



The Appleton School Parent Bulletin

23.05.25

Key Dates:

12.05.25 –24.06.25
Year 11/13 exams

Follow us on:

Facebook

[The Appleton School](#)



Instagram

[The Appleton School](#)



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	22027
Nightingale	22446
Tull	25889
Turing	23148
Grand Total	93510

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



Correspondence sent out this week

Date	Letter	Year/whole school
21.05.25	Year 11 Study Support Final Arrangements	Year 11
22.05.25	Parental Letter - Toilet Passes	Whole School
23.05.25	Drop Down Session Post Half Term	Year 11





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

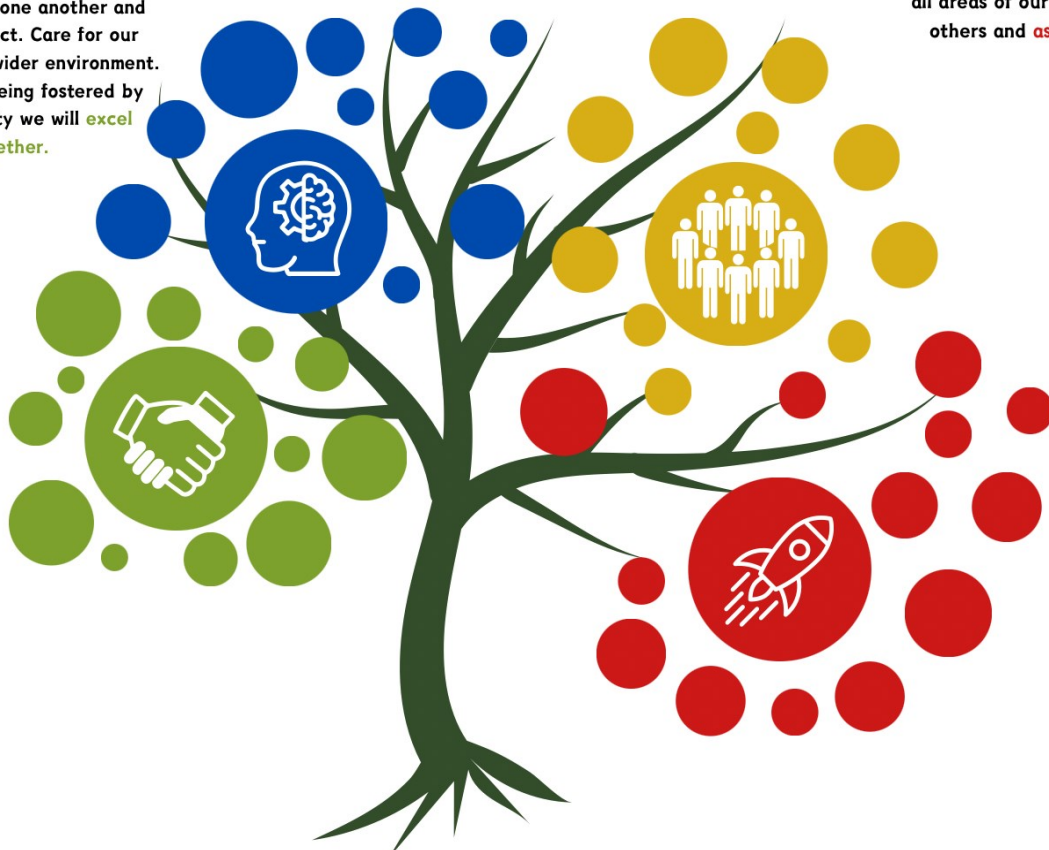
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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**.





General Notices



Wishing our students,
parents, carers and staff a
fun filled Half Term.

We look forward to
welcoming everyone back
on Monday 2nd June.

We will be following our
Week A timetable on our
return.





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.

706	Mr Fares	94.8%
807	Mrs Claxton	99.3%
905	Mr Marshall	95.4%
1009	Miss Boddy	90.3%
1105	Mr McGorry	87.2%





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

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





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.

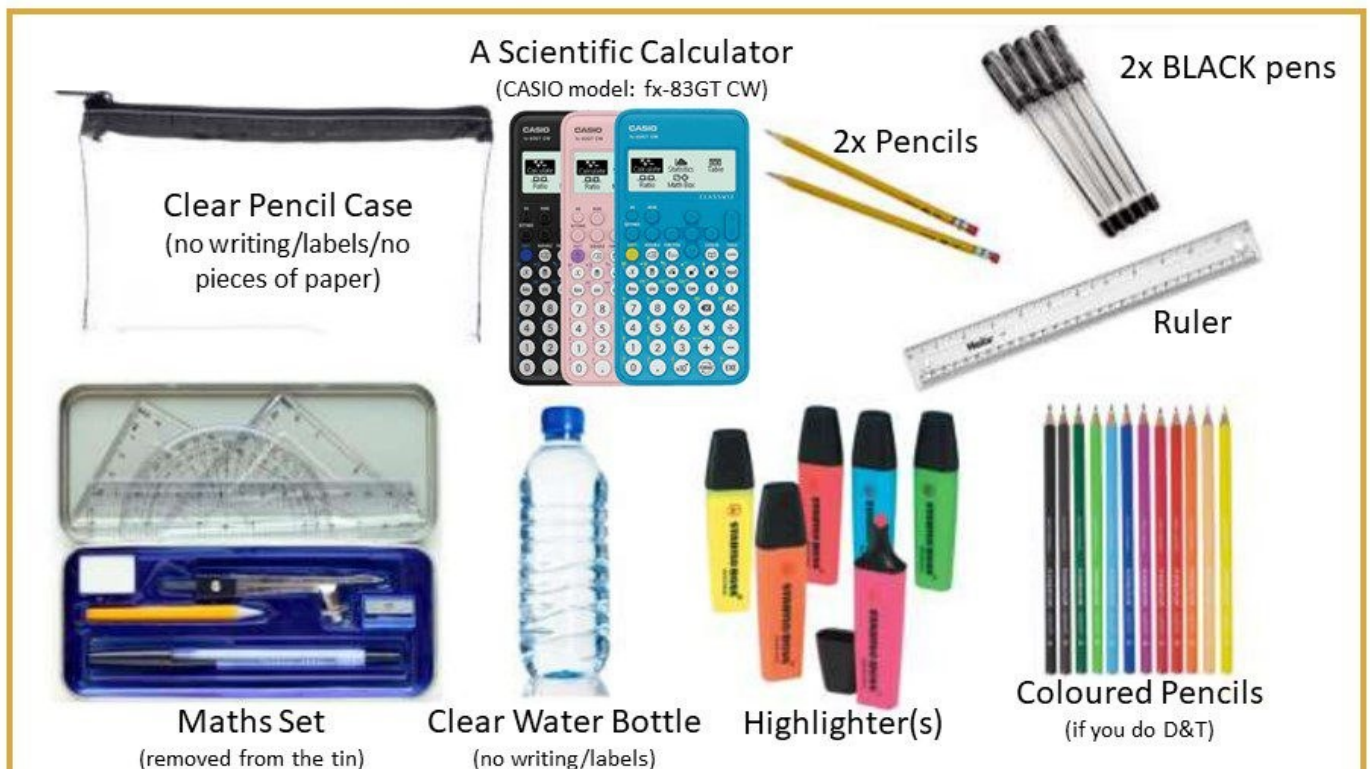
As a school we have a very small number of scientific calculators available for students that genuinely forget a calculator but not at the numbers that we currently believe will be required. To remind students and parents there is a mathematical element to multiple papers

- 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





May Half Term Intervention



May Half Term Intervention Schedule

Subject	Day	Date	Time	Location Room/Online	Teacher	Students Invited
History	Tuesday	27/05/2025	09:00-12:00	N4	Ms Cox	A Level History
Triple Physics	Tuesday	27/05/2025	09:00-11:00	T12	Mr Hannan	Triple Scientists
French	Tuesday	27/05/2025	11:00-13:00	S2	Mr Gnahore	Selected Year 11 students
Astronomy	Tuesday	27/05/2025	11:30-13:00	T12	Mr Hannan	Astronomers
A-Level Physics	Tuesday	27/05/2025	13:30-15:30	T12	Mr Hannan	A level Physicists
Science	Wednesday	28/05/2025	09:00-11:00	Online	Dr Reay	All Science students
Music (Listening and Appraising)	Wednesday	28/05/2025	10:00-14:00	I3	Mr Sargeant	Selected Music students
A-level Biology	Wednesday	28/05/2025	10:00-12:00	T24	Miss Clifforth	A Level Biologists
Chemistry	Wednesday	28/05/2025	13:15-15:15	T31	Miss Aiyegbusi	A Level Chemistry
Mathematics	Thursday	29/05/2025	10:00 -13:00	S10	Mr Lewis	11X2 - Mathematics
French	Thursday	29/05/2025	11:00-13:00	S2	Mr Gnahore	Selected Year 11 students

Achieving Excellence



Year 11 & 13 Examinations



GOOD LUCK

Y11 & Y13 IN YOUR EXAMS

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



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

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!



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**



PE News



Congratulations to the Year 7 Football Team!

Although the team narrowly lost 2-1 to a strong Riverside side in the Essex Cup Final, their performance throughout the season has been nothing short of exceptional.

Reaching the final is a remarkable achievement—especially as they become the first Appleton School football team to ever reach this stage of the Essex Cup.

Well done to all the players for their dedication and hard work, and a special mention to Alfie M, our goalscorer in the final!





PE Fixtures

Tuesday 3rd May 2025 - Years 7-8 Athletics friendly at Fitzwimarc.

Thursday 5th May 2025 - Junior Boys, Inter Boys, Inter Girls Regional Finals at Chelmsford.





SHOUT OUTS

Mrs Powell would like to give a shout out to her class 8N3 who were fabulous during their English assessment this week and I'd like them to be recognised for their efforts .
Well Done!



The Junior Mathematical Challenge is a 60-minute, competition aimed at students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The challenge is designed so that at least some questions are accessible to all but also to stretch the most enthusiastic mathematicians. Around 275,000 students in Years 7 or 8 are entered for the challenge each year.

The UKMT award the highest-scoring 40% of those entered with gold, silver, and bronze certificates in the ratio 1:2:3 and the highest-scoring participant in each school year is awarded a Best in Year certificate. Around 1000 high performing students from the Junior Mathematical Challenge are invited to sit the Junior Mathematical Olympiad follow-on round, with a further 8000 or so students invited to sit the Junior Kangaroo.

Congratulations to Alexandru Popa in Year 7 and Lucas Woodley in Year 8 who both achieved Gold Certificates for this challenge. Both students go through to the next round – the Junior Kangaroo Challenge on June 10th. We look forward to seeing how they perform in June.

Well done to all 80 students who took part in the Junior Maths Challenge.





SHOUT OUTS

Miss Gough would like to shout out to my 9X2 Music class for all their hard work within the Musical Theatre Composition Scheme of Learning we have been currently working on, showing creativity and team work throughout the whole rehearsal process.

Miss Riley would like to also shoutout her Year 9 class, Some of the groups have been able to create their final pieces using Lino print. They have researched and taken inspiration from the art movement, German Expressionism. These are just a few examples of the amazing work they have all done!





SHOUT OUTS

Miss Sullivan shouts out to 9x1 for working really hard in all lessons on studying a new book - Blood Brothers - they have done some amazing analysis work based upon common themes. Attached work is Lucia Dawney, Myka Holland and Buhlebethu Hlongwa! Well done all

Friday 9th May 2025
Blood Brothers

Mr Mrs J gives baby to Mrs L
Mrs J never put new shoes on the table you'll never be upon the table
Mrs J says that it's bad luck
Mrs L tells Mrs J that if the twins were separated they both would die
Mrs J gives her baby to Mrs L
Mrs L knows about Mrs J being superstitious so she tells her a superstition that if the twins were separated they both would die
Mrs J forewarns the twins that if they are separated they both will die

"On God Mrs Lyons never put new shoes on the table you'll never be upon the table"
Mrs J says that it's bad luck
Mrs L tells Mrs J that if the twins were separated they both would die
Mrs J gives her baby to Mrs L
Mrs L knows about Mrs J being superstitious so she tells her a superstition that if the twins were separated they both would die
Mrs J forewarns the twins that if they are separated they both will die

Superstition
Motherhood
Both

Why is it important that Mrs Johnstones is Superstitious?
Mrs Johnstones is superstitious which foreshadows the possible death of someone later in the play.

Friday 9th May 2025
Blood Brothers

They say that if either twin learns he was once a pair, they shall both die. Mrs Lyons is taking advantage of the fact Mrs J is superstitious and therefore creates a false superstition to go-slight Mrs J into letting her keep the child.

New shoes on the table, take them off. Mrs Johnstones is superstitious believe its bad luck (Possible death) foreshadowing Mrs J is unlucky.

Give one to me. Even though she's trying to be discreet, it seems very forceful or imperative rather than asking. Motherhood. Portrays she's actually, is infertile Mrs J, he bought or has such a large house for the - for the Misbegotten Children Mrs

Superstition
Motherhood

"New shoes on the table, take them off."
Mrs J is very superstitious, which could portray a sense of worry, foreshadowing danger.
An idea or belief that has an outcome of either bad or good luck.
If it turns out that don't know each other's existence ever meet, they could die.
Mrs J is very superstitious, which could portray a sense of worry, foreshadowing danger.
An idea or belief that has an outcome of either bad or good luck.
If it turns out that don't know each other's existence ever meet, they could die.
Mrs J is very superstitious, which could portray a sense of worry, foreshadowing danger.
An idea or belief that has an outcome of either bad or good luck.
If it turns out that don't know each other's existence ever meet, they could die.

Motherhood
Mrs J is very superstitious, which could portray a sense of worry, foreshadowing danger.
An idea or belief that has an outcome of either bad or good luck.
If it turns out that don't know each other's existence ever meet, they could die.
Mrs J is very superstitious, which could portray a sense of worry, foreshadowing danger.
An idea or belief that has an outcome of either bad or good luck.
If it turns out that don't know each other's existence ever meet, they could die.



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>



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.

What Parents & Educators Need to Know about

VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'tough off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialawuk.com for more.



@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.06.2025



Book of the Week: Greenwild-The World Behind The Door by Pari Thomson



The Appleton School Book of the week



Title: Greenwild - The World Behind The Door
Author: Pari Thomson



Daisy Thistledown has escaped from boarding school and has a mystery to solve. Her search for her missing mother will lead her across London and through a hidden doorway to another world, filled with plants and bursting with magic: the Greenwild.



But all is not well in this astonishing land. Before long Daisy finds herself confronting a dangerous presence that threatens green magic on both sides of the door. Daisy must band together with a botanical genius, a boy who can talk to animals, and a cat with an attitude, to channel the power that can revive the Greenwild and find her missing mother - and save her own world too.





General Notices

Below is a photo of Mrs Silvey's two sons, ex Appleton pupils, their Dad and friends who all done a 14,000 foot sky dive to raise money for Yellow Door.

They raised over £4000.





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



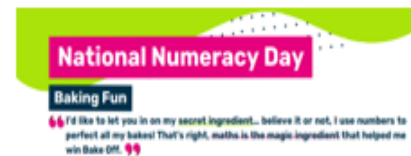
Here are some ideas that you could do with your children to see how using number can support a range of different activities.

Baking Activities

Click photo below to watch a short video



Click the visual below to access the [Baking](#) fun recipe, instructions and ideas to incorporate numeracy.



Dance Activity

Dance with Strictly Come Dancing's Katya Jones. Click the image below to access the video.



How is number supporting you to learn the routine?

If you enjoyed that there is another dance you can learn here!



Money Activities from Mr Money Jar

Click on the image to see a short introduction



Download the activity by clicking on the image below





MERCURY

FREE
drama classes
for 13-17s!

Scan to
find out more



Mercury Young Company in the Community

Basildon • Clacton • Colchester





H.O.M.E HUB
Helping, Overcoming, Motivating, Exploring

Mental Health & Well-being Event

Saturday June 21st

1:00pm - 7:00pm

**The South Benfleet Playing Fields
Brook Road, South Benfleet, SS7 5JF**

Fell free to bring your own picnic blankets

In collaboration with **Together In Mental-Health Empowerment**
The Men's support group

**Free
Entry**

**A FREE MENTAL HEALTH AND WELLNESS
DAY FOR ALL THE FAMILY**

INCLUDING



LIVE MUSIC • SUMMER SOLSTICE CEREMONY & WORKSHOP

**Drama in Mind • Punching for Purpose • Primal Play • ADHD & MINDSET
Coach • Holistic Wellbeing Practitioners • Hair Braiding • D&G Birds of Prey
• Face Painter • Tea • Cakes • Raffle •**

Cash Prize Giveaway and much, much more.

What the H.O.M.E Hub Will Offer

Mental health support, workshops & fitness sessions.

Youth clubs with skill-building & social opportunities Special Educational Needs & Disabilities.

(SEND) daily programs, A food bank, soup kitchen & warm rooms during winter.

Digital Inclusion, access to internet and free skill classes.

Supporting community café & food outlet creating local job.

Outdoor wellness spaces and activities.

Classes and community events to foster inclusion.

This isn't just a building — it's a lifeline for our community.

Join Us and Get Involved Today!



07720 710 698



info@homehub-benfleet.co.uk

Website Coming Soon -
www.homehub-benfleet.co.uk





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.



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

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)



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



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



info@strmsupport.co.uk 07359 068 827 www.strmsupport.co.uk



**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
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 or scan the QR code opposite.



Scan me!

T 01702 426 237
E volunteering@havenshospices.org.uk



havenshospices.org.uk/volunteering

Registered Charity Number 1022119

Created in RightMarket - 13/1/2023 - 13:05:41

Registered with



FUNDRAISING
REGULATOR



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

 thurrock.gov.uk



 /thurrockfostering



Foster

with Thurrock Council
thurrock.gov.uk/fostering

ENQUIRE
TODAY

#MakeADifference and become a

Foster Carer

Freephone 0800 652 1256

fostering.adoption@thurrock.gov.uk

 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



Press release

Parents of teens reminded to extend Child Benefit claim online

Parents of 16 to 19 year olds can go online to extend their Child Benefit claim to guarantee payments in September.

From: [HM Revenue & Customs](#)

Published 13 May 2025



Full details from HMRC can be found here: [parents-of-teens-reminded-to-extend-child-benefit-claim-online](#)



Study Programme

OPEN DAY

2025/26

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)



TCHC BASILDON
GAPS
CENTRE



2025/2026
Admissions



Register your
interest!



When & Where

Wednesday 28th 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

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 29th 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



'FAMILY LEARNING'
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

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

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:
01268 794215

Email:
info@theappletonschool.org

Website:
www.theappletonschool.org

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>