



ASPIRE

Gildredge House

WEEKLY NEWS

WEEK 8 . TERM 1 . 17TH NOVEMBER 2023



ASPIRE IN ALL THAT WE DO

KEY REMINDERS



Key Dates

21ST AND 28TH NOVEMBER
PARENT STEERING GROUP FOR YEAR 7, 8 & 9

28TH NOVEMBER
GCSE MUSIC RECITAL EVENING

1ST DECEMBER
CHRISTMAS JUMPER DAY

2ND DECEMBER
CHRISTMAS FAYRE

5TH AND 6TH DECEMBER
CHRISTMAS DINNER

5TH AND 6TH DECEMBER
CHRISTMAS VARIETY SHOW - RECEPTION

13TH AND 14TH DECEMBER
THE TWINKLY NATIVITY - YEAR 1 AND 2

13TH DECEMBER
THE WITCHES PERFORMANCE

As parents, it is our responsibility to ensure the safety of our children, especially when it comes to their daily commute to school. We have received reports from concerned parents regarding the driving behaviour of some Gildredge House parents. It is imperative that we take these reports seriously as the safety of our children is a top priority.

We urge all parents to drive safely and responsibly to and from school. Please remember to adhere to the speed limit, do not drive on the pavements and always be aware of your surroundings and crossing children. Any incidents of dangerous driving will not be tolerated and will be reported to the police.

Let us work together to ensure the safety of our children and create a safe environment for them to learn and grow. Thank you for your cooperation.

ASPIRE Points Totals



BADER

8136



CARTER

6284



HOPKINS

6689



JOHNSTON

6557



RAVILIOUS

7397



GILDREDGE HOUSE



@GILDREDGEHOUSE FREESCHOOL



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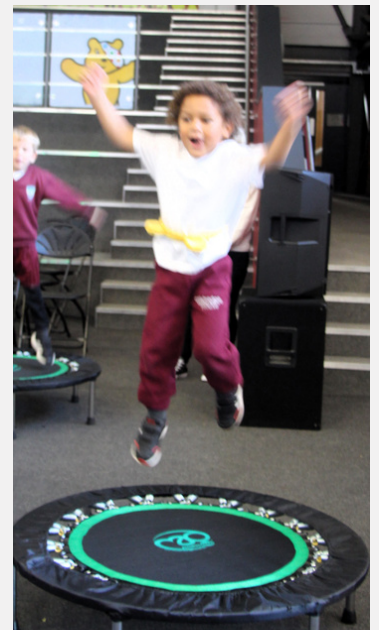
GH NEWS

CHILDREN IN NEED

The primary children have been doing their part to support Children in Need by taking part in a high-energy, fun workout class.

The Year 6 classes have been demonstrating how to use the trampettes. Even Executive Head Teacher Mr Bull joined in the fun, bouncing on the trampette alongside the children.

It was a great opportunity for the children to learn more about the importance of staying active and healthy, while also raising money for a good cause. They were all very excited to participate, and it was clear that they were enjoying themselves.



GH NEWS

CHILDREN IN NEED



GH

KEY DATES

SOME KEY DATES TO ADD TO YOUR CALENDAR

21ST & 28th NOVEMBER	PARENT STEERING GROUP, YEAR 7,8,9
28TH NOVEMBER	GCSE MUSIC RECITAL EVENING
1ST DECEMBER	CHRISTMAS JUMPER DAY
2ND DECEMBER	CHRISTMAS FAYRE 12- 3pm
5TH DECEMBER	CHRISTMAS VARIETY SHOW - RECEPTION CHRISTMAS DINNER - PRIMARY
6TH DECEMBER	CHRISTMAS VARIETY SHOW - RECEPTION CHRISTMAS DINNER - SECONDARY
13TH DECEMBER	THE WITCHES PERFORMANCE
13TH DECEMBER	THE TWINKLY NATIVITY YEAR 1 AND 2 BADGERS AND ROBINS PARENTS INVITED
13TH DECEMBER	CHRISTMAS MOVIE NIGHT PRIMARY AND SECONDARY - TICKET EVENT
14TH DECEMBER	THE TWINKLY NATIVITY YEAR 1 AND 2 WOODPECKER AND SQUIRREL PARENTS INVITED
3- 15TH JANUARY	YEAR 11 MOCK EXAMS

GH NEWS



READING FOR PLEASURE

Non-Fiction November!

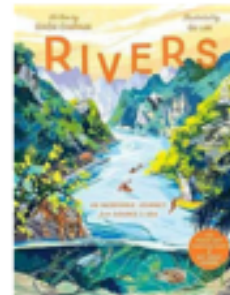
The 2023 theme for National Non-Fiction November is 'Wonderful Water' and this list is offered as a starting point for exploring the wealth of information and poetry books linked to the subject. Essential to life and with oceans and seas covering almost 70% of Earth's surface, this is a rich topic, offering much to discover.

Hey, Water! Antoinette Portis



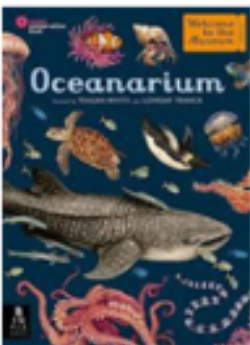
A young girl explores her environment and finds that water is everywhere. At the end of the book, there is additional factual information. A wonderful way to encourage conversations about the importance of water!

Rivers: An Incredible Journey from Source to Sea Simon Chapman, illustrated by Qu Lan



With fold-out pages of six great rivers from around the world, 'Rivers' explores the geography and wildlife of rivers, how they have shaped the human world and how people have shaped them. The book has been expertly checked by river ecologist, François Edwards.

Oceanarium Teagan White, illustrated by Loveday Trinick



Part of the 'Welcome to the Museum' series, this stunning book offers readers a trip around the world's oceans, guiding them around the wonders of the deep. The 'Oceanarium Activity Book' (ISBN: 978-1800782433) is also available.

Blue Planet II Leisa Stewart-Sharpe, illustrated by Emily Dove



There is so much to discover about the underwater world in this fascinating, richly illustrated book. 'Frozen Planet II' (ISBN: 978-1405946629) is also available.

Big Outdoors for Little Explorers: Seaside
Anne-Kathrin Behl

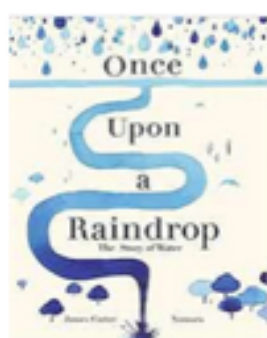


This bright, colourful board book with sliders is perfect for investigating nature on the beach with any little explorer! 'River' in this series (ISBN: 978-1839941818) is also available.

The Wonderful World of Water: From Dams to Deserts
Sarah Garre, Marijke Huysmans,
illustrated by Wendy Panders



Learn about the importance of water to our everyday lives in this fun, fact-filled book. Presented in attractive, engaging double-page spreads, each topic is explored with plenty of illustrations and trivia sure to encourage further exploration and experimentation.



Lyrical poetry brings the story of water vividly to life in this beautifully illustrated book.

Islands: Explore the World's Most Unique Places
Ben Lerwill, illustrated by Li Zhang



Explore 18 of the world's fascinating islands and discover their unique stories. From what an island is to their individual histories and wildlife, this is a captivating read.

Blue Peter – Book Badge!



Blue Peter have introduced an exciting new Book badge, designed by one of the UK's best-known illustrators, Sir Quentin Blake; who you might know from bringing to life characters such as Roald Dahl's BFG and Matilda!

To earn your badge, you need to share your love of books by answering a few questions. Maybe you could achieve the Book Badge and bring it in to share during a celebration assembly?

Visit the Blue Peter website to find out more:
<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-applyfor-a-book-badge>

GH NEWS

What are you reading?



Sonya in Year 4 loved when Author Luke Temple visited school and is enjoying reading his books. She loves reading and listening to the stories!



Eliza in Year 3 loves Harry Potter and The Chamber of Secrets. She says that the book is a really exciting adventure. She likes the way Hermione is a very smart, strong character and Scabbers the rat is funny.



Jack in Year 2 loves to read with his dog. One of his favourite books to read is "Mr Gum". He enjoys this story because it makes him laugh.



Teddy in Reception loves to read "The Snail and The Whale" because it reminds her that even if you are small you can still achieve great things!

If you want to share your favourite books, along with a short review for our newsletter please send these to l.cunningham@gildredgehouse.org.uk.

Keep an eye out for some of our teacher's favourite books next week.

CUES

Coping with Uncertainty in Everyday Situations

Is your child experiencing feelings of anxiety? Are you looking for information on how to help them? CUES is a training course for parent/carers to support their children with feelings of anxiety they are experiencing.



If this is something you would be interested in attending, please click on the link below or use the QR code for more information and to complete a short questionnaire about where and when you can attend.

[Click here](#) to answer the questions and register your interest or use [QR code](#).

“Supportive and safe space”

“Breath of fresh air”

“A community of parents”

“Helping you to deal with your child”





GH PRIMARY NEWS



DESPITE THE RAIN AND HAIL THE RECEPTION CHILDREN ENJOYED THEIR TULIP PLANTING

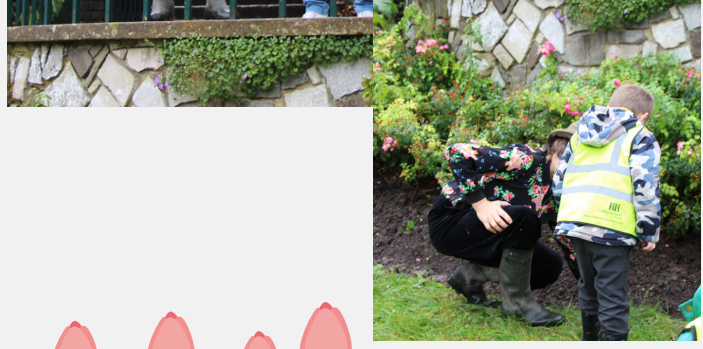
This term the EYFS children have been learning about Autumn. To support their learning, the children embarked on a Woodland Walk through Gildredge Park to meet Gilda (Lady Antonia Lucas) who helped them plant tulip bulbs for all to see outside Waitrose.

The children had to make sure the roots were facing down into the soil and then push the bulbs into the soil with their fingers. The bulbs were then sprinkled with magic fairy dust to help them grow. We are very grateful to Eastbourne Borough Council, Neighbourhood First and Friends of Manor Gardens Committee, Waitrose, our parent helpers, our School Governors and Lady Lucas who all braved the hailstones to support this wonderful event. We can't wait for the flowers to grow and for you all to see them on your way to school.





GH PRIMARY NEWS





Happy Diwali

A VERY HAPPY DEEPAVALI (DIWALI) TO
ALL OF OUR HINDU AND SIKH FAMILIES,
FRIENDS AND COLLEAGUES.

GH SPORT SUCCESS

OUR AMAZING TRIATHLETES



We could not be prouder of these five Gildredge house students for reaching the nationals for their respective age groups and travelling up to Mallory Park to compete at the inter-regional championships.

Oli B and William raced two aquathlons and Oli & Thomas raced two triathlons. Katie competed in the relays and transition sections. All five students have trained extremely hard this summer in readiness for their competitions.

GH SPORT SUCCESS

TOP 15 OF ALL U15 ATHLETES IN SUSSEX



Congratulations to Eastbourne Rovers Athlete Tom who is having a great cross country season, selected to represent Sussex as part of the long-distance squad earlier in the Autumn. Tom had a great result at Ardingly this weekend, finishing in first place over a distance of 2.5 miles in 14 minutes and 13 seconds.

This result places Tom in the top 15 of all U15 athletes in Sussex.



GH SPORT SUCCESS

FOOTBALL SUPERSTARS



A huge well done to Alfie and Elliot who were invited to represent Sussex schools under 15's squad in a tour of Greece. It was an amazing opportunity for them to gain experience and represent the county. They played against professional teams in an older age group and although they didn't win the first two matches they held their own and scored against them. They then ended with a draw in the final match.

Itinerary of the trip:

Day one: Training session at Panathinaikos FC

Day two: Panathinaikos under 16's V Sussex schools under 15's

Day three: Kafisia under 18's V Sussex Schools under 15's

Day four: AEK Athens under 16's v Sussex Schools under 15's



This Anti-Bullying Week,
let's make a noise about bullying.

MAKE A
NOISE
ABOUT
BULLYING

“
BULLYING ISN'T WELCOME HERE!

Who can I speak to at school?

Please contact the form tutor or class
teacher for help and support.

YEAR 11 HOSPITALITY VISIT

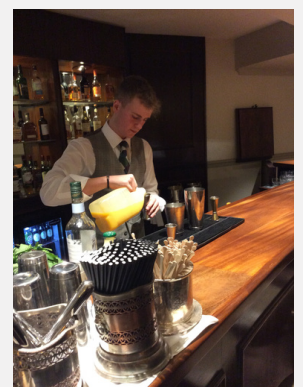
Mrs Bray, Mrs Chalk and the Year 11 Hospitality students were invited to look around the Grand Hotel in Eastbourne last week.

The group were lucky enough to have a tour of the hotel where they met some of the different staff and had the opportunity to ask them questions about their jobs and work. They also had a demonstration from the barman where he showed how to make a popular mocktail. He explained sometimes he does not get home till 5am as the bar is so busy, particularly around Christmas time.

During the visit the group were shown some of the different suites the guests can stay in, one of them was over £600 for one night with stunning sea views.

The Executive Head Chef Hjorve demonstrated how to make a beautiful fresh salad which everyone got to try and one of the students, Noah, was asked to help make the salad dressing.

A lovely afternoon was had by all and a great opportunity to look around the only 5* hotel in Sussex.



GILDREDGE HOUSE DRAMA PERFORMANCE

13TH DECEMBER AT 5PM



ROALD DAHL

WITCHES

THE

TICKET PRICES £3

Tickets can be purchased on sQuid



ASPIRE



Bebras 23

Building on the success of last year's computer science students in Key Stages 3,4 and 5 this week we have been working through the Bebras computational thinking challenge during our Computer Science lessons.

The Bebras challenge is an international challenge that introduces computational thinking to students and builds on the work done in lessons. Over 3 million students across the world take part.

Students are presented with various computational thinking challenges to complete over 40 minutes.

Students are grouped into age groups :

- Castors - (8-10)
- Juniors (10-12)
- Inters (12-14)
- Seniors (14-16)
- Elite (16-18)
- SV1 (10-18)

And students who's results are in the top 10% of their age group get invited to the next stage of the competition organised by Oxford University (<https://www.bebbras.uk/index.php?action=content&id=42>).

The competition closes on Friday and we will then get the results, all students who took part will receive a certificate.



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SECONDARY NEWS



Bebras 23

Secret Message

Agents Boris and Bertha communicate using secret messages.

Boris sends Bertha the secret message: MEETBILLYBEAVERAT6

He writes each character in a 4 column grid as shown below.

(He puts an X in any unused spaces.)

The secret message is created by reading from top to bottom and column by column starting from the left: MBYVTEIBE6ELERXTLAAX

Bertha then uses the same method to reply to Boris. The secret message she sends him is: OIERKLTEILH!WBEX

Question:

What message does Bertha send back?

Possible Answers:

OKWHERE TOMEET!

OKIWILLBETHERE!

WILLYOUBETHERETOO?

OKIWILLMEETHIM!

M	E	E	T
B	I	L	L
Y	B	E	A
V	E	R	A
T	6	X	X





GH



Bebras 23 – ANSWER

Answer:

OKIWILLBETHERE!

Explanation:

You can determine the original message by entering the secret message into the grid from top to bottom and column by column. This gives:

O	K	I	W
I	L	L	B
E	T	H	E
R	E	!	X

Then reading from left to right and row by row gives:

OKIWILLBETHERE!

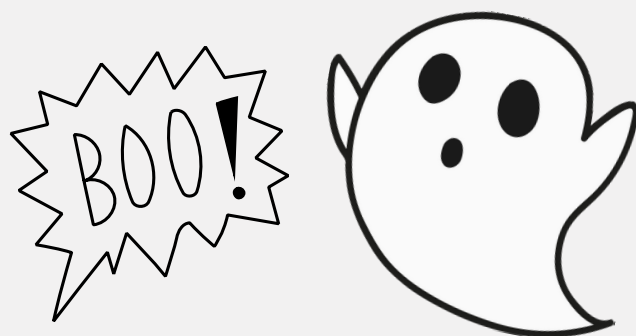
Culture of Learning Update – Whiteboard pens

Next week, we will be giving all secondary phase students an early Christmas present in the form of a whiteboard pen! We are issuing these pens to help support our focus on the use of mini whiteboards, or Show Me Boards, during lessons. Show Me Boards are an excellent method for checking student progress and understanding. We therefore want to maximise their usage – ensuring every student has a whiteboard pen will enable us to do this. Students will be expected to keep their whiteboard pen in their pencil case for use during lessons.





SECONDARY NEWS



Gildredge House Ghost Competition winners

WINNER – Leo Year 8

Runners Up:

- Nina 7C
- Tate 7J
- Lydia 7B
- Issy 7R
- Harry Year 8

The Ghost of Gildredge house

Ink stroked the paper with delicacy. Detention. Victor was a relatively well behaved boy and did quite well in class but this was new to him. The room was empty but it felt like everyone was watching him. He grabbed a pencil and wrote his name on his homework. As he folded it neatly in quarters the thin edge of the paper sliced through his finger.

“Owch!” he squealed in agony. Ruby red blood oozed through the gorge in his finger. Stinging filled his cut. He wiped the crimson flower on his trouser leg. With a half-grin on his face, his bloodshot eyes flicked to the clock hanging above the teachers desk. 4:00.

“Can I go home now?” He called through the door. No one answered. He got up and wandered through the door and down the empty corridor.

Christmas was near and Victor could feel the cold imprisoning him.

Absence. A blood covered handprint slapped against the window of the science prep room and slid down leaving a trail of red.

"No no no no no no." He whispered clumsily exiting the room. Stumbling backwards, he checked again behind him. Still tons of blood. White as snow, he raced to the window and inhaled the fresh air or what was left of it anyway. Victor wiped the sweat from his head. Hectically, he scrambled down the corridor. "Help!" he screamed as loud as he could. Peering into his soul, two beady eyes glistened in the shadows. Lingerin; watching. Victor had seen it before, the Ghost.

Footsteps light, Victor crept to the art rooms, which he had decided was the safest place. Hesitantly, he reached for the doorknob and entered. CrEaK. Eyes to the doors at the back of the classroom. Frantically, he ran to the back table and sat under it. As sweat rushed down his cheek, he heard a screech moving along the walls like nails on a chalkboard. "What do I...?" he said trying to keep his volume low. "This can't be happening." Bewildered, he scrunched his face. With skittish thoughts, he tried to pull himself together.

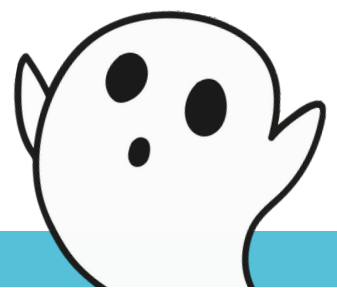
"Computer."

Strangled in his fear, Victor stumbled to the entrance. There must have been hundreds of computers in the school. He knew they were there with computer rooms.

"Hello?" Victor muttered as he shakily wandered into the beckoning gloom of the computer rooms.

"I know your there." he spat. All of a sudden he heard the screech echoing through the corridor behind. The key was conveniently in front of the door. As he fiddled with the door key in the hole, the figure approached. Victor bashed the door open into the wall and bolted to the computers. While he had spent so many dull assemblies with the boring Mrs Dentworth, he couldn't remember the numbers necessary for locking up the bandy-limbed creature.

"199? 219? 919? 191? 911!" he said panting. It had been slashed at the circuit. It buzzed like a broken fridge. All he could hear was heavy footsteps and a muffling like a television with no signal. SHHHHHFFFHH! Humming turned to whirring in a matter of seconds. Growling filled the room. From behind the metal beam, a scratchy groan lurked. It was nearing. Urgently, he pounded the buttons."



““WORK!” he commanded. But it was too late. Approximately, the Scrane was seven feet away. Without thinking, he made a run for the door. Round the school, he sprinted to the DT room. Suddenly, he stopped and turned to the saws on the wall. Despite his sprained ankle, Victor reluctantly walked to the fire exit and raised his saw above his head. Whacking the window, the saw crunched through the glass. Darting past the shattered glass, Victor tried to restrain from retching. Clambering through the shattered glass, Victor received a sharp shard in the side. Blood stained his shirt. Barefoot, he sprinted down the avenue which was coated with broken beer bottles and dog urine. Victor could hear the Ghost lumbering towards him. Turning down a dark alley, he froze to the wall and watched a tall, transparent blur flash by. Trembling, he strolled to the end of the road and out of a crease. Death was afoot. It stood there, eyes piercing his soul. Beckoning voids as eyes, it stood there. With a sinister gaze, the Ghost viewed the boy. Beginning to tear up, Victor screamed for help. But it was no use, slowly the Ghost placed a finger to his lips. Almost paralyzed with pure terror, Victor lifted the saw and blindly began to hit the Ghost. On the first hit, the Scrane grabbed the blade and shook his head. Life drained from Victor as his fingers dropped dead. All was still. Fixated to the spot, his pupils shrank.

“What, but , who, how?” Victor gasped with exhaustion in his voice.

“ Hello?” the scrane said from a mouth that didnt’t exist.

“what, but, who, how?” the Scrane mumbled “ Can I go now?, ouch. I know your there.”

Clenching his hands with all the strength he weld, he tugged at the Ghost needle-like fingers that were coiled around his arms. With his sharp nails, the Ghost peeled the skin of Victor’s arm like a banana. Scrambling out of the Ghost’s clutches, Victor smashed the saw into it’s face. Startled, the Ghost fell back, releasing the boy. And off like that, Victor sprinted down the alley. As he ventured down paths, alleys, over walls and fences, he began to lower his pace to a brisk walk. Having evaded the bandy limbed freak. Victor felt pretty good despite his arm stinging like a red hornet. More relieved than before, which was still barely at all, he pensively formed his escape plan. Quietly, Victor sat himself down beside a bin, which still left him a little bit exposed but not much, knowledge sunk into his face, he went white and he felt weak at the knees.

He began to repeatedly bash into the bin. But it only made him louder and more exposed. Not long after, he heard footsteps. Had he given himself away? Was all hope lost?

Victor noticed in the shadows a lanky figure with his head down.

Victor’s eyes widened. Blood dripped; screams rang out.

THE END





GH

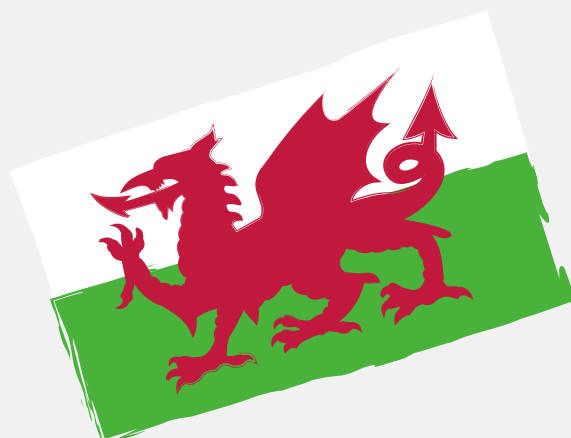
ALUMNI

DUKE OF EDINBURGH AWARD

Over half term, several students who are now at BHASVIC took part in their Gold D of E practice expedition. They completed their Bronze and Silver D of E awards at Gildredge House and wanted to continue to have the full set! They got in touch to tell us all about their trip to Wales with some very interesting weather (lots of wind and rain!).

However, they showed fantastic resilience, teamwork and positivity and are now looking forward to participating in the qualification expedition in 2024.

It is lovely to hear from ex-students and to see what they are doing and we wish them all the best with the rest of their Gold Duke of Edinburgh Award.



GCSE MUSIC RECITAL EVENING

TUESDAY 28th NOVEMBER
CREATIVE iMEDIA SUITE

17:00 pm - 19:00 pm
£5 Tickets available on sQuid



Gildredge
House

ATTENDANCE



WEEKLY CLASS ATTENDANCE

At Gildredge House, we believe that outstanding attendance is important to ensure children are safe and have full access to the educational provision made for them.

We closely monitor attendance for all students in both Primary and Secondary. We celebrate, weekly, the top two classes with the highest attendance rates in both phases of the school.

Week : Commencing 30th October

Congratulations to:

Primary

Secondary

4A = **98.7%**

7B = **99.3%**

1B, 2B & 5B = **98%**

10J = **97.8%**

Top year group attendance this week is

PRIMARY YEAR 1

SECONDARY YEAR 11

Whole school attendance this week **94.1%**

ATTENDANCE



MATTERS



GILDREDGE HOUSE



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FREESCHOOL



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School Meals

Our school takes pride in offering healthy and nutritious meals for our students. We understand that a well-balanced diet is crucial for their growth and development, which is why we invest in providing high-quality ingredients and preparing them in a way that is both delicious and healthy. Our menu is designed to cater to different tastes and dietary needs, ensuring that every child can enjoy a satisfying meal that meets their nutritional requirements. We believe that by promoting healthy eating habits at a young age, we can help our students establish a foundation for a lifetime of good health.



WEEKLY MENU

Gildredge House School Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Mexican Beef Chilli con Carne	Sticky BBQ Chicken & Onions	Baked Gammon	Chicken Tikka Marsala Curry	Catch of the day - Friday Breadcrumbed Fish - Gluten free also available
Mexican Quorn Vegetable Chilli con Carne (V)	Quorn Sausages with BBQ Onions (V)	Vegetarian Quorn Sweet Potato Meatloaf (V)	North Indian Palak Dal - Spinach & Lentils & Spices (V)	Roasted Pepper & Red Onion Frittata (V)
Braised Rice	Mashed Potatoes	Roasted Baby Potatoes	Basmati Rice	Chips
	Sweetcorn & Peppers	Gluten Free Gravy	Mini Naan Bread	Steamed Garden Peas
Baked Jacket Potato & Baked Beans	Fusilli Pasta with Tomato Basil Sauce	Vegetable Medley	Fusilli Pasta with Tomato Herb Sauce	Jacket Potato served with Cheddar Cheese
Homemade Chocolate Brownie	Frosted Carrot Cake	Baked Jacket Potato served with Tuna Mayonnaise	Pear & Apple Crumble & Custard	Fresh Fruit Salad
		Oaty Flapjack		

Salad Bar

HARRISON
food with thought



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