



The Appleton School Parent Bulletin

Newsletter dated: 12.01.24

Key Dates

Yr9 Exam week
08.01.24 to 19.01.24

Year 13 Consultative
18.01.24

Follow us on:

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The Appleton
School

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The Appleton
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	14599
Nightingale	13118
Tull	11101
Turing	13112
Grand Total	51930

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.

PE News

Netball

Under 16 netball team won their match against Eastbrook 38-7 and are now through to the quarter finals of the Essex Plate Competition

Year 7 District League won their match against King John 11-2

Basketball

Year 7 District League Boys Basketball won against Castle view 21-10

Year 8 Basketball team won against Castle View 31-10

Shout outs

Mrs Bowen gives a shout:

8X1 - Computer Science with Mrs Bowen - fantastic lesson in their new unit on HTML and Website Development. They picked up the HTML and CSS coding very quickly and were very creative in what they produced so far. Many of the class also independently researched other skills and adapted them for use in their web pages they were creating.

Congratulations

A big congratulations to Alena Pattle for receiving a Jack Petchey award for her achievements in majorettes.





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.



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



GENERAL NOTICES

Pride in Presentation

At The Appleton School we know how important it is for us all to take pride in the work we do. This applies to everybody in our school community, including students. This week we are reminding students of what it means to take pride in their work, and how keeping orderly, neat notes will help them to keep their learning organised and also support them with their revision in the future

Taking pride in our work...

Appleton's Presentation



MUSTs

1. Write the date and title at the top of your page and underline both with a ruler.
2. Write neatly in blue or black pen. Use a pencil for drawing.
3. Use a green pen to respond to feedback or mark your own work.
4. Use capital letters, full stops and correct punctuation in all written work.
5. Worksheets should be folded neatly and glued into your books.





Safe guarding– FREE SPEECH VS HATE SPEECH

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 for further guides, hints and tips for adults.

What Children & Young People Need to Know about

FREE VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a hub for all kinds of subject matter experts in diversity, equality and inclusion, and the organisation behind the 2020 app, the world's first app for diversity, equality and inclusion.

GLOBAL
EQUALITY
COLLECTIVE

The National
College

NOS
National
Online
Safety

#WakeUpWednesday

Source: <https://www.equalitycollective.org.uk/equalitycollective>
<https://www.equalitycollective.org.uk/equalitycollective> | <https://www.equalitycollective.org.uk/equalitycollective> | <https://www.equalitycollective.org.uk/equalitycollective>



@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: 10.01.2023



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.

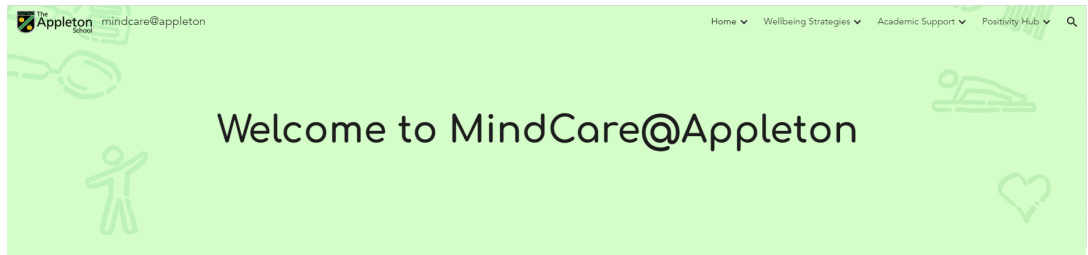
As a school community, we are committed to working in partnership with parents; recent parental and student feedback has indicated that the overwhelming majority of parents and pupils continue to be highly supportive of the relationships and sex education programme. We will also be shortly inviting all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

Yours sincerely,

Ms Brown
cbrown@theappletonschool.org



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

The Appleton School **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

Absence

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.



Careers Newsletter

News Spotlight



Where business comes to life

PATHWAYS TO PROPERTY

Every day we are influenced by the built environment around us – shops, offices, industrial buildings, houses and the surrounding countryside all have an impact on the way we live. Did you ever wonder how these properties are developed, whether the buildings going up in our cities are sustainable or how much they are worth? Join us on one of the Pathways to Property programmes to find out more.

Regional Insight Days

Come along to one of our free regional insight days (see dates below) to go on a site visit, meet recent Real Estate graduates and learn more about what a career in the industry may look like.

- Birmingham – 7th March 2024
- Cambridge – 13th March 2024
- Bristol – 21st March 2024

Sign up here: www.henley.ac.uk/research/academic-areas/real-estate-and-planning/rref/pathways-to-pathways
Applications close: 15th February 2024.

Summer School: 2nd-5th July 2024

Attend a fully funded residential on the Reading University campus for 4 days over the Summer.

What will I be doing?

- Attend taster lectures
- Go on site visits
- Complete a group project
- Meet key employers at a careers event

Who can apply?

These events are open to all Year 12 students who attend (and have always attended) a state-funded school or College in the UK. Places are limited and you will only be able to attend one of the events. Application forms and further information on selection criteria can be found on our website:

www.henley.ac.uk/research/academic-areas/real-estate-and-planning/rref/pathways-to-pathways

Open Online Course (OOC)

Requiring just six hours of study at home at your own pace, the OOC has been designed to allow students the chance to learn more about a career in property. The OOC runs all year and is facilitated for 9 weeks of the year. At the end you will receive a certificate. Sign up now for this free course at: futurelearn.com/courses/pathways-to-property



22% of Pathway students have gone on to study or work in Property

What happens after I have attended a programme?

- Take part in a work experience placement
- Receive further support through e-mentoring
- Apply for a bursary of up to £30,000. If you study Real Estate at Reading University you will be guaranteed a **contextual offer** and a £2500 Welcome bursary.

Food, accommodation and travel costs for any event will be covered.



Open Evenings



Palmer's Campus 24th January 5.20pm–7pm

Seevic Campus 31st January 5.20pm–7pm



Thurrock Campus Thursday 11th January 5 pm–7pm

Southend Campus Tuesday 13th February 5pm–7pm

Luckyn Lane Campus Wednesday 28th February 5pm–7pm

Bsildon Centre for Digital Technology Wednesday 13th March 5pm– 7pm

For more information visit <https://www.southessex.ac.uk/events>



Subject Spotlight

WHY STUDY... DESIGN TECHNOLOGY

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



JOBS

- Aerospace Engineer
- Mechanical Engineer
- Animator
- Architect
- Carpenter
- Building Control Officer
- Pattern Cutter
- Photographer
- Quantity Surveyor
- Sculptor
- Graphic Designer



RESOURCES FOR CAREERS
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SKILLS



Design



Creativity



Problem Solving



Computer Software



Communication



Time Management

PATHWAYS

APPRENTICESHIPS

- Construction Site Manager
- Creative Venue Technician
- Digital Marketing Manager
- Furniture Product Developer
- Game Programmer
- Engineer Surveyor
- Engineering Design and Drafts
Person
- Fashion Studio Assistant
- Floor Layer
- Industrial Thermal Insulation Technician

FURTHER EDUCATION

- A Level - Design Technology
- A Level - Graphic Design
- A Level - Art and Design
- T Level - Design and Development for
Engineering and Manufacturing
- T Level - Engineering, Manufacturing,
Processing and Control
- T Level - Craft and Design
- BTEC - Engineering and Manufacturing
- BTEC - Creative Media Production
- BTEC - Sports

HIGHER EDUCATION

- BSc (Hons) in Engineering Design
- BSc (Hons) in Product Design
Technology
- BA (Hons) in Interior Design
- BA (Hons) in Digital Marketing
- BA (Hons) in Graphic Design
- BA (Hons) in Fashion Design
Technology
- BA (Hons) in Game Design and
Production
- BSc (Hons) in Architectural
Design and Technology

SCAN ME
TO FIND OUT MORE

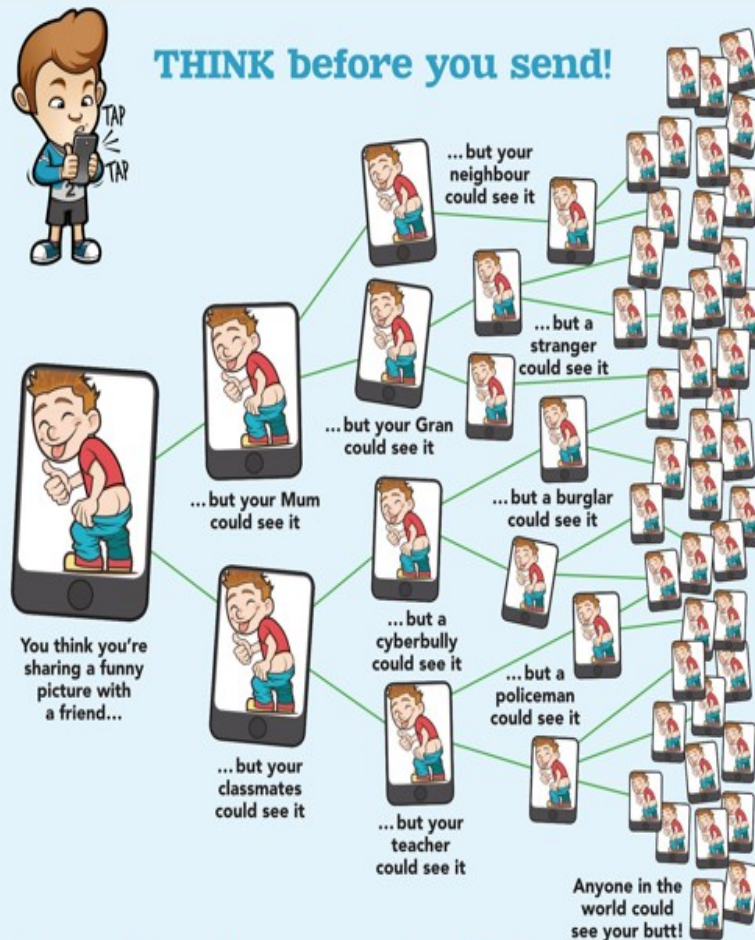


Greater Essex
CAREERS HUB

THE CAREERS &
ENTERPRISE
COMPANY



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**

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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>