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 System

The Appleton School

**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.

```
<table>
<thead>
<tr>
<th>House</th>
<th>Grand Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Austen</td>
<td>10702</td>
</tr>
<tr>
<td>Nightingale</td>
<td>9339</td>
</tr>
<tr>
<td>Tull</td>
<td>8611</td>
</tr>
<tr>
<td>Turing</td>
<td>10912</td>
</tr>
</tbody>
</table>
```

**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!

```
<table>
<thead>
<tr>
<th>Attendance %</th>
<th>Achieve expected target grades</th>
<th>You will only achieve your target grade in:</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;80%</td>
<td>20%</td>
<td>2 of your subjects</td>
</tr>
<tr>
<td>80-84.9%</td>
<td>33%</td>
<td>3 of your subjects</td>
</tr>
<tr>
<td>85-89.9%</td>
<td>46%</td>
<td>4 of your subjects</td>
</tr>
<tr>
<td>90-91.9%</td>
<td>53%</td>
<td>You will achieve your target grade in:</td>
</tr>
<tr>
<td>92-95.9%</td>
<td>75%</td>
<td>5 of 9 subjects</td>
</tr>
<tr>
<td>96%</td>
<td>84%</td>
<td>7 out of 9 subjects</td>
</tr>
<tr>
<td>97%</td>
<td>94%</td>
<td>8 out of 9 subjects</td>
</tr>
</tbody>
</table>
```

---
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

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 Hilz (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 Hilz** - Hammer throw
- **Brooke Faulkner** - Hammer throw
- **Alysa Radescu** - Discus throw
- **Millie Trotter** - Triple Jump
- **Callie Hall** - Shot
- **Sharday Gayle-Petrou** - 200m
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/
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:

- Grace Reilly
- Sophie Gilles
- Lexi Roth
- Eva Pearson
- Vlada Dedin

Anglia Ruskin University

Amplify Your Talent Programme

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.
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
- Make 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 students

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.
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 Unfrogs account and go to the Careers Library.

DID YOU KNOW THAT COMPUTING CAN LEAD TO...

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
Safeguarding—INFLUENCERS

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 positively affect our young people, there are also a number of risks, such as unconscious consumerism, affecting self-esteem and turning homework into a popularity contest.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A phenomenon that influencers use to their advantage is through brand partnerships. They often receive compensation in exchange for promoting products or services on their social media platforms. This can lead to an increased desire to have the latest products, which can have a significant impact on the purchasing power of children and young people.

THE SOFT SELL

Some influencers aren’t always honest about the motivations behind their content. They may use their positions to recommend products, and younger people may not always be aware of the influence that these recommendations can have on their decisions.

PRIVACY CONCERNS

Influencers often share personal information about their lives, which can be used to manipulate or control them. This can lead to a lack of privacy and a sense of vulnerability, which can be exploited by online predators.

UNDERMINING SELF-ESTEEM

Many influencers present an idealized version of themselves, which can lead to a lack of self-esteem and body image issues. This can have a negative impact on the mental health of children and young people, leading to feelings of inadequacy and depression.

Advice for Parents & Carers

KEEP TALKING

Talk to your child about the content they consume on social media. Encourage them to critically assess what they see and think about the impact it has on them. This can help them develop a sense of self-awareness and make informed decisions.

SET SOME BOUNDARIES

Establish agreements with your child about their social media use. This should include limiting the amount of time spent on social media, setting rules for when and where social media can be accessed and ensuring that the content they consume is appropriate for their age.

SUPPORT A HEALTHY SELF-IMAGE

Teach your child about the effects of social media on their mental health. Encourage them to think critically about the content they consume and how it may affect their self-esteem and body image.

PROMOTE MEDIA LITERACY

Tell your child about the dangers of consuming content that can negatively impact their mental health. Teach them to critically assess the content they consume and to be aware of the potential risks associated with social media.

Meet Our Expert

A range of experts can be found on our website, including psychologists, therapists and social media professionals. Their expertise can help children and young people develop the skills needed to navigate the digital world responsibly.

#WakeupWednesday

@nationalonlinesafety / @nationsonlineSafety / @nationalonlinesafety / @national_onlinesafety

Guests at this guide do not own discoveries. No alcohol (excepted) Mix. Commend of the date of intaker: 24-09-2021
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
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.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