



# The Appleton School Parent Bulletin

09.05.25

## House System

Congratulations to all pupils in Year 7, 8 and 9 and 10 for your achievement points that you have earned since the start of the academic year.



| House              | Grand Total  |
|--------------------|--------------|
| Austen             | 20937        |
| Nightingale        | 21418        |
| Tull               | 24477        |
| Turing             | 21988        |
| <b>Grand Total</b> | <b>88820</b> |

### Key Dates:

12.05.25 –24.06.25  
Year11/13 exams

### Follow us on:

Facebook



[The Appleton School](#)

### Instagram



[The Appleton School](#)

## 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                           |



## Correspondence sent out this week

| Date      | Letter                             | Year/whole school           |
|-----------|------------------------------------|-----------------------------|
| 07.05..25 | DOFE Bronze Expedition 10-11th May | Parents of students on trip |
| 09.05.25  | Lost Property                      | Whole School                |

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## General Notices

A polite reminder that the Enterprise and Marketing coursework for Year 10 will be sent off to the exam board on the 15<sup>th</sup> May. This is worth a third of their overall GCSE grade.

Your support is much appreciated to ensure that your child gets their work in to their teacher both on time and completed to the best of their ability.





## 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

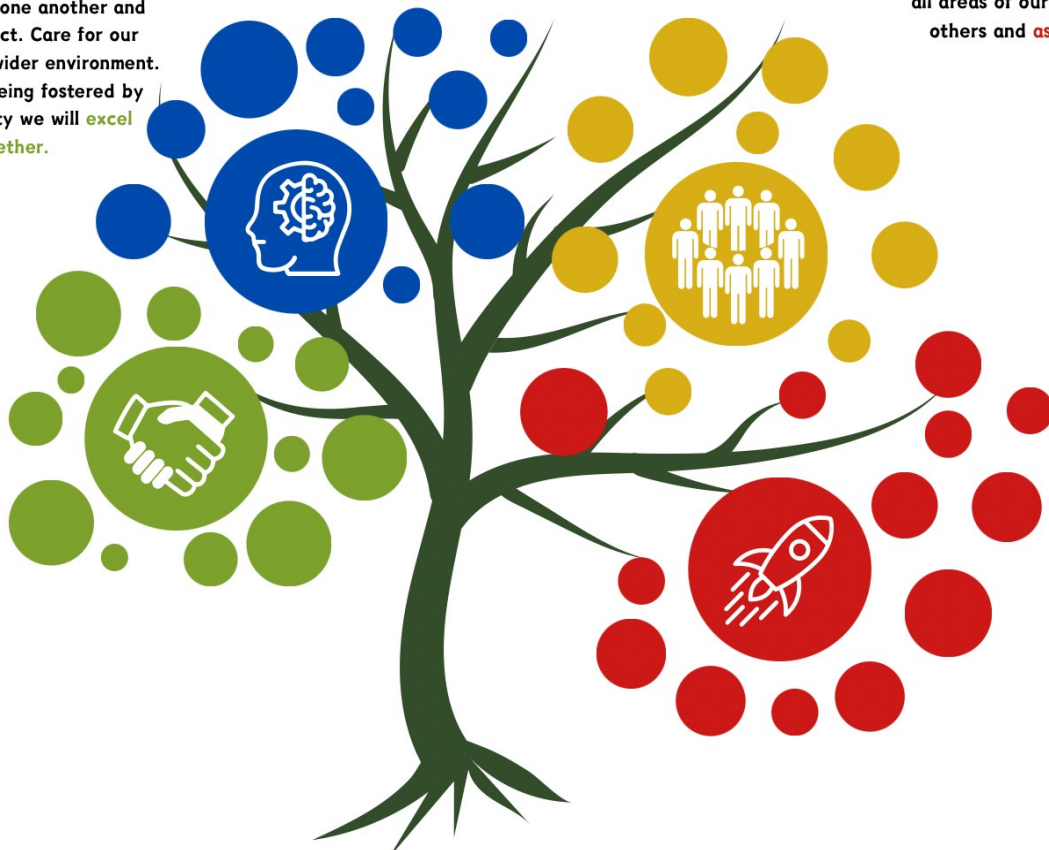
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

### 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**.





## Year 11 & 13 Exam Preparation—Equipment

### Equipment Required for an exam

We have recently become concerned over the number of students that do not have a scientific calculator in the run up to exams. There are multiple exams where students can take in a calculator and not have a calculator or scientific calculator will lead to a significant disadvantage for the student.

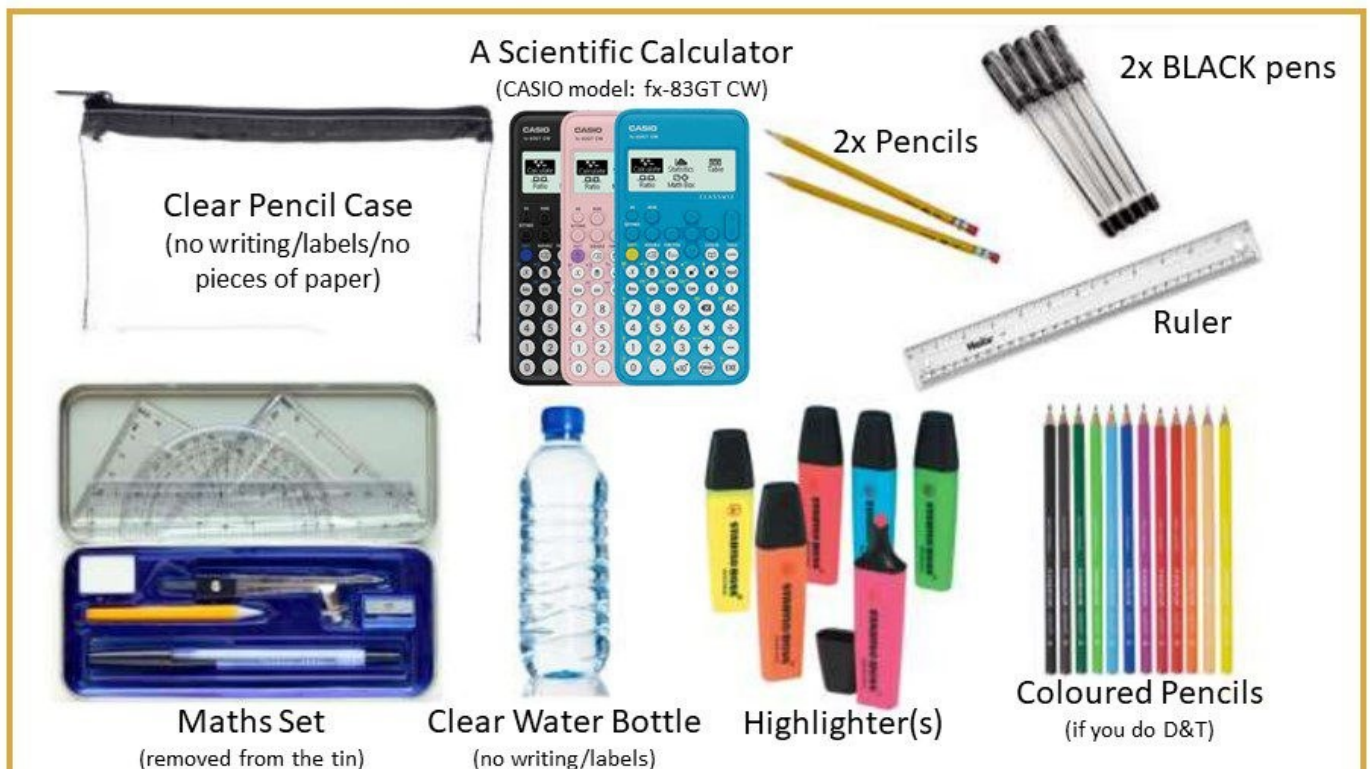
As a school we have a very small number of scientific calculators available for students that genuinely forget a calculator but not at the numbers that we currently believe will be required. To remind students and parents there is a mathematical element to multiple papers

- Maths paper 2 —required for the full paper
- Maths Paper 3—required for the full paper
- Physics (Combined and Separate) - 40 % of the paper
- Chemistry (Combined and Separate) - 30 % of the paper
- Biology (Combined and Separate) - 20 % of the paper
- Geography—10% of the paper
- Business Studies—10% of the paper
- Food and Nutrition—10% of the paper
- PE—10% of the paper

As you can see having a calculator can make a **BIG** difference to outcomes!

### Further equipment required

# Exam Equipment Essentials





## Year 11 & 13 Examinations



# GOOD LUCK

## Y11 & Y13 IN YOUR EXAMS

You've got this and we're  
incredibly proud of you.

*Good Luck!*

*Achieving Excellence*

**GOOD  
LUCK  
IN YOUR  
EXAMS!**

positive mind  
positive vibes  
positive life



Thank you to all parent &  
carers for sending in your  
year 11 good luck  
messages.

All students received good  
luck messages this  
morning.



## Year 11 Revision

### Sparx Science and Sparx Maths

All students in Year 11 have access to [Sparxscience.com](https://www.sparxscience.com) and [sparxmaths.com](https://www.sparxmaths.com) an online platform that learns from student answers to increase difficulty and range of questioning, it is an excellent revision tool.

To login you will be prompted for the school name, students should enter “The Appleton School” then they will reach the login page to which they can use their Google credentials:

**Sparx Science**

You are logging into:

The Appleton School [Switch school](#)

**G** Log in to Sparx using Google

or

**Use your Sparx login**

Username:  
sparxuser10

Password:  
Password

Log in

[New student?](#) | [Forgot login details?](#)

If students then click the “Independent Learning” button down the left-hand side they can then revise any topic they want, there are helpful clues or videos to aid understanding to help students answer the questions—a great tool for the final push of revision!



**Independent  
Learning**



## Year 11 Revision

### Revision is Rewarding

A prize draw to win £25 open to all Year 11 students, the more revision sessions attended the more entries you get—increasing the chances of winning! Draw will be done in assembly every Friday.

# REVISION IS REWARDING



#### Attend

Revision sessions



#### Entry

For every attended revision session



#### Win!

Chance to win a **£25** gift voucher

#### 3 runner up prizes of golden tickets

Prize draw every Friday, one entry for every revision session attend, the more you attend the greater the chance!



## 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 Arbor 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.**

|      |                          |       |
|------|--------------------------|-------|
| 702  | Miss Gough               | 96.0% |
| 807  | Mrs Claxton              | 97.2% |
| 909  | Mr Kyprianou/Miss Bowles | 98.4% |
| 1003 | Mrs Bryant/Mr Asare      | 94.0% |
| 1107 | Mrs Edwards/Mrs Dowle    | 93.4% |





# 80th Anniversary of VE Day



On the 8th May The Appleton School observed a two minute silence at 12 midday. Our students in uniformed organisations met with Ms Cox in the garden to mark the anniversary.





# The Appleton School 16 day 100% Attendance Challenge

Commencing Thursday 1st May

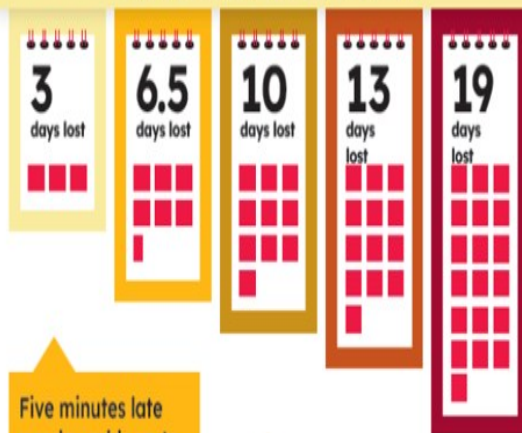


Here, every day, ready and on time

Minutes lost per day

|           |            |            |            |            |
|-----------|------------|------------|------------|------------|
| 5 minutes | 10 minutes | 15 minutes | 20 minutes | 25 minutes |
|-----------|------------|------------|------------|------------|

equates to a yearly loss of:



Five minutes late per day adds up to three learning days lost in a school year

If 15 minutes late each day you will miss two full weeks of school in one year



# 90% OF SUCCESS IS TURNING UP



## General Notices

### Attendance

Please note, when reporting your child's absence from school please report this by the **Arbor App** or email:

[absence@theappletonschool.org](mailto:absence@theappletonschool.org)

Just a reminder the back gate locks at 8.30am after this time you will need to enter via students services in Croft Road.



# Attendance Matters





## PE Fixtures

### Tuesday 13th May

Boys National Cup Athletics 1st Round at Chelmsford-7.30am meet

### Wednesday 14th May

Year 7 Boys Essex Cup Final vs Riverside at Aveley FC 3.30pm KO

Girls National Cup Athletics 1st Round at Blackshots –7.30am meet





# Safeguarding

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](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

### 1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

### 2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

### 3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

### 4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

### 5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

### 6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

### 7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

### 8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

### 9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

### 10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



Source: See full reference list on guide page at: [nationalcollege.com/guides/fostering-a-sense-of-belonging](http://nationalcollege.com/guides/fostering-a-sense-of-belonging)

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/www.thenationalcollege

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@wake.up.weds

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## General Notices

### Book of the Week: King of Nothing by Nathanael Lessore



## The Appleton School Book of the week



**Title: King of Nothing**  
**Author: Nathanael Lessore**

ANTON AND HIS FRIENDS ARE THE KINGS OF YEAR 9. They're used to ruling the school and Anton wears the crown. The other kids run away when he's about but that's the way he wants it - he's got a reputation to live up to after all. So when he gets into serious trouble at school, he doesn't really care, but his mum most definitely does. She decides it's time for Anton to make some new friends and join the Happy Campers, a local activity group. Anton would quite literally rather do anything else, especially when he finds out Matthew, the biggest loser in school, is also a member.

But after Matthew unexpectedly saves Anton's life, Anton figures maybe this kid is worth a shot. Teaching him some game is the least Anton can do to repay the debt.

As the boys strike up an unlikely friendship, Anton finds himself questioning everything he thought was important. Does he want ruling the school to be his crowning glory or should he set his sights on better things?





## Jack Petchey

The Jack Petchey Foundation was set up by Sir Jack Petchey CBE to inspire and celebrate young people. Since 1999, over £143 million has been invested in programmes to benefit young people aged 11-25 across London and Essex.

Jack Petchey is about recognising achievement from all our young people. If you are aware of any of our students that have done something inspiring in our local community, please contact us, as we would love parents, along with our teachers, to nominate our students who deserve that additional credit. Please use the link below.

<https://forms.gle/oEPqthvNKFhCWADp9>



THE APPLETON SCHOOL PRESENTS

# PROM 2025

We are excited to announce that we have received some new prom dresses from Lady McAdden.

If you would like to view our catalogue or register your interest, please contact our

Main Office:  
01268 794215





ACL

FREE!



## Empower Your Child, Ease Their Anxiety

Children and teens today face immense pressure from various sources, including transitions, exams, online, peer pressure or daily life.

Join our FREE sessions designed to help you to understand, and support your child/teen manage their stress, anxiety, or other emotions. Together, we can create a healthier, happier environment for our young, and not-so-young, ones.



Enrol now to make a positive difference in your child's life!  
Scan the QR code, Visit our website [aclessex.com](https://www.aclessex.com) and type  
'CHILD ANXIETY' or 'TEEN ANXIETY' in to the 'Find a course...'  
box or phone 0345 603 7635



COMMUNITY &  
FAMILY LEARNING



Essex County Council



# Too Much Couch Time?

Could you benefit from a motivational challenge that starts your health and fitness journey on the right track?



Have a question?  
SCAN ME



## Fully Funded and Rewarding

- 9 Week health & fitness programme
- Award winning
- Safe, Supportive & Social



Get your Backside to the Trackside for our fully funded and rewarding nine week fitness programme. Build your fitness gradually in a safe, supportive and social environment and be led by our experienced, motivational fitness trainers who are there with you every step of the way.

**The programme will finish with a 5km Fun Event**



Find us on Facebook at 'Backside To Trackside CIC' for more information.



Dear parent/carer,

Wednesday 21 May is National Numeracy Day - the UK's only day dedicated to everyday maths.

It's a day that celebrates the importance of numbers for both children and adults alike, building brighter futures through confidence with numeracy and inspiring everyone to improve their skills.

The charity National Numeracy has teamed up with celebrities and experts to create free, fun and engaging activities for all ages to get involved in and feel good about numbers together!

One of the best ways to support children to feel good about numbers is to feel confident yourself, and create a maths-positive environment. National Numeracy has lots of free resources to help adults, so you can support your children with maths, and boost your own numeracy skills too!

Head to the National Numeracy Day website to find out more and access free resources: <https://www.nationalnumeracy.org.uk/numeracyday>

As part of this, year 7 and 8 can take part in the Number Heroes Competition - a drawing competition all about using numbers in jobs and hobbies, through which children can win a prize for themselves as well as a prize bundle for the school worth hundreds of £££s.

#### **How to enter**

Create a picture of yourself doing your dream job or hobby - you can draw, paint, collage, use a computer, or use any other way you'd like to create your picture!

When you grow up, how will you use numbers in your life? Maybe you would love to be a firefighter, fashion designer, or footballer? Or do you see yourself as a scientist or a secret agent?

Let your imagination run wild, and create a picture of how you will use numbers in your dream job or hobby.

Don't forget to add your **first name, last initial, and year group!**

If your child wishes to enter, they can create their picture on any paper and pass the entry to **Mrs Clare in S12, before 2<sup>nd</sup> June** to be submitted.



Dear parent/carer,

As we approach **National Numeracy Day** on Wednesday 21 May - it would be good to consider your own relationship with numeracy.

## HOW DO YOU FEEL ABOUT MATHS?

Many people respond to this question by telling us that they feel negatively about maths. This could be from a bad experience when they were younger or feeling under pressure from others.

Some might have been told they're "not a numbers person" or might not have known where to get support.

**Remember:**

- However you feel about maths, you're not alone.
- Feeling a certain way about maths is not the same as being bad at maths.
- No matter how you feel right now, you can always build your number confidence and skills.



### **What do we mean by numeracy?**

Numeracy is not long equations and abstract ideas; numeracy is the maths skills we use in our daily lives and work often without even realising it. Numeracy is understanding how maths works in the real world and being able to apply it to help make the best possible decisions. Our confidence with numeracy can have a direct impact on our wellbeing.

Managing money is one way that numeracy skills can support us. Click the link [here](#) to hear about some people's experiences.



Many of us want to strengthen our numeracy and maths skills but are often held back by feeling that this is something that we can't improve. Being good with numbers is not a special talent it is something we can all learn. With practice these skills become easier over time.

Watch this short [video](#) explaining the National Numeracy Challenge. You can start in just 10 minutes, and go at your own pace, when and wherever you like!

## The National Numeracy Challenge

National Numeracy Challenge is a free and easy-to-use website you can use to improve your confidence with numbers.

You can use the Challenge on your phone, tablet or home-computer. Save your progress as you go - no timer means you can dip in and out in your own time.

Why not check your numeracy your numeracy skills by taking the National Numeracy Challenge! [Click here](#)



## 7 TIPS FOR FEELING GOOD ABOUT NUMBERS

**However you feel, you're not alone.**

1. Have a go and stick with it. You might find that the way you feel about maths changes over time.
2. Keep practising and your confidence and skills can grow.
3. Find a comfortable space to be in, without distractions.
4. It's ok to be honest about how you feel.
5. Challenge your own beliefs.
6. Try not to compare yourself to others.
7. Take your time.





## General Notices

### DESIGN A MURAL COMPETITION: 2025 Grantham Climate Art Prize

Students aged 11 – 25 are invited to enter the 2025 [Grantham Climate Art Prize](#) by designing a mural to draw attention to the climate crisis. Two murals will be unveiled at Imperial College London in 2025. Designs for the first mural – at South Kensington campus – are now being sought. The winner will get a £200 prize and three runners up will get £100 each – all in gift vouchers.

Students from schools, colleges and universities can submit a design for the mural with the theme From Grey to Green – focusing on the importance of boosting nature and green innovation to allow us to have a more sustainable future, which will be better for the planet and for our physical and mental health.

The winning design will be transformed into a large-scale (9.4m by 2m) mural by a professional artist while runner-up designs will be exhibited on the campus.

The art prize is a biennial competition and previous themes have included British Biodiversity Loss (2021) and A Greener, Cleaner, Cooler World (2023), inspired by our 9 things you can do about climate change: [www.imperial.ac.uk/stories/climate-action/](http://www.imperial.ac.uk/stories/climate-action/). As well as the 12 murals across Great Britain – from Brighton to Glasgow – we've had exhibitions of winning and runner-up designs at COP26, in museums, and on billboards in London's transport hubs.

Enter via the competition webpage: [www.imperial.ac.uk/grantham/events/grantham-art-prize/](http://www.imperial.ac.uk/grantham/events/grantham-art-prize/) The deadline is 31 January 2025. Otherwise you need to you can send a clear photograph of your landscape style design as a JPEG, PNG or GIF less than 20MB to [granthamartprize@imperial.ac.uk](mailto:granthamartprize@imperial.ac.uk) with **your name, email address, date of birth, age, title of your artwork and a brief description of the design**. If sending several entries (teachers) please do so separately, or by [www.wetransfer.com](http://www.wetransfer.com) with the required info for each image.

ENTER HERE ↓ QR SCAN



IMPERIAL Grantham Institute





# Exploring Sleep and Emotions in Adolescence

Are you aged between 16-18? Would you like to take part in an online research project?



## What is the research about?

We are exploring the relationship between sleep and emotions in late adolescence. How much impact does a bad night's sleep have on our ability to process emotions?

We are looking for 16-18 year olds living in the UK and we welcome those from all backgrounds to take part.

Whilst lots of us know that sleep is important (especially for teens), scientists are still learning about how sleep impacts our lives. By participating in this study, you will be helping to contribute to the scientific understanding of sleep!

## Who is conducting this research?



My name is Hannah and I'm a Trainee Educational Psychologist at the University of Southampton. I am interested in learning more about sleep and its impact on adolescents. You are welcome to email me if you have any questions:

✉ [H.L.Ravenhall@soton.ac.uk](mailto:H.L.Ravenhall@soton.ac.uk)

The University of Southampton Research Ethics Committee has granted ethical approval for this research. ERGO-II number: 100209  
Version 4.0 • Date: 17/01/2025

For taking part, you will have the chance to win a £20, £50 or £100 Amazon voucher!

## Tasks

If you would like to take part, you will need to:

1) Log onto a laptop/computer (unfortunately, this cannot be done on a mobile phone or tablet)



2) Scan the QR code or follow the link:  
<https://tinyurl.com/teen-sleep-research>



3) If you choose to take part in the study, you will:

- Answer questions about yourself (e.g. your age, gender, lifestyle)
- Answer questions about your sleep
- Answer questions about your feelings and emotions
- Complete tasks which involve recognising emotions



30

MIN

We expect this to take about half an hour.



Following your participation, you can enter the prize draw by providing your email address, (please note, your personal information will not be held for more than 12 months after the study)



# MERCURY

**FREE**  
drama classes  
for 13-17s!

Scan to  
find out more



## Mercury Young Company in the Community

Basildon • Clacton • Colchester





# Bouldering Club 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

## Join the bouldering club

Following the taster session, participants can join the Bouldering Club, which meets weekly and requires advanced booking.

Wednesdays, Term time  
Time: 4.30pm - 5.30pm  
Ages 6-17yrs  
Bookable via the membership zone

## 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.



STRM - SEND the Right Message  
Registered Charity 1193572



To register, scan the QR code or contact:  
[info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)



REGISTER HERE

## Why Bouldering helps?

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.



## What are the signs of dysregulation?

- difficulty managing frustration
- emotionally reactive behaviours
- sporadic impulse control
- struggling with problem-solving

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.

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
- Develops autonomy
- Enhances self-confidence and self-esteem
- Strengthens sequential thinking
- Builds trust
- Promotes decision making
- Gain confidence to take responsibility to make their own choices

Free STRM charity membership registration is required before booking.

Watch our YouTube video about our Bouldering Club at Indirock





**Essex Child and Family  
Wellbeing Service**



## **South East School Age Community Drop-in**

The School Age team at Essex Child and Family Wellbeing Services will provide drop-ins for parents/carers and school aged young people across South East Essex. The drop-ins are available for all young people including those who may be home educated or unable to access the support they require in the school environment.

Support offered:

- Emotional health and wellbeing
- Improving sleep
- Nutrition support
- Physical and sexual health
- Personal hygiene
- Managing health conditions
- Signposting, advice and support.

**No need to book, just come along**

For more information  
Tel:0300 247 0013 (Mon-Fri 9am-5pm)

### **Oak Tree Family Hub**

Groveswood Primary School  
Grove Road, Rayleigh, SS6 8UA

#### **School Age Parent Drop in**

9:15 - 10:15

#### **Young People's Drop in**

15:15 - 16:15

Every **Thursday**

### **Little Lions Family Hub**

Northwick Park Academy  
Third Avenue, Canvey Island, SS8 9SU

#### **School Age Parent Drop in**

9:15 - 10:15

#### **Young People's Drop in**

15:15 - 16:15

1st and 3rd **Thursday** of the month

### **Little Handprints Family Hub**

Thundersley Primary School, Dark Lane,  
Thundersley, Essex, SS7 3PT

#### **School Age Parent Drop in**

9:15 - 10:15

#### **Young People's Drop in**

15:15 - 16:15

2nd and 4th **Thursday** of the month

Service commissioned by:





# THE HUB CAFE ARE HIRING!

RELIEF CATERING ASSISTANTS



Salary: £12.00ph  
(plus an additional 12.69% to cover holiday pay)

For more information and to apply visit  
[www.salvationarmy.org.uk/jobs](http://www.salvationarmy.org.uk/jobs)  
or call 01702 426260





Every volunteer  
Making every  
day count.

## Could you give the gift of time?

We're looking to recruit volunteers in a number of areas to help us make a difference to the adults, children and young people we care for.

From helping in the bistro or garden to volunteering in our shops, we have a wide range of opportunities to choose from. Find out more at [havenshospices.org.uk/volunteering](https://havenshospices.org.uk/volunteering) or scan the QR code opposite.



Scan me!

T 01702 426 237  
E [volunteering@havenshospices.org.uk](mailto:volunteering@havenshospices.org.uk)



[havenshospices.org.uk/volunteering](https://havenshospices.org.uk/volunteering)

Registered Charity Number 1022119

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REGULATOR



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**Foster**

with Thurrock Council  
thurrock.gov.uk/fostering

#MakeADifference  
and become a

**Foster  
Carer**

**ENQUIRE  
TODAY**

Freephone 0800 652 1256  
fostering.adoption@thurrock.gov.uk

 [thurrock.gov.uk](http://thurrock.gov.uk)



 /thurrockfostering



# Foster

with Thurrock Council  
[thurrock.gov.uk/fostering](http://thurrock.gov.uk/fostering)

ENQUIRE  
TODAY

**#MakeADifference** and become a

# Foster Carer

Freephone 0800 652 1256

[fostering.adoption@thurrock.gov.uk](mailto:fostering.adoption@thurrock.gov.uk)

 [thurrock.gov.uk](http://thurrock.gov.uk)



## SEND Drop in Sessions



### SEND Drop In Session

An opportunity to speak to our Additional Needs Early Intervention Team to get advice and support - no diagnosis is required.  
Suitable for families\* and professionals

Northlands Park Family Hub

Davenants, Basildon, SS13 1QX

1st and 3rd Tuesday of each month 3.30pm to 4.30pm

Fryerns Delivery Site

Greenshoots Building Churchill Avenue, Basildon SS14 2EQ

1st Thursday of each month 9.30am to 10.30am

All About Delivery Site

James Hornsby High School, Leinster Road, Laindon SS15 5NX

3rd Tuesday of each month 10am to 11am

Highcliffe Delivery Site

Rettendon View, Wickford, SS11 8JE

2nd Wednesday of each month 10am to 11:30am

Sunnyside Delivery site

Rosebay Avenue, Billericay CM12 0GH

2nd Thursday of each month 10am to 11am

Little Lions Family Hub

Northwick Park Academy, Third Avenue, Canvey Island SS8 9SU

4th Monday of each month 1.30pm to 2.30pm

Oak Tree Family Hub

Groveswood Primary School, Grove Road, Rayleigh, SS6 8UA

2nd Friday of each month 1.00pm to 2.00pm

\*Children do not have to accompany parents/carers to drop in

Call 0300 247 0013 to speak to one of the

Additional Needs Early Intervention Co-ordinators (ANEIC)

**Essex Child and Family Wellbeing Service**

Service commissioned by:



**No Booking Required**



# Study Programme

# OPEN DAY

2025/26

TCHC BASILDON  
**GAPS**  
CENTRE



Come and join in on our open day where you will get the chance to explore our Basildon GAPS Centre and get a feel for what our Study Programme has to offer!

## Study Programmes:

- **Business & Retail**
- **Employability**
- **Future Skills**
- **Nail & Beauty**
- **Health & Care**

Including Functional Skills English and maths, Skills for Work and Work Experience opportunities.

**16-18 years old**  
(and 16-24 with an EHCP)

2025/2026  
Admissions



Register your  
interest!



## When & Where

Wednesday 28<sup>th</sup> May 📅

10am - 2pm 🕒

3rd Floor, 88 Southgate House, 📍  
Town Square, Basildon, SS14 3EE

**Contact the Centre for  
more information:**

01268 203841

[basildon.gaps@tchc.net](mailto:basildon.gaps@tchc.net)

[www.tchc.net](http://www.tchc.net)





BASILDON  
**GAPS**  
CONSTRUCTION  
CENTRE



Register your  
interest!

# FURTHER EDUCATION OPEN DAY



Come and join in on our open day where you will get the chance to explore our Basildon GAPS **Construction Centre** and see how we can help you build your future!

**16-18 years old**  
(and 16-24 with an EHCP)

## WHEN & WHERE

Thursday 29<sup>th</sup> May

10:00am - 16:00pm

16-18 Bowlers Croft,  
Honywood Road, Basildon,   
Essex, SS14 1BN





## Community & Family Learning

ACL

COMMUNITY & FAMILY LEARNING

**FREE**

ONLINE WORKSHOPS  
FOR  
PARENTS & CARERS



NEW session  
subjects added  
regularly!

SETTING BOUNDARIES  
MANAGING BIG EMOTIONS  
UNDERSTANDING CHILDREN'S ANXIETY  
SAVE ENERGY, SAVE MONEY  
WINTER BUDGETING



SCAN ME

FOR MORE INFORMATION, OR TO ENROL...[SCAN QR CODE](#), [CLICK HERE](#), OR [VIEW WEBSITE](#)...

NEED HELP? EMAIL [ACLFAMILYLEARNING@ESSEX.GOV.UK](mailto:ACLFAMILYLEARNING@ESSEX.GOV.UK)



'FAMILY LEARNING'  
[ACLESSEX.COM](http://ACLESSEX.COM)



Essex County Council

**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**

[Arbor](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

## **Term Dates**

Please click on the following link to go direct to the site:

<https://www.theappletonschool.org/parents/term-dates>

Please click on the following link to go direct to the document:

[https://www.theappletonschool.org/user/pages/04.parents/09.term-dates/Term\\_Dates\\_2024-25.pdf](https://www.theappletonschool.org/user/pages/04.parents/09.term-dates/Term_Dates_2024-25.pdf)

## **Summer Term Dates 2025**

Monday 21st April **Bank Holiday**

Tuesday 22nd April **Students return**

Monday 5th May **Bank Holiday**

Monday 26th May – Friday 30th May **Half Term**

Friday 18th July **Last day of term**

Monday 21st July **Non-pupil day**

THE APPLETON  
SCHOOL

Croft Road  
Benfleet  
Essex  
SS7 5RN

Phone:  
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Quick Links

[Arbor](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

## Revision Resources & Extra-Curricular

### GCSE Revision Resources

We have provided a wide range of resources to aid your child 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

Please click on the following link to go direct to the site:

<https://www.theappletonschool.org/parents/clubs-and-activities>

Alternatively, you can access the time tables directly via the following links:

<https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/PE%20Extra-Curricular%20Timetable%20February-April%202025.pdf>

<https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/Extra%20Curricular%20Clubs%20and%20Activities%20Appleton%20School.pdf>