



# The Appleton School Parent Bulletin

Newsletter dated: 22.03.24

## Key Dates

Thursday 28th March at  
1:15pm — End of Term

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School

## House System

Congratulations to all pupils in Year 7, 8 and 9 for your achievement points that you have earned since the start of the academic year.



House	Grand Total
Austen	22102
Nightingale	19446
Tull	16208
Turing	19219
<b>Grand Total</b>	<b>76975</b>

## 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
		<b>You will achieve your target grade in:</b>
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



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## Correspondence sent out this week

From this point forward any email correspondence sent to parents will be summarised in the Parent Bulletin, so you can check for any missed messages home. We will also be trying to reduce the number of emails home and use the Parent Bulletin as the main conduit for communicating to parents.

### W/B 18th March

End of Term Arrangements— all year groups

Group Photos—Year 13

Group Photos—Year 11





## GENERAL NOTICES

### Hats On For Hope Day!

On the 28<sup>th</sup> March the Appleton School is celebrating 'Wear A Hat Day'. This is a national event organised to raise funds for Brain Tumour Research and we are keen to show our support. Students at break time on Thursday 28<sup>th</sup> March will be asked to pay £1 on entry to the Sports Hall, where they will be able to wear their hats and show their support for the charity and individuals battling with cancer. There will be prizes for the best hats!

If parents/ carers would like to make a further donation, they can do this via Parent Mail. All proceeds will be donated to Brain Tumour Research and we will be sure to update you on the total that is raised. Thank you in advance for your support.



## Revised House Charity Events

**Tull** **RBL**  
**Royal British Legion**  
Tuesday 26th March 2024  
@ The Main Hall  
lunch time  
£1 per entry  
- auditions on Monday  
11th March lunchtimes  
- please bring  
right change

**TALENT**  
Show

**TEACHER GOALIE**  
@ the Lower playground Wednesday 27th  
March 2024  
Lunch  
50p ago  
£1 for 3  
- please bring  
right change

**Turing** Monday  
26th March 2024  
Cancer Research  
Teachers  
Football  
Match  
@ School  
Field  
After  
School  
£1



## Y11 Revision

### German

I wanted to inform you that preparations are underway for the upcoming summer exams, particularly for our German students. German intervention sessions will be taking place after school on Mondays of Week B from 3-4pm. This will include the following dates:

- Monday 25th March
- Monday 22nd April
- Monday 20th May

It is important to note that these intervention sessions are open to ALL German students, regardless of their class teacher. Attendance is highly encouraged as additional revision has been proven to have a positive impact on students' attainment.

Thank you for your support in ensuring our students are well-prepared for their exams.

Best regards,

Mr. G Jones  
Head of MFL

### English

To support your revision over the Easter break please see this suggested revision timetable:

Please use this link for resources: [https://drive.google.com/drive/folders/1HYRvd\\_tvDk\\_V-daGeGBIaZzDrtN4A8Tp?usp=sharing](https://drive.google.com/drive/folders/1HYRvd_tvDk_V-daGeGBIaZzDrtN4A8Tp?usp=sharing)

#### Yr 11 Easter Revision Schedule: English

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	<p><b>5mins:</b> Poetry revision: Flash Cards or Individual Poem recall.</p> <p><b>15 min</b> Complete a revision clock for characters:: Macbeth, Lady Macbeth, King Duncan.</p> <p><b>10 mins</b> Scan and analyse a practice Macbeth paper 1 section A. Can be found in the Easter Revision folder. <b>Bonus:</b> Plan a response.</p>	<p><b>15 mins</b> revision clock for: Dr J and Mr H plus Lanyon or 10 recall q's from x100 Questions grid in 'Easter Revision Folder'</p> <p><b>15 mins:</b> Practise a language mini mock task from the Easter Revision folder. Write x3 analytical paragraphs (hand written) Use a timer. Or complete a short speech for Lang 2 Q8/9.</p>	<p><b>15 mins:</b> Animal Farm MASSOLIT/GCSEPOD/Seneca.</p> <p><b>5 mins:</b> Macbeth quiz (use the 100 questions shared on SHMK)</p> <p><b>10 mins:</b> Plan a Macbeth section B response. Q's can be found in the 'Easter revision folder'.</p>	<p><b>5 mins:</b> Poetry Revision cards: Quiz. Or Easter revision folder resources.</p> <p><b>20 mins</b> Lang Paper 1 q4 from the mock folder in the 'Easter Revision' folder. x4 paragraphs (Hand written) Use a timer. (20 mins)</p>	<p><b>30 mins:</b> Writing a response to a Q5/6 language paper 1 mock from the 'Easter Revision' folder. . Paying close attention to vocabulary and SPAG. (hand written) Use a timer.</p>
2	<p><b>5 mins:</b> Poetry revision cards. or Individual Poem recall.</p> <p><b>15 mins:</b> Animal Farm revision clock. Characters.</p> <p><b>10 mins:</b> Scan and analyse an extract from J+H mocks in the 'Easter Revision' folder. <b>Bonus:</b> Plan a response.</p>	<p><b>10 mins:</b> Read extracts from a Lang paper 2 mock.</p> <p><b>25 mins:</b> Write a response to Q7b from a lang paper 2 mock. (Hand written) use a timer.</p> <p><b>5 mins</b> poetry revision cards. Quiz.</p>	<p><b>15 mins</b> Revision clock for Macbeth: Themes of Ambition, Kingship, Loyalty.</p> <p><b>10 mins:</b> Scan and analyse an unseen poem from poemhunter.com.</p> <p><b>Bonus:</b> Plan a response.</p>	<p><b>15 mins:</b> Q3 Lang paper 1 mini mock from the google drive. (hand written) Use a timer.</p> <p><b>10 mins:</b> J+H Quiz from Seneca learn. Or a resource from the 'Easter Revision folder'.</p>	<p><b>30 mins:</b> writing a response to a Q8/9 paper 2 mock from the 'Easter Revision' folder: concentrate on vocabulary and SPAG. (hand written) Use a timer.</p>

What makes retrieving from memory special:

- Restudy/Re-reading texts just reinstates what is already there in your brain. Restudy/re-reading tells your brain not to bother storing it.
- Retrieval work is better because it changes the connections in your brain. Retrieval work reminds our brain that this information is not always available - store it! (Sarah Cottingham)



## Y11 Revision

### Science

Combined Science students have had booster sessions this week and next week, in the canteen, led by our Lead Practitioners, focussing on key misconceptions from the latest mock exams.

All Combined Science Students will receive an intervention pack in the last week of this term (before Easter), this pack is designed to target the key recall knowledge and the extended writing 6 markers that students will need to pass Paper 1. If students fully complete these packs as part of their revision it will help the students to get a good grade in Combined Science. The booklet can also be found here: <https://theappletonschool.org/user/pages/05.students/02.revision-resources/04.subject-resources/Combined-Science-Paper-1-Revision-Booklet.pdf>

Resources for Paper 2 are currently being worked on.

During the Easter Holidays we will also be offering intervention sessions, Chemistry still needs to be confirmed but please see below. The Physics sessions will be on Microsoft Teams, a new Team will be set up for the students.

### Science Intervention - Easter Holidays

Exam	Date	Time	Online/in-person	Staff 1	Staff 2	Staff 3
Triple Biology (H+F) Paper 1	12th April	9-11am	In person	Mrs Bell	Mrs Cannon	TBC
Triple Chemistry (H+F) Paper 1	TBC	TBC	TBC	TBC	TBC	TBC
Triple Physics (H+F) Paper 1	9th April	9-11am	Online	Mr Hannan	Mr Hannan	Mr Hannan
Combined Science - Biology - Higher - Paper 1	12th April	12-2pm	In person	Mrs Bell	Mrs Cannon	TBC
Combined Science - Biology - Foundation - Paper 1	5th April	9-11am	In person	Mrs Bell	TBC	TBC
Combined Science - Chemistry - Higher - Paper 1	9th April	9-11am	In person	Miss Clifforth	TBC	TBC
Combined Science - Chemistry - Foundation - Paper 1	TBC	TBC	TBC	TBC	TBC	TBC
Combined Science - Physics - Higher - Paper 1	10th April	9-11am	Online	Mr Hannan	Mr Hannan	Mr Hannan
Combined Science - Physics - Foundation - Paper 1	12th April	9-11am	Online	Mr Hannan	Mr Hannan	Mr Hannan

*Please note that Mr Hannan's sessions may have to be changed last minute as his wife is expecting over the Easter holidays*

We do ask that parents sign up their child [here](#), just so we know how many students to prepare for and ensure we have sufficient staffing. Please note that if a student's behaviour disrupts a these revision sessions then they may be sent home.

Students can also access a host of resource on Google Drive to support their revision from checklists, mindmaps, revision Powerpoints, links to resources, required practicals, etc. Students can access these resources by going to the Google Drive>>Shared Drives>>Student Shared Drive>>Science>>AQA Revision Resources or by clicking this [link](#). There are other resources that might be useful in the other folders in the Science drive.

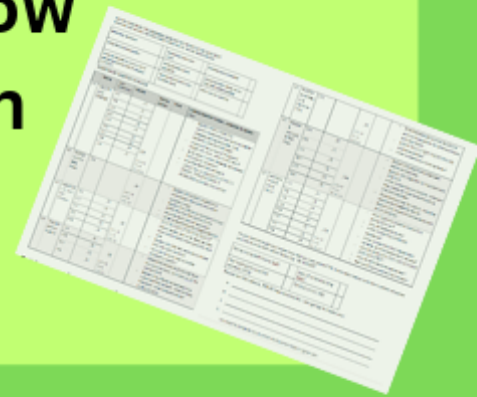
After the Easter holidays we will be looking at how to use the core PE time to support the students further.

Students also have a Science revision task every Wednesday during registration and we have intervention after school, on a Wednesday, which all students are invited to 3-4pm.



# HOW TO PREPARE FOR SCIENCE GCSE

1) Use your checklists in class to keep track of what you know  
Complete reflection sheets from mock exams



2) Complete Seneca, design flash cards, use revision guide, use kuizical to check understanding



< SENECA

KUIZICAL >



Access to Y11 team



3) Exam practise!  
[www.studymind.co.uk](http://www.studymind.co.uk)

[www.physicsandmathstutor.com](http://www.physicsandmathstutor.com)

FOCUS E  
LEARNING  
Available from  
your teacher



## GENERAL NOTICES

### Vision and Values

Currently, our students are reviewing the core vision and values of our school. Our vision is that we are “achieving excellence” together. Our core values help us learn important qualities and behaviours that encourage us to be responsible and kind citizens, and help us grow as individuals and in friendships.

- ⇒ **Respect:** We should appreciate everyone in our community. We are all unique and deserve kindness. We should also take care of our school family and wider community.
- ⇒ **Resilience:** It's important to face challenges bravely. We can learn from our mistakes and successes. We should be ready for changes and handle tough times calmly.
- ⇒ **Community:** We are all part of the Appleton family. Let's all work together to make our school a happy place. We should be proud of our diverse community and get involved.
- ⇒ **Aspiration:** We should aim high and always try our best. Let's work hard to do well in everything we do.

### Respect

Recognise the value we all give to society. Recognise we are all different from one another and deserve respect. Care for our immediate and wider environment. With respect being fostered by our community we will **excel together**.

### Resilience

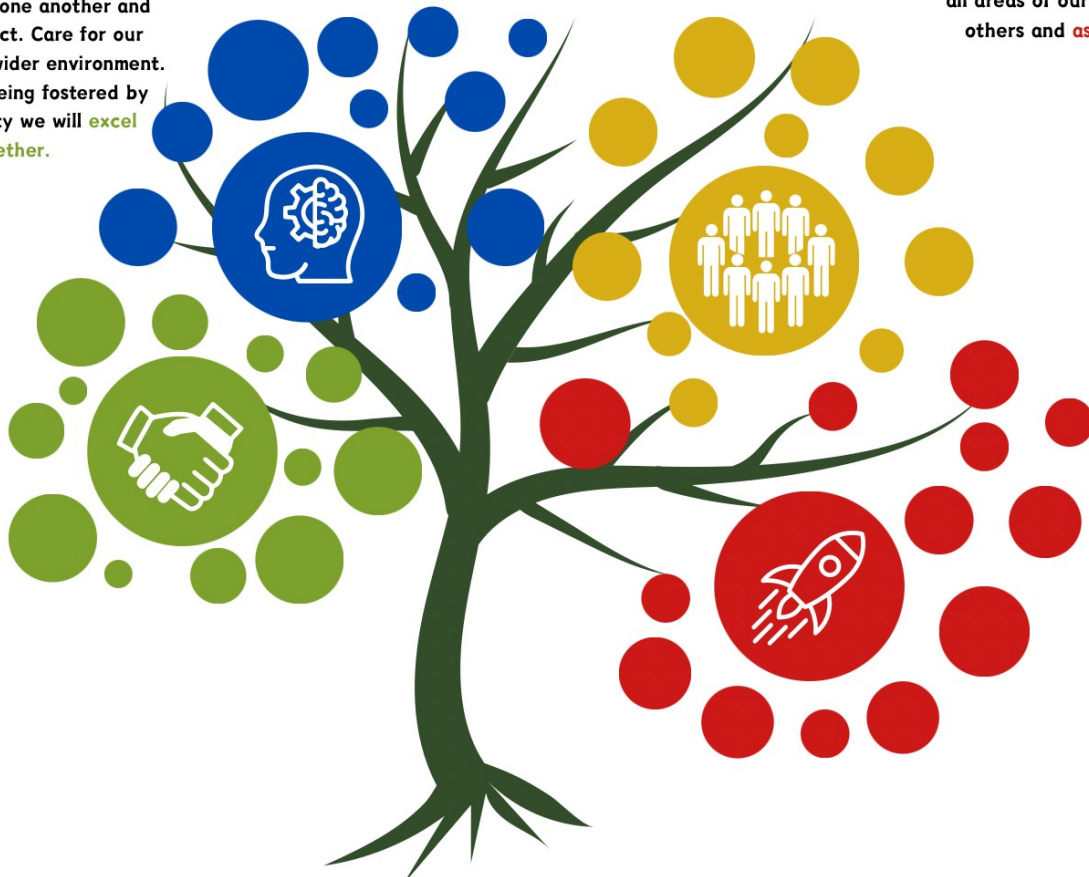
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

### Community

Commit to making a positive contribution to our Appleton Family. Value and connect with our diverse community with purpose and pride. By working together we will **innovate together**.

### Aspiration

Commit to ambitious individual goals and have high expectations. Demonstrate motivation to thrive in all areas of our lives. To inspire others and **aspire together**.









## SHOUT OUTS

Last week, Year 10 iMedia students were asked to produce a Blu-ray cover for the documentary 'Made in London', using the Inkscape graphic editing software. Mr Harji would like to congratulate Dylan Johnston, Jack Palframan, Austin Alden and London Price. Well done !





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## Congratulations

Congratulations to Kenzi Elnashar who completed in the KUGB southern regional championships on Saturday 16th March and came away with silver for years 10 -11 kumite and bronze for children's team kata.



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## Performing Arts Festival

Thursday night the Performing Arts department hosted their annual festival which is made up of student audition pieces in acting, singing and dance. The evening included a number of different awards, celebrating the amazing commitment and talent we have seen so far this year. Thank you to all those who attended, with special thanks to Miss Green, Miss Gough, Mr Norman, Mrs Edwards and Mr Easter for their support in running such a successful evening.





## Congratulations

### AMSP Maths Feast

This week, eight of our top set Year 10 students have attended the Year 10 Maths Feast. This was run by the Advanced Maths Support Programme and hosted at The King John School.

Here, students competed in teams of 4 against other teams from other schools in Essex. This year saw the highest attendance with 22 teams taking part. Students were faced with 4 different rounds, each containing a variety of different types of mathematical challenges.

The final round involved some complicated origami and demanded knowledge of Pythagoras Theorem, Advanced Trigonometry and Area Scale Factors.

Well done to those Year 10 students who took part:

Team A	Team B
Kieran Bragg Chante Sorae Kai Burns Yasmina Sidimoussa	Joshua Coomber Joshua Lee Finn Wightman Dexter McLean

Both teams performed well on the day. However, a huge congratulations goes to Team B who achieved certificates for scoring consistently high in all 4 rounds. There were other schools who achieved well in one or two of the rounds. However, to score high across all 4 rounds is extremely unusual due to the wide range of skills that are put to the test during the challenge.

We are extremely proud of their achievements.







## Congratulations

### UKMT Intermediate Maths Challenge

The Intermediate Maths Challenge took place this term for our most able maths students in Year 10. Congratulations to all our students who achieved Gold, Silver or Bronze Awards this year.



In particular, we were very pleased to see two students achieve a “Gold” Certificate – Finn Wightman and Mason Archer. Mason achieved the highest score in the year group. Both boys will be sitting the UKMT “Pink Kangaroo” Challenge.







## PE Fixtures

# PE Fixtures



**Monday 25<sup>th</sup> March**

CPR Football Cup Finals Day @ Castle View (Matches TBC)

Year 11 Football Vs Sweyne Park (Home)

**Tuesday 26<sup>th</sup> March**

District Trampolining @ Castle View

Year 8 Boys Rugby @ Chase (Away, 2pm)

**Wednesday 27<sup>th</sup> March**

SEE Football Finals Day @ St Thomas More (Matches TBC)

**Thursday 28<sup>th</sup> March**

District Football Finals @ Castle View (Matches TBC)

**Friday 29<sup>th</sup> March**

No fixtures



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

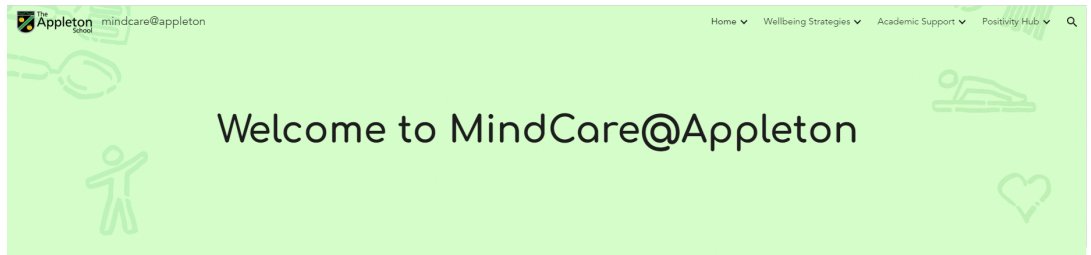
June 1st at 2.30pm

See below flyer and a picture of him in his last production of Oliver! which was at the Palace Theatre Southend





## 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





## 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](mailto: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](mailto: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](mailto: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](mailto:info@strmsupport.co.uk) to find out more.

To register with us scan this QR code



STRM - SEND the Right Message Registered Charity 110951



[info@strmsupport.co.uk](mailto: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=bEN3zHdhLRgZ239q>



## 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 Matters



Research shows us that there is a direct link between pupils attendance at school and how well they achieve

This week, 1031 pupils had 100% attendance.

**Congratulations to the following tutor groups who had the best attendance in their year group this week.**

701	Mr Hunt	98.7%
804	Mr O'Neill	97.7%
909	Miss Read/Miss Boddy	98.3%
1007	Mrs Mahon	95.2%
1104	Ms Beardsell	93.0%





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](mailto:mhoward@theappletonschool.org)

**Teaching** 

Every Lesson Shapes a Life.





# ACL FAMILY LEARNING

**FREE!  
COURSES**

**FREE ONLINE COURSES  
THIS SPRING**



## FIND OUT MORE



call our friendly team on  
**03330 321 017**



Search 'Family Learning' at  
**aclessex.com**



Essex County Council





# ACL FAMILY LEARNING

**FREE! ONLINE COURSES**



- Go To Sleep!
- Setting Boundaries
- Raising Girls
- First Aid Workshop
- Managing Big Emotions
- Getting Teens To Talk
- Mindfulness & relaxation
- Anxiety Coping Techniques for Teens



**SCAN ME**



call our friendly team on  
**03330 321 017**



Search 'Family Learning' at  
**aclessex.com**



Queries  
**aclfamilylearning@essex.gov.uk**

**FIND OUT MORE**



Essex County Council



## 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.





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





# Safeguarding

## ENCOURAGING OPEN CONVERSATIONS AT HOME

At The National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

### 10 Top Tips for Parents and Educators

# ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

#### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

#### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

#### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

#### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

#### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

#### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

#### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

#### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.

#### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as [Kooth](#) or [YoungMinds](#).

#### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 35 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

X @wake\_up\_weds

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IG @wake.up.wednesday

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## Careers Newsletter

### Careers News

Meet the  **RUSSELL GROUP**



30th April - 2nd May



Afternoon Session: 12:00 - 13:30  
Evening Session: 16:30 - 18:00



[www.ukuniversitysearch.com/fair-signup/meet-the-russell-group](https://www.ukuniversitysearch.com/fair-signup/meet-the-russell-group)

Interested in going to a Russell Group University? Make sure you don't miss our upcoming Meet the Russell Group webinars.

Hear directly from representatives and experts from 22 of the 24 **Russell Group Universities including Cambridge, Bristol, King's College London, LSE, and Manchester** to get answers to all of your questions about applications, student life, personal statements, and much more.

**Held across 3 days, the webinars** will cover topics such as an Introduction to the Russell Group & Why to Study There, Personal Statements & Applying to a Russell Group University and Student Life.

Sign up here: <https://www.ukuniversitysearch.com/fair-signup/russell-group-webinars>



#### Amplify Your Summer 7th-11th July - ARU Cambridge

Joined by other students across the region, students will be immersed into their chosen subject programme. With a task in hand to complete and showcase, Anglia Ruskin University's world-leading academics and student ambassadors will support the students every step of the way.

Each candidate will need to complete an application form, choose a subject from the available list, and submit a 500 word supporting statement.

For more details see here <https://www.aru.ac.uk/schools-and-colleges/amplify-your-summer>

#### Tax Apprenticeship Scheme - 2024



We offer the opportunity to kick start a career in personal taxation without the need for a university degree! As part of our Tax Apprenticeship Scheme, you will combine work with studying towards professional qualifications. You will start with study towards the ATT (Association of Taxation Technicians), followed by further studies towards CTA (Chartered Tax Adviser) the highest-level tax qualification in the UK. The ATT and CTA qualifications form a four-year Level 4 & 7 apprenticeship programme with Dixon Wilson.

We pay all the costs for your professional exams including tuition courses, study manuals, textbooks, and examination fees for the first sitting. During the Tax Apprenticeship Scheme you will receive paid study leave to attend the tuition courses and exams.

For more information see <https://dixonwilson.pinpointhq.com/>



### Careers News

MEDIC  
MENTOR 

#### THE VIRTUAL MEDICAL, DENTAL AND VETERINARY SOCIETY

##### What is the Virtual Medical Society?

During the COVID-19 lockdown, Medic Mentor launched the Virtual Medical Society (VMS) – hosting weekly virtual meetings with aspiring medical, dental and vet students to discuss all things UCAS! Over the course of lockdown, the society has grown to exceed 7000 students and evolved to host a student lead committee of 40 motivated young people who work together to research topics for discussion, invite leaders of the NHS and top veterinary surgeons in the UK to answer questions and steer our students in the direction to the top 10% of their application year!

This is one of the free initiatives that Medic Mentor can offer students and we welcome all aspiring students to join and continue the growth of the VMS. Students will have opportunities to virtually meet and interview top doctors, dentists and vet practitioners on their careers and their experiences of the journey to university.

##### Who can join the Virtual Medical Society?

The VMS is open to any aspiring medical, dental, or veterinary student from year 10 to year 13

You can sign up for a portal here to gain access the meeting links:

<https://medicmentor.co.uk/how-to-become-a-doctor-virtual-medical-society/>

##### When do meetings take place?

VMS meetings occur each week via ZOOM on a Tuesday from 5.45pm and typically last 1-2 hours.

You can find more information about the weekly meetings on your Medic Mentor Student Portal.

**Missed a session?** You can re-watch past sessions on the Medic Mentor Student Portal under



Virtual  
Medical Society

Apply

Virtual  
Dental Society

Apply

Virtual Vet  
Society

Apply



ANYONE FOR TENNIS

**2ND & 3RD, 9TH & 10TH**

**APRIL**

**KIDS HOLIDAY 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?

**SPACES LIMITED PER GROUP**

**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

3 Days Member - £50

3 Days Non Member - £56

Get 4 days for the price of 3

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







## AIR CADETS



# 1341 Thundersley Squadron NOW RECRUITING

Open evening:  
18/04/24

Want to have a go at Gliding?

Enjoy the outdoors?

Ever wanted to learn to fly?

Think you are good at solving problems?

Like the sound of trying new sports?

If you're year 8 or above and are interested in joining us. Please visit our website, or email us @

[adj.1341@rafac.mod.gov.uk](mailto:adj.1341@rafac.mod.gov.uk)

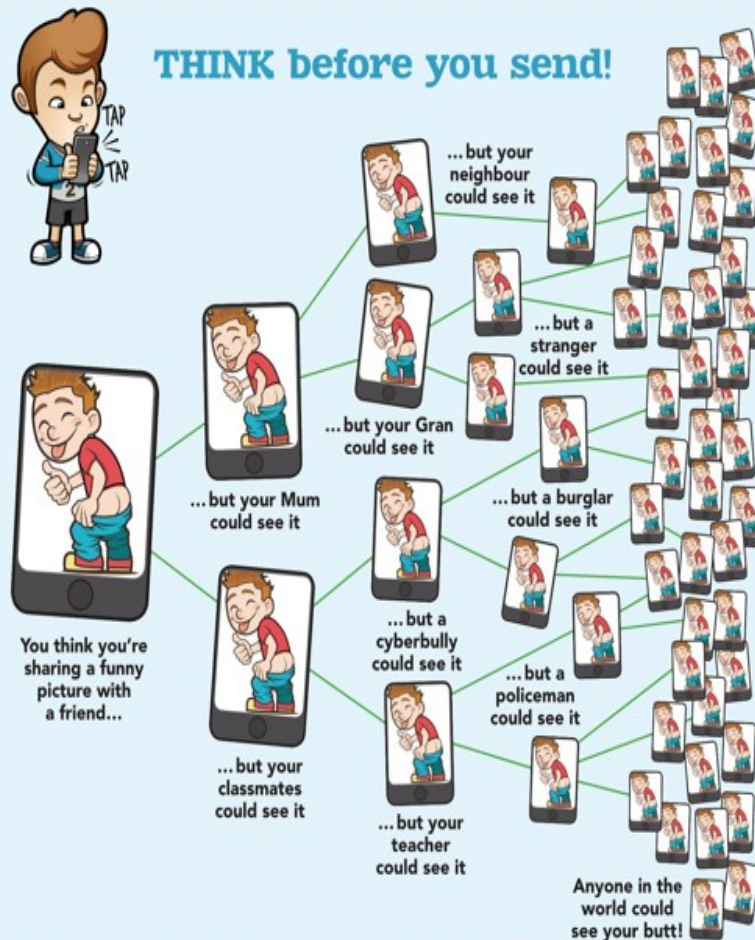
 Scan me to join!

 **ROYAL AIR FORCE AIR CADETS**  
the next generation





## 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  
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SS7 5RN

Phone:  
01268 794215

Email:  
info@theappletonschool.org

Website:  
[www.theappletonschool.org](http://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](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](https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/PE_Extra_Curricular_Jan_2024.pdf) (PE)