



KEY REMINDERS- CLOCK CHANGE



Daylight saving time begins on Sunday 26th March 2023 at 2 am. On Saturday night, clocks move forward by one hour.

This clock change can be more challenging for teenagers with an already shifted body clock. Key tips we would recommend for students are:

- Aim to wake up at the same time each morning.
- Avoid screens and gaming stations before bed.
- Avoid fizzy, stimulating drinks in the evening. These drinks can stay in your system for a number of hours.
- Try preparing for the clock change gradually- to adjust slowly, three days in advance go to bed fifteen minutes earlier and get up fifteen minutes earlier. Repeat each day so that on the fourth day you're on the correct time.

Key Dates

30TH MARCH
PRIMARY CAREERS DAY
PRIMARY

31ST MARCH
BRONZE DOE QUALIFYING
EXPEDITION
YEAR 9

31ST MARCH
TERM 4 FINISHES
WHOLE SCHOOL

17TH APRIL
TERM 5 STARTS
WHOLE SCHOOL

ASPIRE Points Totals



BADER

13176



CARTER

14184



HOPKINS

15388



JOHNSTON

15309



RAVILIOUS

15708



Primary

Trip to Beechwood Grove



OAKLAND
— CARE —



Last week, some of our primary students celebrated World Book Day with the residents of Beechwood Grove Nursing Home.

The children shared some of their favorite books with the residents and made bookmarks for each of them. We even had Wilfred making turtles out of paper using his fantastic origami skills.

The staff and residents made us feel so welcome and we look forward to visiting them again!



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GH SPORT SUCCESS

YEAR 4 & 5 - OCKLYNGE CUP
2023



On Tuesday 21st March, the Year 4/5 Gildredge House Football team took part in the inaugural, 'Ocklynge Cup 23'.

All of the Primary schools in Eastbourne were invited to take part in a competitive tournament, held at Ocklynge school. The Gildredge House students were outstanding. They showed great determination, resilience, and respect throughout the day and were rewarded for their efforts.

They played eight games, winning seven and drawing one. They scored over twenty goals and did not concede a single goal.

In a hard-fought final against Pevensey and Westham Primary School, Gildredge house won 1-0 with a last-minute goal to start the celebrations.

The Ocklynge Cup Winners 2023 - Gildredge House.

On Wednesday 22nd March, the Year 7 Gildredge House Football team qualified and was in the semi-final of the partnership football competition with wins over Cavendish, Ratton, and TEA. They played St Catherine School and showed great determination, ambition, and perseverance. They fought hard against St Catherine's school but sadly lost 4-2.



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GH SPORT SUCCESS

Eastbourne Sports Partnership Gala



Thank you to the excellent group of leaders who ran the Eastbourne Sports Partnership KS4 GCSE PE Moderation Gala at Eastbourne College. With outstanding organisation, they took responsibility in their stride.

Our Year 11 swimmers Charlie, Noah, Grace, and Catherine were a credit to the school for taking part in multiple races to ensure good competition for those taking part in the Gala.



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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: 13th March - 17th March 2023

Congratulations to:

Primary

Secondary

2A = 96.8%

7C = 98.9%

6A = 96.7%

8B = 96.7%



MENU

WHAT'S ON THE MENU?

HARRISON
food with thought

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK THREE	Chicken Fajitas with Guacamole & Sour Cream Roast Vegetable & Brie Galette Spiced Potato Wedges Fresh Chopped Salad Citrus Sponge with Custard	Cottage Pie topped with Cheddar Mash Moroccan Style Vegetable Stew with Coriander Cous Cous Steamed Broccoli & Savoy Cabbage Steamed Syrup Sponge with Cream	Roast Chicken Thigh with Stuffing & Gravy Vegetable Sausage Roll with Onion Jam Roast Potatoes Roasted Root Vegetables Apple Crumble with Custard	Penne Pasta with Beef Ragù Sauce Vegetable Paella with Sun Blushed Tomatoes & Basil Oil Chopped Green Salad Garlic Bread Slices Berry Eton Mess	Breaded Fish Fillet with Tartare Sauce & Lemon Roast Vegetable & Bean Burrito Chunky Chips Garden Peas or Baked Beans Ice Cream Pots

PRIMARY GARDENING MORNING

Thank you to our Primary families who attended the gardening morning last Saturday to help prepare the willow dome, the raised beds, and the orchard for the Spring. This will be a fabulous resource for the students to get hands-on with nature.

Going forward we aim to have a regular drop-in morning throughout the next few terms and all are welcome to attend.

PRIMARY CAREERS DAY

The Primary Careers Day is on Thursday 30th March. We can't wait to see what each student will be wearing and are looking forward to working out which occupations the children have chosen to dress up as. We know that we may get a lot of footballers and would urge children to consider other options as football careers can be quite short.



2023

Ramadan Mubarak

Gildredge House would like to wish everyone in the community a happy Ramadan Mubarak.

We have a dedicated quiet room available for our students at breaktime for prayer.

Wishing you all the blessings of this holy month.



ASPIRE

STAFF VACANCIES

ASPIRE

in all that we do



WE ARE CURRENTLY RECRUITING FOR THE BELOW VACANCIES:



COVER SUPERVISOR



TEACHER OF COMMUNITY & HEAD OF YEAR



TEACHER OF HUMANITIES



TEACHER OF MATHEMATICS



JOIN OUR
TEAM

FOR MORE INFORMATION
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