



# The Appleton School Parent Bulletin

Newsletter dated: 10.11.23

## Key Dates

- 6-11-23—21-11-23  
Y11 Exam week begins  
(see the last page of  
bulletin for revision  
support)

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School](#)

## 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	8589
Nightingale	7372
Tull	6102
Turing	7161
<b>Grand Total</b>	<b>29224</b>

## 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
		<b>You will achieve your target grade in:</b>
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

### Mock Exams

Year 11 Mock exams continue into next week, with Year 13 starting not long after. All revision materials can be viewed on our website—please see the link at the end of the bulletin.

Success for exams starts every day—see below for some helpful hints!

# Top 10 Tips For A Killer Study Routine

*Hacks to get more work done, in less time*



Be **strategic about where** you study.



Find a rhythm that works for you and stick with it, **so it becomes automatic.**



Eliminate distractions for **intense focus**: start by switching the phone off and kept out of sight.



Try **batching chores** like laundry and email – do more, less often, and save time.



Or **stack other activities** on top of each other, e.g. turn an essential shopping run into a longer break from work.



Schedule **guilt-free downtime** each week to recharge your batteries.



Think about **the fuel** you're putting in to your body - meals, snacks, how you use caffeine.



Get **plenty of sleep each night.**



Take **breaks throughout the day**: at least 10 minutes per hour for most tasks.



Look after your mind and body by **getting some exercise**, and consider meditating to boost your focus and concentration further.

[ExamStudyExpert.com/study-routine](https://ExamStudyExpert.com/study-routine)



EXAM STUDY  
**EXPERT**

### Going Home

As the evenings get darker we ask all of our students to take care when walking home, to look both ways when crossing the road, be something reflective and to cycle home carefully.



## Shout outs

### Ms Heath gives a shout out for PE achievement

A huge well done to the U14 Girls Football team who finished 2<sup>nd</sup> overall at the District tournament on Monday.

### Shout out from Ms Levey

one of our Sixth Form students, Ava Elliot, has had an article published with a news outlet. The article is about Women's Football and in particular the difficult start that Aston Villa have had. She's had amazing feedback from the publishers and is doing this all in her own time.

Link below



We've had loads of shout outs that we cannot publish due to data protection rules, we'll be sending a letter next week to get parents and students to update their permissions so we can share more wonderful successes of our students.



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## PHSE

Parents and Carers,

As a part of your child's education at The Appleton School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. At our school, this is predominantly taught in CAPE (Citizenship, Achieving Personal Excellence) through a specialised team of tutors.

I am writing to let you know that, throughout the academic year, your child's class will have taken part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons will include: Healthy relationships, including friendships and intimate relationships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe and consent; developing self-esteem and confidence. This will be approached in and with age-appropriate delivery. Pupils will also have opportunities to ask questions that help prepare them for relationships of all kinds in the modern world.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://www.theappletonschool.org/subjects/citizenship-and-pshee-cpshee> for more detail about our PSHE curriculum. At the bottom of this page you can also click on the Edulink icon which will direct you to the year specific example materials that are used. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

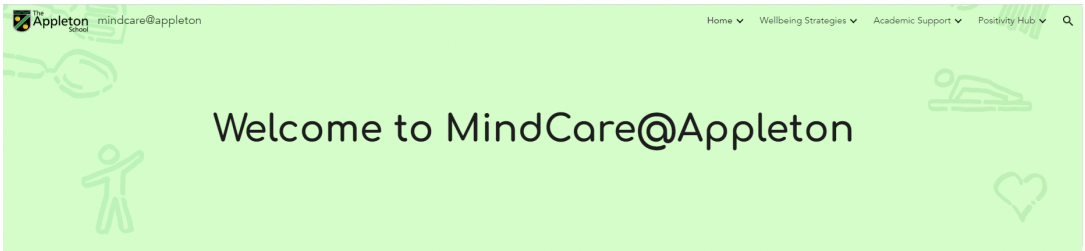
As a school community, we are committed to working in partnership with parents; recent parental and student feedback has indicated that the overwhelming majority of parents and pupils continue to be highly supportive of the relationships and sex education programme. We will also be shortly inviting all parents to further support us by completing a questionnaire about our CAPE provision.

Yours sincerely,

Ms Brown  
[cbrown@theappletonschool.org](mailto:cbrown@theappletonschool.org)



## 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.

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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](mailto: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.



## Attendance

 **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

 **100%**

**GOLDEN TICKET**  
for 100% attendance in the last week

This ticket allows the holder to skip the queue in the canteen or pod at breaktime and lunchtime for 1 week in recognition to their commitment to school

Awarded to: \_\_\_\_\_ Valid until \_\_\_\_\_

1  2  3  4  5  6  7  8  9  10

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**



## Subject Spotlight

WHY STUDY...

# CONSTRUCTION

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



## JOBS

Architect  
 Bricklayer  
 Building Surveyor  
 Civil Engineer  
 Construction Manager  
 Drone Pilot  
 Electrical Engineer  
 Gas Service Technician  
 Land Surveyor  
 Mechanical Engineer  
 Quantity Surveyor



RESOURCES, CAREERS  
© RESOURCES, CAREERS

## SKILLS



Practical



Teamwork



Problem Solving



Numeracy



Communication



Physical Fitness

## PATHWAYS

### APPRENTICESHIPS

- Acoustics Technician
- Architect
- Bricklayer
- Carpentry and Joinery
- Civil Engineering
- Construction Plant Operative
- Installation and Maintenance Electrician
- Landscape Technician
- Plumbing and Domestic Heating Technician

### FURTHER EDUCATION

- A Level - Engineering
- A Level - Maths
- A Level - Design Technology
- T Level - Building Services Engineering for Construction
- T Level - Design, Surveying and Planning for Construction
- T Level - Oracle Construction
- BTCC - Construction and the Built Environment
- BTCC - Bricklaying / Plastering / Joinery
- BTCC - Civil / Mechanical / Electrical Engineering

### HIGHER EDUCATION

- HND in Construction and the Built Environment
- BA (Hons) in Architecture
- BSc (Hons) in Construction Management
- BEng (Hons) in Civil Engineering
- BSc (Hons) in Building Control
- BSc (Hons) in Building Surveying
- BSc (Hons) in Building and Construction Engineering
- BSc (Hons) in Quantity Surveying

SCAN ME  
TO FIND OUT MORE



Greater Essex  
CAREERS HUB

THE CAREERS &  
ENTERPRISE  
COMPANY



## Careers Newsletter

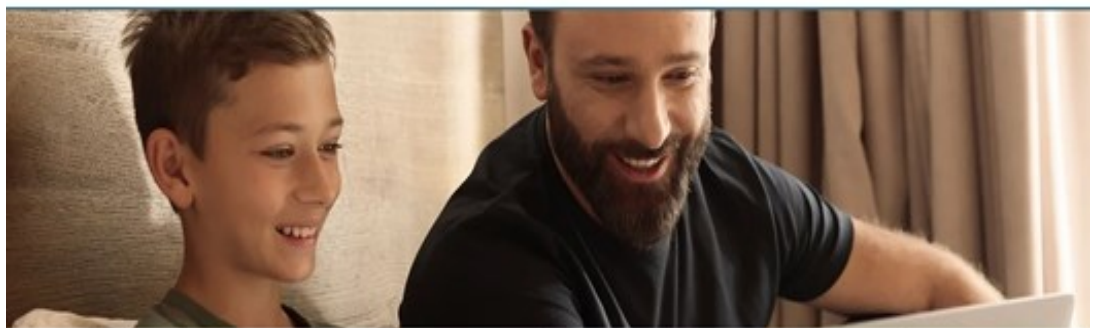
### News Spotlight

## The Parents' Guide to

### Feel confident talking with your teen about their choices for the future

If you're a parent of a teen aged between 14 and 19, we're here for you with everything you need to know about options after GCSE or sixth form AND what you can do at home to improve your teen's wellbeing and help them with their studies.

Sign up to our parent newsletter and receive free support, advice and resources on how you can help your teenage children straight to your inbox. [www.theparentsguideto.co.uk](http://www.theparentsguideto.co.uk)



### Open Evenings

#### Palmer's Campus

9 November 2023  
24 January 2024

Chadwell Road, Grays, Essex RM17 5TD

#### Seevic Campus

23 November 2023  
31 January 2024

Runnymede Chase, Benfleet, Essex SS7 1TW



#### XTEND Digital Campus

7 December 2023  
Meppel Avenue, Canvey Island, Essex SS9 9RZ

### Open Evenings



**SOUTHEND CITY COLLEGE  
SOUTHEND CAMPUS**  
Luker Road, Southend, SS1 1ND  
Tuesday 3 October 2023 - 5-7pm  
Thursday 16 November 2023 - 5-7pm  
Tuesday 13 February 2024 - 5-7pm

**BASILDON COLLEGE  
CENTRE FOR ADVANCED  
ENGINEERING**  
Luckyn Lane, Basildon, SS14 3AX  
Thursday 30 November 2023 - 5-7pm  
Wednesday 28 February 2024 - 5-7pm  
Tuesday 14 May 2024 - 5-6.30pm





# Safeguarding MIRCOTRANSACTIONS

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 [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

### WHAT ARE THE RISKS?

#### GATEWAY TO GAMBLING?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life: children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

#### ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

#### PAYING TO WIN

In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

### EXCLUSIVE CONTENT

#### DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

#### AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

#### SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

## Advice for Parents & Carers

#### DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

#### CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and still not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

#### (GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

#### STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

#### WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech website The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



[@natonlinesafety](https://twitter.com/natonlinesafety)

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

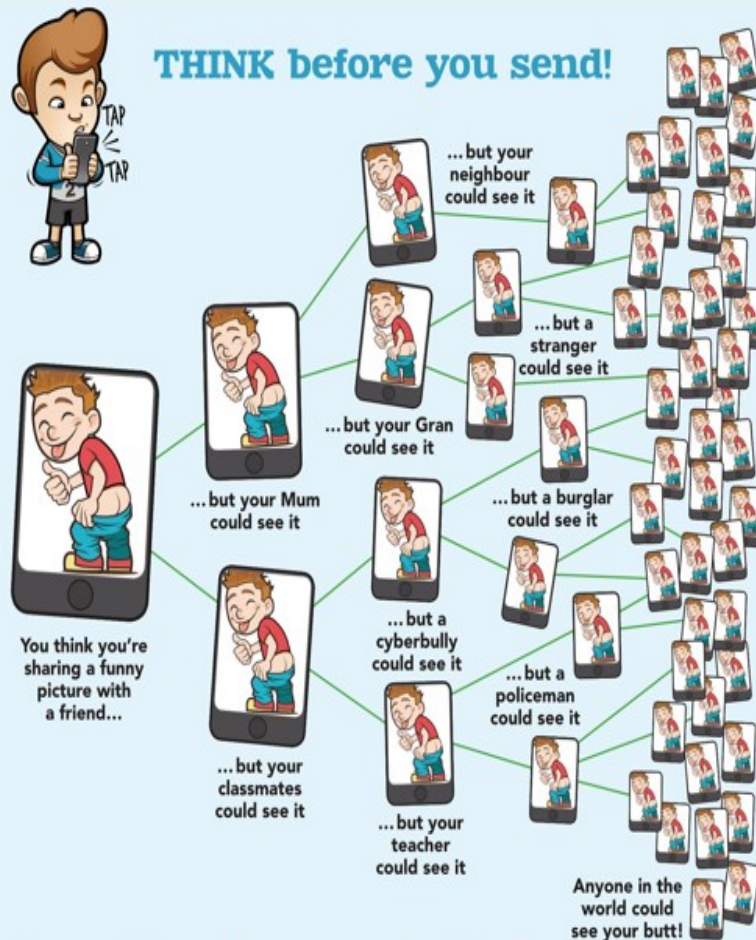
[@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)

[@national\\_online\\_safety](https://www.youtube.com/channel/UC...)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.11.2023



## 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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**Quick Links**

[EduLink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

## 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.theappletonschoool.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.theappletonschoool.org/sixth-form/student-life/ks5-resources>