



THE APPLETON SCHOOL

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Achieving Excellence



10th February 2021

Dear Parent/ Guardian and Students,

I hope that you are staying safe and well during these difficult times. As we near February half-term week, I wanted to take the opportunity to thank you for all your support and congratulate our students on the outstanding effort that they have made to participate in remote learning and engage with their lessons to the very best of their abilities. We are incredibly proud of the resilience that has been demonstrated by our students, in addition to their positive attitudes and their commitment to their learning, despite the challenging circumstances we all face. Students will undoubtedly be looking forward to a well-earned rest from their screens over the half-term week; in the meantime, I wanted to draw your attention to a number of other resources that we have collated in order to support your child's learning, in addition to their physical and mental wellbeing.

Additional Resources to Support Remote Learning

In the attached document titled "**Additional Resources to Support Remote Learning**", you will find a number of platforms that can be used, in addition to live lessons, to support achievement and progress across each of the different curriculum areas. Resources are designed to support students across Key Stages Three, Four and Five. At the bottom of the page is a more generalised list of resources which we hope students will find both engaging and beneficial.

Extracurricular and Wellbeing Resources

In addition to the wellbeing and pastoral resources which are uploaded regularly to Microsoft Teams, in the attached document titled "**Extracurricular and Wellbeing Resources**", you will find many ways in which we suggest students can enrich their learning outside of lesson time. Within the **Exercise and Physical Wellbeing** section, students can find links to reputable exercise programmes to suit the different preferences of our young people, for example PE with Joe Wicks or Yoga with Adrienne. Moreover, we hope to see as many of our students participate in **The Appleton School Distance Challenge**, as we aim to collectively walk the distance from our school to the site of the Japan Olympic Games. Within the Extracurricular Resources section, you will find details of some of the virtual clubs and competitions, including our **Pancake Day** competition currently running within the Languages department, on offer from the different curriculum areas. Our **World Book Day** competition will also be launched shortly. **The Mindfulness and Positive Mental Health** section of this document provides students with a list of suggested free Apps to support mental wellbeing. Specifically for our **Sixth Form students**, we have collated **suggested books, podcasts, documentaries, talks and webinars** to support their learning and wellbeing. Finally, I wish to draw your attention to some of the free, online courses which are provided by external agencies, designed to help parents learn more about young people's mental health.



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Further Support

This half-term, we successfully established the practice of the Remote Learning Team emailing all students every day with the details of their schedules; this is sent to each student's school email address. If your child requires any help accessing their lessons, they should email their class teacher or remotelearning@theappletonschoo.org. If any student is having difficulty with their school log in or password, they should contact the ICT Technical team on ICTTechnicalOffice@theappletonschoo.org. To support parents further we have also attached a **Remote Learning Parents' Guide for Parents** summarising the learning provision and have included '**Top Tips for Students**'.

We do hope that you find these additional resources useful. Once again, I would like to praise students for how quickly they have adapted to our new remote learning programme, in addition to the excellent efforts they have made within lesson time. We wish you all an enjoyable half-term break.

Yours sincerely,



Miss S Cox
Deputy Headteacher



Miss R Levey
Assistant Headteacher