



The Appleton School Parent Bulletin

Newsletter dated: 02.02.24

Key Dates

Year 11 Mock Exams
01.02.24 to 16.02.24

15.02.24 Year 9

Consultative Evening

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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	17642
Nightingale	15688
Tull	13150
Turing	15745
Grand Total	58094

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 absence 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.

Year 9 Options

We are well on our way with our options process for Year 9. Please see below for the timeline:

Wednesday 24th January - Your child's option booklet will be emailed to you and students will attend an options assembly on this day as well, where the options process will be explained in full.

Monday 29th January onwards - Subject information talks during lesson time will take place.

Wednesday 31st January – Our Options Presentation Evening will be held on Wednesday 31st January 5pm-7.30pm.

Monday 5th February to Friday 16th February - GCSE taster lessons will be offered after school for students to sign up to if they wish. This will be an opportunity for students to experience what it would be like to study particular subjects at GCSE.

Thursday 15th February Year 9 Hybrid Consultative

Friday 16th February - The option form goes live on EduLink and students can start to submit their choices.

Friday 1st March - Deadline for all option choices to be submitted.

Revision Techniques

Dear Parents and Carers,

This half-term we have been promoting a number of revision techniques with our year 11 students. The students have had the opportunity to practise these skills with the subject teachers, encouraging students to trial the techniques independently. With this in mind, we wanted to highlight the resources we have available on our school website. Here you will find some fantastic parent and student revision resources that can be used at home, along with the revision lessons that are being delivered in school. The link below will direct you to the school's revision page: <https://www.theappletonschool.org/students/revision-resources>

Yours sincerely,
Mrs R Reay (Impact lead)



Essex year of numbers

Students will be completing a numeracy task during one tutor time next week. It is currently the Essex year of numbers, this work supports this initiative.

KS3 will be studying problem solving involving the metric system in tutor time. The power point has been shared on Satchel one.

KS4 and 5 will be studying financial risks and how to reduce them in tutor time. The power point has been shared on Satchel one.





PE Fixtures

PE Fixtures	
Monday 5 th February	No fixtures
Tuesday 6 th February	Year 7 Boys District Basketball Tournament (Away @ Castleview, 1pm start)
Wednesday 7 th February	U19 Boys Football Vs SEC (Home, 2pm) U13 Girls Essex Cup ¼ Final Football Vs King John (Away, 2:15pm)
Thursday 8 th February	Year 7 Girls Football Vs Castleview (Home)
Friday 9 th February	No fixtures

PE News

Congratulations to the Year 7 Netball team who won their Essex Cup game v Redden Court 14-11. They now progress to the quarter finals of the competition and are one of eight schools left in the competition which is an outstanding achievement.



Huge well done to all of the Year 7-9 students who took part in interhouse cross country on Wednesday. There was over 80 students who completed the run. The results are being finalised and will be shared with students next week.



SHOUT OUTS

Our staff at Appleton take great pride in the important work we do in the classroom everyday. Teachers regularly engage in training and development opportunities to help us to understand what current research tells us about how young people learn best, and we are always looking for new and exciting ways to implement this research in the classroom. A number of our teachers have undertaken lengthy **NPQs** over the last 18 months, and we wanted to take a moment to celebrate their successes and thank them for all of the hard work they have put in to helping our young people make even better progress at school.

Well done to Mr Asare, Dr Hunt, Mr Archer, Mrs Navarro, Mrs Glyn, Mr Moss, Mr Rainey, Mr Gilooly, Mr Jones and Mr Prior who have all now finished their NPQs. We have a number of other teachers who are currently working on these programmes and we look forward to celebrating their successes with you in the near future.

Miss Sangha would like to give a shout out to Mylie Rice for her outstanding and inspiring level of effort and achievement in maths this week!

Mr Gill would like to give a shout out to his 8YEN1 English group. They are great to be with and just give so much. It's a delight teaching them.

iMedia students have been learning new graphic editing software in the recent weeks. Learning a new graphic editing software can be challenging. Mr Harji would like to congratulate to Rosie Savvides in Yr. 10 for demonstrating excellent skills using range of tools and techniques to produce an album cover for the new album called Fifth Planet on the Left.





Bedrock Learning



Dear parent/carer,

We're absolutely delighted that your child's school has chosen to partner with Bedrock Learning. In doing so, they have placed literacy at the heart of your child's learning journey.

We know that a child's education is not just about school, and that support from people at home can make a huge difference to their progress. We'd love to invite you to our online Bedrock Parents' Information Evening at;

7pm, Tuesday 20th February, 2024

to give you the chance to find out;

- What Bedrock is
- Why it's important for your child to use Bedrock
- How you can support them in their learning

To sign up for our Parents' Information Evening, please scan (or click) the QR code to the right or go to <https://app.getcontrast.io/register/bedrock-learning-bedrock-parents-information-evening-secondary-2>.

Can't make the live session? Register anyway and a recording will be sent for you to watch on demand.

We look forward to seeing you there!

Warmest wishes,

Team Bedrock



[Scan me to register!](#)



Vocabulary

[Learn more →](#)



Grammar

[Learn more →](#)



Disciplinary
Literacy

[Learn more →](#)



Case Studies

[Learn more →](#)



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, MYSTIC (My Own Time and Space) Charity & Essex Family Point 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 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...

This 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, tips, 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 selected found helpful.

The pack provides information about:

- What is neurodiversity?
- Diagnosis
- Education
- Health and Wellbeing
- Including Speech and Communication, Sensory Processing Disorder and Therapy, tips on exercise and diet, talking
- Changing life
- 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
- MyTV Reading



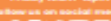
SEND the Right Message Charity (STRM) is a **by parents and for parents** charity whose aim is to support families with children and young people with special educational needs or disabilities (SEND) in Southend, Castle Point & Rochford.

Tel: 07339 098 827
Email: info@strmsupport.co.uk
www.strmsupport.co.uk

Life Point House, 258 Westborough Road, Westcott, Essex SS8 9PT

Office hours:
Tuesday - Thursday 10am-2pm
Friday 10am-12pm

Please see our social media



Charity Number 1048370

Tel: 07339 098 827
Email: info@strmsupport.co.uk
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Life Point House, 258 Westborough Road, Westcott, Essex SS8 9PT

Office hours:
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Please see our social media



Charity Number 1048370



What we do?

STRM can help you to manage your child's SEND journey, you and your diagnosis, whilst supporting you through the process of information. No diagnosis is needed to receive our services.

STRM offers online support, face-to-face coffee meetings, Community Benefit opportunities, courses & activities, training and so much more, visit 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, rant, 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 (0-25) with a disability, our Community Benefit Manager can offer a variety of advice and support regarding:

- Child Disability Living Allowance
- Personal Independence Payment
- Carer's Allowance
- Support with Appeals and Tribunals
- Family Fund
- Blue Badge Support
- Other Financial Support & Benefit Checker
- Woodbank materials
- Crisis Support (Case by Case Basis)
- and more.

Family Remedy 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 court? We have designed this service to prevent problems escalating, promote 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 so children can all continue the sport.

Bouldering is an easily accessible sport, which provides many physical and mental health benefits for 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 excess energy have a way to release it through safe and controlled 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 challenges. 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 110057



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.



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.








HALF-TERM & HOLIDAYS EXPLAINED...





EASTER, SUMMER & WINTER SCHOOL HOLIDAYS


-  The HAF programme runs in the easter, summer and winter holidays and is funded by the Department for Education. This is aimed solely at school children who receive benefits based free school meals during term time.
-  Limited spaces are available for low income working families and other vulnerable groups who would otherwise not be able to afford holiday clubs. You can book onto our programme self-certifying.
-  WONDE e-Voucher codes are sent by schools to all families eligible for benefits based free school meals. This code allows you to book onto local clubs and verify you are eligible for our programme.




SPRING & AUTUMN HALF TERMS

-  Funded by Essex County Council, Essex ActivAte run clubs during February, May/June and October half term for children on benefit based free school meals or from 'low income' working families.
-  The half term programme is funded to provide spaces to those areas most in need across Essex.



-  You will not receive a WONDE e-Voucher code to book onto our clubs during half term.

-  You will need to book your child/ren onto a club through the Essex ActivAte website - simply find what clubs are available in your area then book onto a club using the link provided or by contacting the club directly.



SCAN THE QR CODE TO FIND OUT MORE!



ESSEX ACTIVATE



Basildon Council
BASILDON • BILLERICAY • WICKFORD



BOOK ONTO A HALF TERM ACTIVITY CLUB WITH ESSEX ACTIVATE!



Eligible children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

IS MY CHILD ELIGIBLE?

Essex ActivAte offer free, club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

WHERE WILL THE CLUBS BE RUN?

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

HOW DO I BOOK ONTO A CLUB?

As half term programme are smaller and offer less activity days, you will not book on with your HolidayActivities voucher, but book on through the Essex ActivAte website instead. Simply find your local area and book on with the link provided or contact the club directly.



Find out more about February half term clubs and book on here.





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



ANYONE FOR TENNIS

18 & 19
FEBRUARY
KIDS HOLIDAY CAMPS
HADLEIGH PARK LAWN
TENNIS CLUB

Looking for an activity for your kids over the school holidays?

Why not join us and sign them up for a tennis camp?



10 AM - 2PM MINI RED & ORANGE (4-9 YEARS)

10AM - 2PM JUNIOR GREEN & YELLOW (10+ YEARS)

ONLY 12 SPACES PER GROUP

Prices:

Member - £20 per day

Non Member - £22 per day

For more information or to book a place, please contact Graham on
07745 943403



Safe guarding– PERSUASIVE DESIGN ONLINE

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from. Some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a calming, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new boosts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of child safeguarding, and health education (HPE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on HPE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

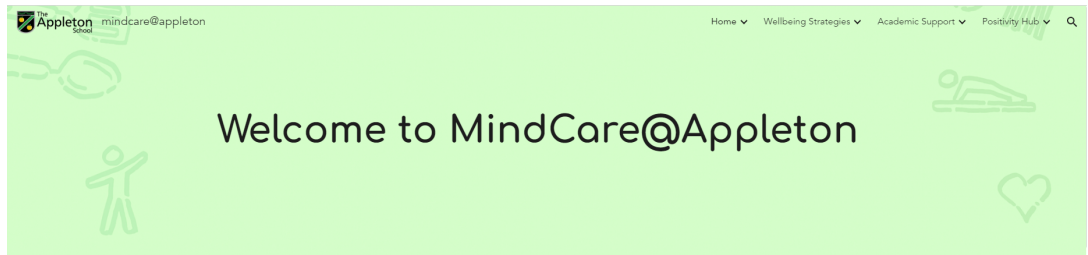
@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024



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



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

Attendance Matters



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

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

701	Dr. Hunt	94.8%
806	Mrs Geisser-Holmes	96.0%
903	Mr Davies	95.9%
1007	Mrs Edwards / Mrs Mahon	94.1%
1102	Mr Jones	97.6%



Careers News

THE PARENTS' GUIDE TO

National Apprenticeship Week 5-11 February

The Parents' Guide to NAW 2024

Many parents aren't as familiar with apprenticeships as a fantastic career path compared to other options. National Apprenticeship Week is a time to celebrate the value of apprenticeships, and to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy.

We've created a free guide covering all the key facts – whether that's for post GCSE apprenticeships or post 18 opportunities www.theparentsguideto.co.uk/nationalapprenticeshipweek



LEVEL 2
Intermediate apprenticeships

Typical length
12-18 months

Entry requirements:
None or few

Qualifications obtained:
GCSE, BTEC or equivalent

Who's it for?
Mostly for 16-year-olds with limited or no academic qualifications.



LEVEL 4/5
Higher apprenticeships

Typical length
3-5 years

Entry requirements:
A Levels or equivalent

Qualifications obtained:
Higher national diploma / foundation degree

Who's it for?
Mostly for those who want to qualify for professional career paths without attending university or college.



LEVEL 3
Advanced apprenticeships

Typical length
12-24 months

Entry requirements:
Usually 5 GCSEs

Qualifications obtained:
A levels or equivalent

Who's it for?
Mostly for 16-year-olds with reasonable academic achievements but who don't want to study in sixth form.



LEVEL 6/7
Degree apprenticeships

Typical length
3-7 years

Entry requirements:
At least 2 A Levels or equivalent

Qualifications obtained:
A BA or BSc degree or higher

Who's it for?
Mostly for those with excellent sixth form results that want to study for a degree or similar whilst working.

Apprenticeship Crash Course for Parents, Carers and Young People Advocates

Online Event - February 5, 2024 12:00

Join us for clear information about how apprenticeships work, what sort of job roles and levels are available.

Hear from an apprentice and an employer who will share their tips for supporting young people to research the options and apply!

<https://nationalapprenticeshipweek.co.uk/events/apprenticeship-crash-course-for-parents-carers-and-young-people-advocates/>





GET SORTED

Thursday 1st February
2pm to 4pm

**Waterside Farm Leisure Centre
Somnes Avenue, Canvey Island SS8 9RA**

Are you aged 16 to 25? This free event can help you figure out your next steps!

Join us to:

- connect with employers
- meet training providers
- find out about qualifications
- receive careers advice
- get support on applying for jobs

No need to register!

Join us on the day to connect with employers and training providers

Come along to meet:

Morrisons

Lightbulb apprenticeships

Morgan Sindall Property Services

Hair Pro 1


Essex County Council

ACL

And many more!



Careers Newsletter

 Essex County Council
Essex
Opportunities

Are you 16-25?

Living in Harlow, Basildon
or Canvey Island?

**Have you considered
an apprenticeship?**



Are you looking for an Apprenticeship?

The Apprenticeship Hub can help

The Apprenticeship Hub team can help you find an apprenticeship, complete applications and prepare for an interview.

Contact us for more information



SCAN ME

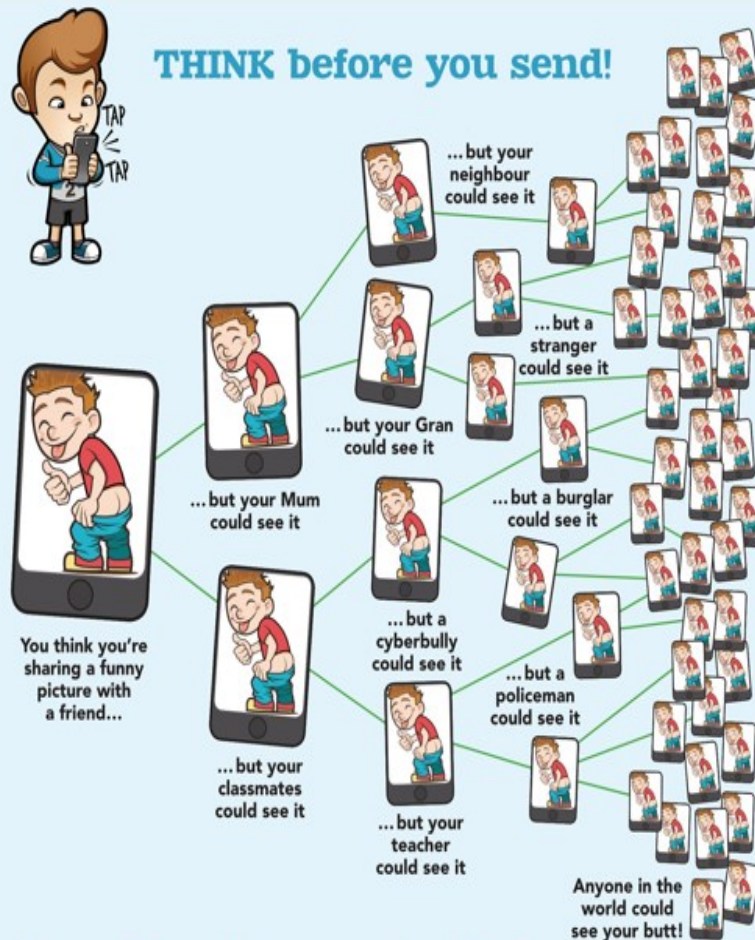
Email: apprenticeship.hub@essex.gov.uk

Phone: 0333 032 2591

www.essexopportunities.co.uk



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



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Website:
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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)