



The Appleton School Parent Bulletin – Summer Term

Key Dates

29th June to 3rd July –
Year 12 Work Experience

2nd July –
Year 10 Astronomy Greenwich Trip

6th – 10th July –
Year 10 Work Experience

17th July –
Last day of term

Friday 26th June 2026

After a very hot week,
we'd like to thank parents for their support.

We have had our Year 6 Welcome Days this week, welcoming our new students ready for the academic year. Our Year 7 and 10 student helpers were amazing ambassadors on these days.

We had our Year 8 Parent Consultative this week, the appointments have taken place online, due to the temperatures.

Our Year 10/12 PPE exams have taken place this week, and our students conducted themselves brilliantly. We wish the best of luck with their results.

Our Year 12 Students will be on work experience next week. A week to experience the real world and experience an industry for their potential careers.

We all hope for a cooler week next week!

PE Fixtures

Monday

-Year 7 & Year 8 District Rounders @ King John

Tuesday

-Year 9 & Year 10 District Rounders @ King John

Attendance

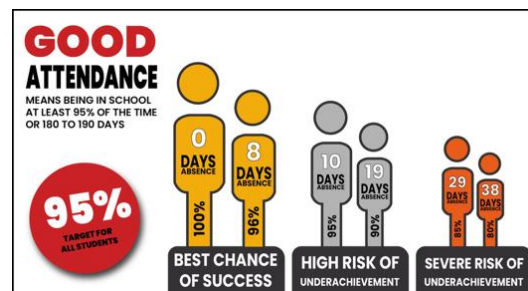
Congratulations to the following form group
for the best attendance this week:

701
805
903/907
1003

School Lunches

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tikka with Basmati rice	Roast of the Day	Sweet chilli chicken	Beef Lasagne	Chicken / Beef Burger
Vegetable Burger	Vegetarian Quiche	Vegetable Chow Mein	Vegetable Pizza / Veg Pasta Bake	Vegetable Tagliatella
Parmentier Potatoes	Roast Potatoes, Cauliflower Cheese	Potato Wedges	Parmentier Potatoes	Potato Wedges
Sweetcorn & Broccoli	Roast Parsnips, Carrots and Green Beans	Egg Fried Rice	Broccoli & Carrots	Sweetcorn & Green Beans
Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo
Dessert Of the Day	Apple Crumble	Dessert Of the Day	Apple Crumble	Dessert of the Day





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<https://www.instagram.com/theappletonschool?igsh=MXEzdzY2bnQ5bzI6Zw==>

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Cadent Gas Works – London Road

Dear Parents/Carers,

Please be aware that we have been informed by the Local Authority that there will be gas works taking place on the London Road **from Monday 25th May for 14 weeks.**

Further details, including details of lane closures, can be found via the QR code on the attached poster from Cadent.

Cadent will also be holding a drop-in event with a Cadent gazebo, for any businesses or residents who wish to talk to them. The gazebo event will be held outside of Nisa Extra, 117 London Road, South Benfleet, SS7 5UH on Tuesday 26th May from 1pm – 4pm.

Students who travel to/from school via London Road may need to allow additional time for their journey. **This is particularly important for all students sitting exams between 25th May and the end of the summer term.**

We are in communication with Cadent regarding road closures in the summer holiday period. We will write to parents/carers of Year 11 & 13 students nearer the time to detail arrangements for students coming into school to collect exam results on Thursday 13th August, (A-level results day) and Thursday 20th August, (GCSE results day).

Cadent
Your Gas Network

Essential gas works

London Road, Benfleet

- 25 May 2026 for 14 weeks
- We're working in your area to upgrade the ageing gas pipes
- These works will keep you safe, warm and connected
- Please plan extra time for your journeys
- Thank you for your patience
- Find out more: cadentgas.com/benfleet

Scan me
to visit our website

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 **CHILDREN'S
COMMISSIONER**

THE BIG FUTURE

**The Children's Commissioner,
Dame Rachel de Souza, has
launched The Big Future survey.**

It's your chance to have your say on what it's like to be a child or young person in England today - what you love, what worries you, how you have fun, and the changes you want for a better future.

There are questions about voting, school, your area, online safety, and space for you to tell her what you think is important!

**It takes less than 10 minutes to
complete the survey.**



Take part now:

childrenscommissioner.gov.uk/thebigfuture

#TheBigFuture  @childrenscommissioner

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CHILDREN'S COMMISSIONER

THE BIG FUTURE

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#rebuildthelibrary

National
Year of
Reading
2026

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THE APPLETON SCHOOL
PROUDLY PRESENTS

Disney

FROZEN

THE MUSICAL

❄️ THURSDAY 9TH JULY 2026
❄️ FRIDAY 10TH JULY 2026
❄️ SATURDAY 11TH JULY 2026

DOORS OPEN AT 7PM
SHOW STARTS AT 7.30PM

TICKETS £7 ADULT
CONCESSION £5
APPLETON STUDENTS £4

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Shout Outs

Mrs Benson gives a shout out to the following students:

Kiera Peake 1003 for achieving a distinction in her recent Hair and Beauty Unit and for always having a positive attitude and working hard.

Lily White 1008-Fantastic work whilst completing Unit 102 in Beauty, and a positive and resilient attitude all this week.



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



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H.O.M.E HUB

HELPING • OVERCOMING • MOTIVATING • EXPLORING

SEN PARENTS SUPPORT GROUP

EVERY MONDAY 7 - 9 P M

HOME Hub, 88 Brook Road, South Benfleet Playing Fields, SS7 5JF



H.O.M.E HUB

Join us every Monday evening in a warm, welcoming space to talk with others who truly understand. Connect with people in similar situations, make new friends, join in some light games, unwind, or just simply be.

- Free Parking.
- Hot & Cold Drinks Available.
- Monthly Guest Speakers.

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We need your voice!



Your experiences are key to shaping the future of mental health and wellbeing services in Essex. Young people's mental health is hugely important and you can help to change local services for the better.

If you are a child or young person up to the age of 23 (or up to 25 if you have special educational needs and disabilities), you can be involved in many different ways.



- Create videos, online blogs and respond to other digital tasks
- Share your experiences, views and opinions to help Commissioners improve and develop local mental health services
- Attend Young Mental Health Ambassador meet ups and build your network

Interested?



If you would like to apply for this great opportunity, contact our Engagement Officer, Renee Robey, on:

renee.robey@healthwatchesessex.org.uk
07483 329411



@hiddenvoiceshwe



@HWEssex



healthwatch-essex

www.healthwatchesessex.org.uk



Spring Term The Essex SEND Local Offer Roadshows

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.

The marketplace is free and there is no need to book. Children are welcome!

Drop in between 9:30am and 12:30pm

This term we are in Chelmsford, Harlow, Colchester and Boudon



Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-coalition>

In Partnership with



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AGED 11 TO 18
THE FITZWIMARC SCHOOL
SUPPORTED BY
ESSEX YOUTH SERVICE
FIRST 5 SESSIONS FREE
£3 PER WEEK AFTER

SEND School Age Drop-in

An opportunity to get advice and support in a relaxed and non judgemental environment

Parents and carers of both diagnosed and non-diagnosed children welcome.

2nd Thursday of the month
Starting 8th January 2026
11:30 - 12:30

No need to book - Just drop in!

Little Lions Family Hub Delivery
Third Avenue, Canvey Island, Essex SS8 9SU

Essex Child and Family Wellbeing Service

Service commissioned by:



Essex Fire Museum Open Days

2026



Sunday 28th Of June

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS



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Museum@essex-fire.gov.uk

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more here



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Asthma Newsletter Summer 2026

Mid and South Essex
Community Collaborative 

Did you know there is an increase in asthma attacks in the week following back to school?

Want to know how to prevent this?

Follow the Children's Community Asthma Nurses top tips:

- Take your **Preventer** inhaler every day.
- Always use a **spacer** unless you have a dry powder inhaler.
- Know what **triggers** your asthma.
- Book an **asthma review** with your GP practice during the summer holiday.



What does a "preventer" inhaler do?

1. It reduces the swelling and inflammation within the airway in the lungs.
2. This makes the airways less sensitive to asthma triggers.
3. Using it every day as prescribed, will mean you need to take your rescue (blue) inhaler less.

What are asthma triggers?

Triggers are things that make asthma worse when exposed to them. For example, colds, pollen or air pollution.

What is good asthma control?

1. No symptoms during the day.
2. No symptoms waking them at night.
3. Able to complete all normal activities including PE.
4. Little/ no need for the rescue (blue) inhaler.

If you are worried that your child's asthma is not controlled despite preventer treatment, why not visit your GP to discuss referral to the Children's Community Asthma Service.

