



KEY REMINDERS- CYBER BULLYING

Cyber bullying is: 'an aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend him or herself'. (Report to the ABA by Goldsmiths College)

As more and more students use electronic devices and communicate online, we thought it would be an apt time to remind all parents on the Anti-Bullying policy. Available [here](#).

If you think your child may be being bullied, or they tell you that they are, please let us know straight away by informing your child's Class Teacher, Tutor or Head of Year. Please reassure your child that we will deal with it sensitively but firmly. If your child tells us they are being bullied, or we discover that they are bullying others, we will contact you and discuss with your child how the situation can be improved.

Key Dates

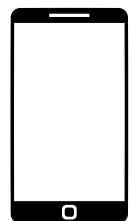
23RD JANUARY|
INSET DAY- SCHOOL
CLOSED TO ALL STUDENTS

25TH JANUARY|
LEGAL AND GENERAL
CAREERS EVENT-
YEAR 11,12 & 13

27TH JANUARY|
CAREERS DAY-
YEARS 7 & 8

3RD FEBRUARY|
NSPCC NUMBER DAY-
RECEPTION - YEAR 6

10TH FEBRUARY|
THE ANNUAL SKI TRIP -



For more resources and support please check out the E- Safety page. Available [here](#).



ASPIRE Points Totals



BADER

8974



CARTER

9584



HOPKINS

9989



JOHNSTON

10251



RAVILIOUS

10184



GH SPORT SUCCESS

YEAR 5 & 6 X COUNTRY - LEWES QUALIFIER



On Wednesday 18th January, 11 boys and girls in Years 5 & 6, from Gildredge House, competed in the 2nd Round of the Sussex Schools X Country run at Lewes Rugby Club. The 11 Gildredge students had qualified for the event by finishing in the top 15 of the Eastbourne partnership race.

70 students competed in each category (Year 5 girls, Year 5 Boys, Year 6 Girls and Year 6 Boys), with the top 15 moving forward to the Sussex Schools finals, to be held later in the year.

The Gildredge House students were incredible, showing grit, determination, resilience and a resounding sense of togetherness whilst showing empathy for other students who were enduring the difficulties.

Three students qualified for the next stage of the event: Henry, Katie and Charlie

It was a fantastic event, everyone had a great time and one that the students will remember for a lifetime.



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GH SPORT SUCCESS

Sussex Schools Cross Country Championships



Well done to all of the Gildredge House Students who took part in the Sussex Schools Cross Country Championships on Tuesday. This was a tough qualifying competition against the best athletes from all over Sussex.



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Duke OF Edinburgh Award

Every year at Gildredge House we undertake the challenging Duke of Edinburgh Award. The current layout involves Volunteering, Physical Skills and an Expedition.

We've had great success with students going from Bronze to Silver to Gold. The award looks at building resilience, teamworking skills and leaves a mark of achievement and, we hope, core memories.

Currently we have 38 Year 9 Students who have completed 2/3 of the sections and have the expedition to go.

For the Year 10 students who are currently undertaking the Silver award, they have been giving up two lunch breaks every week to go and read to Primary students. A treat the Primary students really enjoy.

As you can imagine, a lot of work goes on behind the scenes to organise this, so thank you to Mrs. Maxwell, Mr. Kenth and Mrs. Bray for all the hardwork. In 2022 we came second overall for the number of completed awards.



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 from January 2023. We will be celebrating, weekly, the top two classes with the highest attendance rates in both phases of the school.

Week 9th - 14th January 2023

Congratulations to:

Primary
5B = 99.4%
2B & 5A = 99.3%

Secondary
7J = 100%
11C = 98.6%



MENU

WHAT'S ON THE MENU?

WEEK ONE

MONDAY

Creamy Chicken Korma with Turmeric Spiced Rice
 Japanese Style Sweet Potato & Chickpea Curry
 Mini Naan Bread & Poppadom
 Fresh Vegetables
 Forest Fruit Yoghurt

TUESDAY

Asian Style Chicken Stir Fry with Black Bean Sauce
 Falafel Stuffed Pitta
 Egg Fried Rice
 Fresh Vegetables
 Sticky Toffee Pudding with Butterscotch Sauce

WEDNESDAY

Roast Turkey with Stuffing & Gravy
 Lentil & Root Vegetable Loaf with Gravy
 Roast Potatoes
 Honey Herb Roasted Carrots & Steamed Savoy Cabbage
 Iced Carrot Cake

THURSDAY

BBQ Chicken Thigh with Savoury Pilaf Rice
 Mac n Cheese with Garlic Bread
 Fresh Vegetables
 Warm Chocolate Brownie

FRIDAY

Breaded Fish Fillet & Chips
 Veggie Burger in a Bun & Chips
 Garden Peas or Baked Beans
 Fresh Fruit Salad

HARRISON
 food with thought

INSET DAY

Gildredge House will be closed to all students on Monday 23rd January 2023. This is due to an Inset day and all classes will resume as normal on Tuesday 24th January 2023. We hope students enjoy the long weekend and take this as an opportunity to do homework and some revision.

UNIFORM

If your child has outgrown any uniforms or if your child no longer needs it, please consider donating it to the Pre-loved uniform sale. Please bring any Pre-loved school uniform, ties and school bags to the Secondary Reception.



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NEWSLETTER LOGO DESIGN COMPETITION



DESIGN A LOGO FOR THE GILDREDGE HOUSE WEEKLY NEWSLETTER

PRIZE

Competition Rules :

1. The logo should be based on your own imagination/idea. Don't take other people's work.
2. Feel free to design a logo using whatever medium you feel comfortable with. i.e paint, photoshop, drawings.
3. Posters must be submitted by Monday 20th February .If you are late your logo will not be included.
4. Winners will be announced Spring Term two.



Please send all logo designs to office@gildredgehouse.org.uk or alternatively give it to the Primary or Secondary School Office.

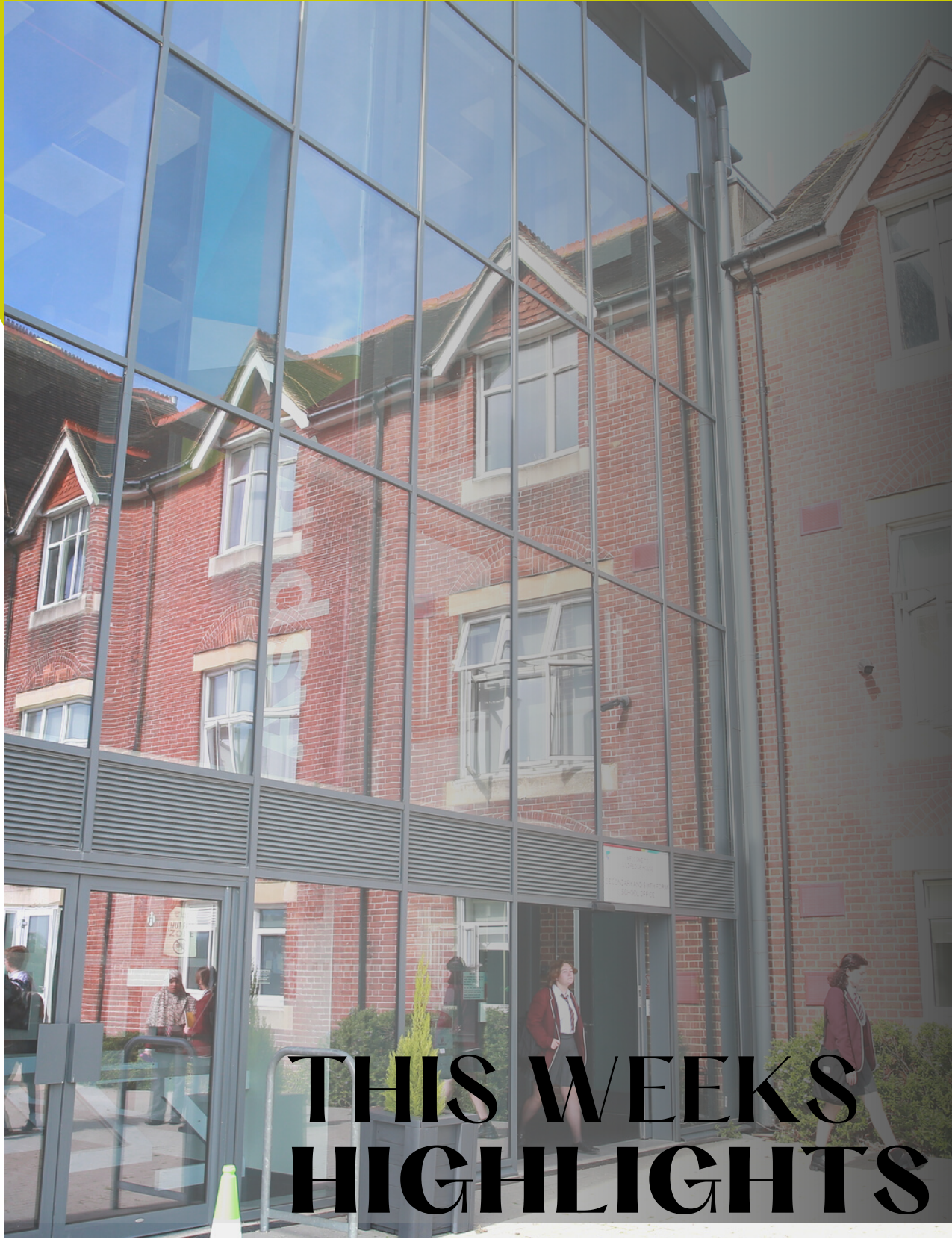
OPEN TO ALL YEAR GROUPS

GILDREDGE NEWS

GH CAREERS

CAREERS UPDATES

Education is our passport to the future...



THIS WEEK'S HIGHLIGHTS

YEAR 7&8 CAREERS DAY

FRIDAY 27 JANUARY 2023

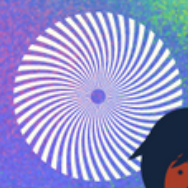


ASPIRE

Gildredge
House



AIM FOR THE STARS





CAREERS UPDATES

For more Careers advice please check out the website. Available [here](#).

Careers in Digital and Technology For Year 10 and above

Are you interested in careers in science, tech or finance. If so, you are invited to attend a series of exclusive workshops which are being run by [Skills Gap](#). Skills Gap is a career accelerator that runs insightful workshops for young people aged 15-19 .

The workshops are designed to give students a head start in their career research. The next workshop will be covering everything related to learning the basics of Artificial Intelligence (AI), hacking and coding, as well as the unique job opportunities in each sectors. Students will also get a chance to try a hands-on practical exercise, and put questions to a panel of industry experts.



skillsgap™

Step into the future



Careers in Hacking

Saturday, 4 Feb 2023

Top-flight businesses and governments the world over are recruiting for a new elite force: a band of ethical hackers charged with protecting our most sensitive information and the infrastructure that powers our everyday living. Our online workshop is taught by Daniel Wilkinson, a Security Consultant at NCC Group. He gives a beginner's guide to ethical hacking and the skills you'll need to succeed, with practical experience of hacking your way into a vulnerable online storefront.



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CAREERS UPDATES

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AI in Astrophysics

Saturday, 4 Feb 2023

With new telescopes powerful enough to see galaxies formed in the wake of the big bang, our online workshop introduces the AI helping scientists to interpret this data to identify stars and plot the shape of the universe. Taught by Joe Sims, an AI PhD student at Leeds University, you'll step into the inspiring world of AI in astrophysics and get first-hand experience of using a neural network to classify stars.

AI in Engineering

Saturday, 25 Feb 2023

Finding new and optimal ways of doing things is at the very core of engineering. Which makes it the perfect partner for AI and machine learning, from smart production lines to image processing technology that allows machines to see. Our online workshop is led by civil engineer and data scientist, Johan Hagstrom, who will introduce you to key AI algorithms and trends. You'll also get hands-on experience with Python, being guided through a computer vision algorithm that can detect cars on the road – a peek into the world of self-driving vehicles.

AI in Finance

Saturday, 25 Feb 2023

The world of finance has been an early adopter of machine learning, from fraud detection to finance chat bots, yet it's still just touching the surface of AI's potential. Our workshop is led by Chelsea Murray, a data scientist at ING with a Masters in Machine Learning and Machine Intelligence from University of Cambridge. Chelsea will introduce you to the vast range of financial AI applications and give you practical experience training a machine learning algorithm to predict credit card fraud.

Coding for Game Design

Saturday, 25 Feb 2023

With one third of the world's population already estimated to be gamers, the gaming industry offers one of the hottest career tickets today. Our online workshop gives you a unique insight into the latest trends from multiplayer games to game streaming. Led by Josh Hills, a programmer on some of the world's largest multi-player games, including Runescape and Horizon, you'll get first-hand experience of developing and enhancing a physics-based game prototype and discover the skills you'll need to succeed.





CAREERS UPDATES

For more Careers advice please check out the website. Available [here](#).

★ RATEMY APPRENTICESHIP

Are you interested in an apprenticeship either as a Post-16 option or a Post-18 option instead of university? If this is you, then consider engaging in Rate My Apprenticeships webinar. Rate My Apprenticeship support young people by offering careers advice for schools and college leavers. See more about Rate My Apprenticeship. [here](#)

Their webinar will be taking place on Tuesday 21 February 2023 (after school). Come and meet some top employers by attending a free virtual event. Register here to attend [Spring Apprenticeship Event - RateMyApprenticeship](#)

By joining, you will:

- Meet our best employers, including Deloitte, Mazars, BDO, Accenture and PwC
- get face-time with current apprentices to find out what life as an apprentice is really like
- quiz recruiters on how to be successful when applying
- Get an exclusive employability session with The University of Law.
- Student & Parent Zone



Are you interested in a career in Cyber Security?

There is information about all of us everywhere. From the medical records held about you in your medical centre and the information we hold about you at school, to your favorite shops and social medial accounts. Who keeps this information safe and protects companies from online cyber theft? If you would like an answer to these questions, then why not visit The National Cyber Security Centre website and find out more about a career in cybersecurity. Cyber First are running a series of short courses for children from the age of 14. Applications for February and March 2023 are bookable on their website, [CyberFirst courses - NCSC.GOV.UK](#)



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CAREERS UPDATES

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INVESTIN

Careers in STEM (Science, Technology, Engineering and Maths)

INVESTIN are offering pupils and students from the age of 12, opportunities to experience different career sectors. INVESTIN are a UK-based organisation that provides students aged 12-18 with an immersive experience of their dream career. Take a look at the links below to find out more. STEM & Medicine Summer Experiences: Ages 15-18 – [InvestIN Education.](#)

If you are interested in STEM or Medicine, please look at these exciting experiences on offer by INVESTIN here Summer Experiences 2023 – [InvestIN Education](#)

Are you interested in shadowing a doctor in a London hospital and practice stitching up a wound?

Design the engineering to take humans to Mars?

Designing a supercar?

Observe a clinical psychology assessment?

Trade in the stockmarket in a skyscraper?

Experience sports psychology at a Premier League stadium?

Click on the links below to find out more about the career experiences in the following sectors happening over the Spring Term:

- [Architecture](#)
- [Dentistry](#)
- [Engineering](#)
- [Forensic Science](#)
- [Investment Banking](#)
- [Medicine](#)
- [Psychology](#)
- [Software Engineering](#)
- [Vet](#)
- [Video Game Design](#)

OUR PROGRAMMES

Life-changing, immersive career programmes for ages 12-18.
Choose your career, maximise your potential.



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STEM & MEDICINE WEEKEND CAREER EXPERIENCES

Available at UCL or Live Online
This Spring Term for Ages 12-18

INVESTIN

Trustpilot 4.8/5 from 1,200+ Trustpilot Reviews

STEM Summer Experiences in London

A collage of images showing various STEM and medicine activities. Top left: A person in a lab coat and mask working with equipment. Top right: A student in a lab coat performing a procedure on a mannequin. Middle left: A student sitting in a medical chair. Middle right: A student working with a microscope. Bottom left: A student using a VR headset. Bottom right: A group of students in a field, possibly participating in an outdoor activity.

STEM & MEDICINE SUMMER EXPERIENCES 2023

Life-changing
Career Experiences
For Ages 12-18

London, July & August 2023

INVESTIN

Trustpilot 4.8/5 from 1,200+ Trustpilot Reviews

Study in the North

Webinar & live Q&A
9th February 2023
17.30-18.30

Register for Zoom link

Considering moving somewhere new for uni? This session is run by students and staff from a range of Northern Universities, designed for students who do not know the area. Discover the huge range of opportunities and benefits that come from studying in the region:



University of
Sunderland



