



# MIDHURST MATTERS



Week B | Monday 7 July 2025

## Principal's Message

This week, we had a few events in school to update you on. On Tuesday, we held our first 'Evening of Piano Music' which Mrs Tidbury organised. Our new Year 7 came to the school on Tuesday and Wednesday this week – it is one of the real privileges of my role that I was able to see them settle in so well and start to form new friendships. Last night was our Year 11 Prom at Old Thorns, which is very nearly the other end of the spectrum. We have a large number of our current Year 11 staying with us for Sixth Form and I look forward to seeing them in September. Whether they are staying with us or moving to another provider I wish them all well.

Mrs Wallis has written a short piece in Midhurst Matters this week about 'Charlie's Promise', which is a charity run by Martin Cosser which he set up following the tragic death of his son, Charlie, as a result of stab wounds in the summer of 2023. Martin has seen 35,000 children in various schools across the country this academic year to educate them about the dangers of carrying knives and what to do if someone they know is carrying one. It was a very hard-hitting but important assembly for the children to hear.

Next week we have activities week, with a variety of residential visits and various other different things for students to experience. I will write more about this next week and should you wish to see pictures in the meantime from the trips/visits/Cambodia expedition, please follow us on instagram @mrc\_1st.

Best wishes.

**Stuart Edwards**  
Principal

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# DIARY DATES AND HOUSE POINTS

## The Week Ahead

<b>Monday 7 July</b>	Yr 7 - 9 Yr 10	Activities Week All Week Work Experience All Week
<b>Tuesday 8 July</b>		
<b>Wednesday 9 July</b>		
<b>Thursday 10 July</b>		
<b>Friday 11 July</b>	Yr 7 - 9	Sponsored Walk

AUSTEN  
217,019  
(2,991)

KIPLING  
249,173  
(2,989)

TENNYSON  
247,337  
(3,410)

WOOLF  
253,705  
(2,588)



# Charlie's Promise

## CHARLIE'S PROMISE - KNIFE CRIME

On Thursday this week we welcomed Martin Cosser back into school to deliver his very powerful story with Years 9, 10 & 12. Martin is CEO of the charity Charlie's Promise and has dedicated his life to educating young people about the real life impact of knife crime. Sadly, Martin's son Charlie was a victim of Knife Crime in 2023. As expected, the students were incredibly respectful - listening intently and asking a range of very mature questions. Please do discuss with your children and commend them on their exemplary behaviour.



# STUDENT SPOTLIGHT

## OLIVER S – SIXTH FORM

This year, I find myself slowly stumbling towards being able to run a full marathon. If you had told me just a year ago that I'd be lacing up a pair of running shoes and raising money for charity, I'd have called you crazy! Throughout 2025, I'm swapping my classic blue jeans for a pair of running shorts and taking it all run day at a time!

### About Scleroderma and Raynaud's

For most people, when Autumn and Winter hit, they grab a cosy sweater and their favourite hot drink. But for around 10 million people living with Raynaud's in the UK, simple exposure to the cold can trigger painful episodes and numbness. While most of the time this isn't severe, for some it disrupts even the most basic of tasks. Secondary Raynaud's, which is where it is caused by another condition, can sometimes be caused by Scleroderma. This rare autoimmune disease, which affects roughly 19,000 people in the UK, leads to the hardening and tightening of skin and connective tissue, sometimes attacking internal organs like the lungs.

Despite being more common than cystic fibrosis in the UK (11,000), Scleroderma receives far less awareness and research funding.

### So why am I running?

Raynaud's has been in my life since I was in primary school, and watching people close to me struggle with its effects has made me appreciate their daily struggle more and more. Despite around 10 million people in the UK having Raynaud's, a shockingly small proportion of people understand what it is, or even what it's called!

That's why I'm pushing myself far beyond my comfort zone for Scleroderma & Raynaud's UK to change lives with every step. While I may not be the next Steve Jones, I know that every mile I run will be more than worth it to support this incredible charity.

### How can you help?

No matter how small the amount, every penny donated will help fund the only charity in the UK helping patients with Scleroderma and Raynaud's by running awareness campaigns, funding research, and providing help to those living with these conditions.

<https://www.justgiving.com/page/olwier-sporny>

Thank you!

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## YEAR 9 – GCSE OPTIONS

This week Year 9 students received information about their GCSE Options courses. Should any changes to options be needed, all changes must be requested via the change form here : <https://forms.office.com/r/g30pK2kbRt>

The best way to raise a query to this is via the MS Form link. It means we can work through them in order when they come in and is easier and more efficient to organise than emails.

Thank you.

## FLOWER DONATIONS – ACTIVITIES WEEK

Do you have a flourishing garden overflowing with greenery and flowers? Would you would like to donate some on the morning of Tuesday 8 July?

Some of our students have opted to make flower arrangements that day as part of their Activities Week Theme related to local life, reflecting the many beautiful gardens of West Sussex.

We would welcome any donations of any greenery and flowers that you can spare.

Thank you.



## ONLINE SAFETY TIPS FOR PARENTS

Since their launch in 2014 Internet Matters has provided information and advice to parents and carers to help their children navigate the ever-changing digital landscape. Technology is constantly evolving, and they understand how challenging it can be for parents to keep up.

To help make this process less overwhelming, they created My Family's Digital Toolkit. By answering a few simple questions, parents can receive personalised content tailored to their child's age, online activities, and any potential concerns. Please click on the link below to access the website. <https://www.internetmatters.org/advice/>

**Online safety  
tips for parents**

internet  
matters.org

## YEAR 7 – 9 SPONSORED WALK – 11 JULY

On Friday 11 July, we are asking all students and staff to participate in a sponsored walk for charity in the local area around Midhurst. Supporting charities is something we continue to promote with all students, and we are pleased to be able to hold a sponsored walk again. The charity we are supporting for our sponsored walk this year is Hands for Hope Uganda who provide education for the most vulnerable and provide support and advice on health, nutrition and social care.

The route for the sponsored walk will take us into the South Downs and is a planned route by the National Trust known as the Midhurst Rother Walk, it will be approximately 8 miles long. Students will need a light snack for the walk, along with plenty of water. All staff and students will be back at MRC for lunch as normal.

This is a fantastic community event for our students and staff to be involved with, we hope to raise a considerable sum for this charity. We would be very happy to receive any donations, of whatever amount, for this incredibly worthy cause. You can collect contributions by sharing the link below. When donating please ensure you include MRC in your comment so we can track donations and calculate a total amount raised.

### [Hands for Hope Uganda donation link – UK Donations](#)

Please note that there is no additional requirement for a further consent form to be completed, the local visits form you completed at the beginning of the academic year will be used. However, if there have been any changes to contact information or medical requirements for your son / daughter please inform your Head of Year.

Please ensure that your child comes to College on this day prepared for all weathers, including suitable walking footwear, sun cream, sun hat (if weather is hot), we recommend that long trousers are worn and a waterproof coat. Students are still expected to wear sensible clothing; no offensive pictures/logos or outfits which display midriffs or underwear should be worn. Students not meeting the criteria will be expected to wear an item from our loan stock or will be sent home to change.



Thank you for your support.

## CRICKET MATCH REPORT MRC VS ST PHILIP HOWARD'S

In an exciting match played in some heat!

MRC Year 7 & 8's won the toss and elected to bat first. Captain Lucas C set the tone with his signature aggressive style, quickly scoring 30 runs before retiring not out.

His performance was complemented by Josh C, who added a solid 27 runs, including several impressive fours. The highlight of the batting innings was undoubtedly James S, who hit the biggest four of the day off a free hit. You could tell how impressed he was of it! MRC finished their innings at 111-6.

St Philip Howard's responded swiftly with some excellent batting. However, MRC's outstanding bowling and fielding efforts kept them in check. James S shone in the field, taking three crucial wickets in a single over. Despite their efforts, St Philip Howard's ended their innings at 89-9.

It was a match played with great spirit and sportsmanship from both sides, showcasing the talent and enthusiasm of the young cricketers.

Well done to both schools!



## MOUNTBATTEN ATHLETICS – 26 JUNE

Last Thursday we took some Year 7's and 8's to the Mountbatten Athletics competition, in which the group competed against all the different schools from our area.

The students did themselves proud and we had some great results from the day. Year 7 girls and Year 8 boys won overall and the Year 8 girls came 4<sup>th</sup> and the Year 7 boys came 5<sup>th</sup> out of the 12 schools in attendance.



## YEAR 10 HOSPITALITY & CATERING

Year 10 Hospitality & Catering honing their Culinary skills in preparation for GCSE 2025/2026 by doing their own cooks.



## YEAR 6 DAY AT MRC

Year 6 students enjoyed getting to know each other and working in pairs for create a collaborative abstract piece of Art inspired by the work of Sonia Delaunay. Students had to decide on the arrangement of shapes and colours and used oil pastel to get the bright colours of the artists work.





**Midhurst Rother College**  
The best in everyone™  
Part of United Learning



# SUMMER SHOWCASE

**Wednesday 16 July 2025**

**BBQ will be served from 5:30pm  
with performances starting at 6:30pm**

**Tickets - £8 Adult, £6 child/concession**

For your comfort, please bring a cushion or outside chair



# Chichester Umbrellas

Connecting parents of children and young people with SEND!

Family Support Work (FSW) will be joining us to share details about their services and how they can support you and your family

Donnington Parish Hall  
Thursday 26<sup>th</sup> July

Drop in anytime from 10am – 11.30am

For more information please visit:  
[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)



## Training

Summer 2025  
(2nd half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



### Training Workshops

#### June

Making Sense of Wellbeing: Self-care and managing stress	Tuesday 10th	10.30am
Making Sense of Behaviours that Challenge (age 2-11 years)	Wednesday 11th	10.30am
Making Sense of Adult Life - Supporting Adolescents (11 years+)	Wednesday 11th	7.30pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Tuesday 17th	7.30pm
Making Sense of Education Health & Care Needs Assessments and Plans (EHCPs)	Thursday 19th	10.30am
Making Sense of Wellbeing: Understanding and building resilience	Tuesday 24th	7.30pm
Making Sense of Masking	Wednesday 25th	10.30am

#### July

Making Sense of Personal Independence Payment	Thursday 3rd	7.30pm
Understanding Autism	Thursday 10th	10.30am
Understanding Demand Avoidance	Monday 14th	7.30pm

### The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 25th June / 2nd July / 9th July (3-part course)      Wednesdays      7.30pm - 9.30pm

All training above will be delivered via Zoom

For further information visit our website or email: [outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

<https://reachingfamilies.eventbrite.com>



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

Registered Charity No: 1150906  
Company Limited by Guarantee No: 8261096



Are you a parent or carer of a child or young person who has, or may have, special educational needs and disabilities in West Sussex?



Reaching Families is a parent-carer led charity which aims to empower parent-carers and families of children & young people with special educational needs and disabilities in West Sussex through the delivery of information, training and peer support.

### Making Sense of it All

In-depth parent-carer guide covering SEND issues from birth to adulthood

### Fact sheets

Covering a range of SEND issues localised to the needs of West Sussex families

### Umbrellas

Parent support groups based at locations across West Sussex and online, via Zoom

### Benefits Advice Service

1-2-1 advice & claim checking support for families applying for DLA, PIP & Carers Allowance

### Training

Workshops and courses on a variety of issues delivered online, via Zoom

### NDP Navigation Service

Support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway (via referral from a professional)

### Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

### Facebook Group

An online parent support group providing news, information and peer support

### Animations

Short animated films on a variety of subjects

If you would like more information about how Reaching Families can help, please contact:

Email: [admin@reachingfamilies.org.uk](mailto:admin@reachingfamilies.org.uk)

Telephone: 01903 366 360

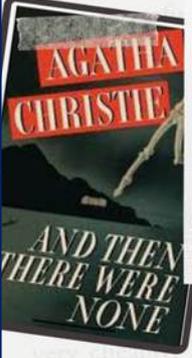
Reg Charity No 1150906



[www.reachingfamilies.org.uk](http://www.reachingfamilies.org.uk)

LRC – AUTHOR OF THE MONTH – JULY

JULY  
AUTHOR OF THE  
MONTH

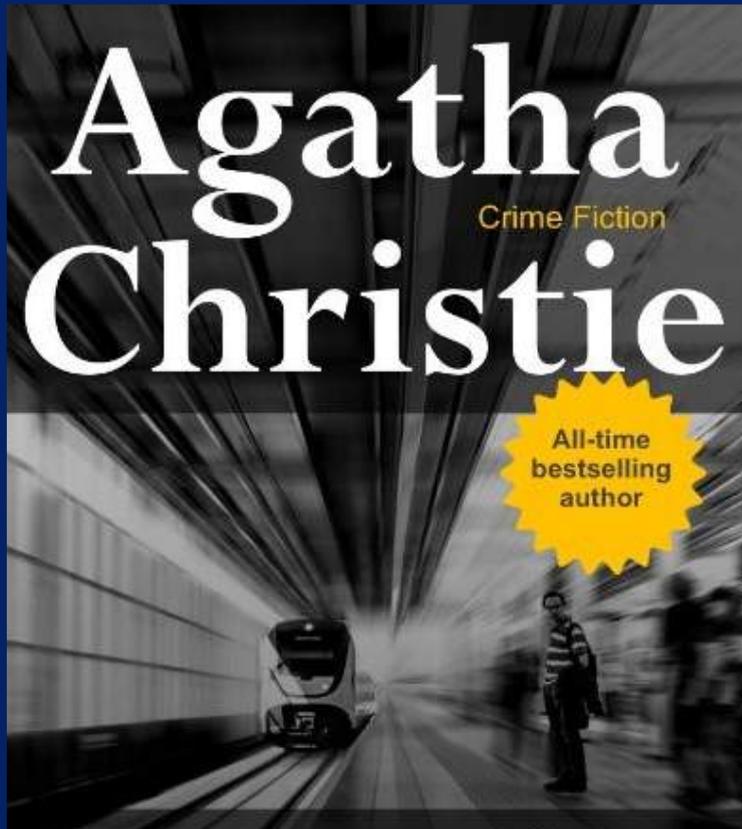


*Agatha Christie*

This month we are celebrating the best-selling novelist of all time, Agatha Christie, known for her array of crime-fiction, often featuring the legendary Hercule Poirot and Miss Marple. Her first novel, *The Mysterious Affair at Styles*, was written after her sister dared her to, and was rejected six times before it was finally published. In her lifetime she wrote 66 novels as well as other literary works, most of which have been adapted for stage, television and film, such as the play, *The Mousetrap*, which is the longest running play in the world. She once disappeared for 11 days in 1926, during which a frantic police hunt was put in place. She was later found in a hotel under an assumed name!

# Agatha Christie

Crime Fiction



# MURDER MYSTERY

# IgnitED Summer PROGRAMMES

## CAREER EXPERIENCES

Held at the  
 UNIVERSITY OF  
CHICHESTER

Who for?  
**14-17 yr olds**

When?  
**18 - 22 AUG 2025**

### What?

Immersive 5-day careers experience programme combining industry visits, hands on workshops, professional coaching and peer networking.

### Why?

Empower young people to get ahead. Participants will gain clarity on future pathways, meet industry professionals, build confidence, and develop valuable connections in their chosen field.



Book Here



### Choose from:

- Medicine
- Law
- Engineering
- Marketing & Brand Management
- The Arts
- Architecture
- Business & Finance
- Find Your Flame

[www.ignitededucation.uk](http://www.ignitededucation.uk)

**SAVE  
£50**

Until 26<sup>th</sup> May!  
£499 RRP for  
the week!

# STUDENT RECEPTION

## UNIFORM

We would be extremely grateful to receive any uniform that is still serviceable. We welcome all items of uniform including PE kit.

**Items can be dropped into Main Reception at any time - Thank you!**



## HAY FEVER SEASON

Please ensure that if your child needs to take hay fever medication, that they do so before coming into College as we do not hold hay fever medication at Student Reception.



# HOT HOT HOT!

With the **HOT** weather continuing into next week - please ensure students bring...

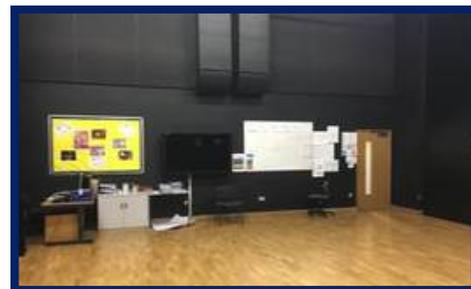
# WATER BOTTLES

...into College. Ice cold water is available at the water fountains.

If possible bottles should be marked with the students name.



# FACILITIES FOR HIRE



## FACILITIES FOR HIRE

Midhurst Rother College benefits from state-of-the-art facilities including a large sports hall, a large floodlit 3G pitch and dance studio as well as other sporting and non-sporting facilities. The facilities allow us to provide students with a full range of sporting activities within extra-curricular activities and within the curriculum.

Additionally, the outstanding school facilities are used extensively by the school and local community. We have a diverse portfolio of clubs and activities running every evening and during the weekend.

Our lettings are open 6 days a week, Mondays to Saturdays, with closures only on Sundays and during bank holidays and extended opening hours during school holidays. There is ample parking available onsite and our friendly staff are always available to help. Should you wish to clarify anything, please use the messaging feature available on the link below.

### Facilities For Hire

3G Football Pitch	Art Room	Atrium	Climbing Wall	Dance Studio
Drama Room	DT Room	Fitness Studio	Food Tech Room	Front Field
Grass Football Pitch	IT Rooms	Learning Resource Centre (Library)	Meeting Rooms	MUGA's
Photography Room	Sports Hall	Classrooms	Textiles Room	Theatre

**All our facilities can now be booked online with each facility page having detailed information about what we have available. <https://mrc.schoolhire.co.uk>**

Respect, Happiness, Achievement

## ELECTRIK POLO

### A New Sport!

Group Lessons  
Beginners welcome!  
Equipment provided

Age: 8 & Over

22<sup>nd</sup> July - 2<sup>nd</sup> Sep

Tuesday, Thursday  
& Saturday Mornings  
10am-1pm

Visit us @ [electrikpolo.com](http://electrikpolo.com)  
or via the QR Code

Come & book a lesson!

Find us: Cowdray Park Polo Club,  
Midhurst, West Sussex, UK.



Electrik Polo is the trading name of Roda Polo Ltd,  
a company registered in England with the company number: 14775382

## ELECTRIK POLO

Learn to play at Cowdray Park Polo Club,  
Midhurst, West Sussex.

Get involved in a new fast growing sport.  
Improve your co-ordination and balance whilst  
playing an exciting, fun new game.

All are classes are run by an accredited Electrik  
Polo instructor (DBS Checked &  
Emergency First Aid Level 3 Certified).

Age: 8 & Over

- Learn to ride an E-Wheel!
- E-Wheel Obstacle Course Relay Race
- Master the Shots!
- Mallet & Ball Accuracy Competition!
- Mini-Match!

Contact: [info@electrikpolo.com](mailto:info@electrikpolo.com)

Electrik Polo is the trading name of Roda Polo Ltd,  
a company registered in England with the company number: 14775382



**JOIN THE MRC PARENT TEACHER ASSOCIATION (PTA)**

**JOIN  
OUR  
TEAM!**

Are you passionate about supporting our college community? Do you have ideas, energy, or just a willingness to get involved? The MRC PTA is looking for enthusiastic parents and carers to join our team!

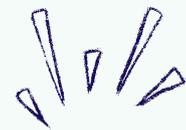
From organising fun events and fundraising activities to supporting college initiatives, there's always something exciting going on. Whether you have a little time or a lot, your involvement makes a big difference.

No experience is needed – just a desire to help make MRC the best it can be for our students.

Interested? We'd love to hear from you!

Email us at [PTA@mrc-academy.org](mailto:PTA@mrc-academy.org) to find out more.

**Let's work together to build a stronger college community!**



**PUTTING THE FUN IN  
FUNDRAISING !**

TERM DATES 2025

Friday 18 July	Last Day of Summer Term /Academic Year
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AUTUMN TERM

Wednesday 3 September	INSET Day
Thursday 4 September	INSET Day
Friday 5 September	First day for Students
Friday 3 October	INSET Day
Monday 27 Cotober - Friday 31 OOctober	Half Term
Friday 28 November	INSET Day
Friday 19 December	Last Day of Term

MRC PERFORMING ARTS

SUMMER TERM 2025

Date	Event	Who	Venue
Tuesday 15 July	Drama and Music House Cup	Year 7	MRC Theatre Music P1-4 Drama 5-6

# MRC VACANCIES AND WEBSITE LINKS

## VACANCIES AT MIDHURST ROTHER COLLEGE

Please click on the following link for the latest vacancies at MRC:

<https://www.mrc-academy.org/about-us/vacancies>

## HELPFUL MRC WEBSITE LINKS

SAFEGUARDING, Wellbeing and Mental Health - ([Click here](#))

Selfcare Newsletter - ([Click here](#))

Arbor Information Guides: Arbor Information Guides ([mrc-academy.org](https://www.mrc-academy.org))

Arbor Link: Midhurst Rother College ([arbor.sc](https://www.arbor.sc))

College Calendar: <https://www.mrc-academy.org/information/calendar>

Homework: <https://www.mrc-academy.org/curriculum/homework>

Letters: <https://www.mrc-academy.org/communication/letters>

Educational Visits: Midhurst Rother College > Communication > Letters ([mrc-academy.org](https://www.mrc-academy.org))

Staff Emails: <https://bit.ly/StaffEmailAddress>

Term Dates: Midhurst Rother College > Information > College Term dates ([mrc-academy.org](https://www.mrc-academy.org))

School Cloud: <https://midhurst.schoolcloud.co.uk/>

Sparx Maths: <https://www.sparxmaths.uk/student>

Sparx Reader: [Sparx Reader](#)

Lexia POWERUP Literacy - Login and Student Program: Device Setup - PowerUp ([lexiapowerup.com](https://lexiapowerup.com))

Past editions of Midhurst Matters Newsletter - Midhurst Matters ([mrc-academy.org](https://www.mrc-academy.org))