



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

**Week B | Monday 20 April 2026**

## Principal's Message

I hope you all had a very good Easter break and had the opportunity to see friends and family, or just relax for a few days. This has been a shorter week in school with the INSET day on Monday. The students have come back to school very positive and have made a good start to the term.

It has been reported in the national news about the increasing levels of anxiety and worries that some young people have. Much of this has been attributed to the Covid 19 pandemic as well as the rise of social media and smartphones. In some cases, it can be very debilitating for students and can lead to school avoidance and social isolation. We will be working with our students on strategies to increase resilience to help them when they feel they may need it. More information will follow on this - if you feel your child would benefit from some support with this, please let their Head of Year know.

I'd like remind all parents that our changing rooms will be ready for students to use from 27 April. All students must be in full MRC school uniform from that date. The link to our uniform policy is here: [Uniform Policy.pdf](#) The changing rooms have individual lockable showers that students can use which provide complete privacy. We are not insisting that students use these but they are available should they wish to.

Finally, a special mention to Frank C in Year 10, who has achieved outstanding success at the recent European Championships in Portugal. Representing British Athletics, Frank was part of the Junior Boys Team Champions and also secured an impressive individual silver medal in tumbling. This is a fantastic achievement and a testament to his dedication and hard work—well done, Frank!

Best wishes.

**Mr Edwards**

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# Fortnightly Ahead

Week B Mon 20 April	Year Group	
	7 - 10 11	Silent Disco - invitation only German Oral Exam
<b>Tues 21 April</b>	10 11 11	Warner Bros Studio Tour German & French Oral Exams DT Technical Exam Support
<b>Wed 22 April</b>	11 12	French Oral Exam Futures Evening
<b>Thurs 23 April</b>	10	Drama Exam
<b>Fri 24 April</b>	12 12	Dram Exam Young Enterprise County Showcase
<b>Week A Mon 27 April</b>		
<b>Tues 28 April</b>	11	French Oral Exams
<b>Wed 29 April</b>	7 & 8 11	UK Junior Maths Challenge French Oral Exams
<b>Thurs 30 April</b>	11	Spanish Oral Exams
<b>Fri 1 May</b>	12	Final Day Celebrations

AUSTEN  
202,255

KIPLING  
177,056

TENNYSON  
239,057

WOOLF  
189,458

# NOTICES

## ARABIC SPEAKER REQUIRED

If anyone in our community knows of an Arabic speaker, we would be grateful to have their help for a short GCSE speaking exam in May. This act of kindness will help an MRC student gain another valuable pass grade at GCSE this summer. Please email [fiona.lunskey@mrc-academy.org](mailto:fiona.lunskey@mrc-academy.org) if you can help.

## DONATIONS

We would greatly appreciate the support of parents in donating materials for our Art and Textiles lessons. We are currently looking for the following items:

Newspapers

Magazines

Old clothes irons (in safe, working condition)

If you are able to contribute any of these items, please send them in with your child. Your support makes a real difference to our creative activities - thank you!

## Mrs Kinally



## EXTRA CURRICULAR ACTIVITIES

You should have received an email regarding clubs for this term. However, if you haven't had a chance to look at it, please find the brochure link here should you wish to sign your child up for an after-school club.

[Extra-curricular brochure \(Summer 2026\)](#)

## ARBOR APP FOR PARENTS/CARERS

The Arbor Parent Portal is available in an app. If you are not yet using the app this can be downloaded from your App store (Arbor Parent App). [Please click here for instructions on how to log in for the first time.](#)

A good number of parents/guardians who have the app can receive the in-app messages we send out and we would like to use this further as a form of communication due to email issues (going to junk folders etc).

If you are currently not receiving push notifications please follow this article from Arbor on how to set them up [Parents not receiving push notifications – Arbor Help Centre](#)

This article from Arbor shows you how to view in-app messages either in the app or on the web version [In-app messages in the Parent Portal and Parent App – Arbor Help Centre](#)



# Arbor



## SKI TRIP 2026

Despite a delay to our departure and a few road closures in the Swiss Alps, the ski trip 2026 arrived to the Dolomites to late-night lasagna in positive spirits ready for a (very!) early ski fit the next day.

Our days involved 5 hours of skiing split into 2 lessons and on a tight schedule, but the teacher team were so impressed with how quickly the students showed the independence to be kitted up on time and organising themselves on the slopes.

For some students this was their first time abroad, and for most it was their first time skiing. After a few wobbles into the soft snow for some, it was incredible to see the improvements made by every single student throughout the week, and hopefully we have made some skiers for life! Our experienced skiers were taken to explore the more challenging areas of the resort, and it was lovely to hear about their adventures at the end of each day. We were fortunate to be able to take a range of students from year 8 to 12 and the teachers were so impressed with the community spirit and how well everyone looked out for each other.

Away from the slopes the students enjoyed social activities. Students explored the ski resort in small groups with remote supervision, allowing them the opportunity to develop confidence in their own independence overseas. Mealtimes were technology free: some students asked staff to take their mobile phones to remove the temptation to use them. All students participated in the awards made after dinner each day: the Top Banana award for outstandingly positive performance such as most improved or most supportive skier, and the and Slippery Banana award for outstandingly negative performance such as most falls in the day or... all students participated in both our games evening and our quiz night.

Highlights of the trip were night skiing all together, a trip up the glacier to receive medals and ski down, many, many games of imposter, lunch time stretch clubs and watching Mr Lamb crash into Miss Howard!

Our students showed willingness and enthusiasm to engage in everything we offered them. A new language, becoming familiar with international travel protocols; learning a new sport which is physically challenging and demands physical and mental resilience. They developed understanding of how to participate in adventurous activities with inherent risks and engage in a mountain environment.

# TRIPS

We were fortunate to arrange for our PE students to film for their GCSE physical component, and Miss Howard is now preparing the video evidence ready for assessment. We were also impressed with the dedication of our exam year students who made sure to fit in revision alongside their skiing, Dr Brown was always keen to do extra maths!

Skiing is an expensive sport and the cost of a ski trip is prohibitive for many. Although the cost of our ski trip is still significant, we do focus on minimising costs, without compromising delivering a great experience. Further, some students' participation in this ski trip was supported financially by the Gilbert Hannam Educational Foundation. If you are interested in any educational visits offered through MRC and need support with finances, then applications for support from the GHEF can be made through the Head of Year.



**Hopefully you were able to follow along with us on the school Instagram, otherwise you can go back and see our adventures for yourselves under our 'highlights' on our instagram page @MRC\_1st**



Respect, Happiness, Achievement

# STUDENT SPOTLIGHT

## FRANK C, YEAR 10 – SHINES AT EUROPEAN CHAMPIONSHIPS – BRITISH GYMNASTICS

Frank travelled to Portugal on Monday 6 April to compete in the Double Mini Trampoline (DMT), and Tumbling European Championships.

To reach the finals, Frank needed to place in the top 8 overall and be one of the top 2 performers out of the 4 GB junior boys competing. He delivered an excellent performance, finishing as the top GB scorer and securing his place in the finals on Sunday.

On Saturday, Frank also competed alongside his teammates in the team event, where they achieved an outstanding result, winning the gold medal – a fantastic accomplishment.

In Sunday's individual finals, the top 8 athletes competed in the first round, with only the top 4 progressing to the second round, known as the Super Final. Frank performed brilliantly, earning a well-deserved second place overall.

This is a remarkable achievement, especially at such a young age.

Selection for the European Championships is a significant honour, with only 4 junior boys and 4 junior girls chosen to represent Great Britain.

**We are incredibly proud of Frank and all that he has achieved.**



To watch Frank's routine, view our story on Instagram, @mrc\_1st.

### YEAR 10 FOOTBALL MATCH REPORT- THE HUBBARD SHOW!

The latest Year 10 football match saw us travel to Bourne Community College in a game that will be remembered for one outstanding moment.

Despite early possession and attacking movement from MRC, it was BCC who opened the scoring. MRC responded well, and Jack H managed to find the equaliser before the half-time break, ensuring the teams went in level. In the second half, BCC regained the lead after converting a penalty, leaving MRC with an uphill battle. The team had to dig deep and show real determination to stay in the game.

Then came a moment to remember.

Oscar H launched a superb goal kick towards the halfway line, where Jack H brought the ball down brilliantly near the right hand touchline. From there, he began to drive forward, cutting inside onto his left foot. He beat one player, then another, continuing his run up the pitch from the left-hand side.

Calls came from teammates to pass, but Jack had only one thing on his mind. With incredible technical ability, he weaved his way through the BCC defence and drove into the left side of the penalty area. To finish, Jack struck the ball cleanly and powerfully; it smashed against the crossbar before bouncing over the line, giving the goalkeeper no chance.

It was a sensational solo goal that secured a memorable moment in an otherwise hard-fought match, highlighting both the determination of the team and the individual brilliance of Jack H.

Player of the match- Jack H.

**Mr Marshall**





### **STRONG FINISH TO THE SEASON**

Our team ended the season in style with a dominant 56- 5 win over The Weald. It was a superb all-round performance, showcasing great teamwork and skill.

William S was named Man of the Match after successfully kicking all eight conversions.

A fantastic result to round off a great season- well done to all involved!

**Mr Hills**





### YEAR 7 CREATIVE HOMEWORK

What an amazing term in English! As a creative homework, students in Miss Stubbings' and Mrs Clarke's classes were set the task to creative their own favourite scenes from 'A Midsummer Night's Dream', which is the whimsical, weird and wonderful play we have been studying this term. We were blown away by the creativity, the time, the care and the effort that has been put into these pieces - what a beautiful range of interpretations of such an iconic play!

### Miss Stubbings and Miss Clarke

## BOOK FAIR

The library will be hosting another pop-up Book Fair from Scholastic, in the library, between 5 – 8 May. Here is a link to the titles likely to be available: [The Book Fair Range – Teen – Scholastic Book Fairs.](#)

Payment will be by cash or Scholastic Gift Voucher, which can be purchased in advance via this link: [Book Fair Gift Vouchers – Scholastic Book Fairs](#)

OVER 200 BOOKS TO CHOOSE FROM

SCHOLASTIC TRAVELLING BOOKS

Your **NEXT FAVOURITE READ** is waiting

**Fearless** by LAUREN ROBERTS

**Beth IS DEAD** by Katie Bernet

**THE ENEMY** by CHARLIE HIGSON

**WUTHERING HEIGHTS** by Emily Brontë

**THE TWISTED ONES** by Five Nights at Freddy's

**LOVE IN THE FAST LANE** by TYRA PRINCE

DATE: 5th - 8th May

TIME: Break and Lunch

LOCATION: The Library

GO ALL IN. National Year of Reading 2026

## LRC – AUTHOR OF THE MONTH

Author of the Month  
April

Dystopian worlds

Fast-paced plots

Genre: Thrillers

Supernatural

Mystery

Magic

JAMES PATTERSON

★★★★★

# DEPARTMENT NEWS – RELOAD PROGRAMME

## RELOAD PROGRAMME

I want to take a moment to recognise the fantastic group of students who took part in the RELOAD programme last term. Their commitment, energy, and willingness to challenge themselves has been genuinely inspiring. Each session showed just how capable they are when they step outside their comfort zone and push for something more.

I've thoroughly enjoyed working with them throughout the programme. Watching their confidence grow, seeing them support one another, and witnessing the pride they took in their progress has been a real highlight of the year.

Most importantly, I hope they carry this momentum forward. The skills they've developed - resilience, teamwork, self-belief - will serve them incredibly well in whatever comes next.

I'm excited to see what the future holds for each of them, and I have no doubt they'll continue to achieve great things.

Well done to every single student involved. You should be proud.

### Mr Clements



## Reaching Families

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



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, advice, training and peer support.

### Making Sense of it All

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

### Umbrellas

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

### Training

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

### Face-2-Face

Peer based befriending for parents of children undergoing diagnosis

### Animations

Short animated films on a variety of subjects

### Fact sheets

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

### Benefits Advice Service

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

### NDP Navigation Service

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

### Facebook Group

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

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



**Reaching Families**

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

## UMBRELLAS

### Parent Support Groups

#### Summer Term 2026

Connecting parents and carers of children and young people in West Sussex with special educational needs and disabilities



#### Burgess Hill Umbrellas

Tuesdays, 10 am - 11.30 am

The Cherry Tree Centre

14<sup>th</sup> Apr / 5<sup>th</sup> May / 2<sup>nd</sup> Jun / 30<sup>th</sup> Jun

#### Littlehampton Umbrellas

Wednesdays, 10 am - 11.30 am

Creative Heart Community Hub (upstairs)

22<sup>nd</sup> Apr / 13<sup>th</sup> May / 3<sup>rd</sup> Jun / 1<sup>st</sup> Jul

#### Worthing Umbrellas

Tuesdays, 10 am - 11.30 am

Durrington Community Centre

21<sup>st</sup> Apr / 12<sup>th</sup> May / 16<sup>th</sup> Jun / 7<sup>th</sup> Jul

#### Umbrellas Online

Thursdays via Zoom

7.30 - 9pm

23<sup>rd</sup> Apr / 14<sup>th</sup> May / 11<sup>th</sup> Jun / 9<sup>th</sup> Jul

#### Horsham Umbrellas

Wednesdays, 10 am - 11.30 am

Horsham Family Hub

15<sup>th</sup> Apr / 20<sup>th</sup> May / 17<sup>th</sup> Jun / 15<sup>th</sup> Jul

#### Shoreham Umbrellas

Tuesdays, 10 am - 11.30 am

Adur East Family Hub

28<sup>th</sup> Apr / 19<sup>th</sup> May / 23<sup>rd</sup> Jun / 14<sup>th</sup> Jul

#### Bognor Regis Umbrellas

Thursdays, 10 am - 11.30 am

Arun West Family Hub

30<sup>th</sup> Apr / 21<sup>st</sup> May / 25<sup>th</sup> Jun / 16<sup>th</sup> Jul

If you would like more information about Umbrellas or the link to join Umbrellas online, please contact our outreach team.

[outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)

**Reaching Families**

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

Dove Lodge, 49 Beach Road,  
Littlehampton, BN17 5JG

Registered Charity No: 1150906

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## TRAINING SUMMER TERM 2026



### WORKSHOPS

Making Sense of Behaviours that Challenge in Adolescence	Tuesday 21 <sup>st</sup> April	7.30 - 9.30 pm
Making Sense of Masking	Thursday 23 <sup>rd</sup> April	10.30 am - 12.30 pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Monday 27 <sup>th</sup> April	7.30 - 9.30 pm
Making Sense of Wellbeing: Communication skills for parents and carers	Tuesday 28 <sup>th</sup> April	7.30 - 9 pm
Understanding Demand Avoidance	Wednesday 6 <sup>th</sup> May	7.30 - 9.30 pm
Making Sense of Education Health & Care Needs Assessment and Plans (EHCPs)	Thursday 7 <sup>th</sup> May	10.30 am - 12.30 pm
Understanding Autism in Girls	Thursday 14 <sup>th</sup> May	10.30 am - 12.30 pm
Making Sense of Disability Living Allowance (DLA)	Tuesday 19 <sup>th</sup> May	10.30am - 12.30 pm
Making Sense of SEN Support at School	Wednesday 20 <sup>th</sup> May	7.30 - 9.30 pm

### THE SEND FOUNDATION COURSE

An introduction to SEND and the key issues parent-carers will encounter as their children grow and develop. Wednesday, 22<sup>nd</sup> & 29<sup>th</sup> April 10.00 am - 1.15 pm

All of the above training will be delivered on 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.

[reachingfamilies.eventbrite.com](http://reachingfamilies.eventbrite.com)

**Reaching Families**

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

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**WEST SUSSEX YOUTH CHOIR**  
Bognor Regis, Horsham & Worthing  
SATURDAYS & THURSDAYS




**JOIN NOW**  
West Sussex Youth Choir for singers aged 13 - 21 yrs  
West Sussex Young Voices for singers aged 9 - 13 yrs

Supported using public funding by  





**SIGN UP HERE**



**WEST SUSSEX YOUTH CHOIR**

If you're passionate about singing and want to develop your musical skills, perform a wide range of music and make new friends, we'd love you to join our choir!

**West Sussex Youth Choir** is a choir for experienced singers aged 13 to 21yrs and meets in Horsham. We learn large-scale choral works, with opportunities to perform at exciting venues in the UK & Europe!


**West Sussex Young Voices** is a choir for singers aged 9 to 13yrs and meets at centres across the county coming together for public concerts.

**BOGNOR REGIS**  
The Phoenix Centre, PO21 5JD  
Thursdays  
West Sussex Young Voices

**HORSHAM**  
Millais School, RH13 5HR  
Saturdays  
West Sussex Young Voices  
West Sussex Youth Choir

**WORTHING**  
Bohunt School, BN14 8AH  
Saturdays  
West Sussex Young Voices

[westsussexmusic.co.uk/choirs](http://westsussexmusic.co.uk/choirs)  
musiccentre@westsussexmusic.co.uk



**SIGN UP HERE**



**ORCHESTRAS INC. SEND MUSIC GROUP**  
SATURDAYS



**SEND music group**  
**Orchestras Inc.** is our inclusive SEND music group, open to children and young people with additional needs from 8 yrs to 25 yrs. No previous experience required. Free to join!

Supported using public funding by  








**SIGN UP HERE**



**ORCHESTRAS INC.**

**Orchestras Inc.** is our SEND music group that is open to children & young people from 8 years old to 25 years with a parent or carer for support. No previous experience required. **Free** to join.

Come and join us to explore music through a range of instruments in a fun and creative way and meet other families.

**Find your nearest Orchestras Inc. sessions**

**Worthing Music Centre**, Bohunt School Worthing, 65a Broadwater Road Worthing BN14 8AH (A24)

**Horsham Music Centre**, Millais School, Depot Road, Horsham RH13 5HR

Go to [www.westsussexmusic.co.uk/orchestras-inc](http://www.westsussexmusic.co.uk/orchestras-inc) for more information and to apply

**MEET THE TEAM**






Alison Sutton      Ranie Bummery      Jo Eames      Anna Ryder

[westsussexmusic.co.uk/orchestras-inc](http://westsussexmusic.co.uk/orchestras-inc)  
musiccentre@westsussexmusic.co.uk

# SIXTH FORM



## **GUEST TALKS FROM LEGAL PROFESSIONALS – BARRISTER, SOLICITOR, PARALEGAL**

Law careers continue to be a popular career for MRC students, it is one of our more popular A levels and the routes into the profession are wide ranging, from degree pathways, apprenticeships and entry level routes. On Wednesday the 22 April we have a range of legal professionals joining us from 5–6pm in the theatre to discuss entry routes and the wide range of roles. They will be arriving from around 4:30pm if your child had any specific questions and would like a chance to ask them 1:1. We would like to invite any students (guardians welcome to attend all well) from years 10–13 to join us.

**If you are interested in attending, please email [michael.puttock@mrc-academy.org](mailto:michael.puttock@mrc-academy.org) to confirm.**

## **YEAR 12 FUTURES EVENING**

Our Year 12 Futures Evening Presentation will be on Wednesday 22 April from 6–7 pm in the theatre. The talk will cover information regarding post 18 education/careers, providing updates on University applications, student finance, apprenticeships and more. Parents and students are invited to attend, there will be an opportunity for a question and answer session after plus 1:1 discussion with a member of the Sixth Form Team.



# SIXTH FORM



## SPOTLIGHT

This evening will be our first ever Sixth Form Showcase featuring 12 wonderful students, some of whom don't even take any Performing Arts A Levels, who have been working incredibly hard on a bespoke evening of Musical Theatre and Dance!

The running time is approximately one hour so why not make a Friday night of it and come along!

**The event has a minimum age of 15 due to some mature themes.**

We really hope to see lots of you there!



Sixth Form presents

# Spotlight

**Doors open 6:30**  
**Show begins 7:00**

**Friday April 17<sup>th</sup>**  
**In the theatre**

**£4 Each**  
**Students £1**

**Tickets on the door**  
**15+ only**



# CAREERS INFORMATION



## CONSTRUCTION CAREERS VISIT

20 of our students visited the construction site which our changing rooms currently are (although almost finished) to meet the site manager, contract manager and two apprentices from the company leading the work (Habans).

Students found out about all the different types of work that is required, from the architecture then to the construction company, and all the different construction skills that are needed. We also learned about the difference between gaining a construction qualification from a college and from doing an apprenticeship, as well as finding out how competitive apprenticeship applications are - around 1 out of 10 applications might be successful, so it's important to show real interest, get good grades and if possible get some experience (e.g. work experience).

Thank you to Habans for hosting us and giving us the tour... and the changing rooms and new showers look lovely!

**Mr Burton**

## CAREERS – CEIAG

Careers education, information, advice and guidance (CEIAG) programmes make a major contribution in preparing young people for the opportunities, responsibilities and experiences that life demands.

Midhurst Rother College is committed to providing a CEIAG programme for all students in years 7 – 13. A planned progressive programme of activities across all years in the College supports students in choosing 14 – 19 pathways that suit their interests and abilities and help them to follow a career path and sustain employability throughout their working lives.

Midhurst Rother College's Careers Education, Information, Advice and Guidance Policy has the following aims:

- to contribute to strategies for raising achievement, especially by increasing motivation;
- to support inclusion, challenge stereotyping and promote equality of opportunity;
- to encourage participation in continued learning including higher education and further education;
- to develop enterprise and employment skills;
- to reduce drop out from and course switching in education and training;
- to contribute to the economic prosperity of individuals and communities;
- to meet the needs of all our students through appropriate differentiation;
- to focus students on their future aspirations;
- to involve parents, carers and the local community.
- Activities and conversations in tutor times help our students think about possible career pathways.
- AEN and Pupil Premium students will have an individual consultation with a Careers Advisor from Year 9.
- All students will have an individual consultation with a Careers Advisor in Year 10 or 11, as well as a 1:1 progression interview in Year 11.
- All students will have individual discussions with their tutor in Year 12 and 13, and will be offered an individual consultation with a Careers Advisor.

# CAREERS INFORMATION

## CAREERS INTERVIEWS – MONDAY 20 & 27 APRIL 2026

The following students have been scheduled to receive a one to one careers interview with our independent careers advisor at the following date and times. The location and time will also be on their Arbor timetable.

Following the interview the students report will be uploaded to their Unifrog account for you to view with them and which you may wish to discuss at home.

<b>Careers Interviews - Mon 20 April</b>		<b>Tutor Gp</b>	<b>Year Gp</b>	<b>Period</b>	<b>To go to:</b>	<b>Coming from:</b>
Hincke	I	10K-KWD	Year 10	REG 08:30	A117	W112
Johnston	E	10K-KWD	Year 10	09:10 (p1)	A117	W001
Krzanik	E	10K-KWD	Year 10	10:00 (p2)	A117	A216
McKechnie	L	9A-IHD	Year 10	11:10 (p3)	A117	A109
Morgan	R	10K-KWD	Year 10	12:00 (p4)	A117	T006
Pandya	D	10K-KWD	Year 10	13:30 (p5)	A117	A101
McPeake	C	10K-KWD	Year 10	14:15 (p6)	A117	W009
<b>Careers Interviews - Mon 27 April</b>		<b>Tutor Gp</b>	<b>Year Gp</b>	<b>Period</b>	<b>To go to:</b>	<b>Coming from:</b>
Oates	J	10T-AEY	Year 10	REG 08:30	A117	A112
Patterson	B	10T-AEY	Year 10	09:10 (p1)	A117	K105
Pavlyk	E	10T-AEY	Year 10	10:00 (p2)	A117	A203
Pay	T	10T-AEY	Year 10	11:10 (p3)	A117	K105
Prudente	E	10T-AEY	Year 10	12:00 (p4)	A117	T106
Rickett	E	10T-AEY	Year 10	13:30 (p5)	A117	W112
Till	D	10T-AEY	Year 10	14:15 (p6)	A117	K102

## RACE THE SUN

Dr Brown, one of our Maths teachers, is taking part in the Race the Sun triathlon-style challenge on the South Downs on 25 April to raise money for Action Medical Research, supporting vital research for sick and disabled children. If you would like to donate, please click on the following link.

<https://www.justgiving.com/fundraising/jameswoodwark-1766588620523>



I am taking on the triathlon-style Race the Sun challenge on the South Downs on the 25th of April, with a friend, to raise awareness and support for the children's charity Action Medical Research.

Action Medical Research is the leading UK charity dedicated to funding vital research to help sick and disabled babies, children, and young people. Action Medical Research has been funding medical breakthroughs for over 70 years and has helped to beat polio, fight meningitis, prevent stillbirths, and develop ultrasound scanning in pregnancy.

My friends Caroline and Rob recently experienced an extraordinarily difficult pregnancy, and their son Monty needed an operation at just 7 days old. So, I am supporting this amazing charity fighting for answers that can lead to cures, treatments and medical breakthroughs for some of the toughest fights our children face.

Setting off at sunrise, my friend Woody and I will cycle 33 miles, hike 10 miles, and paddle 2 miles, hopefully before dusk. We would be grateful for any support you are able to offer [fundraising for Action Medical Research](#).

By supporting Action Medical Research, you will be helping to find ways to reduce premature birth, supporting children facing a lifetime of challenges caused by disabilities, and driving forward the development of cutting-edge therapies for rare and incurable diseases.

Thank you so much,

Dr Brown (and Woody)



# **FITTLEWORTH FC U15**

**Fittleworth's first youth team!  
Entering in ACYFL 2026!**

## **TRAINING & TRIALS**

**Starts on the 12th of May.**

**Location: FITTLEWORTH REC.**

**Tuesdays & Thursdays 18:00 - 19:30**

**YEAR 9/10 Sept 2026**

**LOOKING FOR ALL ABILITIES!**

**✂ GREAT FACILITIES    📍 GREAT LOCATION**

**IF INTERESTED, PLEASE MESSAGE**

**📞 07876298131**

**grant.packman@aol.co.uk**



# COCKING TRAIL RACES

**10k 20k**  
**Junior 3k & 5k**



# 10<sup>th</sup> May 2026

Enter online at [www.midhurstmilers.org](http://www.midhurstmilers.org)



**10K, 20k**  
**Junior 3K & 5K**



Perfect Motion  
Physio.

SUMMER TERM 2026

Monday 4 May	May Bank Holiday
Monday 25 May - Friday 29 May	Half Term
Tuesday 21 July	Last day of term for students
Wednesday 22 July	INSET Day

# CALENDAR – PERFORMING ARTS

## MRC PERFORMING ARTS - CALENDAR OF EVENTS 2026

DATE	EVENT	STUDENTS INVOLVED	VENUE
<b>Spring 2026</b>			
Friday 16 January	Rotary Young Musician competition. (District)	Instrumental candidates Vocal Candidates	Theatre
Saturday 7 Feb	CFMDS Woodwind Strings	Flute ensemble Clarinet ensemble (+ any soloists who have entered)	New Park, Chichester
Tuesday 10 March	Dance House 1	MRC Dance Teams Minibus	Worthing Theatre
Thursday 12 March	Choreography showcase event	Y11/10/12 Dance Dance Teams Choreography cup	MRC Theatre
Tuesday 10 Feb	YR 11 Component 2 exam (1)	GCSE Drama YR11	MRC Theatre
Wednesday 11 to Friday 13 February (one date will be finalised soon)	Making Moves regional Platform Performance in London	Making Moves team	Travelling to London (venue tbc)
Wednesday 11 Feb	YR 11 Component 2 exam (2)	GCSE Drama YR11	MRC Theatre
Thursday 12 Feb	Yr 13 Component 2	A level Drama	MRC Theatre
Spring Term – date tbc	Sixth Form Show	Drama Y12/13	Theatre
Thursday 19 March	Gilbert Hannam day	Orchestra	St. Mary Magdalene & St. Denys
Monday 23 March	West Sussex Music event - <i>The Water Diviner's Tale</i>	Choir	Worthing Assembly Hall
Wednesday 25 March	<b>Spring Concert</b>	Orchestra Choir, Jazz. Strings, Flutes, Drama/production groups, Soloists (by invite) Bands	MRC Theatre
???	Rother Valley Arts Festival	MRC Dance Teams	MRC Theatre
<b>Summer 2026</b>			
April TBC	Y13 Music recital	Y13	MRC Theatre
Thursday 3 April	Dance showcase event	Y11/10	MRC Theatre
Wednesday 30 April	Dance House 2	MRC Dance Teams Minibus	Worthing Festival Theatre
Thursday 23 April	YR 10 Drama Performance	GCSE Drama YR10	MRC Theatre
Friday 24 April	YR 12 Drama Performance	GCSE Drama YR12	MRC Theatre
June TBC	Drama Day		MRC Theatre
Wednesday 1 July	Pre tour concert/info	Tour students	Theatre or amphitheatre
Monday 6 July	Austria Tour!	Performing arts group	Salzburg
Tuesday 14 July	Drama and Music House Cup	YR 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](http://mrc-academy.org))

Arbor Link: Midhurst Rother College ([arbor.sc](http://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](http://mrc-academy.org))

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

Term Dates: Midhurst Rother College > Information > College Term dates ([mrc-academy.org](http://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](http://lexiapowerup.com))

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