



The Appleton School Parent Bulletin

Newsletter dated: 19.01.24

Key Dates

31st January
Year 9 Options Evening

Follow us on:

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[The Appleton School](https://www.theappletonschool.co.uk)



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	15500
Nightingale	13896
Tull	11947
Turing	13906
Grand Total	55249

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 Fixtures

PE Fixtures	
Monday 22 nd January	
Tuesday 23 rd January	Senior Boys Basketball Vs Deanes (HOME) Year 7 Boys Football A/B Vs Sweyne (HOME)
Wednesday 24 th January	Year 7 Boys and Girls Lee Valley Athletics (AWAY)
Thursday 25 th January	
Friday 26 th January	

Year 9 Options

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

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.

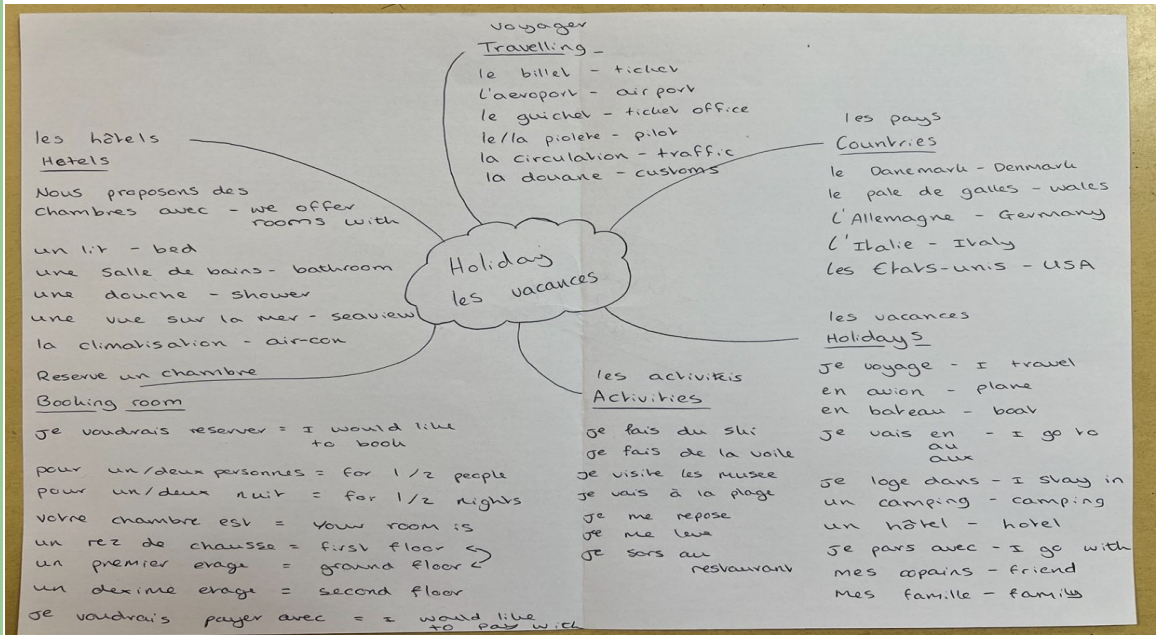
Friday 1st March - Deadline for all option choices to be submitted.



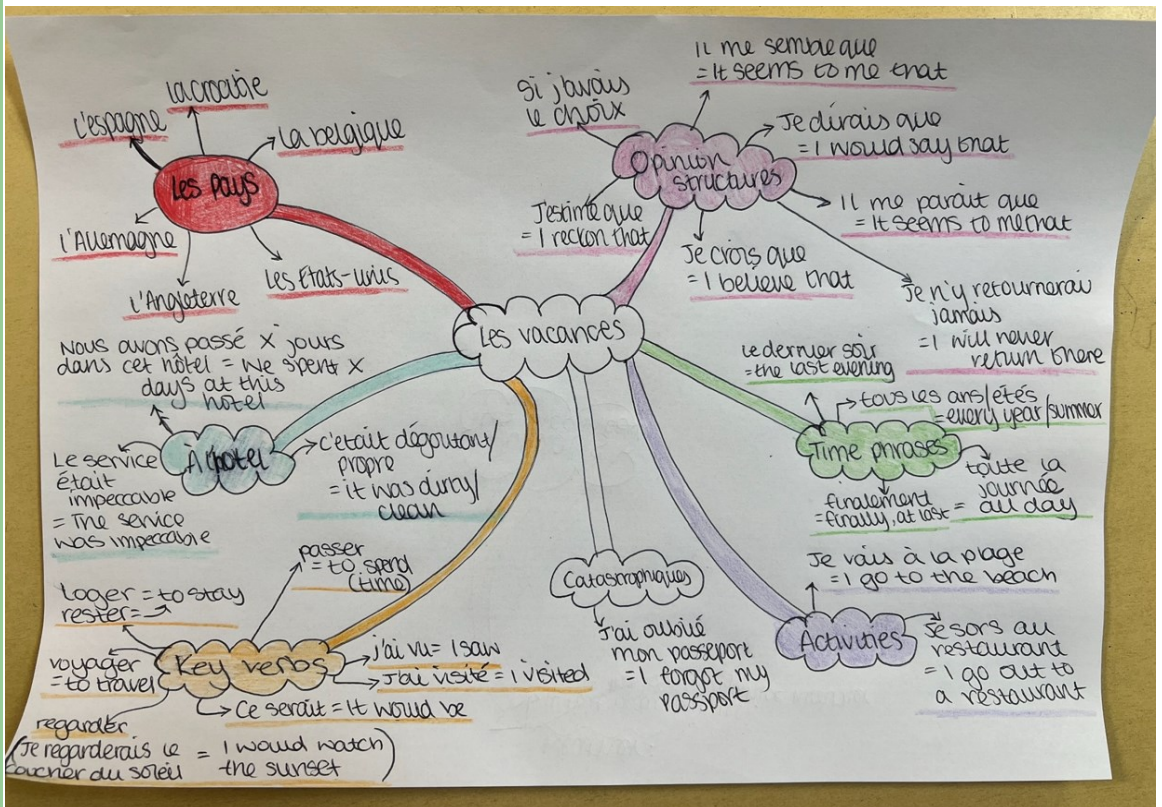
SHOUT OUTS

Y11s started their revision techniques CAPE lesson this week where they focused on using Mind Maps. For French, can I please shout out Tiani Attew and Oliver Sinfield in Y11 for their work. (See photos below) Mr Jones

Oliver Sinfield



Tiani Attew





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.



CAVS

We're supporting families with the Cost of Living Crisis



The cost of living is impacting everyone but at STRM we want to help our SEND families in Rochford Districts, Castle Point and Southend who are struggling.

Pop down to register or if you are already registered come and see us. We have Fuel Support, Food Vouchers, Energy saving tips along with any questions you may have about SEND and more. (No diagnosis needed)

For further information:
info@strmsupport.co.uk

Friday 19th January
10am - 12pm

The Health Centre Third
Avenue Canvey Island Essex,
SS8 9SU



Supporting your Neurodiverse Child

SEND the Right Message (STRM) Charity, MYSTIC (My Own Three and Special) Charity & Essex Family Point are proud to have written and produced a pack which is full of useful information for families with a neurodiverse child.

Families from across Essex, Southend and Thurrock don't know where to start to find the information they need. We presented this feedback to the Joint Commissioning Board in Essex, who commissioned services across education, health, and social care and they were fully supportive of the project. Recognising how useful this information would be...

This pack includes information about the diagnosis process, how to get support for your child at school, health and wellbeing and much more. We shared our own experiences, tips, and tips, as well as those of parents, carers and young people from across Essex, Southend and Thurrock. There are also signposts to useful books, blogs and online resources which are all tried and tested resources that the team have selected and helped.

The pack provides information about:

- What is neurodiversity?
- Diagnosis
- Education
- Health and Wellbeing
- Including Speech and Communication, Sensory Processing Disorder and Therapy, tips on exercise and diet, talking
- Changing life
- Financial help - e.g. how to apply for Disability Living Allowance
- Information for family and friends
- Useful reading list
- Lots of personal experiences, quotes and tips from families and young people
- Age-appropriate information
- My3i Reading



SEND the Right Message Charity (STRM) is a **by parents and for parents** charity whose aim is to support families with children and young people with special educational needs or disabilities (SEND) in Southend, Castle Point & Rochford.

Tel: 07339 098 827
Email: info@strmsupport.co.uk
www.strmsupport.co.uk

Life Point House, 258 Westborough Road, Westcott, Essex SS8 9PT

Office hours:

Tuesday - Thursday 10am-2pm

Friday 10am-12pm

Please see our social media



Charity Number 1048270

Tel: 07339 098 827
Email: info@strmsupport.co.uk
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Life Point House, 258 Westborough Road, Westcott, Essex SS8 9PT

Office hours:

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Please see our social media



Charity Number 1048270



What we do?

STRM can help you to manage your child's SEND journey, you and your diagnosis, whilst supporting you through the process of information. No diagnosis is needed to receive our services.

STRM offers online support, face-to-face coffee meetings, Community Benefit opportunities, courses & activities, training and so much more, visit our new community office.

Online and face to face SEND support sessions - Twice monthly

Lots of advice, tips, and validation, and a chance to have a chat, rant, or sit down with a drink.

An informal session where our team will chat about various topics. For parents and carers to have a safe space where they can share parent tips and lived experiences with each other.

No diagnosis is needed. For online sessions, if you prefer, you can turn your camera off.

Specialist Talks, Training & Community Events

We regularly host specialist talks, training and community events. We are responsive to the ever-changing needs of our families.

Disability Benefit Service

Our Disability Benefit Service is a free service for residents of Southend, Castle Point & Thurrock residents, when you have registered with STRM.

If you have a child or young person (0-25) with a disability, our Community Benefit Manager can offer a variety of advice and support regarding:

- Child Disability Living Allowance
- Personal Independence Payment
- Carer's Allowance
- Support with Appeals and Tribunals
- Family Fund
- Blue Badge Support
- Other Financial Support & Benefit Checker
- Woodbank materials
- Crisis Support (Case by Case Basis)
- and more.

Family Buddy Support

Do you have a SEND child or young person and you are struggling to understand procedures or meetings with social care or even family court? We have designed this service to prevent problems escalating, promote best practices, give informed choices, and support you to be treated fairly.

Note: This is not an advisory service. STRM are unable to attend meetings.



STRM Bouldering Club

In collaboration with INDOCK, STRM are providing weekly bouldering induction sessions, designed to cater for the needs of the SEND families we are supporting. These are followed by further sessions so children can all continue the sport.

Bouldering is an easily accessible sport, which provides many physical and mental health benefits for neurodivergent children. Early interventions are key to enabling children to channel their energies into something more productive. It is physically demanding, so children who struggle with excess energy have a way to release it through safe and controlled physical activity. It requires that children challenge themselves in order to improve skill levels, but they also learn to support each other to problem solve and provide challenges. This encourages community spirit and investment in each other.



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– SMARTPHONE SAFETY TIPS

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

SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation, likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Suberland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and texting behaviour of young people in the UK, USA and Australia.



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

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

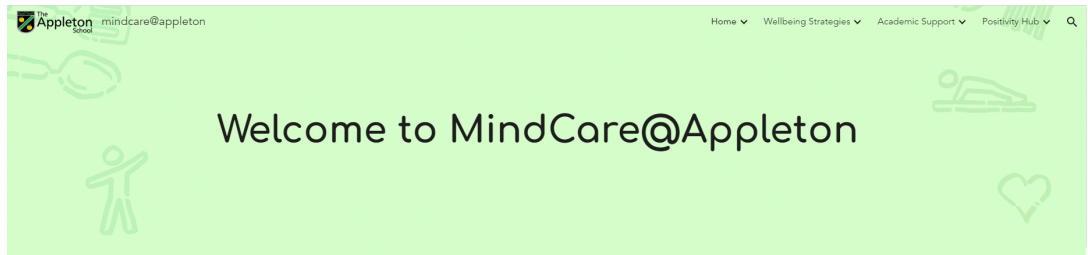
[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@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: 17.01.2023



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

Careers News

College Open Days



- Paler's Campus 24th January 5.20pm—7pm
- Seevic Campus 31st January 5.20pm—7pm
- For more information visit <https://www.uspcollege.ac.uk/>



- Thurrock Campus Thursday 11th January 5 pm—7pm
- Southend Campus Tuesday 13th February 5pm—7pm
- Luckyn Lane Campus Wednesday 28th February 5pm—7pm
- Bsoldon Centre for Digital Technology Wednesday 13th March 5pm— 7pm
- For more information visit <https://www.southessex.ac.uk/events>

APRENTICESHIPS

PwC's Flying Start Apprenticeship Programmes Close This Month!

PwC are offering your child the chance to earn a salary, fast-track their career, and gain a degree from universities such as Nottingham and Queen Mary University London.

Make sure to get in applications for the Flying Start Degree Programmes before the 31 Jan 2024!



Level 3 Engineering Apprenticeship with Ford Motor Company

The Advanced Engineering apprenticeship here at Ford will include 12-18 months of off-the-job training, where you will get to broaden your knowledge and skill-set at the Centre for Engineering and Manufacturing Excellence (CEME) in Transport Operations, Dagenham.

Considering an Apprenticeship in Finance?

With opportunities in Insurance, Risk Management, Client Advisory, Brokering and Portfolio Management, Marsh McLennan's apprenticeship programmes are now live for applications!



For more information regarding apprenticeships opportunities including live vacancies visit: <https://www.gov.uk/apply-apprenticeship>



Careers Newsletter

Virtual Events



This comprehensive conference covers all of the essential requirements for applying to dental school and provides invaluable tips on how to stand out from the crowd. With informative sessions led by experienced professionals, you'll gain an understanding of what dental schools are looking for, learn how to perform phenomenally in interviews, and discover the importance of extracurricular activities in your application. This conference is the perfect opportunity to take that first essential step towards a career in dentistry, and it's all conveniently accessible from the comfort of your own home. Don't miss out on this amazing opportunity to get ahead and become a competitive applicant for dental school – register for Dental Mentor's virtual get into dentistry conference today

To find out more information visit: <https://medicmentor.co.uk/>

CBRE

When: 23 Jan 2024

Time: 6:30-7:15pm

Start Your Career in Real Estate with CBRE!

CBRE, the largest commercial real estate company in the world is offering your child the opportunity to earn a competitive salary, gain a fully-funded degree, and shape the future of global real estate.

Come along to our webinar where you will hear directly from the recruitment team who will break down the apprenticeship roles, and provide tips on how you can support your child in ensuring they make a successful application!

For more information visit: <https://www.cbre.com/>



National Audit Office

When: 20 Feb 2024

Time: 6:30-7:15pm



Are you finishing school this year and considering a different pathway to university?

If so, then why not come along to our virtual webinar with National Audit Office to hear from the Early Careers Team about how you can earn and learn and start your career in accountancy!

For more information visit: <https://www.nao.org.uk/>



Careers News

 Essex County Council
 Essex Opportunities

Are you 16-25?

Living in Harlow, Basildon
or Canvey Island?

**Have you considered
an apprenticeship?**



Are you looking for an Apprenticeship?

The Apprenticeship Hub can help

The Apprenticeship Hub team can help you find an apprenticeship, complete applications and prepare for an interview.

Contact us for more information



SCAN ME

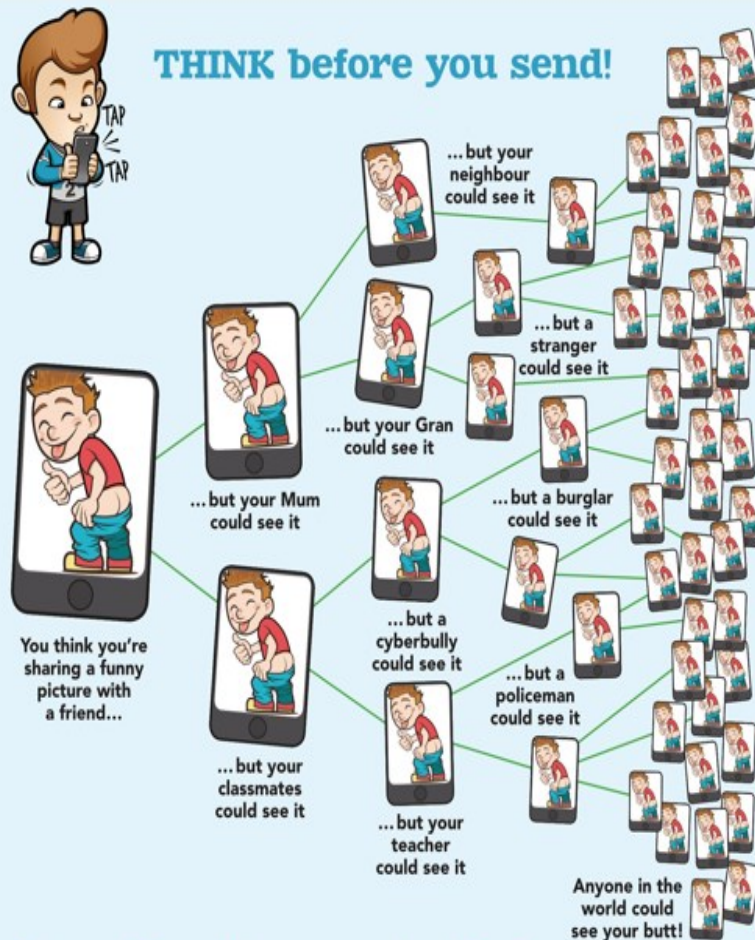
Email: apprenticeship.hub@essex.gov.uk

Phone: 0333 032 2591

www.essexopportunities.co.uk



Parent Guides to Online Safety



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



**THE APPLETON
SCHOOL**

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschool.org

Website:
www.theappletonschool.org

Quick Links

[Edulink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Spring Term Dates

Thursday 4th January 24 students return

Monday 19th February –23rd February Half Term

Friday 8th March non pupil day

Thursday 28th march last day of term

Summer Term Dates

Monday 15th April students return

Monday 6th May Bank Holiday

Monday 27th May-31st May Half Term

Friday 19th July last day of term

GCSE Revision Resources

We have provided a wide range of resources to aid your son/daughter when it comes to their revision for each of their examination subjects.

<http://www.theappletonschool.org/students/revision-resources>

A-Level Revision Resources

We have provided a wide range of resources to aid your son/daughter when it comes to their revision for each of their examination subjects.

<http://www.theappletonschool.org/sixth-form/student-life/ks5-resources>