



The Appleton School Parent Bulletin

Newsletter Date 19th May 2023

Key Dates

W/C 15/05/23

Year 11 & 13 Exams

House System

Congratulations to all pupils in Year 7 and 8 for your achievement points that you have earned since the start of the academic year.



House	Grand Total
Austen	10153
Nightingale	8868
Tull	8255
Turing	10467
Grand Total	37743

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



Online Safety

Please follow this [link](#) for some advice on keeping your child safe online. Another link to Netware can be found [here](#), which is a parents' guide to the social network's children use and how to keep them safe while using them.

Canteen Menu

Please see [here](#) for the latest menus.

Extra-Curricular

Timetable

Please see [here](#) for the listing of all our extra-curricular clubs, we encourage all students to attend at least one.

Free Saturday Morning Sports & Social club for Years 7,8&9

Deanes Saturday Morning Sports & Social Club

EVERY SATURDAY
10:30AM-MIDDAY
THE DEANES SPORTS CENTRE
DAWS HEATH ROAD
BENFLEET
SS7 2TD

Free to attend

FURTHER INFORMATION

Commencing Saturday 20th May
Open to all local children aged 11-14
Fun and informal sports activities to help increase
physical activity levels, build friendships and
social interaction
Refreshments included

TO BOOK A PLACE:
Email cprssp@thedeanes.essex.sch.uk with the following:

- Child's Name
- Child's Age
- Year Group
- School
- Medical Details (if applicable)
- Emergency Contact Number

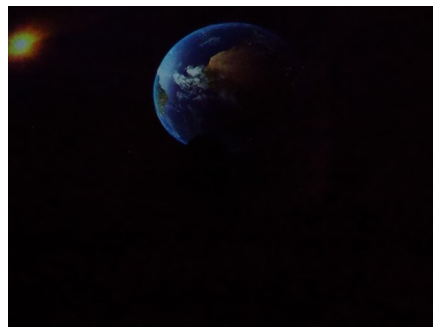


Year 7 Coronation Celebration & Team Building Events

In the lead up to the Coronation, The Appleton School held a series of Coronation Team Building events for our Year 7 students on Thursday 27th April and Tuesday 2nd May 2023.

The activities and events organised ran on a carousel across the two days. The students were given the opportunity to experience a fun filled fully immersive planetarium experience called 'The Stardome' and participate with a Performing Arts group. As well as this a number of our own staff run team building activities such as a Duke of Edinburgh challenge and traditional British games. All of which was a suitable tribute that will stay in the memory of all those involved for many years to come.

Furthermore the school canteen also offered a traditional afternoon tea on Tuesday 2nd May. Below are just some of the pictures from the events that took place.





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Polite Message from School Nurse

If your child suffers from Hayfever, please ensure they have taken their Hayfever medication before school.

Unfortunately due to the numbers of pupils requiring antihistamines I cannot supply these on a daily basis. However, if you can provide a pack of One a Day Antihistamine or a Bottle of Piriton (Chlorphenamine) I'm happy to keep this in the medical room solely for your child's use.

Also I would like to highlight the importance of bringing a Water Bottle into school. This helps them stay hydrated throughout the day. Especially now as the weather is going to hopefully get warmer. Please note that they will have to ask to leave the room in a Science lab to take a drink due to Health and Safety legislation.

Majority of the pupils headaches and feeling sick I see here at school, is because they are dehydrated.

Thank you for your support.

Miss Sheppard
School Nurse (RGN)

Message from Student Services

If you need to collect your child during the school day please can you insure you inform student services by 8.30am either by Edulink or phone. If it is for a medical appointment please can you provide evidence.



Are you a Maths, Physics, Chemistry, Computing or MFL Undergraduate who is currently at University?

Benfleet Team Supporting All has the opportunity to offer STEM and MFL undergraduates in any year of their degree, an internship in a school during summer 2023.

This will take place from the 26th June completing 14th July. Interns will be in school from 8.15am until 4.00pm Monday to Friday and receive £300 per week.

This will suit someone with a genuine interest in a career in teaching and an enthusiasm for promoting STEM/MFL subjects in school, our internship programme is an excellent opportunity to gain first-hand experience in a school as well as a gateway into the profession.

Please contact Maxine Howard, Administrator, Benfleet Team Supporting All on 01268 794215 ext. # 210 or mhoward@theappletonschool.org for more information and an application pack.

Benfleet Team Supporting All website:
<http://www.btsa.uk/>



THE JUNIOR MATHEMATICAL CHALLENGE



The Junior Mathematical Challenge is a 60-minute, competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The challenge is designed so that at least some questions are accessible to all but also to stretch your most enthusiastic mathematicians. Around 275,000 students in Years 7 or 8 are entered for the challenge each year.

The UKMT award the highest-scoring 40% of those entered with Gold, Silver and Bronze certificates in the ratio 1:2:3 and the highest-scoring participant in each school year is awarded a Best in Year certificate. Around 1000 high performing students from the Junior Mathematical Challenge are invited to sit the Junior Mathematical Olympiad follow-on round, with a further 8000 or so students invited to sit the Junior Kangaroo.

Congratulations go to Dylan McColl, Connor Grant and AJ Yakubu who all achieved Gold Certificates. All three students have been invited to take part in the Junior Maths Kangaroo Challenge next month. We look forward to seeing how they perform in June.

We are also pleased to announce that 7 students in Year 7 achieved a Silver Certificate. This is an amazing achievement as not many students in Year 7 sit this challenge. Sam Headley in Year 7 has achieved the "Best in Year" award as he has achieved the highest score.





STUDENT ACHIEVEMENT

Mr Archer, Head of English, asked his class to design their own Hunger Games arena and Ruth Sandoval made this amazing model which took her 3 days.

Well done Ruth!





Careers Newsletter

News Spotlight



Year 10 Jack Petchey Speakout

The Regional Finals for the Jack Petchey Speakout Challenge took place at Castle View School on 9th May. Serisha Gray was selected as The Appleton School finalist following the assemblies held in April. All the finalists from Schools in the area had to stand up and deliver a 3 minute speech to a panel of judges in front of an invited audience without the use of any notes, props or aids, not an easy thing to do! Serisha delivered an impressive, confident speech and was a credit to the School, herself and her family.

Young Enterprise Company Programme

A group of year 10 students have been busy running their own company this year as part of the Young Enterprise Company Programme. The team were selected to attend the Essex County Finals at Colchester Golf Club on 4th May. They had to write a company report that summarised their year in business, attend an interview with a panel of judges and deliver a presentation to the judges and an invited audience. They were competing against 5 other teams all of which consisted of Year 12 and 13 students from Grammar Schools across the county. However, they rose to the challenge, showing courage, confidence and determination and did exceptionally well. They were awarded Best Trade Stand and Most Innovative Company! Well done to all the students involved.



Beauty Skills Academy Workshop

During March and April The Beauty Skills Academy came into school to work with students in years 10 and 11 who are interested in careers in the beauty industry. Students got the opportunity to be creative and design their own nail art. Tutors from the Academy were extremely impressed with their creativity and artistic skills.



Careers Newsletter

Events Spotlight



Scan this QR code to sign up!

Careers within Mental Health Services

Find out what it's like to work for Mental Health Services. Mid and South Essex are hosting an online webinar on Wednesday 12th July 2023 from 5.30pm to 7.30pm that will cover the following:

- An insight into the different roles within the Mental Health Service
- Network with professionals in the field
- Learn more about who the Mid Essex Integrated Care System are

Scan the QR code to find out more and sign up!

Apprenticeships with the British Army

Join Amazing Apprenticeships and the Army in upcoming webinars to gain invaluable insight into the extensive range of apprenticeships on offer, the Army Foundation College Harrogate (AFC) that caters to 16 – 17 year olds, and the application process. The first webinar takes place on **Wednesday 14th June** at 4pm. To register, please click [here](#).



Youth Voice Census 2023

The annual Youth Voice Census is now available for 11-30 year olds to participate in and share their insights and experiences on a range of topics. The census is a great way to gauge the current mood of young people regarding education, employment and wellbeing. To share your views click [here](#).

Careers in Nursing and Mid-

Medic Mentor are hosting an online Conference for students who are interested in a career in nursing and midwifery on Saturday 3rd June 2023.

There is a charge of £10 for this Conference.

Click the link below to find out more:

<https://alliedhealthmentor.org/nationalhealthcare-insight-conference/>





Careers Newsletter

Subject Spotlight

Maths has transformed the world many times through the ages. Mathematicians first built computers to help do sums. Now we have computers in our homes, schools, offices and cars. Search engines use mathematical principles to rapidly search global data for information on the internet. Mathematics gives people powerful, simple ways to describe, analyse and change the world around them. If you like Maths and would like to explore the wide range of careers related to the subject log into your Unifrog account and use the Careers Library to find out more!

MATHEMATICS

DID YOU KNOW THAT MATHS CAN LEAD TO ...

Jobs

- Actuarial analyst
- Chartered accountant
- Financial manager
- Gas turbine engineer
- Investment analyst
- Teacher
- Cyber security officer
- Statistician
- Systems developer
- Software engineer

"A-level maths is tremendously important. It provides a firm foundation for all scientific, technical, engineering and mathematical careers and a flying start for many other types of career, such as those in finance, medicine, agriculture ... etc. The list is endless!" Institute of Mathematics

Skills

- Problem-solving
- Analytical ability, precision and accuracy
- Reasoning ability
- Written and verbal communication and ability to present a logical argument
- ICT and ability to work with large amounts of data and formulas
- Perseverance and attention to detail

Higher Education

- BSc (Hons) in Mathematics and Accounting
- BSc (Hons) in Mathematics and Physics
- BSc (Hons) in Financial Mathematics
- BSc (Hons) in Economics and Mathematics
- MEng (Hons) in Mechanical Engineering
- MEng (Hons) in Civil Engineering
- BSc (Hons) in Economics
- BSc (Hons) in Computer Science
- MEng (Hons) in Electronic Engineering

CAREERSINC

THE APPLETON SCHOOL



Safeguarding—SMARTWATCHES

All 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 devices which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 top tips for safely using

SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech. It tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unwanted contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's SchoolTime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.



BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.



TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hunting panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, post that information to the police; location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have hard fall detectors, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Danny O'Brien has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Wired, PC Pro and Computeractive. He's reported regularly on a technology portfolio on news, innovation, trials, including on BBC Newsnight, Radio 4 (World at One) and the iPlayer news channel. He features children and writes regularly about internet safety issues.



#WakeUpWednesday

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[@national_online_safety](https://soundcloud.com/national_online_safety)

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Safeguarding—TELEGRAM

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's needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides. *Please use tips for adults.*

What Parents & Carers Need to Know about TELEGRAM

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION
17+
Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING
If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT
Because Telegram relies on users self-moderation, it can sporadically become a hub for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

PREMIUM COSTS
Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Play details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS
One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS
Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS
If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody'. We'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY
It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT
If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION
Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS
Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert
Joyal Coombes is a former UK gaming and esports star. She's worked in the gaming media for around four years. A regular visitor to the App Store to try out new apps, she's also a parent who understands the value of online safety. Writing mostly about tech and games, her articles have been published in outlets including iD and Tech Radar.

National Online Safety
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PREMIUM ACCESS

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-news-2022-10-03-1562441.html>

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Safeguarding—WELLBEING ONLINE

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

- TAKE CARE WHAT YOU SHARE
- CHECK YOUR PRIVACY SETTINGS
- AVOID COMPARING YOURSELF TO OTHERS
- TRACK YOUR SCREEN TIME
- TAKE BREAKS
- REPORT INAPPROPRIATE CONTENT
- PAUSE BEFORE YOU POST
- BLOCK BULLIES
- SPEAK UP AGAINST HARMFUL BEHAVIOUR
- STAY ACTIVE OFFLINE
- BE KIND & BE CAREFUL
- GO TECH FREE BEFORE BED

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LOOK FOR POSITIVE COMMUNITIES

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety) [@national_online_safety](https://www.tiktok.com/@national_online_safety)

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ECC LIBRARIES VOLUNTEER FOR AGES 14 +

As you may know, every year the Essex Library Service works with The Reading Agency to run the Summer Reading Challenge in our libraries, with the help of some amazing volunteers.

We have a fantastic opportunity for your students and staff to come and volunteer with us to help run the scheme again this year! Throughout the Summer Holidays, volunteers will come to a library of their choice and speak to children participating in the challenge about the books they read, giving out rewards as they go along.

This is a fantastic opportunity for your students aged 14+ to boost their CV, enhance their social skills, or complete the volunteering section of their Duke of Edinburgh Award, all whilst having fun and helping out the local community! We provide ongoing support to our volunteers throughout the summer to make sure that the experience is enjoyable and worthwhile.

We'd love for your students and staff to come and volunteer with us this summer!

You can find more information about volunteering with us, and details of how to apply, on our website here: <https://libraries.essex.gov.uk/news/volunteer-to-help-with-the-summer-reading-challenge>

You can learn more about this year's Summer Reading Challenge here: <https://libraries.essex.gov.uk/news/summer-reading-challenge-2023>

Essex County Council
Libraries

VOLUNTEER with us!

Come and help children take part in the
Summer Reading Challenge 2023
in libraries during the summer holidays!

talk about books

have fun chats with children

help your local community

boost your CV

Apply online at libraries.essex.gov.uk

Closing date: 30 June 2023

Apply early to secure your first choice of library.

Open to ages 14 and over



UK CHESS CHALLENGE

UK Chess Challenge (UKCC) is the largest chess competition in the UK – for young players of all ages and abilities. It is one of the most prestigious junior chess events in the world.

I am delighted to inform you that this year Essex Mega-final are organising a UKCC Mega-final in Essex. It will take place at **Colchester Town Hall** on **Sunday, 21 May 2023**. The event is supported by [Essex Junior Chess Association](#).

It's an excellent opportunity for Essex junior players to qualify for the later stages without travelling to other counties. Besides qualifications, there will be trophies and medals to win for each age year group.

Please help us spread the news among your school pupils by publishing it on your school website and/or weekly newsletter. Please see attached the tournament flyer .

**Essex
Megafinal
2023**

A Gigafinal Qualifying Event

**UK CHESS
CHALLENGE**
Proudly sponsored by Delancey

Supported by
**ESSEX
JUNIOR
CHESS**

Sunday 21st May, Colchester Town Hall, CO1 1PJ

An official UK Chess Challenge qualifying Event
for the Gigafinals

**THE APPLETON
SCHOOL**

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschoo.org

Website:
www.theappletonschoo.org

Quick Links

[Edulink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Summer Term Dates

29th May – 2nd June Half Term

Thursday 20th 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.theappletonschoo.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.theappletonschoo.org/sixth-form/student-life/ks5-resources>