

THE VIEW

FRIDAY 31ST
JANUARY 2020

Headmaster's Letter

'Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and strokes, not to mention diabetes. You'll feel happier, less depressed and less anxious. Are you interested?'

Matthew Walker- Why We Sleep.

It's got to be a fact: we simply don't get enough sleep. Our children are tired. We are tired. The basic cure: go to bed earlier! Saying to children, 'you're tired, you need to go to bed soon,' resembles a deep insult to some! If someone insisted on an early night for me, I'd be all over it. Imagine being ordered to bed before 10pm armed with a book, rather than staying up late, working into the small hours immersed in email. Just imagine.

We also have to consider the facts. It is recommended that adults get between 7-9 hours sleep a night. For Prep School aged children it's 9-11 hours. There's a reason for this. Sleep allows us to get ready for the next day as well as recover from the previous day's efforts. It affects our mental and physical health and of course the quality of our waking life. It's not a complicated equation: The more sleep we get at night, the more productive, efficient and successful we are in our days. So, we must all sleep more and make sure our children are educated to this fact too. Have a restful weekend and insist on one or two early nights in device-free bedrooms.

<https://www.youtube.com/watch?v=d583swchPA>

@HarryHastings10 @ArdinglyPrep @ArdinglyPS



The Week Ahead

Week 5

Monday 03 February

Duty Form - 8N
14:15 F: U12 County Cup v Downlands
16:10 House Meetings
16:00 SW: Gala @ Windlesham (Years 7/8)
17:00 SW: v Hawthorns and Aberdour (h) (Years 4/5/6)

Tuesday 04 February

09:00 - 17:00 Make A Noise (Under)
09:00 - 18:00 'We Will Rock You' - Principal Rehearsal (Chequer Mead)
15:00 Years 3 & 4 to attend Make A Noise Concert

Wednesday 05 February

Primary Maths Challenge Bonus Round (Qualifiers only)
09:00 - 18:00 'We Will Rock You' - Full Cast Rehearsal (Chequer Mead)
14:00 H: House Hockey
14:30 N: Ardingly U10A Netball Tournament (h)
14:30 N: v Brambletye: U9A, U9B, U8 Festival (h), U11A (a)
14:30 N: v Lingfield: U11D, U11E (a)
14:30 N: v Burgess Hill: U11F (a)
15:15 N: v Brambletye: U11C (a)

Thursday 06 February

Intermediate Maths Challenge
09:00 - 12:30 KS2 General Knowledge Quiz Area Heat
14:30 'We Will Rock You' - Dress rehearsal (Chequer Mead)
18:00 - 22:00 Prep Boarders' Trip to see 'We Will Rock You' (Chequer Mead)
19:00 'We Will Rock You' - Show 1 (Chequer Mead)

Friday 07 February

14:30 XC: Ardingly relays (h)
19:00 'We Will Rock You' - Show 2 (Chequer Mead)

Saturday 08 February

14:30 'We Will Rock You' - Show 3 (Chequer Mead)

Sports Fixtures are available on the sports website www.ardinglysport.com

Parent Notices

Intermediate Maths Challenge – Thursday 6th Feb

4 Pupils will be entered into the Intermediate Maths Challenge on Thursday 6th February.

THE VIEW

International Women's Day Menopause Demystified Talk, Wednesday 11th March 7-9pm, Drama Studio

In celebration of International Women's Day, Ardingly College will be hosting a Menopause Demystified talk on Wednesday 11 March 7pm – 9pm in the Senior School Drama Labs. This two-hour session is for anyone interested in learning about this life transition, for personal (or professional) purposes. All are most warmly invited to attend. Refreshments will be available upon arrival.

Yr 7 Maths & Science Assessment

On Wednesday 12th February Yr 7 Pupils will sit a Maths and Science assessment. All the Pupils will be told the topics in advance, the Maths topics information is available on the Parent Portal.

Drama News

We Will Rock You – Show Week Information

Please see the attached Show Week Information letter from Ms Spink.

Clubs

Costume Club – Cancelled – Monday 3rd Feb

Costume Club is cancelled on Monday 3rd February due to Dr White being at the Theatre unpacking all the costumes for *We Will Rock You*.

Charity

£5 Challenge

All Prep School pupils who were in school today received their £5! Please email Mrs Marshall-McBain with any queries lara.marshall@ardingly.com

Music @ Ardingly

Ensemble Bash Concert, Tuesday 11th February 19:30, The Under

On Tuesday, 11th February, we welcome Ensemble Bash to the College for this term's Music at Ardingly. They are a hugely eccentric and exuberant percussion group who will be playing a

huge variety of things. Throughout the day Prep school and Senior school pupils will have workshops and the opportunity to play in the evening Concert.

"This could only have been a concert by Ensemble Bash who make playing percussion the coolest, noisiest and funniest occupation on earth."

The Times (UK)

Do take a look at this [link](#) for an idea of what they do! Tickets can be booked [here](#). Please see the attached poster for ticket prices.

Glyndebourne Concert, Sunday 22nd March 15:30 Main Choir (Years 6, 7 & 8)

An email from Mr Stafford has been sent to all parents of those involved in the 150th Celebration Concert on 22nd March. In it are various details, including important ones about transport and tickets. Regarding the transport arrangements, please note that the point of contact for Prep School parents is Mr Smith, Stephen.smith@ardingly.com

Orchestra Practice, Tuesday 4th February, Cancelled

Please note that there will *not* be an Orchestra practice on Tuesday 4th February.

HMs

Philippa Niewerth, Kelsey Adewumi, Sienna Robottom, May Stewart, Emillie Ireland, Oliva Waters, Isobel Pope, Grace McEwan, Tristan van Assche, Lettice Schulz, Siena Jovic, Charlotte Skinner x 2, Gabriel van Assche

