



The Appleton School Parent Bulletin

13th October 2023

Key Dates

- Sixth Form Open Evening
19th October
- Christmas Card Competition deadline
18th December
- Inset Day—20.10.23

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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	4688
Nightingale	4273
Tull	3621
Turing	4025
Grand Total	16607

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



Black History Month

This month our students will have activities in Form Time and assemblies to celebrate Black History Month.

The theme of this year's Black History Month is 'Women of colour', it seems poignant to highlight the often unheard name in the Civil Rights campaign of Ruby Bridges.

Ruby Bridges, an inspiring figure in American history, is a symbol of courage, resilience, and the fight for equality. In 1960, at the tender age of six, Ruby became the first African American child to attend an all-white school in the segregated South, as a result of the landmark *Brown v. Board of Education* ruling. Despite facing hostility, jeers, and threats, Ruby's determination to receive an education paved the way for desegregation in American schools. Her story serves as a powerful reminder of the importance of education, equality, and the incredible strength that can be found in young minds. Ruby Bridges is a beacon of hope and a living testament to the progress that can be achieved through unwavering commitment to justice and the belief that every child deserves a quality education, regardless of their background or race.

Ruby Bridges' life and experiences offer valuable lessons for us all. Her unwavering courage in the face of adversity reminds us that the pursuit of justice and equality is worth the struggle. Ruby's determination to receive an education demonstrates the importance of education as a cornerstone of personal and societal progress. We can learn from her that even in the most challenging circumstances, perseverance and the belief in one's rights can lead to significant change. Ruby Bridges teaches us that it's essential to stand up for what is right, even when it's difficult, and that we must work collectively to break down barriers and promote inclusivity in our communities. Her story is a testament to the resilience of the human spirit and a reminder that change is possible when we confront injustice with determination, compassion, and a commitment to a brighter, more equitable future.





Shout Outs!

NETBALL TEAM SUCCESS

Last Thursday, the U16 netball team reached the county stage for the national schools competition, this is the first time in 7 years we have managed this feat! Our team beat Westcliff High School for Girls, Belfairs and King John along the way. The next round is held in November in Colchester, we wish our team the best of luck!

BUSINESS & ECONOMICS

Year 13 BTEC Business Extended Diploma - completed their first of many Unit 6 practise papers; a report and presentation, in preparation for their January 2024 exams.

Year 13 A Level Economics - a brilliant week mastering game theory in oligopolistic markets.

COMPUTING

10B/VM1 have been brilliant this week. They have been very serious towards their studies and completed massive amounts of work.

Marley Marchant was very honest as he found and handed-in £10 he found on the floor in C3.

Dexter Whelan - Year 13 Computer Science - Amazing Effort in lessons.

Chase McAlden & Danielle Juselis - 703 - Showing wonderful kindness to other students.

SCIENCE

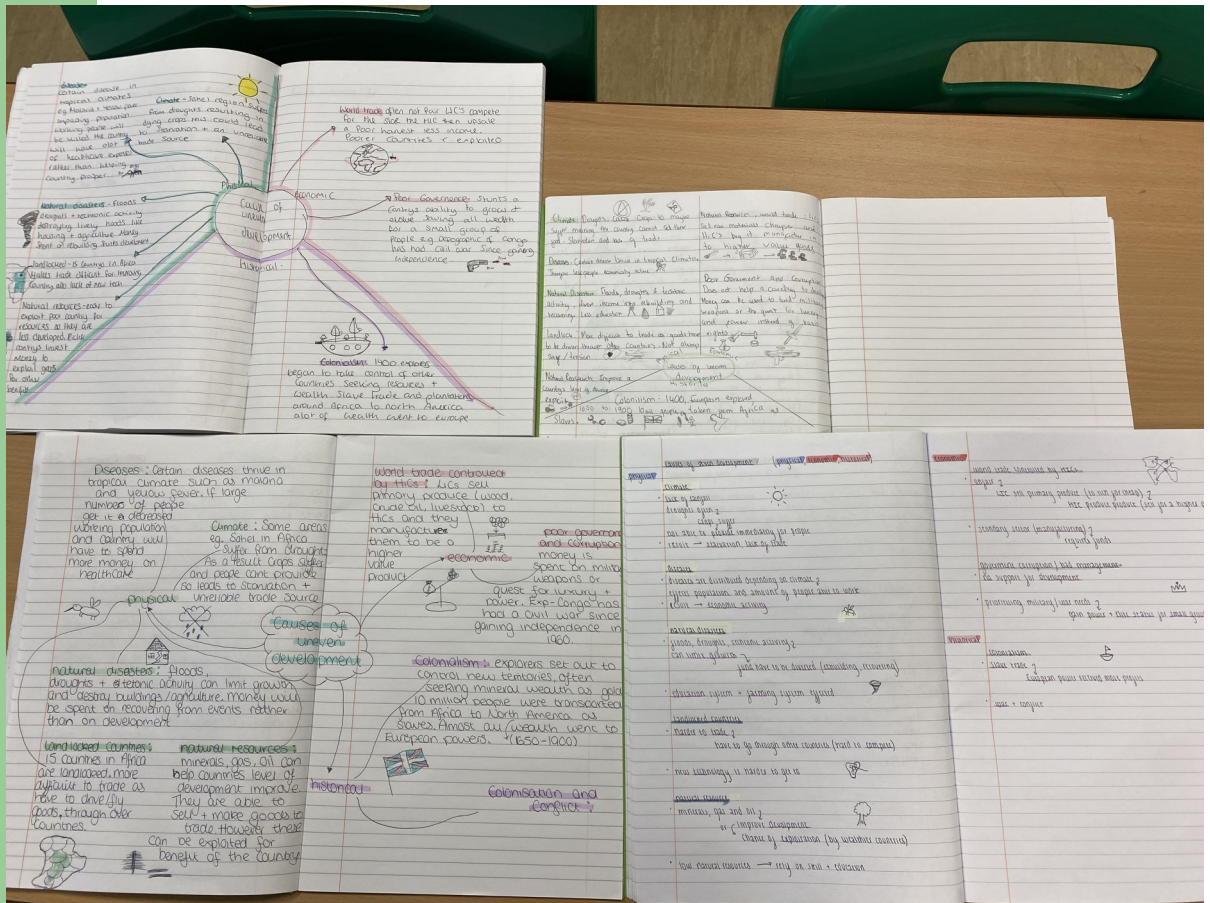
Mr Hannan would like to give a shout out to his Y11 classes who are working incredibly hard at the moment and seem determined to get those top grades!





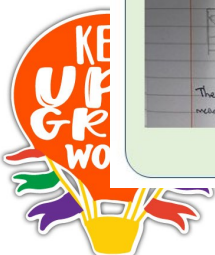
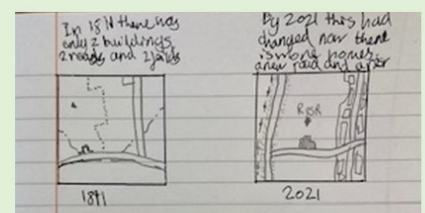
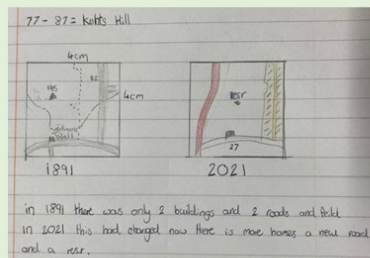
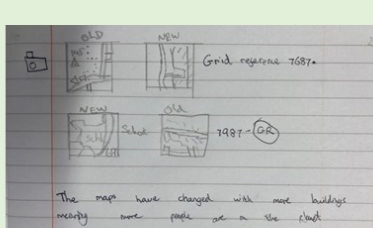
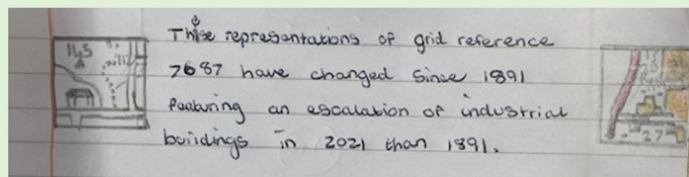
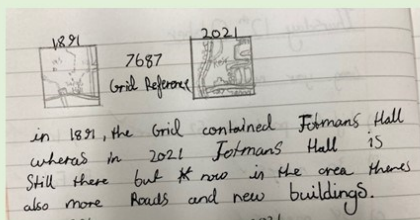
Shout Outs!

GEOGRAPHY



Year 7 Map Skills in geography

This week in their geography class with Mr Hunt, students from 7Y2 and 7X1 were using an 1891 and a 2021 ordnance survey map to complete detailed sketch maps and to investigate changes over time.





Shout Outs!

ENGLISH

poem review

'a simile like love, a metaphor is love'

~ Poem by Allen Steble.

I enjoyed this poem because it uses a variety of metaphors to create imagery and to describe one thing, love. There is a repetition of the word because the concept of love is so globally known, yet it can take many different forms. For example, lines such as:

- 'Love is like a painting, filled with all colours and shades'

↳ colour can symbolise emotion, for example blue can represent sadness, pink can represent compassion and purple can represent fear. All of these emotions can be put together to create a piece of artwork.

- 'Love is like a bleeding heart, cut with many sharp blades.'

↳ The use of this juxtaposition, comparing with the first line ~~emphasizes~~ ^{creates} a contrast on the idea of love, how it can comfort you, and also hurt you. This is furthermore explored with the line

- 'A metaphor of glorious art, love is a deep dark hole of mystery.'

displaying the vulnerability that comes with love, since it's an enigma, where you are clueless of what happens next. Love can be described as idyllic (~ love is an open clear pool, where no one can dare swim) and a warm feeling of safety. This creates a comparative effect for the audience, giving them the decisions of how they perceive love. Poetry has a wide set of choices and ideas that are never wrong, and love can be described this way too.

Overall, this poem describes how love is a thing humans desire, wanting to feel the abnormality of a 'never ending story' or a 'circle of eternity.' It suggests the many different feelings of passion, and emphasizes how bittersweet it can be. It can be perceived from an endless amount of emotions, which is why I love this poem.





Shout Outs!

ENGLISH

Soul struck

The navy blue motor stood out ~~like~~ ^{on} the pitch black night. The only way I could see it against the noir canvas was the moon lit silhouette. My heart pounded, skipping a beat, as the nostalgia wrapped me tight in a hug I couldn't escape. Slowly but surely, the car door swung open, gusting a cold draft around my hair and gave it a tug. I couldn't move. I couldn't believe who was there. Just then, my eyes adjusted after a beam of light temporarily blinded me, wiping my mind of the basic movements. The familiar scarlet lined heels topped off with a diamond red heels reflected the body's moon's beam of light, illuminating the pavement outside of my home. It was my stopped heart (frozen in dread) unfroze which gave me control of my soul. I gasped, then squinted. Butterflies danced in my stomach, knocking me back. No. It can't be? I saw... Standing ahead of me, smiling, tearing up was my whole world. Who I share my soul with, my sister. She wore the exact ~~the~~ blue jean jacket and jean set accompanied with a 'I love New York' tank top that I last saw her in. The same messy ~~to~~ auburn braid that fell to her side. Her blue tinted sage green irises that helped me through my life were the exact copy I witnessed every day for 16 years. "Molly, is that you?" I cried. She just ran to me. My heart snapped into one. Our soul danced with glee. Now, I felt whole. My eyes leaked tears which became a water-fall. I just had to discover where she'd been the past 14 years.

- Lily Adams
9x2





Shout Outs!

ENGLISH

Homework: (world's longest poem with 98 stanzas)

Star

This Romanian poem is about a princess who falls in love with the brightest star (written by Mihai Eminescu, 1883) and the star falls in love with her too, but unfortunately her love for him (the star) gets betrayed by her falling in love with a human. After, the Luceafarul (translated into star) saw this, he went to ^{his} creator and asked ~~to be~~ to give up his immortal life to become ^{mortal} ~~merat~~ for his love. At the beginning of the poem, the poet shows the strong bonding the princess and the star have as 'she looked at him with a smile, He trembled in the mirror, because he was following her deep ^{in his dream} ~~to catch his soul~~ in his dream, to catch his soul. This means that Luceafarul wants to dream about her to catch human feelings. Another phrase that would emphasize his love for her would be 'Your gaze burns me! This metaphor suggests how their ^{connection} ~~connects~~ gets stronger everytime, that at a point their love 'burns' like fire. The verb 'gaze' indicates that he would stare at her for hours and ~~that~~ their love would get so powerful and would burn (it would lit up his heart). The reader could feel ~~to~~ that there is still hope ~~for love~~ to find true love in this imperfect world. I think that the poet hoped to ~~achieve~~ ~~and~~ to make people believe that impossible can become possible if you put your effort and your mind to it.





SIXTH FORM OPEN EVENING

Thursday 19th October

We are excited to invite you to our Sixth Form Open Evening this upcoming Thursday. Following feedback from students we have dropped the option blocks this year, this means that students will have free choice of which A-Levels or vocational courses they wish to study; this will mean that more students will be able to study the courses of their choice. <https://theappletonschool.org/sixth-form/appleton-sixth-form>

The
Appleton
Sixth Form



Open
Evenings

Thursday 19th October 2023

6.00pm-8:00pm

For more information on
The Appleton School's Sixth
Form prospectus please
scan this QR code.



The
Appleton
School



The
Appleton
School



SIXTH FORM OPEN EVENING

Thursday 19th October



The Appleton School



For more information please contact:

K Sweeney ksweeney@theappletonschool.org

J Brice jbrice@theappletonschool.org

01268 794215

The Appleton School, Croft Road, Benfleet, Essex, SS7 5RN

English Literature	Psychology	Sociology	Philosophy
Biology	Mathematics	Business	Physics
Politics	German	Criminology	Law
EPQ	Computing	Geography	Chemistry
French	History	Further Maths	Economics
English Language	Core Maths	BTEC Perf Arts Extended Certificate	BTEC Sport Extended Certificate
	BTEC Sport Extended Diploma	BTEC Business Extended Diploma	

Courses Offered





Why our Sixth Form?

1

FAMILIAR ENVIRONMENT

You know the systems and the school already

One significant advantage of choosing a sixth form is that you remain in the same school environment where you have likely spent the past few years. This familiarity can provide a sense of comfort and continuity, making the transition to advanced studies smoother.



2

STRONGER SUPPORT SYSTEMS

Help when you need it, by people that know you

Our Sixth Form has established support systems in place, including teachers who are already familiar with your strengths and weaknesses. This can lead to more personalised guidance and support throughout your studies.



3

HIGH-QUALITY TEACHING

Highly qualified staff to support you in reaching your potential

We always strive for high academic standards and the expertise of our teaching staff. The continuity of studying with the same school can lead to a more coherent educational experience.



4

FOCUSSED CURRICULUM

Focussed curriculum but still a wide choice of subjects

Our Sixth Form offers a narrower range of subjects, which can be beneficial if you already have a clear idea of what you want to study. This focused curriculum can provide a strong foundation for further education or specific career paths.



5

CLASS SIZE

More support in the classroom

Typically our class sizes are smaller than at college, which will give you more one-to-one time with the teacher and the support you require; this will enhance your educational experience





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.



Safeguarding

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

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themix.org.uk/mental-health>



Careers Newsletter

News Spotlight

How can UniTasterDays help parents and guardians?

If you are supporting a young person considering university. Our job is to tool you up, so you have everything you need to provide exceptional support when doing so.

Why is this important?

There are two reasons why this is crucial. One is that you, as a parent or guardian, have a huge influence on the young person you are supporting.

And the second, is that students have huge decisions ahead of them when thinking about university - and they are likely to need your help with exploring them. These may include:

- Do they want to go to university?
- Which university do they want to attend?
- Which subject do you they want to study?

Then, those answers may lead to more questions:

- What is involved in their university application?
- How do they write a personal statement?
- How does student finance work?
- Where will they live?
- What support is available at university?



UniTasterDays can help with the answers. Visit our web site for more information:

[University events for schools and outreach opportunities](#) | [UniTasterDays](#)

Educational services for success in medical applications & interviews!



THE APPLICATION DOCTOR
A COURSE YOU CAN TRUST

Courses for all levels from school students to final year medical students to postgraduate junior trainees. Academic clinician careers advice and educational services.

Our podcasts are available:

Spotify: <https://open.spotify.com/show/40JpXxNDzacOcU0CMKrCe>

Apple: <https://podcasts.apple.com/us/podcast/the-application-doctor/id1648260029>

Find careers
guidance...



Read the
magazine



Are you looking to build your employability skills?

Get ahead with FREE one-to-one online mentoring!



Future Flight Challenge: Sector Insight
9 October to 17 December 2023

Here's what you'll get:

- Choose your own mentor from our list of industry pros
- Personalised career advice that fits your unique interests and goals
- Develop essential career skills that will set you apart


Mentoring is...

- ✓ Fully online
- ✓ Text-based
- ✓ Flexible



Brightside mentoring was the help I needed and the motivation I needed to pursue my dream career. All the support and resources I've received such as feedback on my personal statement and motivation through my concerns about my career



 Sign up in seconds [here](#)



Subject Spotlight

WHY STUDY... BIOLOGY

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



JOBS

Biotechnologist
 Dentist
 Higher Education Lecturer
 Microbiologist
 Conservation Officer
 Research Scientist
 Soil Scientist
 Zoologist
 Midwife
 Nurse



RESOURCEFUL CAREERS
BIOLOGICAL SCIENCES

SKILLS



Numeracy



Problem Solving



Analytical Thinking



Report Writing



Communication



Teamwork

PATHWAYS

APPRENTICESHIPS

- Agriculture Professional Adviser
- Ambulance Support Worker
- Associate Healthcare Practitioner
- Clinical Trials Specialist
- Dental Technical
- Dietician
- District Nurse
- Environmental Health Practitioner
- Health and Care Intelligence Specialist
- Health Play Specialist

FURTHER EDUCATION

- A Level - Biology
- A Level - Health and Social Care
- A Level - Sport (PE)
- T Level - Health
- T Level - Healthcare Science
- T Level - Science
- BTEC - Applied Science
- BTEC - Health and Social Care
- BTEC - Medical Science

HIGHER EDUCATION

- BSc (Hons) in Exercise and Health Science
- BA (Hons) in Health and Social Care
- BSc (Hons) in Nursing
- BSc (Hons) in Public Health
- BA (Hons) in Healthcare Management
- BSc (Hons) in Biomedical Sciences
- BEng (Hons) in Biomedical Engineering
- BSc (Hons) in Midwifery
- BSc (Hons) in Nutrition and Health
- BA (Hons) Child Health and Wellbeing
- BSc (Hons) in Paramedic Science

SCAN ME
TO FIND OUT MORE



Greater Essex
CAREERS HUB

THE CAREERS &
ENTERPRISE
COMPANY



Christmas Card House Competition

Following the success of last year's design, the Christmas card House competition where two of our students' cards was our official Christmas card and sent out to over 100 associates of the school. We are delighted to announce that we will be running this competition again this year with an entry deadline of Wednesday 18th October 2023. This is open to all students in Key Stage Three. If your child is a keen artist and would like to enter this competition please encourage them to design a card of either A4 or A5 and hand this to the Art Department teachers either Mr Barry or Miss Riley we will then judge the winner and announce them at the end of Term. The winner and runners-up will receive House Points and a reward.





Essex Local Offer Roadshows



 Essex County Council
Special Educational Needs
and Disabilities

Essex Local Offer Roadshows

Are you the parent/carer or family member of a child with Special Educational Needs and Disabilities (SEND)? Do you have questions about accessing support in your area or questions about SEND support available in Essex through Health, Education and Social Care? Would you like to link up with other parents in your area?

If you do, please come along and see us at the Roadshow. There will be representatives from Essex Family Forum, SENDIASS, health, social care as well as representatives from the education teams, SEND Navigation Leads and local support groups. The roadshow is a drop-in event with no need to book.

This term for South Essex we will be at:


Ingatestone Community Centre, 7 High Street, Ingatestone, Essex, CM4 9ED

Thursday 2 November
9am to 12.30pm

Please go to the Essex Local Offer to find out addresses and more (QR and link below).

In Partnership with



 SCAN ME

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



13th October 2023



WOMEN'S WELLNESS EVENT

14TH OCTOBER 2023, 10AM - 5PM
LEIGH COMMUNITY CENTRE

ROOM 4

10.15am-11am
Wellness gentle yoga

11am-12pm
Menopause matters
naturally
(inc. peri menopause)

ROOM 5

10am-11am
1-2-1 Nurse
appointments

11am-11.20am
How to self-examine
and breast pain talk
(With Lady McAdden)

11.20am-12pm
1-2-1 Nurse
appointments

ROOM 7

1.15pm - 2pm
Breath work - How we
manage our fight or
flight response

2pm-2.45pm
Stress and anxiety -
How to manage and
overcome it

3pm-3.30pm
Nutrition - How to
energise your life

3.30pm-4.15pm
Building resilience -
How to get through
dark days

4.15pm - 5pm
Coffee and chat

ALL CLASSES ARE FREE - NO BOOKING REQUIRED

WWW.LADYMCADDEN.ORG



Anyone for Tennis?

24TH & 25TH OCTOBER
KIDS OCTOBER CAMPS
HADLEIGH PARK LAWN
TENNIS CLUB

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

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



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

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

Prices:

Member - £20 per day

Non Member - £22 per day

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

**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](#)

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>