussed the issues behind the current crisis in the Middle East between Gaza and Palestine and most recently have written fables, having looked at Aesop's work.

## Creative Arts

This term, Year 7 and 8 Scholars have been learning how to throw pots on the potter's wheel and at the same time have been developing independent work in their sketchbooks.

At the beginning of this term, our Year 8 and 9 Scholars also took part in an exciting trip to Pallant House Art Gallery in Chichester, during which they took part in a fun ceramic-based workshop and were given a talk about some of the different work in the gallery. We are also looking forward to taking our Year 7 Scholars out on a trip during our Summer Term to Champs Hill in Coldwaltham.

The Year 9 Scholars have begun to work in a GCSE format. They are creatively developing their own ideas, in their sketchbooks, inspired by artists of their own choice. They are all enjoying working towards completing a large individual mixed media final piece.



## Performing Arts

Our Performing Arts Scholars have, as always, made great use of both facilities and opportunities to enhance their individual programmes of study to an incredibly high standard.

The scholars' concerts this term lent on ensemble work being displayed, and we enjoyed some outstanding performances in all three areas of Dance, Drama and Music. We also welcomed practitioners

from the National Youth Theatre for a workshop and auditions ahead of their 2024 intake, and our Drama Scholars were invited to participate, which could see them being selected to become members of this prestigious and highly acclaimed dramatic enterprise.

The students were rigorously challenged during the morning workshop, focusing on a high level of

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ensemble devising and performing before each was provided an opportunity for an individual audition with a prepared monologue during the afternoon. Historically, over 5,000 students apply for only a few hundred places. We await to hear the outcome of this year's candidates and are still supporting current students Rory Toms, Lauren Goldsmith and Sam Brown being members of NYT from previous years of auditions.

'Map Dance' came to Seaford to showcase their work to our students, delivering their contemporary dance pieces alongside a workshop involving the students. Both proved a fabulous learning experience for Dance Scholars of all ages.

Hal Chambers delivered an interesting workshop to Drama Scholars based around storytelling with puppets, including making and developing their own and devising a performance. The students really embraced this interesting medium of acting and performing.

Many of our Music Scholars are finalising places for further study at prestigious conservatoires and universities, suitably prepared by an outstanding team of peripatetic teachers and Music staff. Well done to the successful students for securing places when so few are available.

## Sports Scholars

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 gain an insight into what it takes to be a professional athlete. The seminar series has been an amazing and invaluable learning experience for all students and staff.



### Ad Alta Sports Scholars

- 11+ Young Athlete Mentoring Programme
- 13+ Developing Athlete Programme
- 16+ Performance Athlete Programme

### Ad Alta Sports Scholars – Spring Seminar Series 2023

- Being the best student athlete – Dr Scott Drawer – Millfield School – Director of Sport
- Being mentally and physically ready – Tamsin Greenway – Current Scotland Head Coach
- Personal development: values and goal setting – Sam Warburton – OBE – British & Irish Lions Captain
- Learning from failure – Crista Cullen – MBE – Olympic Gold - GB Hockey

## Sporting Achievements and Honours

### Senior Sports Captains Spring Term 2024

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

### Summer Term Sports Captains – 2024

- Girls' Athletics – Darcey Mayes – Year 13
- Boys' Athletics – Hamish Williams – Year 13
- Girls' Cricket – Kiera Lewzey – Year 13
- Boys' Cricket – Luke Smith – Year 12
- Golf – Freddie Muggeridge – Year 13
- Girls' Tennis – Lulu James – Year 13
- Boys' Tennis – Rory Marchant – Year 13

## International Honours

- Jimmy Staples – Year 13 – England Rugby – U18 2024 – 6 Nations Championship



# School Production

**Our Performing Arts Students transported audiences to the gritty streets of 1950s New York with their captivating rendition of West Side Story. This timeless tale of love, rivalry and tragedy unfolded on stage with electrifying energy and heartfelt emotion, leaving attendees mesmerised by the students' exceptional talent and dedication.**

Under the expert direction of the Performing Arts Staff Team, the production breathed new life into the classic musical, infusing it with fresh perspectives and dynamic choreography that showcased the students' versatility and passion for music, dance and drama. From the exhilarating dance sequences to the poignant musical numbers, each aspect of the performance was executed with precision and flair.

The stellar performances of this double cast brought all the iconic characters to life with authenticity and depth, whether leading roles or ensemble, capturing the essence of their struggles and aspirations amid the backdrop of societal tensions and cultural divides. Through their nuanced portrayals and powerful singing, the students conveyed the raw emotions and complexities of the story, leaving a lasting impression on all who experienced their performances. The production design and technical

elements were equally impressive, immersing audiences in the bustling streets of the Upper West Side with creative set pieces, vibrant costumes and atmospheric lighting that enhanced the overall theatrical experience.

This year's musical served as a testament to the transformative power of the arts in fostering empathy, understanding and affection. Through their dedication and teamwork, the Senior School students demonstrated the profound impact of creativity and collaboration. This incredible sold-out production of West Side Story was a resounding success, showcasing the immense talents of our students while delivering a thought-provoking and emotionally resonant theatrical experience. It is a testament to the school's commitment to excellence in the Performing Arts and served as a reminder of the enduring significance of this iconic musical.



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# Charity

**Charity at Seaford College never stops. The Charity Council are active throughout the school from Prep to Sixth Form. The students volunteer, visit community projects and fundraise continually. With collaboration between the Eco Council and Charity Council growing, we have several caring and considerate students within the Seaford Community, and their influence is beginning to rub off on others, who may not have volunteered to help previously.**

This term began with a non-uniform day in support of the Sussex Wildlife Trust and Brent Lodge Wildlife Hospital, raising just over £800. Brent Lodge is one of the charities that is being supported by our Year 4 and 5s in the Prep School. They will receive an assembly and workshop focusing on National Hedgehog Week in April, followed by a trip to the animal hospital later in the Summer Term with Mr Cooper and Mrs Stevens' students. The Year 5 and 6 students visited five local nursing homes to make Easter cards and baskets for the residents. Sixth Form students had the opportunity to work in the Chichester Foodbank warehouse for an afternoon, sorting and packing the last of the Kids Lunch Packs (KLPs) ready for the school holidays.

Seaford College continues to support the KLP project, making up the essential food parcels for children who require additional food in the holidays to substitute the Free School Meals. Our Easter Charity Week, in the last week of term, focused on raising vital funds to keep this project viable. On Wednesday, 13th March, we ran the KLP production line during the school day to ensure more of our students understand the importance of this lifeline and can make up a box or two themselves. With the help of the Religious Studies students in Years 9, 10 and 12, together with the CCF and additional Sixth Form volunteers, we managed to pack 370 food parcels that were distributed to Petworth, Midhurst, and the Chichester Foodbanks. A special thank you to Mr Stark and Major Plewes for supporting this event.



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# Eco-Schools



## Seaford's second Green and Sustainability Week – driven by Betsy Vernon, the Eco Schools Coordinator, and the Eco Councils – was a resounding success.

Just before the Spring half-term, students of all ages focused on environmental issues as part of their normal classes, learning about topics such as food, water, energy consumption, waste, marine life, biodiversity, wellbeing and the college grounds.

Students discussed how they, in small ways, can make changes to their lives to be more sustainable. For example, Year 10 RE students discussed the thorny issue of air travel with Carrie Cort of Sussex Green Living, and how they might reduce their carbon footprint.

In Humanities, students discussed the effects of the Industrial Revolution and globalisation on the environment, along with the Irish potato famine in the 19th century and the effects of modern tourism. They also attempted to answer the question, 'What would happen if our food in the UK ran out?'

Mansion boarders did their bit for Green Week by making healthy green smoothies and running a clothes 'swap shop'. Meanwhile, Seaford's Outdoor Education Team organised various activities within the college grounds, along with hedge laying for the Countryside Management students with the help of the South Downs National Park Authority, benefitting grey partridge on the Duke of Norfolk's estate.



The Sixth Form Café and Prep School played host to a parent coffee hour and a talk by the Catering Team and students about the management of food waste at the college.



Elsewhere, Year 12 Media students created videos exploring what students and staff do at the College to help the environment. Year 9 Dance students discussed the impact that art and dance can have on environmental issues and in just one hour created a moving performance based on climate change. And Prep students made bird feeders at the Botany Bay Conservancy area, while modern Foreign Languages Year 11 students discussed the environment all week.

There were many other eco activities, and Green Week concluded with a non-uniform day where the wearing of 'something green', plus a £2 donation to local environmental charities (Brent Lodge and Sussex Wildlife Trust), was taken up by so many more students and staff this time. It raised over £800 for the charities.

Thanks to everyone involved in making the week such a success.

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# Careers

**It has been another busy term for our careers programme as students explore their post-Seaford pathways. Our Year 12 students have all dived back into Morrisby and have begun researching university courses and alternative routes. It's crucial they complete their list of Sixth Form subjects and teachers as this data will fuel their upcoming UCAS applications.**

In February, we had the pleasure of hosting Alice Catterick and Kate Burroughs (ex-Seaford student) from the Arun Veterinary Group, along with Georgia O'Brien and Sam Tame from the RSPCA. Their insightful talks provided guidance for students interested in animal-related careers.

MP Andrew Griffith engaged A Level Politics students and School Council members with a captivating discussion on the intricacies of politics and the qualities required to work in that field. The discussion was a great success and students had lots of questions to ask.

At the end of a busy term, we welcomed a team of healthcare professionals from St Richard's Hospital. Several interested students attended our Careers Tea, which shed light on the diverse array of opportunities within the healthcare profession, sparking enthusiasm among students.



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# Academic Support and Personalised Learning

**We can certainly sense, as teachers, that exam season is around the corner, as there is an added edge of nerves and anticipation to our daily routine. It seems timely, therefore, to review individual patterns of studying and revision. There are a few pointers that I explain to all students I work with:**

1. Revise smart, as well as hard: Look at your exam timetable, whether internal or external, and ensure your revision mirrors the pattern of timings. While you should conduct general revision across subjects, deeper subject-specific revision should be conducted in a timely manner, so that it is fresh in the mind at the relevant date.
2. Don't fall into the passive learning trap: It is so tempting (and easy) to passively read shiny revision guides or website pages, watch videos or listen to podcasts. While these will be more entertaining forms of revision, they may not necessarily ensure you can adequately recall the information, on the spot in an exam.
3. Recall and review: The hardest part of revision is engaging in strategies to ensure you can effectively recall and retrieve information without checking up on the answers. Flash cards, quizzes, mind maps or post-it notes are all fast methods of making sure you are really testing yourself, rather than assuming you know the key information.

There is a real buzz around the campus, full of students whom I know are eager to do their very best this summer. We wish you all the very best of luck. Remember: be proactive in your revision.



Love to learn

~ World Book Day 2024 ~  
~ Seaford College ~

*Handwritten notes in cursive script, mostly illegible.*

Mansion Menu

- Toad in the hole
- Vegetarian Toad in the hole.
- Mashed Potatoes.
- Carrots
- Broccoli
- Gravy.
- Chocolate cake and Custard.
- Caterpillar cup cakes.

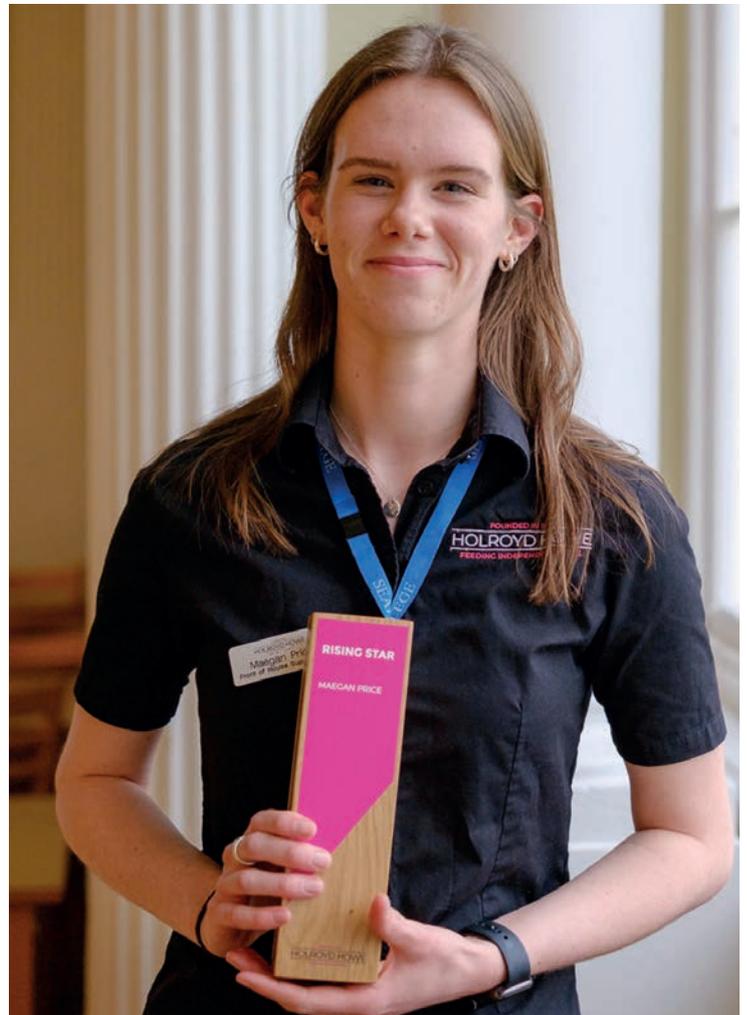
@LoveFoodAtSeaford

## Prestigious Award for Maegan Price

**Maegan Price won Holroyd Howes' prestigious 'Rising Star' trophy at their recent People Awards in London. Maegan beat off a huge amount of competition from HH's 100+ portfolio of schools.**

Since joining the catering team at Seaford in September 2020 as a part-time weekend employee, Maegan has shone continuously, prior to being promoted in March 2023. Nowadays in her role as Front of House Supervisor, her maturity and leadership skills are abundant for all to see, alongside her ever-growing confidence.

Everyone within the team is so proud of Meg and are looking forward to watching this star rise even further.



## World Book Day

Our Sous-Chef, Ali, treated our students to some book-themed desserts on World Book Day. Ali even made and presented the lunch menu on a wonderful book-shaped cake.

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

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# Uniform Recycling

**Each term, we organise a Uniform Recycle Sale, a popular event for acquiring extra Prep and Senior School uniforms and sports gear, as well as for replacing lost items.**

Here's how this works: You, as parents, provide the unwanted or outgrown uniforms, securely labelled with your name and contact details on. We then sell these on your behalf using a standard pricing system. The transaction occurs directly between you and the buyer; we do not handle funds ourselves.

This initiative has proven highly successful, resulting in bustling sale mornings held in the Sixth Form Common Room. Items for sale can be dropped off the week preceding the sale at Mansion Reception. Keep an eye out for published dates throughout the year.

We always welcome volunteers to help set up and run the sale.

**For further information, please contact Sarah Stubbington on [sstubbington@seaford.org](mailto:sstubbington@seaford.org)**





# New Classrooms & Wellbeing Facilities

**The construction project of our new classroom and wellbeing facilities behind the Johnson Centre is progressing well.**

This new building will provide immense new state-of-the-art facilities hugely benefitting all students across both the Prep School and Senior School. Facilities will include a brand-new fitness and wellbeing suite, full-size teaching classrooms and Performing Arts studios.

All to be officially opened and in use for September 2024, this is an extremely exciting project for all in the Seaford Community. Images below show the timeline of the project development from June 2023 to March 2024.



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# Botany Bay

**Botany Bay is a small but diverse privately owned conservation site that lies at the foot of the South Downs, near Duncton.**

Mostly wooded – but also containing a small wildflower meadow and orchard, it is bisected by a rare chalk ghyll stream. Botany Bay is an ancient semi-natural woodland dating as far back as 1600 AD and plays host to an impressive variety of species including: English oak, ash, alder, yew and field maple, to name but a few.

From the 1970s, the site was used as a trout farm; the stream widened and diverted into new ponds which were dug into the surrounding clay. Since 2014, the South Downs National Park Authority, Sussex Wildlife Trust, the Wild Trout Trust and the Portsmouth Services Fly Fishing Association have been working alongside co-owner Anne Dennig and Botany Bay's Community Interest Group to restore the site.

The site is now used by junior and secondary school groups, university students and wildlife enthusiasts and is often visited by students here at Seaford College. This week, students from the Prep School

have enjoyed visits to Botany Bay as part of British Science Week and have been learning about the chalk stream, measuring the flow and identifying some of the invertebrates in the stream.

The Portsmouth Services Fly Fishing Association (PSFFA) manages and stocks the lake with rainbow trout, and kindly allows the students at Seaford to fish with an instructor on certain days in the summer and autumn terms. The BTEC Countryside Management students also regularly visit Botany Bay, and last year helped to provide the data on the different species of bats that inhabit or visit the area.

Our students here at Seaford are extremely fortunate that we have this natural wonder on our doorstep, and we are very grateful to Anne and her team for facilitating our visits.

If you would like to arrange a visit to Botany Bay, please contact Anne on [annedennig@icloud.com](mailto:annedennig@icloud.com) as it is a private facility and no visits can be made without a prior appointment.



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# Happy Easter from everyone at Seaford College



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# Seaford College

Prep · Senior · Sixth Form



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