



The Appleton School Parent Bulletin

Newsletter dated: 16.02.24

Key Dates

26.02.24—Return from
half term

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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	19616
Nightingale	17416
Tull	14384
Turing	17388
Grand Total	68804

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 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.

Year 9 Options

We are well on our way with our options process for Year 9. Please see below for the timeline:

Wednesday 24th January - Your child's option booklet will be emailed to you and students will attend an options assembly on this day as well, where the options process will be explained in full.

Monday 29th January onwards - Subject information talks during lesson time will take place.

Wednesday 31st January – Our Options Presentation Evening will be held on Wednesday 31st January 5pm-7.30pm.

Monday 5th February to Friday 16th February - GCSE taster lessons will be offered after school for students to sign up to if they wish. This will be an opportunity for students to experience what it would be like to study particular subjects at GCSE.

Thursday 15th February Year 9 Hybrid Consultative

Friday 16th February - The option form goes live on EduLink and students can start to submit their choices.

Friday 1st March - Deadline for all option choices to be submitted.

Revision Techniques

Dear Parents and Carers,

This half-term we have been promoting a number of revision techniques with our year 11 students. The students have had the opportunity to practise these skills with the subject teachers, encouraging students to trial the techniques independently. With this in mind, we wanted to highlight the resources we have available on our school website. Here you will find some fantastic parent and student revision resources that can be used at home, along with the revision lessons that are being delivered in school. The link below will direct you to the school's revision page: <https://www.theappletonschool.org/students/revision-resources>

Yours sincerely,
Mrs R Reay (Impact lead)



PE Fixtures

PE Fixtures



Monday 26th February

Year 8 Boys Basketball Vs King John (Home)

Tuesday 27th February

Year 7/8 Essex Championship Cross Country

Wednesday 28th February

Year 7 Girls Football Vs Sweyne (Away)

U19 Boys Football Vs Chase (Away, 2pm)

Thursday 29th February

Year 7 Girls A/B Netball Vs KES (Home)

Friday 1st March

No fixtures





SHOUT OUTS

Mr Barry would like to give a shout out to his year 8 class for their Art Environment project

This term in Art we are looking at the environment and the problems caused by pollution, waste and habitat destruction. As part of the project, we are also look at the art of the Aboriginal Australians; their dot paintings and their use of decorative patterns.

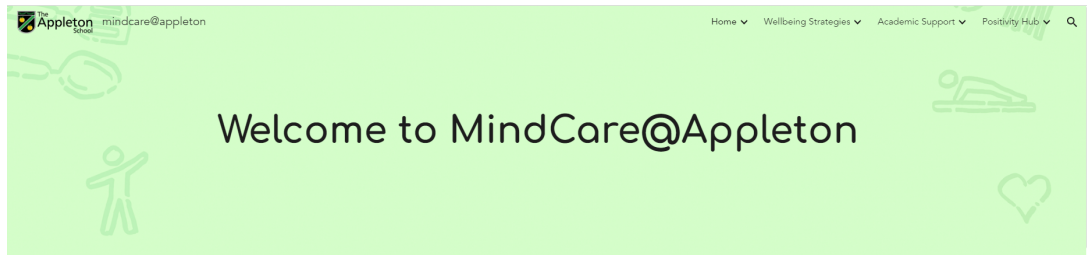


All the staff would like to give a huge shout out to the Year 11 students who worked incredibly hard in their Mock Exams, we hope that you see the fruits of your labour in your results. Remember there is still intervention running every day after school, Year 11 students are also getting extra revision sessions in Period 3 on a Wednesday and during registration, however, this should supplement the revision occurring at home!





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



OLIVER!

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





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 (10957)



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=bEN3zHdhLRgZ39xq>



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.



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.





HALF-TERM & HOLIDAYS EXPLAINED...



EASTER, SUMMER & WINTER SCHOOL HOLIDAYS

- ✿ The HAF programme runs in the easter, summer and winter holidays and is funded by the Department for Education. This is aimed solely at school children who receive benefits based free school meals during term time.
- ✿ Limited spaces are available for low income working families and other vulnerable groups who would otherwise not be able to afford holiday clubs. You can book onto our programme self-certifying.
- ✿ WONDE e-Voucher codes are sent by schools to all families eligible for benefits based free school meals. This code allows you to book onto local clubs and verify you are eligible for our programme.



SPRING & AUTUMN HALF TERMS

- ✿ Funded by Essex County Council, Essex ActivAte run clubs during February, May/June and October half term for children on benefit based free school meals or from 'low income' working families.
- ✿ The half term programme is funded to provide spaces to those areas most in need across Essex.



- ✿ You will not receive a WONDE e-Voucher code to book onto our clubs during half term.



You will need to book your child/ren onto a club through the Essex ActivAte website - simply find what clubs are available in your area then book onto a club using the link provided or by contacting the club directly.



SCAN THE QR CODE TO FIND OUT MORE!



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



Safe guarding– MONKEY

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 nationalonlinesafety.com for further guides, FAQs and tips for adults.

What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they actually end up using it for.

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self-esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has them declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



National Online Safety
#WakeUpWednesday

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

[/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: 14.02.2024



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



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/>

**POST-16
OPEN EVENING
YEAR 11 & 12**

COMMUNITY & EDUCATIONAL TRUST
SOUTHEND UNITED

SOUTHEND UNITED

SCAN HERE TO BE TAKEN TO
OUR BOOKING PAGE!

WEDNESDAY 21ST FEB 2024
FROM 4-6PM AT GARON PARK, ASTROTURF, SS2 4FA

ALL ABILITIES / ATHLETES welcome for our Education / Football programme



MAKE
HAPPEN



3rd - 5th April 2024

Gear Up To Uni

Come and experience university
on our 3-day event at
UEL Docklands Campus

FREE event for Year 10 students

INCLUDES:



Get hands-on & discover
new subjects to study in our
taster workshops



Explore a university
campus at UEL
London Docklands



Meet our students &
learn about university
life



Apply here:

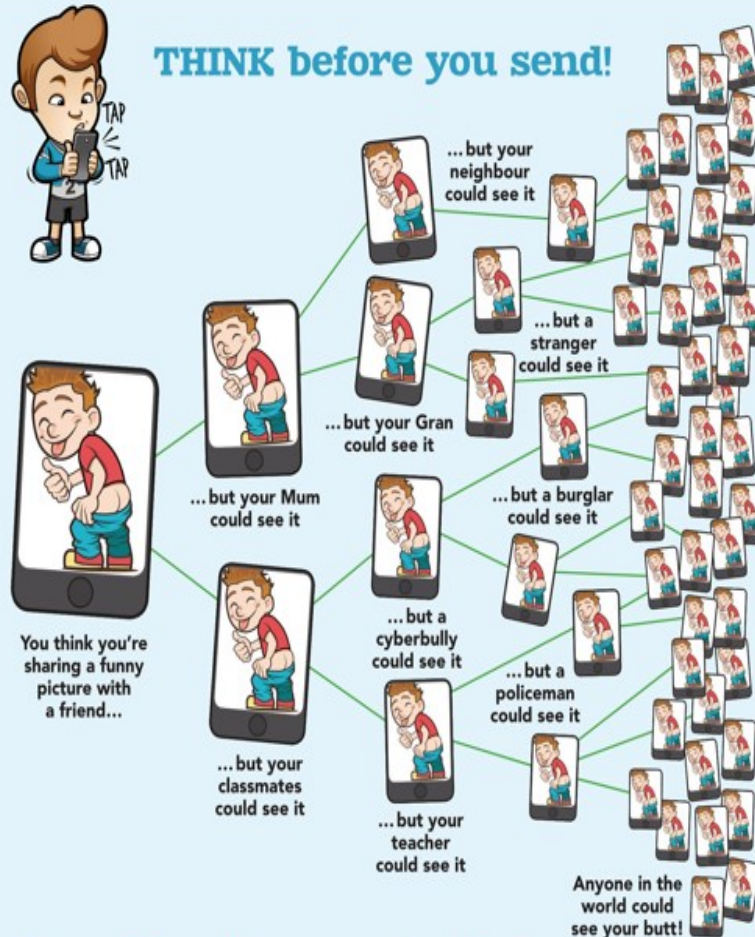


**Applications close:
26th Feb 2024**

Any questions?
projects@makehappen.org



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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SCHOOL**

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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)