



The Appleton School Parent Bulletin

Newsletter dated: 01.03.24

Key Dates

W/B 4th march

Careers week

Friday 8th March

Non-Pupil Day

Y13 Jodrell Bank trip

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House System

Congratulations to all pupils in Year 7, 8 and 9 for your achievement points that you have earned since the start of the academic year.



| House | Grand Total |
|--------------------|--------------|
| Austen | 20624 |
| Nightingale | 18172 |
| Tull | 15087 |
| Turing | 18012 |
| Grand Total | 71895 |

Attendance & Achievement

How much does attendance impact on achievement and success?

The school's expectation of attendance is at least 97%. The impact on good attendance on your progress is shown in the table below with 94% of students achieving their target grades at the end of year 11. The higher your attendance the best possible chance of personal success!

| Attendance % | Achieve expected target grades. | You will only achieve your target grade in: |
|--------------|---------------------------------|---|
| <80% | 20% | 2 of your subjects |
| 80-84.9% | 33% | 3 of your subjects |
| 85-89.9% | 46% | 4 of your subjects |
| | | You will achieve your target grade in: |
| 90-91.9% | 53% | 5 out of 9 subjects |
| 92-95.9% | 75% | 7 out of 9 subjects |
| 96% | 84% | 8 out of 9 subjects |
| 97% | 94% | 9 out of 9 subjects |



GENERAL NOTICES

Contact details

Can you make sure that your contact details are kept up to date on our systems—you can do this through the Edulink app.

Attendance

If your child is absent please use EDULINK to provide a reason for their absence and when to expect your child back., Or you can leave a message on the absence line option 1.

Mobile Phones

Following on from the announcement from the DfE during half term we are having to be much stricter with our enforcement of the mobile phone policy in school. The DfE guidance can be found here: https://assets.publishing.service.gov.uk/media/65cf5f2a4239310011b7b916/Mobile_phones_in_schools_guidance.pdf

From Monday any phone seen in the school building will be confiscated, they currently can still use them outside during social time. Students have been informed about this all week. Please see below for full guidance.

Guidance for Students



- Starts from 8:25am (first bell)
- Mobiles and headphones/airpods are not allowed anywhere in the building.
- Teachers can ask students to use phones in lessons, for specific learning activities, but at the teacher discretion.
- Phones go to the main office where the behaviour policy applies, with a letter going home and a third offence requiring parents to collect.
- Refusal to comply, will be treated in the same manner as any defiance and there will be consequences of an SSA detention, sent to the reflection room or suspended depending on the level.
- Timetables are an issue. Students have been told that they are to ask teacher permission at the end of a lesson, if they need to check. You will also be provided with a paper version of your timetable on Monday.

Achieving Excellence



PE Fixtures

| PE Fixtures | |
|---------------------------------------|---|
| Monday 4th March | U12 Boys Rugby 7s Tournament @ New Hall |
| | U16 Essex Cup Girls Netball Vs HRS (Away, 1:30pm) |
| Tuesday 5th March | Year 7/8 Boys Handball competition (Away, 1:30pm) |
| | Year 7/8 Girls Netball Vs Castleview (Away) |
| | U14 Boys Rugby 7s Tournament @ Westcliff |
| Wednesday 6th March | U19 Boys Football Vs St Bons (Home, 2pm) |
| | Year 8 Rugby Vs Fitzwimarc (Away) |
| Thursday 7th March | Year 7 Girls A/B Netball Vs Fitzwimarc (Away) |
| Friday 8th March | Inset Day |

PE News

On Tuesday, the Year 7 and 8 Cross Country teams took part in the Essex Schools County Championships. All of the students performed well in exceptionally difficult conditions. The stand out performances came from the Year 8 Girls team who placed 7th in the county.

The Year 9 football team had to excellent cup results beating Greensward Academy 2-0 in the Castle Point and Rochford Cup and then the following day beating Fitzwimarc 5-1 in the South East Essex Cup.

The Sixth Form football team beat The Chase School 5-0 in the Under 19 league.

The year 8 rugby team took part in the Essex School rugby 7s competition. They all played very well and represented the school in an outstanding manner. They were unbeaten in their group, winning 3 out of the 4 games, and drawing to St Martins 3-3. They reached the semi finals, but lost to Sydney Russell School 4 -3. This is a fantastic achievement, and they should all be very proud of themselves.

On Thursday the year 7 and 8 Netball teams played The Kind Edmund School in extremely wet conditions. The Year 7 team won 24-0 and the Year 8 team won 9-1.



Blake Williams (form 808) is playing the Artful Dodger in Basildon Operatic Society's production of Oliver! at the Towngate Theatre on:

May 30th at 7.30pm

May 31st at 7.30pm

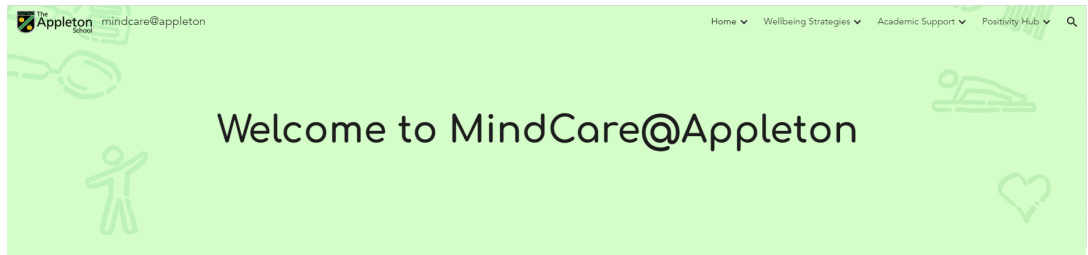
June 1st at 2.30pm

See below flyer and a picture of him in his last production of Oliver! which was at the Palace Theatre Southend





Mental Health January 2024



We are delighted to invite you to a special space dedicated entirely to your well-being and happiness – the Appleton MindCare Hub. This page has been thoughtfully crafted with your needs in mind, offering practical strategies and valuable resources to support your physical, emotional, and psychological well-being.

Here, you'll discover strategies, tips, and insights to cultivate a healthy and balanced lifestyle. Whether it's dealing with stress, managing emotions, or finding ways to stay active and positive, we've got you covered.

It's also a place to access essential resources and information shared for significant wellbeing events that matter to our Appleton community. Whether it's exam preparation, or wellness campaigns, you'll find timely updates and helpful resources right here.

Remember, your well-being is of utmost importance, and we are committed to providing you with the tools and knowledge you need to flourish. Together, let's make Appleton a place where every student shines brightly!

As part of our ongoing goals to promote and support student mental health and wellbeing, we would like to highlight further updates made to the [MindCare@Appleton](#) website which students can access [here](#).

1) Updates to the positivity hub:

- New [positive habits](#) calendar for January to help students develop a positive mindset for the new year.
- Last month we shared tips for how to make meeting our new year's resolutions more likely, so this month we have added a calendar which gives examples of specific goals to meet each day in January.
- We will be reflecting on these goals in form time, but it can also be a useful task to complete outside of school.

2) Key contacts / dates:

- Students can collect Wellbeing Support cards which provide them with a physical copy of key contacts (both in and out of school). These can be collected from the pastoral office.
- The [events](#) calendar has been updated for this academic year highlighting key mental health days. More details about resources and activities taking place in school will be provided closer to the time of specific events.

3) Additional resources:

- [Flourish](#) is an excellent YouTube channel run by Jo Morton Brown (Emotional Wellbeing Practitioner) aiming to help people of all ages develop positive coping strategies to support their mental health. Examples include videos providing guidance on how to make new friends, beat back to school anxiety, and be a kind person. Jo will also be leading some virtual workshops to help our students manage exam-stress later this half term.
- Anger management kit under [Mindfulness Exercises](#) resources provides ways to help students identify, understand, and manage their anger in appropriate ways.

If you would like us to add further information or resources on any specific topics on [MindCare@Appleton](#), please contact us. Thank you for your ongoing support in working together to promote positive wellbeing for our students.

Miss S Sangha
Mental Health Lead



Lady McAdden Breast Cancer Trust Gowns For Good



GOWNS FOR GOOD

BRIDAL & PROM BOUTIQUE
BY LADY MCADDEN BREAST CANCER TRUST

Lady McAdden Breast Cancer Trust have relaunched their Prom & Bridal Dress Shop in the Royals Shopping Centre, Southend. We have had lots of new amazing donations from Del Tailors, Blue Beau Boutique and Chantilly Lace. The most you will pay for a dress is £100! So why not get yourself prom ready and help a charity at the same time.

Opening Times: Tuesday 10-4pm, Saturday 10-4pm.
No appointment necessary.

For further information please email info@ladymcadden.org
or phone 01702343288.



CAVS

We're supporting families with the Cost of Living Crisis



The cost of living is impacting everyone but at STRM we want to help our SEND families in Rochford Districts, Castle Point and Southend who are struggling.

Pop down to register or if you are already registered come and see us. We have Fuel Support, Food Vouchers, Energy saving tips along with any questions you may have about SEND and more. (No diagnosis needed)

For further information:
info@strmsupport.co.uk

Friday 19th January
10am - 12pm

The Health Centre Third
Avenue Canvey Island Essex,
SS8 9SU



Supporting your Neurodiverse Child

SEND the Right Message (STRM) Charity, MPTOS (My Own Time and Space) Charity & Essex Family Partners are proud to have written and produced a pack which is full of useful information for families with a neurodiverse child.

Families from across Essex, Southend and Thurrock told us they are desperate for guidance and often don't know where to start to find the information they need. We presented this feedback to the Joint Commissioning Board in Essex, who commissioned services across education, health, and social care and they were fully supportive of the project. Recognising how useful this information would be, the pack includes information about the diagnosis process, how to get support for your child at school, health and wellbeing and much more. We shared our own experiences, hints and tips, as well as those of parents, carers and young people from across Essex, Southend and Thurrock. There are also signposts to useful books, blogs, and online resources which are all tried and tested resources that the team have used and found helpful.

The pack provides information about:

- What is neurodiversity?
- Diagnosis
- Education
- Health and Wellbeing - including Speech and Communication, Sensory Processing Disorder and things like an exercise and diet, talking
- Getting help
- Financial help - e.g. how to apply for Disability Living Allowance
- Information for family and friends
- Useful reading list
- Lots of personal experiences, quotes and tips from families and young people
- Age appropriate information
- Signposting



SEND the Right Message Charity (STRM) is a 'by parents and for parents' charity whose aim is to support families with children and young people who have special educational needs or disabilities (SEND) in Southend, Castle Point & Rochford.

Tel: 01789 048 827
Email: info@strmsupport.co.uk
www.strmsupport.co.uk
Lobby 10th House, 238 Westborough Road, Westons, Essex SS8 9PT
Office Hours:
Tuesday - Thursday 10am-3pm
Friday 10am-3pm
Follow us on social media

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Email: info@strmsupport.co.uk
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Lobby 10th House, 238 Westborough Road, Westons, Essex SS8 9PT
Office Hours:
Tuesday - Thursday 10am-3pm
Friday 10am-3pm
Follow us on social media

Charity Number: 1043020

Charity Number: 1043020



What we do?

STRM can help you to navigate your child's SEND journey, give you peer support, supporting you through the process of education, the diagnosis, relevant to secure our services.

STRM offers online support, face-to-face coffee mornings, Disability Benefit applications, courses to ourselves, training and directly via our new community office.

Online and face to face SEND support sessions - Twice monthly.

Lots of advice, tips, and validation, and a chance to have a chat, meet or sit down with a drink. An informal session where our team will chat about various topics. For parents and carers to have a safe space where they can share parent tips and lived experiences with each other. No diagnosis is needed. For online sessions, if you prefer, you can turn your camera off.

Specialist Talks, Training & Community Events

We regularly host specialist talks, training and community events. We are responsive to the ever-changing needs of our families.

Disability Benefit Service

Our disability benefit service is a free service for residents of Southend, Castle Point & Thurrock residents, when you have registered with STRM.

- If you have a child or young person and you are a young person and you are struggling to understand procedures or meetings with social care or even family care?
- We have designed this service to prevent problems escalating, provide best practices, give informed choices, and support you to be treated fairly.

Family Buddy Support

Do you have a SEND child or young person and you are struggling to understand procedures or meetings with social care or even family care? We have designed this service to prevent problems escalating, provide best practices, give informed choices, and support you to be treated fairly.
Note: This is not an advisory service. STRM are unable to attend meetings.



STRM Bouldering Club

In collaboration with INDOCK, STRM are providing weekly bouldering induction sessions, designed to cater for the needs of the SEND families we are supporting. These are followed by further sessions as children can all continue the sport. Bouldering is an easily accessible sport, which provides many physical and mental health benefits to neurodivergent children. Early interventions are key to enabling children to channel their energies into something more productive.

It is physically demanding, so children who struggle with motor energy have a way to release it through safe and contained physical activity. It requires that children challenge themselves in order to improve skill levels, but they also learn to support each other to problem solve and provide strategies. This encourages community spirit and investment in each other.



FREE Bouldering for SEND Children

Bouldering Sessions

We are excited to share that we have received funding to provide Bouldering Sessions in partnership with Indirock. This funding has allowed us to offer complimentary bouldering sessions to children and young people between the ages of 6 and 17 who are suspected or diagnosed with specific educational needs and disabilities (SEND). The free sessions are available to registered families in Southend, Castle Point, and Rochford District.

In partnership with Indirock, we provide complimentary bouldering sessions for children and young individuals who are neurodivergent and/or have disabilities. These sessions can benefit children and young people with neurodevelopmental conditions, such as Autism and ADHD, who may struggle with social and emotional communication, self-regulation, and executive functions. Bouldering can help build motor skills, co-ordination, balance, core strength, and self-confidence, enhancing their overall well-being.

Children and young people who are Autistic or/and are ADHD (amongst other neurodevelopmental conditions) have difficulty with social and emotional communication. They may also need support with self-regulation and developing their executive functions.

What are the signs of dysregulation?

- difficulty managing frustration
- sporadic impulse control
- emotionally reactive behaviours
- struggling with problem-solving



In what ways can bouldering be beneficial?

Children and young people who are neurodivergent may have difficulties with their gross and fine motor skills. Their stability, balance, and core strength may be underdeveloped.

- Boosts co-ordination
- Builds core strength
- Improves balance
- Strengthen muscles (perfect for those with hypermobility)
- Develop motor processing
- Enhances self-confidence and self-esteem
- Strengthens sequential thinking
- Builds trust
- Promotes decision making
- Gain confidence to take responsibility to make their own choices
- Develops autonomy



Bouldering Sessions



'Give it a go' taster sessions

Wednesdays Term Time
Time: 4.30 pm - 5.30 pm
Ages 6-17yrs

Bookable via the membership zone or by contacting info@strmsupport.co.uk

Join the Bouldering Club

Following the taster session, participants can join the Bouldering Club, which meets weekly and requires advanced booking.

Wednesday Term time
Time: 4.30 pm - 5.30 pm
Ages 6-17yrs

Bookable via the membership zone or by contacting info@strmsupport.co.uk

Have you visited Indirock previously?

Have you visited Indirock without us? It is possible to skip the 'Give it a go' session and proceed directly to the Club sessions to enhance your skills.

Contact info@strmsupport.co.uk to find out more.

To register with us scan this QR code



STRM - SEND the Right Message Registered Charity 110571



info@strmsupport.co.uk

Free STRM charity membership registration is required before booking.

Watch our Youtube video about Bouldering at Indirock <https://youtu.be/pVDHLEINxgQ?si=bEN3zHdhLRgZ239xq>



BENFLEET TEAM
SUPPORTING ALL

Teaching Internship



Do you know someone studying a Physics, Chemistry, Maths, Computer Science or Languages interested in teaching as a career?

They could earn £300 a week on our three-week DfE teaching internship programme starting this June in secondary schools across South Essex and Southend-on-Sea.

To find out more email
mhoward@theappletonschool.org

Teaching 

Every Lesson Shapes a Life.



ACL FAMILY LEARNING

**FREE!
COURSES**

**FREE ONLINE COURSES
THIS SPRING**



FIND OUT MORE



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com



Essex County Council



ACL FAMILY LEARNING

FREE! ONLINE COURSES



- Go To Sleep!
- Setting Boundaries
- Raising Girls
- First Aid Workshop
- Managing Big Emotions
- Getting Teens To Talk
- Mindfulness & relaxation
- Anxiety Coping Techniques for Teens



SCAN ME



call our friendly team on
03330 321 017



Search 'Family Learning' at
aclessex.com



Queries
aclfamilylearning@essex.gov.uk

FIND OUT MORE



Essex County Council



ESSEX ACTIVATE



WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the Holiday Activity and Food programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

Who is the programme for?

Clubs are suitable for children aged 4-16 years old who are eligible for benefits based free school meals or from 'low income' working families who benefit from this extra support. Some clubs may offer paid spaces that run alongside Essex ActivAte, however these can be limited.



What do the clubs offer?

Essex ActivAte clubs offer mainstream primary and secondary provision across the county, also dedicated mental wellbeing and SEND clubs. Each club delivers a variety of physical and enrichment activities, fun food education and a nutritious meal. Family support is also available alongside the programme.

How can I book my child onto a club?

To book onto a club during February, May/June or October half term, head over to the Essex ActivAte booking page on our website, then select the area you live in or the category you require and follow the steps.

To book onto a club during the easter, summer or winter holidays, use the link on your WONDE e-Voucher to find a club and book on, or contact a club directly.

What is considered 'low income'?

We understand that all families circumstances are different, therefore if you are in employment or on an income which means you are unable to attend a holiday club without our support – you can book on.





ACTIVE CHRISTIAN TRUSTS PRESENTS

★
YOUTH
YOUTH
YOUTH

ACTIVE CHRISTIAN TRUST PRESENTS

YOUTH GROUP AT THE

MEGACENTRE

MONDAYS DURING TERM TIME

4:30PM – 6:00PM

★ ★ ★ COME JOIN US FOR FREE ★ ★ ★

AGE 11 - 16

YOUNG PEOPLE WILL GET TO ENJOY

GAMES BITE SIZE BIBLE MUSIC/SONG WRITING LIFE SKILLS

FOR MORE INFO CONTACT

TIMOTHY.READ@MEGACENTRERAYLEIGH.CO.UK



The Hub @ The MegaCentre
Community. Care. Connect.



The MegaCentre Rayleigh

Joy | Hope | Life



Essex County Council
Special Educational Needs
and Disabilities

Essex Local Offer Roadshows

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

Meet representatives from across education, health and social care as well as local support groups.

No need to book, just drop in!

Parent/carer workshops will also be running. More information to follow soon.



Scan the QR code to
find out more
information



or go to

[The Essex Local Offer Website](#)



In Partnership with





Attendance

The Appleton School **Being In School, On Time Really Matters**



Did You Know... ?

| If your attendance | You would miss | you are likely to achieve your target grade in |
|--------------------|-------------------|--|
| was 97% | 5 days of school | 9 out of 9 GCSEs |
| was 95% | 9 days of school | 7 out of 9 GCSEs |
| was 92% | 15 days of school | 5 out of 9 GCSEs |
| was 90% | 19 days of school | 4 out of 9 GCSEs |
| was 85% | 29 days of school | 3 out of 9 GCSEs |

WE WANT YOU TO ACHIEVE YOUR BEST

Check your current attendance using the Edulink App

100% Attendance



Did you know that all students with 100% attendance are entered into a weekly prize draw for a Golden Ticket to jump the queue at break and lunch?

And students with 100% attendance all term receive a special attendance award!



Attendance Matters



Research shows us that there is a direct link between pupils attendance at school and how well they achieve

This week, 1017 pupils had 100% attendance.

Congratulations to the following tutor groups who had the best attendance in their year group this week.

| | | |
|------|----------------|-------|
| 702 | Mrs Bowen | 98.0% |
| 808 | Miss Johnson | 97.2% |
| 903 | Mr E. Davies | 97.0% |
| 1009 | Miss Clifforth | 98.3% |
| 1107 | Mrs Santry | 94.1% |





Careers Newsletter

Careers News

National Careers Week 2024: 4th - 9th March

VIRTUAL Careers Fair

- ✓ No registration required
- ✓ No data is collected from students.
- ✓ Tons of opportunities for students to explore

<https://ncw2024.co.uk/>

Free Revision Masterclass with Liverpool John Moores University

Have you got GCSE's or A-Level Exams on the horizon?

With nearly 500 people attending last years' revision masterclass, this year, Liverpool John Moore's University are here to help you learn the most effective revision strategies, manage your mental health, and ace your exams!

When: 26 Mar 2024

Time: 6:30-7:15pm



Register Here: <https://events.teams.microsoft.com/event/541fd862-6590-4df5-b138-911c360edc04@182a8b31-3dab-4b92-8bb8-9526911aeba0>



Experience University of Southampton Residentials

Tuesday 16th - Friday 19th July 2024

This year you can join us on campus for a 4-day, 3-night programme. Giving you the opportunity to experience the academic and social side of university life. You'll learn in an academic environment and work with students from other schools and colleges through a timetable of lectures, practical activities and a variety of fun evening social activities.

You'll get to meet our enthusiastic team of Student Ambassadors studying the courses you are aspiring to, as well as academics, researchers and alumni. These residentials are free and open to Year 12 or Level 3 (Year 1) students who meet our academic and Widening Participation eligibility criteria (see below). You'll be provided with free accommodation and meals for the duration of the residential.

We understand that travel costs can be a barrier when invited to attend a University residential. The university would therefore like to offer you the option of purchasing your train ticket on your behalf or a travel reimbursement of up to £100 for mileage costs.

Applications close at midnight on Friday 26 April 2024.

Apply Here: <https://www.southampton.ac.uk/schools-colleges/experience-summer-event.page>



Careers Newsletter

Apprenticeship News



CHARTERED ACCOUNTANTS
barrons 
PROACTIVE BUSINESS DEVELOPMENT SPECIALISTS

Activities

Listen to a talk from one of our current apprentices as they tell you about their journey at Barrons.

There will be the chance to explore the world of accounting and participate in a range of activities throughout the evening.

TO APPLY

✉ jessykat@barrons-bds.com

☎ 01702 481910

In your application, please include:

CV with predicted grades

School

Preferred contact number



3RD APRIL
5:30 - 7:30PM

Barrons APPRENTICESHIP EVENING

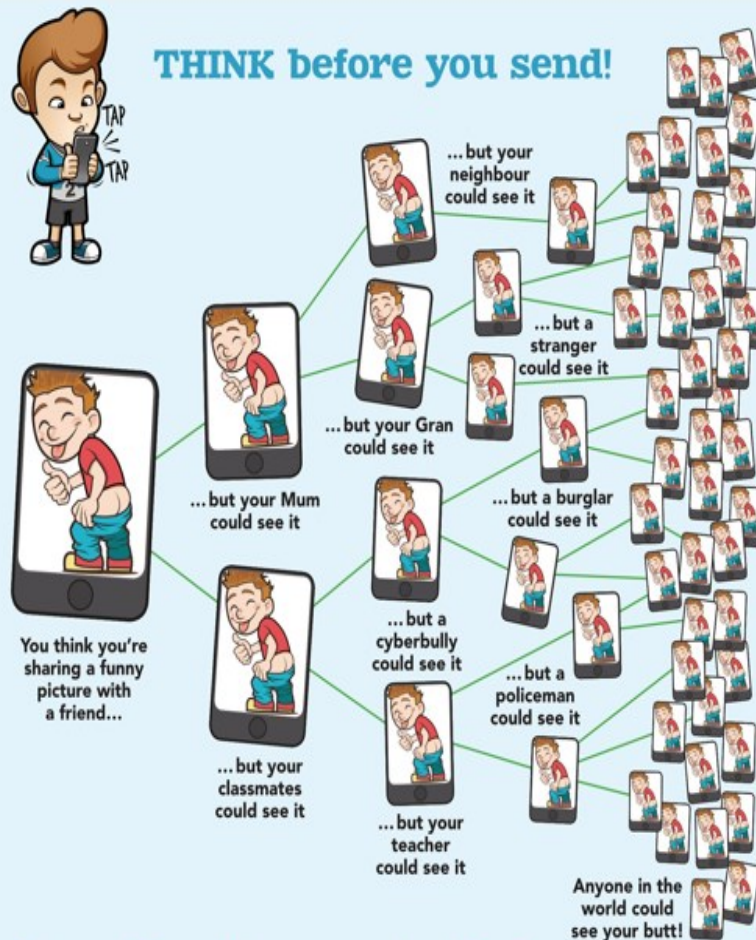
Take your first step towards a successful accounting career by joining us at Barrons on the 3rd April. If the thought of attending university doesn't appeal to you, then our apprenticeship evening is the perfect place to explore your options.

Don't miss out on this great opportunity to gain valuable insights into an accounting firm and the chance to kick-start your career within a growing practice.





Parent Guides to Online Safety



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



**THE APPLETON
SCHOOL**

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschool.org

Website:
www.theappletonschool.org

Quick Links

[Edulink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Spring Term Dates

Thursday 4th January 24 students return

Monday 19th February –23rd February Half Term

Friday 8th March non pupil day

Thursday 28th march last day of term

Summer Term Dates

Monday 15th April students return

Monday 6th May Bank Holiday

Monday 27th May-31st May Half Term

Friday 19th July last day of term

GCSE Revision Resources

We have provided a wide range of resources to aid your son/daughter when it comes to their revision for each of their examination subjects.

<http://www.theappletonschool.org/students/revision-resources>

A-Level Revision Resources

We have provided a wide range of resources to aid your son/daughter when it comes to their revision for each of their examination subjects.

<http://www.theappletonschool.org/sixth-form/student-life/ks5-resources>

Extra-Curricular Clubs and Activities

https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/Extra_Curricular_Clubs_and_Activities_-_SPRING_TERM_2024.pdf (Whole School Activities)

https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/PE_Extra_Curricular_Jan_2024.pdf (PE)