



The Appleton School Parent Bulletin

Newsletter dated: 08.03.24

Key Dates

W/B 11th March

Charity Week—various events for all year groups

Friday 15th March

Non Uniform day for Red Nose charity

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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	21523
Nightingale	19027
Tull	15873
Turing	18772
Grand Total	75195

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

We would like to thank all parents for their support with enforcing our rule on mobile phones/headphones/airpods in the corridors and classrooms, we have al-

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



GENERAL NOTICES

Vision and Values

Currently, our students are reviewing the core vision and values of our school. Our vision is that we are “achieving excellence” together. Our core values help us learn important qualities and behaviours that encourage us to be responsible and kind citizens, and help us grow as individuals and in friendships.

- ⇒ **Respect:** We should appreciate everyone in our community. We are all unique and deserve kindness. We should also take care of our school family and wider community.
- ⇒ **Resilience:** It's important to face challenges bravely. We can learn from our mistakes and successes. We should be ready for changes and handle tough times calmly.
- ⇒ **Community:** We are all part of the Appleton family. Let's all work together to make our school a happy place. We should be proud of our diverse community and get involved.
- ⇒ **Aspiration:** We should aim high and always try our best. Let's work hard to do well in everything we do.





PE Fixtures

PE Fixtures	
Monday 11th March	Year 11 Boys Football Vs <u>Shoebury</u> (Home) Year 8/9 District Netball Rally @ Cornelius
Tuesday 12th March	Year 7 Boys Football Vs KES (Home)
Wednesday 13th March	Year 7 Rugby Vs Fitzwimarc (Home) Year 8 Rugby Vs Chase (Away)
Thursday 14th March	No fixtures
Friday 15th March	No fixtures

PE News

On Monday 4th March, the U16 Netball team beat The Helena Romanes school 20-12 in the quarter final of the Essex plate. They are now semi-finalists

Well done to all of the students who competed at the Year 7 Lee Valley Athletics Cup Final on Wednesday. A special mention to the girls team who won the B competition.



Shout Outs



On Thursday 7th March, the Performing Arts Department hosted another successful Dance workshop. This time with the students learning professional repertoire from the Westend show 9-5 and the

international show Hercules.

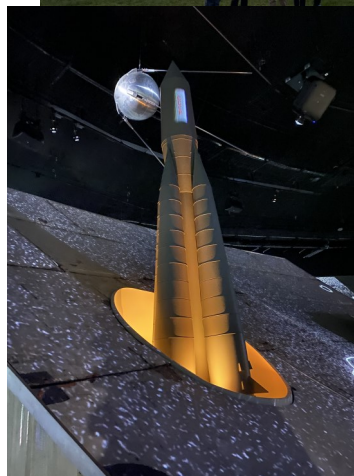
As always our young people relished the opportunity to work with a professional performer and represented The Appleton School tremendously.

Mrs R Edwards

Jodrell Bank—Y13

After a very early start at 5am we took our Year 13 physicists up to Manchester (for the day!) to visit Jodrell Bank, the UK's largest radio telescope. At Jodrell Bank the students got to do an A-Level workshop, explore the exhibitions and see a planetarium show. The students were impeccably behaved and a great day was had by all.

Mr Hannan





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

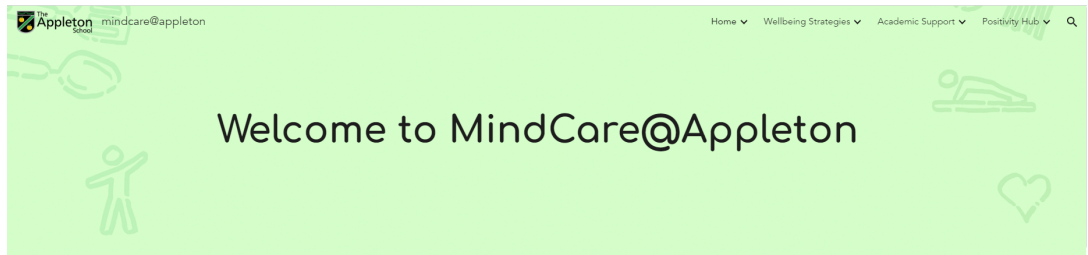
June 1st at 2.30pm

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.



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 110957



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=bEN3zHdhLRgZ239q>



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

This week, 1071 pupils had 100% attendance.

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

702	Mr Foster	98.7%
802	Mr Barry	96.3%
901	Mr Moss	94.7%
1009	Miss Clifforth	96.9%
1104	Ms Beardsell	95.7%



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





Safe guarding– EXPERIENCING BULLYING

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.

What Parents & Educators Need to Know about **TEKKEN 8**



Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.

WHAT ARE THE RISKS?

FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'kareed' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). If you play online, you can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

Advice for Parents & Educators

TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

MARTIAL ARTS MOTIVATION?

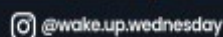
With characters utilising real-world fighting styles such as Jiu-Jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

Meet Our Expert

Editor in Chief of gaming and esports site GGRacon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.02.2024



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

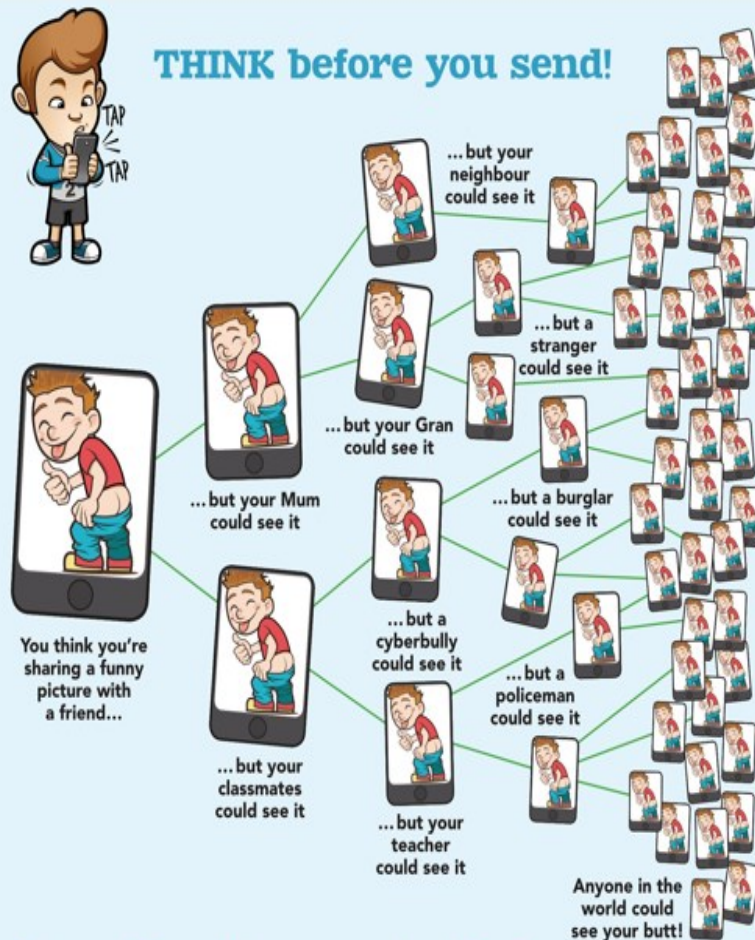
Take your first step towards a successful accounting career by joining us at Barrons on the 3rd April. If the thought of attending university doesn't appeal to you, then our apprenticeship evening is the perfect place to explore your options.

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)