



MIDHURST MATTERS

WHAT'S GOING ON THIS WEEK?

Date	Year Group	Events/Details
Monday 4 December	11	GCSE French Speaking Exams
Tuesday 5 December	10	Drama Exam Year 10 Pantomimes – Wizard of Oz & Cinderella – 6pm Theatre
Wednesday 6 December	11 12 & 13	Careers Talks Safe Drive Stay Alive Session
Thursday 7 December	10 All	Drama Exam Christmas Jumper Day alongside uniform (jumper only) Year 10 Pantomime – Aladdin – 6pm Theatre Tree of Hope Service (Easebourne Church)
Friday 8 December		

Austen
39,297 (2,582)

Kipling
45,954 (3,197)

Tennyson
43,740 (2,664)

Woolf
37,692 (2,301)

PRINCIPAL'S MESSAGE

This week, my messages will focus on what we have done in school throughout this month to raise awareness of different health conditions and money for charity. You will know from the images in Midhurst Matters every week that we have a very large Movember team in the school. We believe it is the largest school team in the country. We have raised well over £1000 for this charity, which supports men's mental health, suicide prevention, prostate and testicular cancer (should you wish to donate, please click the link in the article below). At the beginning of the month, we had an assembly led by 'Oddballs' who came in to raise awareness of these issues. I'd like to thank all the families who supported us – I am looking forward to losing my moustache very soon (as soon as the month is over!)



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November was also the first charity event at MRC where staff and students have made a team together. A significant number of our Sixth Form students were members of our team, which I think is an example of the community spirit at the school. In addition to this, our Sixth Form students also arranged all the activities on Children In Need day this year – showing their decision making and leadership skills.

This Friday is 'Foodbank Friday', if you can donate any of the items on the list below, they would be gratefully received. The local foodbank is running very low at the moment and anything we can give collectively, no matter how small, is helpful to someone.

Next week's Midhurst Matters will be the last one for this term. Please check the dates for upcoming events at the school prior to Christmas, from pantomimes to parents' evenings.

CHRISTMAS FOOD BANK COLLECTION

Christmas Foodbank Collection is tomorrow, **Friday 1 December**.

Please can you help them by donating any of the following items:

- Christmas chocolates from coins to selections boxes to multipack or single bars.
- Christmas cookies.
- Instant hot chocolate (adding hot water only).
- Bags of small marshmallows.
- Shower gels.
- Felt tips, crayons, coloured pencils.

CHRISTMAS JUMPER DAY!

Thursday 7 December

Since 2012, millions of people have put on their jazziest jumpers for one day in December, with a donation of £1 to Save the Children, and helped make the world better for children in the UK and around the world.

We will be joining in and hope to see our students put on their finest Christmas jumpers (alongside their school uniform, jumpers only) and help kids in the UK and around the world get the future they deserve.

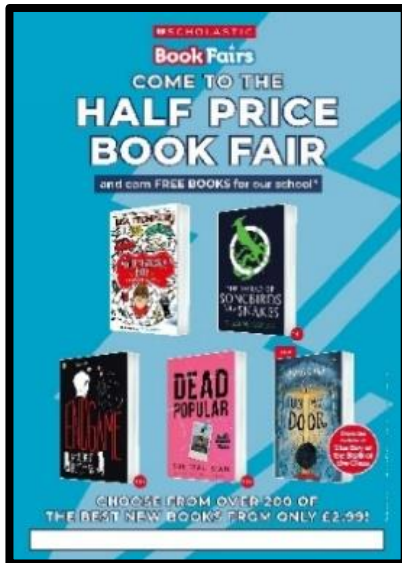




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LRC (Learning Resource Centre)

There will be a Scholastic pop-up Book Fair from **Monday 4 to Thursday 7 December** in the library at break and lunch times, where books can be bought at half the retail price via Cash or Scholastic Gift Vouchers (parents need to order online for vouchers if they would rather pay this way/or a mixture of both would be fine too).

FLU VACCINATIONS

Flu Vaccinations are taking place on Friday 15 December. Please check your emails for information regarding this, if you haven't received the email, please check your junk box. If you still haven't received it, please email jack.clements@mrc-academy.org.

The Influenza nasal spray vaccination is offered annually as part of the national programme for vaccination of children and young people. This academic year the vaccine will be offered to children in all year groups from Year 7 through to Year 11.

If you have more than one child in the school, please complete this for both children. You need to give consent using this link: [Immunisation Consent \(susseximmunisations.co.uk\)](https://susseximmunisations.co.uk) and the school code: SX135760.

School codes are unique, this code is only to those at Midhurst Rother College, if your child attends another school, they will have a different unique code.

ROAD SAFETY

Just a reminder to parents of students who cycle to school. As the afternoons are darker when they leave College, they need to ensure they have a helmet and suitable lights on their bikes.



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DRAMA DEPARTMENT

Pantomime Season!

The festive season has arrived at MRC! The year 10 Drama students are presenting a duo of pantomimes, **The Wizard of Oz & Cinderella** on **Tuesday 5 December** at 6pm and **Aladdin** on **Thursday 10 December** at 6pm in the theatre. We look forward to seeing you there!

PE DEPARTMENT

Student Spotlight

Last weekend Frank C in Year 8, represented the United Kingdom at the World Tumbling Championships in Birmingham. He was the youngest competitor in the 13-14 age category but that didn't stop him putting in a performance worthy of a podium place. He took the 2nd place silver medal; the competition was so close he was only 0.2 points off taking gold. What an amazing achievement – watch this space!





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Football – Year 11

The Year 11 boys football team played out a competitive match against Bishop Luffa, building in confidence throughout the game. Goals from Harry and Jaques were rounded off by CJ who produced an excellent strike from range which caught the keeper off his line.

Big mention to MOTM Joe in goal who made some great saves, CJ who managed the team and Archie who professionally ran the line due to injury! Well done gents, onto the next one.

MOVEMBER

Week 4 of MOVEMBER

Thirty days have September, April, June and MOVEMBER!
Today's the final day. Don't they look wonderful, and can you spot the imposters?!

As well as raising some much-needed funds for a worthwhile cause, our Team were also rewarded with a treat or two to recognise their perseverance on the growing (itchy) front!

If you have been meaning to sponsor our Team please do so today before the razors make an appearance, which we are sure will be this evening! Please follow this link:

[Movember - Team.](#)

#Movember is here!!!
– so –
Join Mr Edwards, Mr Thompson
+ other staff and Sixth Formers
for the hairiest month of the year
and help raise funds for men's health.
Support here:
MOVEMBER.COM
Search for MRC Movember 23

YOU DON'T HAVE TO GROW TO SAVE A BRO

MOVEMBER SUPPORTER

YOUR DOUGH WILL SAVE A BRO



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POPPY APPEAL

Royal British Legion

We were privileged to receive a visit from John, a service veteran, who came into college to present a thank you certificate for our fund-raising efforts. Your donations contributed towards the district total which was £18,742.94 - Thank you for your support.



LOOM – FREE TO A GOOD HOME

If you have ever fancied trying weaving as a hobby, now is your chance! We were kindly donated this rather impressive large loom which stands 1.5m in height, width, and depth. It is in perfect working order and has been set up for work. It will need to be dismantled for transportation.

If you are interested, please contact tracey.bedford@mrc-academy.org





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GRIT COURSE – WEST SUSSEX FIRE AND RESCUE

West Sussex Fire and Rescue

A group of our students had the opportunity to spend eight days training with West Sussex Fire and Rescue Officers earlier this month, in a Rotary Club- Funded bid to help young people build confidence via positive experiences.

The students – aged 11 to 13 – took part in a range of activities designed to build their resilience, initiative, and leadership skills, culminating in a display for parents and families which showcased the skills they had learned.

The course was dubbed 'GRIT' by organisers, to symbolise the personal, physical, and psychological resilience it was intended to build in the young people taking part. Across the eight days, all 11 students took part in a packed programme of drill yard exercises, resembling those performed by real firefighters: they ran high pressure hoses, learned the basics of first aid, took part in teambuilding exercises, and a range of outdoor activities. At the end of the course, after several trials, tribulations, and character-building activities, all of the students demonstrated their skills for parents and family members in one last 'pass out' drill.





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CAREERS INFORMATION

We are delighted to be delivering "unifrog" to all our students - Year 10, 12, 13 have had an introduction and their accounts are being set up, other year groups will follow next term. Year 10 will be using Unifrog to set up their Work Experience using the Placements Tool we have purchased.

Unifrog is about all Careers (not just University), with suggestions that may suite your personality, favourite subjects and so on. This includes:

Section of the platform	Examples of what students can do	Suitable age range
Quizzes	Finding their interests, personality type, preferred work environment, and skillset.	Years 7-13
Exploring pathways	Explore careers, career sectors, subjects, sign up to free webinars, explore MOOCs and courses, and find wider reading materials.	Years 7-13
Recording what you've done	Record their in-class and extracurricular activities, record examples of their skills, and see the record of CEIAG events the school has added to their accounts.	Years 7-13
Searching for opportunities	Find scholarships, activities, and bursaries to support their HE journey. Find and compare degrees in the UK and overseas, live apprenticeships, and FE courses.	Years 10-13
Application materials / Making applications	Write their CV, cover letter, Personal Statement, and more. Track their applications and record their Post 16 / 18 intentions.	Years 11-13

Parents are able to create their own account, by visiting www.unifrog.org/code and entering the code **MDHRparents**. You will then be able to enter your own email address which will become your username.

The parent accounts do *not* link to student accounts but do enable you to see the same things. Feel free to start exploring and having conversations with your children about different possibilities - we will be using this increasingly in tutor time, subjects and homework's.



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DIARY DATES – AUTUMN TERM

These dates are accurate at the time of publishing.

Date	Event
Tuesday 12 December 2023	Carol Service
Wednesday 13 December 2023	Carol Service
Wednesday 13 December 2023	Parent/Carers Consultation Evening for Year 11
Thursday 14 December 2023	The Tate Modern Museum (London) All day (Yrs 10 & 12 Art/Textile students)
Friday 15 December 2023	Years 7-11 Flu Vaccinations
Friday 15 December 2023	College closes at end of day for Christmas Break

VACANCIES AT MIDHURST ROTHER COLLEGE

Please click on the following link for the latest vacancies at MRC: [Midhurst Rother College > About Us > Vacancies \(mrc-academy.org\)](https://mrc-academy.org).

CONSIDERING A CAREER IN TEACHING?

United Teaching

If you're passionate about making a difference to the lives of children and young people and are looking for a career that will not only change their lives but yours too, you're in the right place. We can help you to begin your teaching journey through our postgraduate programme, specifically designed to maximise your time building experience in a school environment.



Who we are?

We are the initial teacher training (ITT) programme for United Learning, a group of more than 90 academies and independent schools whose purpose is to positively influence the lives of children and young people.

Our priority at United Teaching is making sure that our trainee teachers are provided with excellent professional support and development. You will

complete your training with the confidence to run your classroom and teach effectively and inspire and bring out the best in your pupils.

There are a few options to choose from. You can train for Qualified Teacher Status (QTS) on its own, or you can opt to complete a PGCE as well, which will earn you 60 Masters-level credits along the way. There are various ways to fund training, from salaried to self-funded, which you can find out about here.

If you choose to train with us, you will be placed in a placement school for most of the year for hands-on training. This means you can develop strong relationships with children and colleagues as you work towards achieving your



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teaching qualification. As well as time spent in your placement school, you will also spend at least three weeks completing a second school placement in a contrasting school. This structure lets you build experience of different teaching environments and have the opportunity to work with a broader range of colleagues, increasing your exposure to new ideas and ways of thinking. Your placements will make you an even more effective teacher - not to mention helping you build a supportive network of colleagues.

What we offer

During your time with us you will be fully supported by your school, with the first step of your programme starting with the one-week summer institute in July. This will help you to prepare for your September start by introducing you to key ideas around teaching, learning, behaviour, safeguarding and curriculum.

As well as this, there are two induction days either side of the summer institute which will give you time in your school to observe lessons, meet students and spend time with colleagues. Your training year will be spent in your host school, with Friday afternoons set aside for your dedicated training every week.

You will be supported through weekly observations, meetings and termly review points, culminating with assessment against the Teachers' Standards at the end of the year. If you choose to also complete the PGCE, you will complete two academic assignments. These will be assessed by our university partner: Goldsmiths, University of London.

Most teachers who have trained with us go on to stay with United Learning, working in one of our many schools across the United Kingdom. Once you have finished your training, you can then progress onto the ECF (Early Career Framework) programme. This is a structured programme of support and mentoring, in partnership with Ambition Institute, where you will continue to receive training, mentoring and professional development opportunities.

Why us?

Teaching is truly a career that changes lives. If you want to help shape future generations, then this is one of the most rewarding careers you could choose.

There are so many reasons to choose us. We can offer you a salary up to 5% higher than a maintained school; a dedicated and expertly designed curriculum with resources available to support your lesson planning throughout the academic year, saving you valuable time; opportunities to progress your career within the United Learning group of schools; and a wealth of continual professional development opportunities that are available to you throughout your career with us.

We'd love to hear from you.

For more information, please contact [Mrs V Strachan](#), Deputy Professional Tutor vikki.strachan@mrcacademy.org.



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HELPFUL MRC WEBSITE LINKS

- 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](https://www.sparxmaths.uk/student)
- Lexia POWERUP Literacy - Login and Student Program: [Device Setup - PowerUp \(lexiapowerup.com\)](https://www.lexiapowerup.com)
- Past editions of Midhurst Matters Newsletter [Midhurst Matters \(mrc-academy.org\)](https://www.mrc-academy.org)

ORANGE PARTICIPATION
YOUR VOICE MATTERS

NHS
Sussex Partnership
NHS Foundation Trust

WEBINARS FOR PARENTS/CARERS
SUPPORTING CHILDREN AND
YOUNG PEOPLE WITH THEIR
MENTAL HEALTH

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 19TH OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8TH NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13TH DECEMBER DEPRESSION
- 17TH JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)

Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health

Each webinar will take place at 10am and 7pm and will run for 90-120 minutes

SCAN HERE

WANT TO BOOK YOUR TICKETS?

Or visit:
<https://ticketfab.co.uk/series/10813-sussex-CAMHS-Parent/Carer-Webinars/>

NEED TO GET IN TOUCH?
If you have any questions, please email: CAMHSParticipationTeam@nhs.uk

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)

west sussex county council

Children first

Early Help

Are you struggling with your mental health?

Would you like information and advice about relationships, friendships, managing emotions and general wellbeing?

Dedicated Schools Team Support Worker - Maxine Trent

I will be here at Midhurst Rother College every Wednesday 09:30-14:30

"Come and see me for a chat!"

FIND IT OUT

INFORMATION ADVICE
GUIDANCE FOR YOUNG PEOPLE
SUPPORTED BY WEST SUSSEX COUNTY COUNCIL



MRC Performing Arts - Calendar of events 2023 - 2024



DATE	EVENT	Students involved	VENUE
Autumn 2023			
Wednesday 1 st November	Waitress the Musical	BTEC Performing Arts	MRC Theatre
Thursday 2 nd November	Rotary Concert	Orchestra Choir Jazz Band	MRC Theatre (P5&6 theatre only)
Tuesday 14 th November	Music for Youth Proms	Trip – All students that wish to attend. Letters will go out	Royal Albert Hall-London
Wednesday 15 th November	Don Giovanni - Glyndebourne	KS5 BTEC Performing arts BTEC Music A-level Music	Glyndebourne opera house
Thursday 23 rd November	Bright Sparks	Compulsory for KS4 & 5 Music students	Royal Festival Hall-London
Wednesday 29 th November	Winter Concert	Orchestra Choir Jazz Strings, flutes Drama/production groups Soloists (by invite) Bands	MRC Theatre
Tuesday 5 th December	Cinderella & Wizard of Oz	GCSE Drama (C)	MRC Theatre
Thursday 7 th December	Aladdin	GCSE Drama (B)	MRC Theatre
Thursday 7 th December	Tree of hope service	Musicians - Invite only (PG rehearsals)	Easebourne Church
Tuesday 12 th December	Carol Service	Orchestra Choir Jazz Band Musical Theatre/BTEC	Midhurst Church
Wednesday 13 th December	Carol Service	Orchestra Choir Musical Theatre/BTEC Jazz Band	Midhurst Church
Spring 2024			
Thursday 29 th February	Dance House 1	MRC Dance Teams Minibus	Worthing Theatre
Saturday 2 nd March	CFMDS Festival	Orchestra Jazz Band Flute ensemble	St Josephs School
Wednesday 13 th March	YR 11 Component 2 exam	GCSE Drama YR11	MRC Theatre
Wednesday 20 th March	Spring Concert	Orchestra Choir Jazz Strings, flutes Drama/production groups Soloists (by invite) Bands	MRC Theatre
Friday 22 nd March	Rother Valley Arts Festival	MRC Dance Teams	MRC Theatre
Wednesday 27 th March	YR 11 Choreography Showcase	GCSE Dance Yr11	MRC Theatre
Wednesday 24 th April	Dance House 2	MRC Dance Teams	Worthing Theatre

Summer 2024			
Tuesday 30 th April	YR 10 Drama Performance	GCSE Drama YR10	MRC Theatre
Thursday 2 nd May	YR 10 Drama Performance	GCSE Drama YR10	MRC Theatre
Wednesday 15 th -Friday 17 th May	School of Rock!	School Production Cast Band/musicians	MRC Theatre
June TBC	Drama Day	BTEC Performing Arts	MRC Theatre
Wednesday 26 th June	Pre-tour Concert	Students that are coming to Belgium Orchestra Choir BTEC Performing Arts Jazz Band Drama (invite only)	Anpitheatre
Tuesday 2 nd July	Drama and Music House Cup	YR 7	MRC Theatre Music P1-4 Drama 5-6
Friday 8 th -Tuesday 12 th July	Tour- Belgium	Orchestra Choir BTEC Performing Arts Jazz Band Drama (invite only)	Belgium