



The Appleton School Parent Bulletin

Newsletter Date 26th May 2023

Key Dates

Half Term

29.05.23 –02.06.23

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	10702
Nightingale	9339
Tull	8611
Turing	10912
Grand Total	39564

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



Student successes in girls PE

Essex Netball

Congratulations to **Elise Bryant** (10.05) who was voted **players' player** for the season for the Essex County Netball Squad. This is a position voted for by the whole squad, and is a true testament to the effort and determination Elise has given to Essex for the last three years.

Castle Point & Rochford District Athletics

Congratulations to our latest **District Champions** in the following events:

Elise Bryant (yr 10) - 1st place - 300m Hurdles

Issy Hiltz (yr 10) - 1st place - Hammer throw

Alysa Radescu (yr 10) - 1st place - Discus throw

District Runners Up

Brooke Faulkner (yr 11) - 2nd place - Hammer throw

Millie Trotter (yr 10) - 2nd place - Triple Jump

Relay squad - Millie Trotter, Lydia Biney, Elise Bryant, Imani Williams - 2nd Place

3rd Place

Olivia Conway (yr 10) - 3rd place - 80m hurdles

Millie Trotter (yr 10) - 3rd place - 300m

Overall the girls finished Second place in the District - a phenomenal achievement!

Essex Championships

Congratulations and good luck to the following students who have been selected to represent Castle Point & Rochford at the Essex Championships on 10th June

Elise Bryant - 300m Hurdles

Issy Hiltz - Hammer throw

Brooke Faulkner - Hammer throw

Alysa Radescu - Discus throw

Millie Trotter - Triple Jump

Callie Hall - Shot

Sharday Gayle-Petrou - 200m



FOSTERING

“My foster parents have shaped my life, now I have a future



Charlotte was just 9 years old when she was fostered by Cara. Now, at age 17, she is studying Health and Social Care in college with the dream to help other children in the future.

Charlotte said: “I don’t see Cara as my foster carer, she’s like my mum. She got me into a good school, encouraged me to get good grades, she wants me to be the best that I can be. I wouldn’t be sat here today if I stayed where I was, Cara has changed everything for me.”

You can [watch Charlotte’s video on youtube.](#)

From as little as a weekend a month you can help a child to heal from their trauma and unlock their true potential. Essex County Council match children to your family, offer 24/7 support, training and your family will receive on average £504 per child, per week. Find out more about fostering by [joining a local information event](#) or call 0800 801 530.

Fostering is incredibly rewarding, offers flexibility and puts family at its heart.



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/>



Careers Newsletter

News Spotlight

Year 9 Take Your Child to Work



On Friday 5th May we held our first Year 9 Take Your Child to Work Day. 120 students were out on a work placement, giving them the opportunity to gain an insight into the world of work, encouraging them to start thinking about their future career options. The feedback we have received from students and employers has been extremely positive so well done to all students involved.

Students who remained in school did not miss out either. They took part in a National Careers Challenge hosted by the Inspirational Learning Group which involved students working in groups on a real life business challenge set by NatWest Bank. All teams did extremely well and the winning team will go on to represent Appleton at the National Finals in July where they will compete against schools from across the country. Well done to the following winning team members who designed an interactive writing pen to help with spelling and grammar:



Gracie Reilly

Sophie Giles

Lexi Roth

Eva Pearson

Vlada Dedin

Anglia Ruskin University

Amplify Your Talent Programme



Anglia Ruskin
University

A group of year 9 and 10 students have been taking part in the "Amplify Your Talent Programme" run by Anglia Ruskin University during this academic year. This is a Maths based programme whereby students apply their GCSE Maths learning in the classroom to real life situations with a particular focus on preparing for life as a university student. Students had to work together to prepare a recipe for a dinner party on a student budget, they had to calculate the ingredients they would need, shop around for the products within a set budget, applying percentages, fractions and ratios where necessary. On Tuesday 21st February we took all students taking part in the programme to the Braxted Cookery School where they worked in teams to make their recipe under the guidance of a professional chef. The feedback from students was extremely positive and some interesting recipes were produced.

All students involved, and their parents/carers, have been invited to the Anglia Ruskin University Celebration Evening on 29th June 2023 to recognise the hard work and commitment all students have shown throughout the programme.



Careers Newsletter

Events Spotlight



Supporting Young People with Mental Health

Make Happen are hosting a series of online webinars for parents/carers and students to support young people with their mental health. They are offering a range of virtual sessions covering topics from life management skills to seated yoga!

To find out more go to: <https://www.makehappen.org/event/mental-health-awareness-week/>

NCS are back for 2023!

NCS are offering 3 different programmes this year for year 11 and 12 students:

- Live it
- Boss it
- Change it

Students can choose with programme they are interested in based on their interests and passion. Please see attached leaflet for more information.



Apprenticeship/Employment

Support for Year 11 and Year 13 stu-



If your child is hoping to secure an apprenticeship at the end of their studies, the team at Essex Opportunities are available throughout the Summer to provide support and guidance. They can help with CV writing, interview preparation etc.

Please contact Kaz Duffield: kaz.duffield@essex.gov.uk

Tel: 03330 320509

I have also attached some current apprenticeship opportunities available locally.



Careers Newsletter

Subject Spotlight

We live in a digital world that is transforming every aspect of how we live. So Computer Science is an incredibly relevant subject to study. It is a great choice for those who love tech, coding and computer programming. But it is also great for those who approach problems a little differently. It can help you to push the boundaries and expand your thinking. Plus you will learn how to work independently and develop your own initiative, while also working as part of a team. To find out more about the careers related to Computer Science, log into your Unifrog account and go to the Careers Library.

COMPUTING

DID YOU KNOW THAT COMPUTING CAN LEAD TO ...

Jobs

- Application analyst
- Data analyst
- Games developer
- Information systems manager
- IT consultant
- Multimedia programmer
- SEO specialist
- Software engineer
- Systems analyst
- Digital marketing assistant
- Web designer

Skills

- Teamwork and leadership
- Communication
- Problem-solving and numeracy
- Negotiation and persuasion
- Time management and organisation
- Report writing and retrieval of information
- Presenting reasoned arguments
- Coping with the rapid technological changes in computing
- Commercial awareness

Higher Education

- BEng (Hons) in Computer Science
- BEng (Hons) in Computer Systems Engineering
- MSc (Hons) in Computer Science & Artificial Intelligence
- BA (Hons) in Computer Games Design
- BSc (Hons) in Creative Computing
- BSc (Hons) in Business Computing
- BSc (Hons) in Data Science
- BA (Hons) in Accounting and Finance
- BSc (Hons) in Applications Development

"Computing is a discipline that offers rewarding and challenging possibilities for a wide range of people regardless of their range of interests. Computing requires and develops capabilities in solving deep, multidimensional problems requiring imagination and sensitivity to a variety of concerns"

Association of Computing Machinery

CAREERSINC

APPLETON SCHOOL



Safeguarding—INFLUENCERS

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

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising, that can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.



SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.



SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.



PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.



Meet Our Expert

A former director of digital learning and currently a deputy headmaster and Ofsted Inspector O'Keefe's experience and expertise gives him a clear insight into how modern digital systems impact the experience of children, staff and parents – and which strategies he believes are vital to ensure that the online world remains a safe, educational tool rather than a minefield of risks.



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

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

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

[@national_online_safety](https://www.tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.06.2023



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

**THE APPLETON
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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>