



The Appleton School Parent Bulletin

Newsletter dated: 03.11.23

Key Dates

- 6-11-23
Y11 Exam week begins
(see the last page of
bulletin for revision
support)

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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	7011
Nightingale	6411
Tull	5337
Turing	6131
Grand Total	24890

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

Mental Health

Our MindCare page has been updated with the below from Miss Sangha:

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

Updates to the positivity hub:

New [positive habits](#) to incorporate into everyday routines, along with reflective questions which you can use to help our students think about what barriers they are facing and how they can overcome them.

Updates to key contacts list:

Staff [list](#) has been updated to show where students can find key staff members if they need additional support during school time.

Updates to clubs and other activities:

Clubs and extracurricular [activities](#) list has been updated to signpost students towards new and pre-existing clubs, for example the Wellbeing Club and Pride Club.

We would also like to thank parents and carers for sharing positive feedback about the benefits of MindCare@Appleton, and using the resources to collaboratively work with our students, encouraging them to reflect on their habits and routines.

BBC have also recently released further resources as part of their parent's toolkit to help support our young people's mental health. In this, Dr. Nihara Krause, a consultant clinical psychologist and founder of youth mental health charity stem4, emphasises the importance of promoting positive mental health as soon as children begin to recognise emotions. To support your child's mental well-being, she recommends focusing on the basics such as providing a secure and loving environment, consistent care, predictable routines, and active communication skills. Dr. Krause also advises encouraging confidence, self-exploration, responsibility, self-reflection, praising effort, and learning from failure. Additionally, you can try implementing Dr. Krause's MINDYOUR5 model, which revolves around the "HAPPY" approach which you can read more about [here](#). We will also continue to provide evidence-based resources and activities via MindCare@Appleton to help develop these skills at school, and our Year 9 students will be exploring Roman Kemp's story shared within the BBC parent's bulletin in their personal wellbeing lessons within CAPE this month.

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.

Lateness

Punctuality is an important life skill, we need to equip our students with this vital skill to help prepare them for the world of work. Students arriving late will receive a same day sanction during social time.

We do appreciate that unexpected circumstances, outside of your control, can occur in the morning; if this does happen and it will cause your son/daughter to be late then please contact the school.



Year 7 Team Building Event at Mersea Island

This term, our new Year 7 Students had the opportunity to seek adventure at Essex Outdoors in Mersea Island.

The annual Year 7 team building event is a perfect opportunity for Year 7 students to Challenge their own confidences both in meeting new friends, develop problem solving and leadership skills and to challenge themselves outside their comfort zones.



What a great day we all had!

Remembrance



Students at The Appleton School have been learning about the importance of Remembrance in preparation for the upcoming Remembrance services across the nation on Sunday 12th November. Students have been finding out about the 2023 British Legion Poppy Appeal which this year is commemorating the importance of honouring service. As part of these special assemblies the Senior Prefect team, led by our Head Prefects Bevan and Kira, gave details about the service of the Benfleet fallen from WWI, with Serisha, Millie and Sophie reading examples of war poetry including John McCrae's 'In Flanders Fields.' Year 7 students then took part in the planting of poppy crosses in the school garden to mark the The Appleton School's act of remembrance. The school community will also hold a two minute silence on Friday 10th November at 11am.

'Lest we forget'



Black History Month

In October the Appleton School will be celebrating Black History Month. Black History Month is a key event in our equalities, diversity and inclusions calendar. We celebrate Black History Month every year in order to honour and recognise the hardships and achievements of Black individuals throughout history. The theme this year is 'Saluting Our Sisters'- recognising the amazing contributions of Black women. In assembly we talked about Mary Seacole and her amazing contributions to modern nursing.

We will also be celebrating by taking part in The National Black History Month Poetry Competition. Give your Poem a great title. The title often gives the reader a hint or insight into the theme, mood, or subject of the poem. It can serve as an entry point, allowing the reader to understand the poem's context or setting. All entries must be brought to Mr Wood in C15 by the deadline (November 15th).





Shout outs

Shout out from Mr Prior

This week the Science Department entered two teams into the Royal Society of Chemistry's Top of the Bench Competition for the first time. Teams were made up of 4 students from years 11 to 9 and were led by our two captains Sophie Peall and Lydia Pike. Our full team can be seen below.



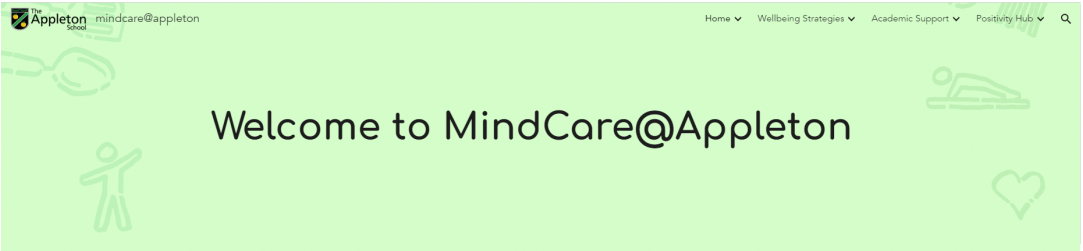
Shout out from Mrs Edwards

Before half term our Year 13 Performing Arts students performed at Holy Family as part of their community outreach. The students created their own performance piece based on growing up and the transition from Year 6 to Year 7. This was a performance containing acting, singing and dancing and was enjoyed greatly by the Year 6 pupils at Holy Family.





Wellbeing and Mental Health



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!

©

We are excited to launch the new MindCare@Appleton website, spearhead by Ms Sangha our Head of Wellbeing and support. This webpage is for our students to help their wellbeing and mental health, and it is informed by the results from the Student Surveys conducted last term.

Please click [here](#) to access it. students will need to log in using their school google accounts to access it.

At the Appleton School, your child's emotional wellbeing is important to us.

With the current situation in school, we understand that your child may be experiencing some anxiety, or have some worries adapting to some of the temporary changes we have had to make in school.

If, you feel your child may need some support with their wellbeing, or would benefit from further intervention, then please feel free to contact me at the following email address: info@theappletonschool.org where it can then be forwarded onto Mrs Benson.

Where appropriate, Mrs Benson will work with your child, either remotely or in person in order to support them. If necessary, Mrs Benson is able to signpost parents/carers to other members of staff or external organisations.

May we remind you that if you have any Safeguarding concerns, then these should be directed to the school Safeguarding Team, in accordance with the school's Safeguarding Policy. This information can be found on the school website.



Careers Newsletter

Careers News



6th and 11th November

Green Careers Week is a fantastic new initiative launched last year. In 2023, it will take place between 6th and 11th November to provide young people with an insight into careers that specifically protect the environment and will help the UK achieve its pledge of reaching Net Zero by 2050. Led by National Careers Week in partnership with a wide range of organisations including STEM.org.uk and the UK Space Agency, Green Careers Week promises to be an inspiring week, with plenty of information on how young people can get actively involved in careers that focus on positive environmental impact and change.

For more information visit <https://nationalcareersweek.com/green-careers-week>

Studying English at Cambridge



The Faculty of English is holding two online study evenings on **Wednesday 8th and Wednesday 15th November 2023**. The events are aimed at A Level, IB or Scottish Higher English Literature students who may be considering studying English at university. If you are in Year 11 and thinking about taking English next year you are more than welcome to join us. The event will be held online from 6-7.30 pm GMT.

Programme

In the first session, Professor Drew Milne will introduce "Practical Criticism; theory and practice" followed by a session on career options open to English graduates, including hearing from English alumni, and the following session will be a second taster from Professor Raphael Lyne, who will be talking about "Fast and slow thinking in Shakespeare" and then a session on what the course at Cambridge involves and the application process to get there with Dr Amy Morris.

Application

You need to register for each webinar separately, but we very much hope you can join us for both. Teachers are more than welcome to join using the same registration link.

English Masterclass Part 1 – 6pm, Wednesday November 8, 2023

Register in advance for this webinar: https://zoom.us/webinar/register/WN_5xoPx8tQl6WteGJT4DSQ

English Masterclass Part 2 – 6pm, Wednesday November 15, 2023

Register in advance for this webinar: https://zoom.us/webinar/register/WN_hEVm6mO3RPeYfnrIDZ1yHg

After registering, you will receive a confirmation email containing information about joining the webinar.

Any queries should be directed to: outreach@english.cam.ac.uk



Find an Apprenticeship <https://www.gov.uk/apply-apprenticeship>



Virtual Work Experience Opportunities

Join Every First Sunday Of The Month!



Scan to register!

LIVE!
VIRTUAL

Allied Healthcare Work Experience

Take your first steps into the world of healthcare careers in our Virtual Allied Healthcare Work Experience.

Meet this month's **guest speaker, Shelley**, a renowned radiographer, from 9 - 10am, and then dive into live work experience sessions.

Shelley, the Course Lead for BSc Radiography at AECC University College, boasts 27 years of experience in Radiotherapy, making her the perfect guide to explore NHS healthcare careers.

After a compelling talk from Shelley, **dive into live work experience sessions from the safety of your home.**

Witness the journey of two patients from injury to recovery over 6 months, and experience how many different healthcare professionals are involved in a patient's care, from hospital all the way through to a community team.



ALLIED
HEALTHCARE
MENTOR



Subject Spotlight

WHY STUDY... COMPUTER SCIENCE

Check out some of the jobs you can do, the skills you'll develop and pathways available!



JOBS

Network Engineer
 Data Analyst
 Analyst Programmer
 Intelligence Officer
 IT Manager
 IT Support Engineer
 Information Scientist
 Software Engineer
 IT Trainer
 ICT Security Officer
 Test Analyst



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SKILLS



Programming



Analytical



Problem Solving



Computer Software



Communication



Interpretation

PATHWAYS

APPRENTICESHIPS

- Applications Support Lead
- Intelligence analyst
- Artificial Intelligence Data Specialist
- Creative Digital Design Professional
- Cyber Security Technical Professional
- Cyber Security Technician
- Data Scientist
- DevOps Engineer
- Digital and Technology Solution

FURTHER EDUCATION

- A Level - Information Technology (IT)
- A Level - Computer Science
- A Level - Maths
- T Level - Digital Business Services
- T Level - Digital Production, Design and Development
- T Level - Digital Support Services
- BTEC - Digital Development
- BTEC - Digital Marketing
- BTEC - Games Development

HIGHER EDUCATION

- BEng (Hons) in Software Engineering
- BEng (Hons) in Computer Systems Engineering
- BA (Hons) in Computer Games Design
- BSc (Hons) in Creative Computing
- BSc (Hons) in Business Computing
- BSc (Hons) in Data Science
- BA (Hons) in Computer Arts
- BSc (Hons) in Network Management

SCAN ME
TO FIND OUT MORE



Greater Essex
CAREERS HUB

THE CAREERS &
ENTERPRISE
COMPANY



Safeguarding

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 apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about



AGE RESTRICTION
13+

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

WHAT ARE THE RISKS?

A BLOCK ON BLOCKING

X has announced plans to remove its blocking features. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who 'promote denial and hatred'.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 13+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification, certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

David Courwick is better known as the author of several reports for Ofcom and has worked in the gaming media for around ten years. Always eager to test out the latest apps, games and online trends, he's also a parent of two and understands the importance of online safety. Writing regularly about tech and trends, his articles have been published on influential sites including BBC and The iPlayer.



NOS National Online Safety
#WakeUpWednesday

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[/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national_online_safety](https://www.tiktok.com/@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: 01.11.2023

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Quick Links

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Autumn Term Dates

Friday 20th October non pupil day

Monday 23rd October– 27th October Half Term

Wednesday 20th December last day of term

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>