

### From the Headteacher

This week we have been reflecting on the theme of 'Forgiveness'. Forgiveness is at the very heart of the Christian message to 'love your neighbour as yourself'. Forgiveness is not just a gift of love to those who have harmed you, but more importantly is a gift to yourself; an opportunity to let go of any grudges, pent up anger or bitterness. This allows us to let go and live life to the full. We pray then, during this season of Lent, that we take the opportunity to love ourselves a little by forgiving others and setting ourselves free!

**God Bless**  
**David Carter**

### SPH Sixth Former jets off to join US Space Camp!

Alex Towler in Year 13 was selected from over 3,000 applicants to represent SPH and the UK at Honeywell Leadership Academy and is getting ready to blast off for the learning adventure of a lifetime in the USA. Alex will experience simulated astronaut training, shuttle missions, jet fighter pilot training and much more. We wish Alex all the very best.

### Sixth Form ski trip to Boston

During the February half term, a group of us had the amazing opportunity to be part of the ski trip to Boston, America. After arriving at our resort and having had a good night's sleep, we had our first experience of an American breakfast, which was similar to that of an English dinner, including waffles, pancakes, bacon, potatoes, and many other treats! We then made our way to Cannon Mountain, where we spent our first two and a half days skiing, getting to grips with the slopes and the cold. All of the groups improved enormously, and now everyone can ski! Spending time in smaller groups getting to know other students was so much fun, and it ensured we have come away with many new good friends.

For a new mountain experience, we spent our last two days skiing at Loon Mountain, where we were lucky enough to bring the whole group together and ski down a slope as a school. Evening entertainment through the week was brilliant fun, ending the week with a disco and dancing. The awards ceremony really brought to light all the memories and progress we had made over the week. Our last two days were spent in Boston where we had opportunities to shop and eat dinner in the Hard Rock Café. Our final day was brought to a close with a tour of the Red Sox baseball stadium before leaving for the airport. We left America with full hearts (and bellies), but were happy to leave the cold behind. *Monica Hetherington Y13*

### SPH student selected to play for the Harlequins!

Congratulations to Alfie Davies in Year 11 who has been selected to play for the Harlequins Academy.

### Ballroom dancing finalist

Well done to Rebecca Reynolds who will be taking part in the Under-18, National Ballroom and Latin Dancing Finals. We all wish her the best of luck.

### Drama opportunity for GCSE and A Level students

GCSE and A Level students took part in a workshop from Frantic Assembly, the creators of The Curious Incident of the Dog in the Night Time, currently on at the West End.

### More Public Speaking success at SPH

Following on from last month's Year 10/11 team's success, the Year 8 team of Mollie Finniear, Lucy Owen and Amy Flood also progressed into the next round of the Rotary Club Youth Speaks competition. We all wish them well at the District Final at Effingham on 12 March.



### **SPH students joined Hedgehog March – 24 February 2016**

Ben Lewis, Zach Taylor and Kacper Szymanczyk from Year 8 joined three other schools and marched through Chichester city centre to help promote the 20mph speed limit and wildlife protection. Our students very cleverly came up with the idea of making cardboard hedgehogs and more than 20 businesses have hosted the hedgehogs since they started the march at the beginning of February. Ben said: "When I joined the project, I thought we would make 30 or 50 hedgehogs. Seeing other people making hedgehogs makes me feel proud of what we have achieved. I've enjoyed working on the project." Zach added: "It took a very long time to make the hedgehog template but about an hour later it was done. I then emailed it to Ben and he added colour."

The project was co-funded by Sustrans, the pioneer of the Safe Routes scheme, and West Sussex County Council.



*Children from eight schools designed and made more than 450 hedgehogs*

### **World of Work**

Year 10 students are about to embark on a week of Work Experience 7-11th March. We wish them well and look forward to visiting them in their placements.

Just before half term the whole of Year 10 visited the STEM 'Your Future' Careers Fair organized by the Sussex Chamber of Commerce and Coastal STEMfest. They were able to network with local employers and further and higher education providers to find out about careers and courses involving science, technology, engineering and maths and also took part in the Egg Drop Challenge and What's My Line? activities.

We were pleased to learn that Rebecca Holland of 10Du won the competition asking students to describe their day. She will be receiving a £50 Amazon voucher. Well done Rebecca!

### **Visit from Sir Richard Jolly**

We were very honoured to welcome Sir Richard Jolly, who worked for the United Nations and is a professor at the University of Sussex who spoke to the Sixth Form on February 26th. Sir Richard talked about his career in the UN and in international development, before outlining the Sustainable Development Goals that governments have committed to achieving in the next 15 years.

### **Internet Safety Day**

February 9th was designated Internet Safety Day. Students across the school were reminded about being safety aware while using the web for studying or for leisure. On Wednesday February 10th we welcomed up and coming singer, Rich Cottell, who entertained students in Years 7, 8 and 9 before delivering vital messages about online safety, especially when playing games online. Rich reminded the students that just as in the physical world, there are good people and people who might pose a risk to safety.

### **Rwanda visit October 2016**

All being well, 11 sixth form students will be heading for Rwanda during half-term in October to work alongside Rwandan students from our partner schools. To facilitate our work, we are aiming to raise £5000 through fundraising. If you are able to help, please get in touch at [abaker@sphcs.co.uk](mailto:abaker@sphcs.co.uk).

### **Calling Year 10 and 11 students!**

We've had a tip-off that there are still a couple of places available for Year 10 and 11 students to become Redshirts this summer as part of the Diocesan Lourdes Pilgrimage. If you're free 27th July – 5th August and fancy spending some time in the south of France enjoying good food, great friendships, lots of fun and exploring your faith, please pop in to see Clare for more details, or email [abredshirts@gmail.com](mailto:abredshirts@gmail.com) as soon as possible for more information and an application pack!

### **Could you pray for us?**

We're looking to create a community of parents and other friends of SPH who would be able to hold the school in prayer on a regular basis. There's no set time commitment, or meetings to attend: we'll send out a monthly email to all those interested to let you know what's going on and some of the intentions we'd like you to hold in prayer at that time. We'd love to get our first email out at the end of March, so if you're happy to commit to praying for us in whatever way you would like, please email Clare on [clong@sphcs.co.uk](mailto:clong@sphcs.co.uk) to join the email list. Thanks so much!

### **SPH are FairAware!**

With Fairtrade Fortnight starting on 29th February, it's great to be able to announce that SPH have recently gained the first award from the Fairtrade Foundation, meaning we are now officially FairAware! We don't want to stop there, of course, as there are two further awards we can aim for and we're already recruiting our new Fairtrade group who will lead the school on our journey to becoming a FairActive school. If you're interested in being part of the group, it's open to students in all year groups, so stop by and see Miss Haragan (Room 29) or Clare the Chaplain for more information.

### **Year of Mercy – 24 hours for the Lord**

St Richard's Catholic Church in Chichester is hosting a "24 hours for the Lord" from this Friday morning 4 March until Saturday morning 5 March. This is an initiative of Pope Francis who has written "Let us not underestimate the power of so many voices united in prayer! The 24 Hours for the Lord is a sign of this need for prayer." During the Year of Mercy, Pope Francis has expressed his desire that "this moment be linked, first and foremost, to the Sacrament of Reconciliation." "So many people," he wrote, "including young people, are returning to the sacrament of reconciliation; through this experience they are rediscovering a path back to the Lord, living a moment of intense prayer and finding meaning in their lives."

Priests from the deanery parishes will be available throughout Friday for confession. This day is also a chance to spend some time praying in front of the Blessed Sacrament and to offer prayer intentions at the 'Throne of Grace' in front of the main altar. You may wish to participate in the 'prayer services organized during the day such as the Parents' prayers (9.05am), children service (3.20pm) Stations of the Cross (7pm) and a service of Praise and Worship. During the services there is an opportunity to pray with our newly trained 'prayer ministers'. Otherwise you may wish to spend some quiet time in prayer at others times during the 24 hours.

### **3 in 1 Card Consultation – Get Involved!**

A public consultation on the future of the 3in1 Card concessionary travel scheme has now launched. The County Council has proposed three options:

- The 3in1 Card scheme continues in its current format
- The 3in1 Card ceases to operate
- The 3in1 Card ceases to operate but funding for 16-19 year-olds from low income families (in full time further education) would be made available

The consultation questionnaire asks participants to rank their preferred option, and give their views on the scheme. Participants are also asked for their views on the dates for any changes to be introduced. The consultation will help the County Council to understand the views and priorities people have about the 3in1 Card scheme and will help to inform their decisions in the future. The consultation can be accessed here: <https://haveyoursay.westsussex.gov.uk/highways-and-transport/3in1card>. The closing date for the consultation is **Friday, 8 April 2016**.

### **Reducing Sugar in Diets**

Many of us consume more than the government recommended guidelines for the amount of sugar in our diet. We have been fortunate in welcoming local campaigner and authoress, Claire White, who has spoken to groups of students about how to keep to government guidelines. Claire, who has been featured in the Daily Mail, would like to offer parents and carers the opportunity to hear her message on Tuesday 16th March in the Sixth Form Centre at 7pm. Grandparents, friends and neighbours also welcome! More details will be available on our website.

### **Dropping Off**

If you are kind enough to drop your children off or collect them from school each day, please could I ask you to refrain from turning your cars in any private driveways or pulling up on the yellow zig-zag lines outside the school. It is actually illegal to park on the zig-zag lines and greatly impairs movement of traffic and the vision of drivers along this stretch of road. We are keen to maintain cordial relations with our neighbours and keep our children safe! We would ask that parents drop their children away from the school and get them to walk the last part of the journey. Dropping off at the station or Co-Op car park with children then walking through the back gate is both safe and quick if you are travelling from this direction.

### **Forthcoming Dates for your Diary:**

3 March – 7pm Y11 Revision Evening  
7-11 March – Y10 Work Experience  
23 March – 5pm Y10 Parents' Evening  
25 March – 8 April – Easter Holiday  
11 April – Inset day  
12 April – Start of term

2 May – May Day Bank Holiday  
16 May – Start of public exams  
19 May – 5pm Y7 Parents' Evening  
30 May – 3 June – Half term