



# The Appleton School Parent Bulletin

Newsletter dated: 26.01.24

## Key Dates

31st January  
Year 9 Options Evening

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## House System

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



House	Grand Total
Austen	16272
Nightingale	14702
Tull	12489
Turing	14631
<b>Grand Total</b>	<b>58094</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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## 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.

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### Attendance

If your child is absence please use EDULINK to provide a reason for their absence and when to expect your child back., Or you can leave a message on the absence line option 1.

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### Year 9 Options

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

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

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

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

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

**Thursday 15th February** Year 9 Hybrid Consultative

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

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

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### Revision Techniques

Dear Parents and Carers,

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

Yours sincerely,  
Mrs R Reay (Impact lead)



## PE Fixtures

PE Fixtures	
<b>Monday 29<sup>th</sup> January</b>	No fixtures
<b>Tuesday 30<sup>th</sup> January</b>	Year 7 Girls Basketball Vs Greensward Academy (HOME) All Years District Gymnastic Competition (Eversley Leisure Centre)
<b>Wednesday 31<sup>st</sup> January</b>	U19 Boys Football Vs ICHS (Home 2pm) Interhouse Cross-Country (Year 7/8/9) Year 7 Girls Netball Vs Redden Court (Away)
<b>Thursday 1<sup>st</sup> February</b>	No fixtures
<b>Friday 2<sup>nd</sup> February</b>	No fixtures

## PE News

A huge congratulations to the Year 7 Netball team who have progressed through to the knockout stage of the Essex Cup. They are one of 16 schools left in the competition and face Redden Court next week.

Year 7 Boys Football 3-1 win v Sweyne Park School

Year 8 Boys Basketball 44-22 win v Greensward Academy

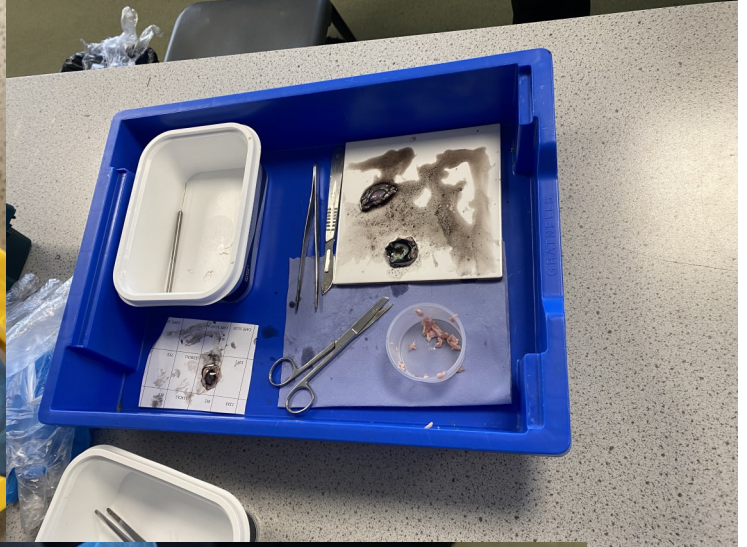
Year 9 Boys Basketball 29-15 v Greensward Academy

Well done to all of the Year 7 students who represented Appleton at the Lee Valley athletics cup on Wednesday, we are still awaiting the final results.



## SHOUT OUTS

Great work in IIXI Physics doing an eye dissection to understand the physics of the eye and the internal lens. Definitely some future surgeons here! We even achieve the difficult task of squeezing the myelin from the optical nerve!





## 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.



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](mailto: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 Partners 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 produced this handbook for the Joint Commissioning Board in Essex, who commission 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 found helpful.

#### 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
- My3 Reading



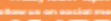
SEND the Right Message Charity (STRM) is a **by parents and for parents** charity whose aim is to support families with children and young people with special educational needs or disabilities (SEND) in Southend, Castle Point & Rochford.

Tel: 07339 048 827  
Email: [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)  
[www.strmsupport.co.uk](http://www.strmsupport.co.uk)

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

Office hours:  
Tuesday - Thursday 10am-2pm  
Friday 10am-12pm

For more on our social media



Charity Number 1048370

Tel: 07339 048 827  
Email: [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)  
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Charity Number 1048370



#### 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.



## 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 110051



[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=bEN3zHdhLRgZ239xq>



## ESSEX ACTIVATE



# WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the Holiday Activity and Food programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

## Who is the programme for?

Clubs are suitable for children aged 4-16 years old who are eligible for benefits based free school meals or from 'low income' working families who benefit from this extra support. Some clubs may offer paid spaces that run alongside Essex ActivAte, however these can be limited.



## What do the clubs offer?

Essex ActivAte clubs offer mainstream primary and secondary provision across the county, also dedicated mental wellbeing and SEND clubs. Each club delivers a variety of physical and enrichment activities, fun food education and a nutritious meal. Family support is also available alongside the programme.

## How can I book my child onto a club?

To book onto a club during February, May/June or October half term, head over to the Essex ActivAte booking page on our website, then select the area you live in or the category you require and follow the steps.

To book onto a club during the easter, summer or winter holidays, use the link on your WONDE e-Voucher to find a club and book on, or contact a club directly.

## What is considered 'low income'?

We understand that all families circumstances are different, therefore if you are in employment or on an income which means you are unable to attend a holiday club without our support – you can book on.







## HALF-TERM & HOLIDAYS EXPLAINED...



### EASTER, SUMMER & WINTER SCHOOL HOLIDAYS



The HAF programme runs in the easter, summer and winter holidays and is funded by the Department for Education. This is aimed solely at school children who receive benefits based free school meals during term time.



Limited spaces are available for low income working families and other vulnerable groups who would otherwise not be able to afford holiday clubs. You can book onto our programme self-certifying.



WONDE e-Voucher codes are sent by schools to all families eligible for benefits based free school meals. This code allows you to book onto local clubs and verify you are eligible for our programme.



### SPRING & AUTUMN HALF TERMS



Funded by Essex County Council, Essex ActivAte run clubs during February, May/June and October half term for children on benefit based free school meals or from 'low income' working families.



The half term programme is funded to provide spaces to those areas most in need across Essex.



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



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



SCAN THE QR CODE TO FIND OUT MORE!



## ESSEX ACTIVATE



Basildon Council  
BASILDON • BILLERICAY • WICKFORD



# BOOK ONTO A HALF TERM ACTIVITY CLUB WITH ESSEX ACTIVATE!



Eligible children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

## IS MY CHILD ELIGIBLE?

Essex ActivAte offer free, club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

## WHERE WILL THE CLUBS BE RUN?

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

## WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

## HOW DO I BOOK ONTO A CLUB?

As half term programme are smaller and offer less activity days, you will not book on with your HolidayActivities voucher, but book on through the Essex ActivAte website instead. Simply find your local area and book on with the link provided or contact the club directly.



Find out more about February half term clubs and book on here.





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– MYLOL

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

### What Parents & Carers Need to Know about

# MYLOL

AGE RESTRICTION  
13-19

#### WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as 'the number one teen dating website in the world', claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

#### FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

#### AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

#### POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

#### IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

#### DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

#### CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

## Advice for Parents & Carers

#### DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

#### EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

#### RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

#### SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech website The Browser, Carly is now a freelance technology journalist, author and consultant.



The National College



National Online Safety  
#WakeUpWednesday

@nationalonline\_safety

/NationalOnlineSafety

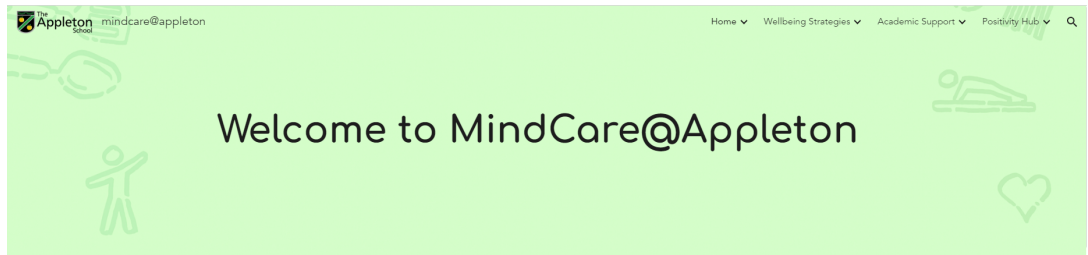
@nationalonline\_safety

@national\_online\_safety

Users of this guide do so of their own discretion. No liability is entered into. Current as of the date of release: 24.01.2024



## 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



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**

## Attendance Matters



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

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

704	Miss Shangha	96.2%
808	Miss L. Johnson	95.2%
910	Miss Riley	94.1%
1007	Mrs Edwards / Mrs Mahon	94.2%
1106	Mrs Manning	94.7%





## Careers Newsletter

### Careers News

#### National Apprenticeship Week 5-11 February

THE  
PARENTS'  
GUIDE TO

#### The Parents' Guide to NAW 2024

Many parents aren't as familiar with apprenticeships as a fantastic career path compared to other options. National Apprenticeship Week is a time to celebrate the value of apprenticeships, and to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy.

We've created a free guide covering all the key facts – whether that's for post GCSE apprenticeships or post 18 opportunities [www.theparentsguideto.co.uk/nationalapprenticeshipweek](http://www.theparentsguideto.co.uk/nationalapprenticeshipweek)

### CYBER SPECIALIST DEVELOPMENT PROGRAMME

SECURITYSERVICE  
MI5

Apply here!

Technology is at the heart of everything we do at MI5, enabling us to disrupt the serious threats to UK national security. On our **Cyber Specialist Development Programme**, you'll develop a unique set of technical skills, undertake several placements in specialist teams, and study the technical background to cyber security.

You don't need to have any technical knowledge, but you will need an interest in technology and an aptitude for problem solving. **If you have, or expect to obtain, the equivalent of three A Levels at grades B, B, and C or higher, find out more and apply now.**

[https://recruitmentservices.applicationtrack.com/vx/lang-en-GB/mobile-0/appcentre-1/brand-5/xf-1da107f2941b/candidate/so/pm/1/pl/4/opp/3156?adhoc\\_referrer=570500606](https://recruitmentservices.applicationtrack.com/vx/lang-en-GB/mobile-0/appcentre-1/brand-5/xf-1da107f2941b/candidate/so/pm/1/pl/4/opp/3156?adhoc_referrer=570500606)

#### #NAW2024 'Ask an Apprentice' on Apprentice Wednesday!

To celebrate **National Apprenticeship Week 2024**, our founder Mitesh 'Asks' three inspirational apprentices about their journey to becoming an apprentice. We've invited these apprentices to speak openly and honestly about the highs and lows they had on their way, and importantly, what inspired them to take this route.

This webinar is for you if you are at the start of your apprenticeship journey, or are thinking about applying for an apprenticeship and want to learn how to make it even against the odds!

**When: Wednesday, 7th February 2024**

**At: 6.30 – 7.15pm**

<https://events.teams.microsoft.com/event/ac12f025-dce8-4140-9244-1c2982227a2d@182a8b31-3dab-4b92-8bb8-9526911aeba0>

success at school

National Apprenticeship Week 2024

Apprentice Wednesday:  
**Ask an Apprentice Webinar!**

Wed, 7th February, 2024  
18.30-19.15



## Careers Newsletter



### You're invited to Warner Bros. Discovery's Championing Apprenticeship Virtual Event!

Warner Bros. Discovery's Early Talent Team is hosting a virtual event - Championing Apprenticeships - on **Tuesday 6th February at 6:00PM GMT** in support of **National Apprenticeship Week** and we would love to invite you to attend!

Through this conversation, attendees will get the opportunity to hear from our current apprentices and how the different projects they have worked on has provided them with the #SkillsforLife. We are so proud of all that our apprentices have accomplished, and we're excited to share with you more information about the programme we have built.

**Don't miss out and learn how an apprenticeship can make an impact on what's next for you!**

For more information visit

[https://wbd.zoom.us/webinar/register/2717055894725/WN\\_vZMjorWSFKNZOjyKiFPPQ#/registration](https://wbd.zoom.us/webinar/register/2717055894725/WN_vZMjorWSFKNZOjyKiFPPQ#/registration)

## College Open Days



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



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





# GET SORTED

Thursday 1st February

2pm to 4pm

**Waterside Farm Leisure Centre  
Somnes Avenue, Canvey Island SS8 9RA**

Are you aged 16 to 25? This free event can help you figure out your next steps!

Join us to:

- connect with employers
- meet training providers
- find out about qualifications
- receive careers advice
- get support on applying for jobs

**No need to register!**

Join us on the day to connect with employers and training providers

**Come along to meet:**

**Morrisons**

Lightbulb  
apprenticeships

Morgan  
Sindall  
Property  
Services

**Hair Pro 1**

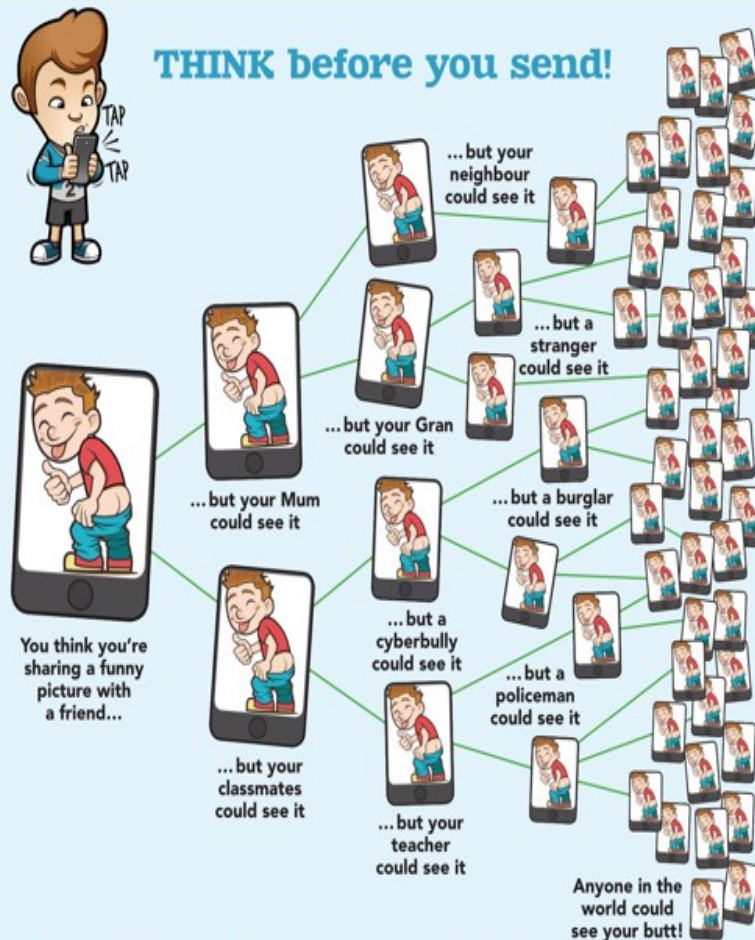
Essex  
County  
Council

**ACL**

**And many more!**



## 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](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)