



The Appleton School Parent Bulletin

28.03.25

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	19101
Nightingale	19741
Tull	22217
Turing	20085
Grand Total	81144

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

Key Dates:

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Instagram

[The Appleton School](#)



Turing Presents

Most awaited charity event



01.04.2025



F O T B A L L

After school

Staff vs Staff



K A R A O K E

At lunchtime - Main Hall





Correspondence sent out this week

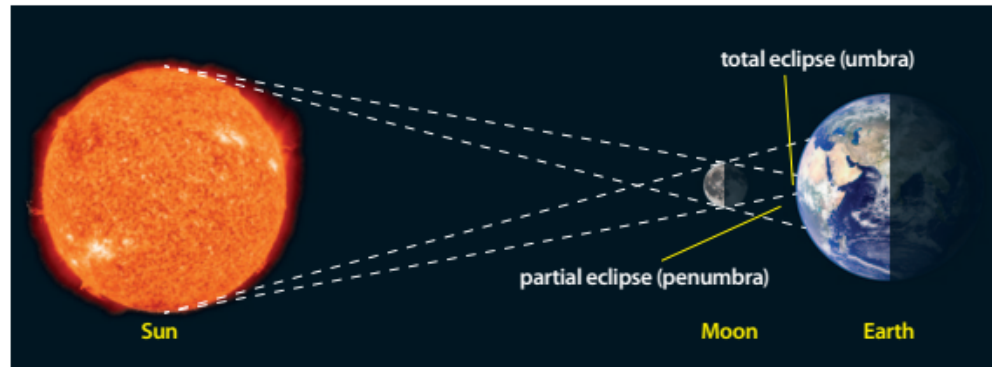
Date	Letter	Year/whole school
24.03.25	Group photos 11 25	Year 11
24.03.25	Group photos 13 25	Year 13
25.03.25	End of Term Arrangements April 2025	Whole
27.03.25	Year 10 GCSE Revision Guides	Year10





Solar Eclipse

This Saturday we are treated to a partial solar eclipse that should peak around 11am. Below are some safe suggestions for viewing the partial eclipse, **remember to never look directly at the Sun or using telescopes/binoculars without a filter!**

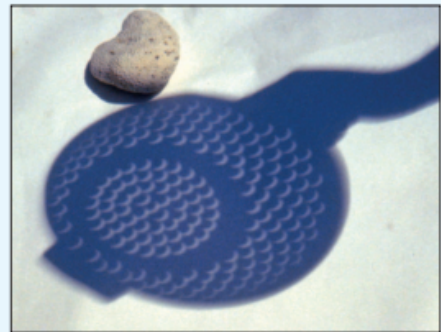


How a solar eclipse works

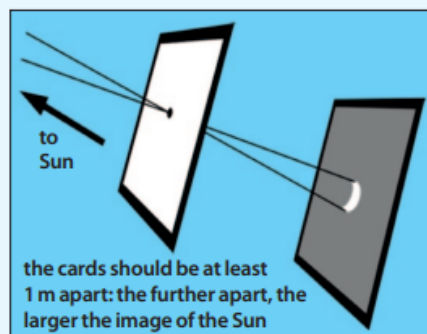
A solar eclipse occurs when the Moon comes between the Earth and the Sun and blocks out the light from the Sun. As the Earth and the Moon continue to move in relation to the Sun, the area of the total eclipse moves across the surface of the Earth. Thus the eclipse can be seen at different times from different parts of the world. (Note that the diagram above is not to scale.)

Colanders

By far the simplest way to view an eclipse is to use an item you normally find in the kitchen: a colander. Stand with your back to the Sun and hold the colander in one hand and a piece of paper in the other. Hold the colander between the Sun and the paper and watch as you safely observe many images of the eclipse on one piece of paper!

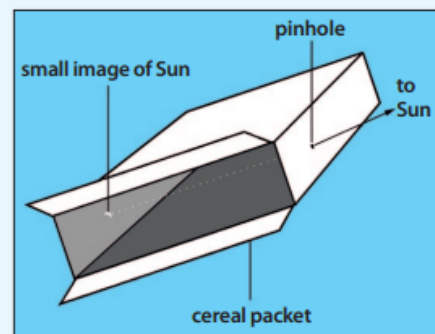


Pinhole viewers



A simple yet safe way to view the solar eclipse is by making a pinhole viewer.

Pinholes allow light through them, and can create an image like a lens. All you need for this are two pieces of white card. Poke a small hole in one piece of card using a compass or a similar tool. Stand with your back to the Sun. Hold both cards up, with the one with the pinhole closer to the Sun. The light through the pinhole can be projected on to the other



piece of card, allowing the eclipse to be viewed safely.

An alternative to this is to use a cereal box or similar. Make a pinhole in one edge. Point this towards the Sun and you'll see a tiny image of the Sun projected on to the inside of the packet. Put white paper or card on the inside to make it easier to see.

Never look through the pinhole at the Sun, but only at the projected image.

**"You'll
have to wait
until 2090 to see
a total eclipse
from mainland
UK"**



Solar Eclipse

This Saturday we are treated to a partial solar eclipse that should peak around 11am. Below are some safe suggestions for viewing the partial eclipse, **remember to never look directly at the Sun or using telescopes/binoculars without a filter!**

Locations where you can observe safely with experts:

<https://gostargazing.co.uk/events/see-the-partial-solar-eclipse-at-abberton-reservoir/>

<https://gostargazing.co.uk/events/free-eclipse-viewing-party-at-alexandra-palace/>

<https://gostargazing.co.uk/events/partial-solar-eclipse-watch-at-the-institute-of-astronomy/>

<https://gostargazing.co.uk/events/observe-the-partial-solar-eclipse-with-loughton-astronomical-society/>

<https://gostargazing.co.uk/events/observe-the-partial-solar-eclipse-at-hertford-castle/>

<https://gostargazing.co.uk/events/see-the-partial-eclipse-at-bayfordbury-observatory/>





We are District Champions! Winners of the Castle Point and Rochford Cup! Well done to all our Year 10 Boys Football Team



Well done to the Year 7 boys team for a superb victory against King John to put them into the finals!!



1-0

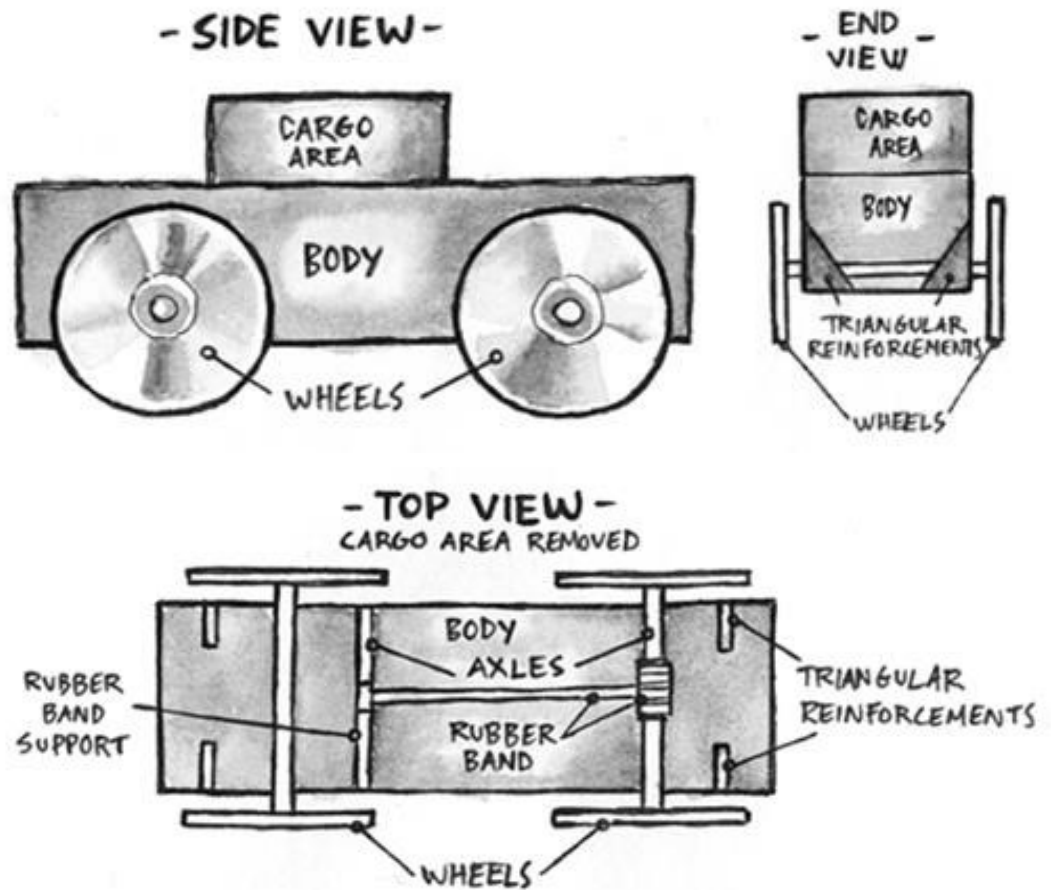




Shoutouts

Ms Bowles gives a shout out to Riley Vickers 707

Congratulations on submitting an outstanding DT homework. Your pencil drawings along with the construction techniques, were superb.



**SHOUT
OUT**



Shoutouts

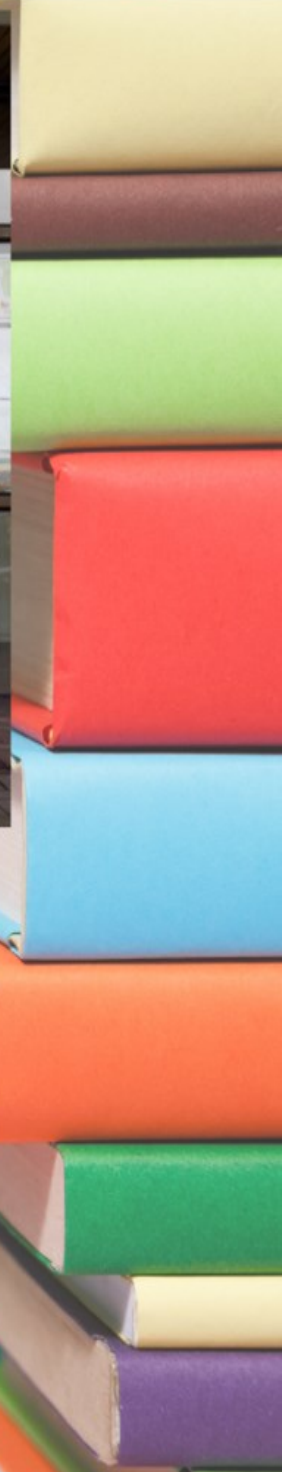
At the Performing Arts festival last week Izzy Lester won Dancer of the Year well done !



 **SHOUT
OUT** 



Competition Success!



To celebrate World Book Day, Appleton students participated in a "shelfie" competition where staff were asked to provide "shelfie" pictures of their book shelves and students had to guess which book shelf belonged to which teacher. The winners were Rosie Beldzik (KS4) and Summer Saunders (KS3). Both students were awarded with a trip to our book vending machine!



EASTER EGG HUNT



The PTA and the DofE students have planned an EGGciting Easter Egg Hunt for you next week!
Please bring £1 to Student Services if you would like to participate.





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 2nd June** to be submitted.



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>





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 & 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.

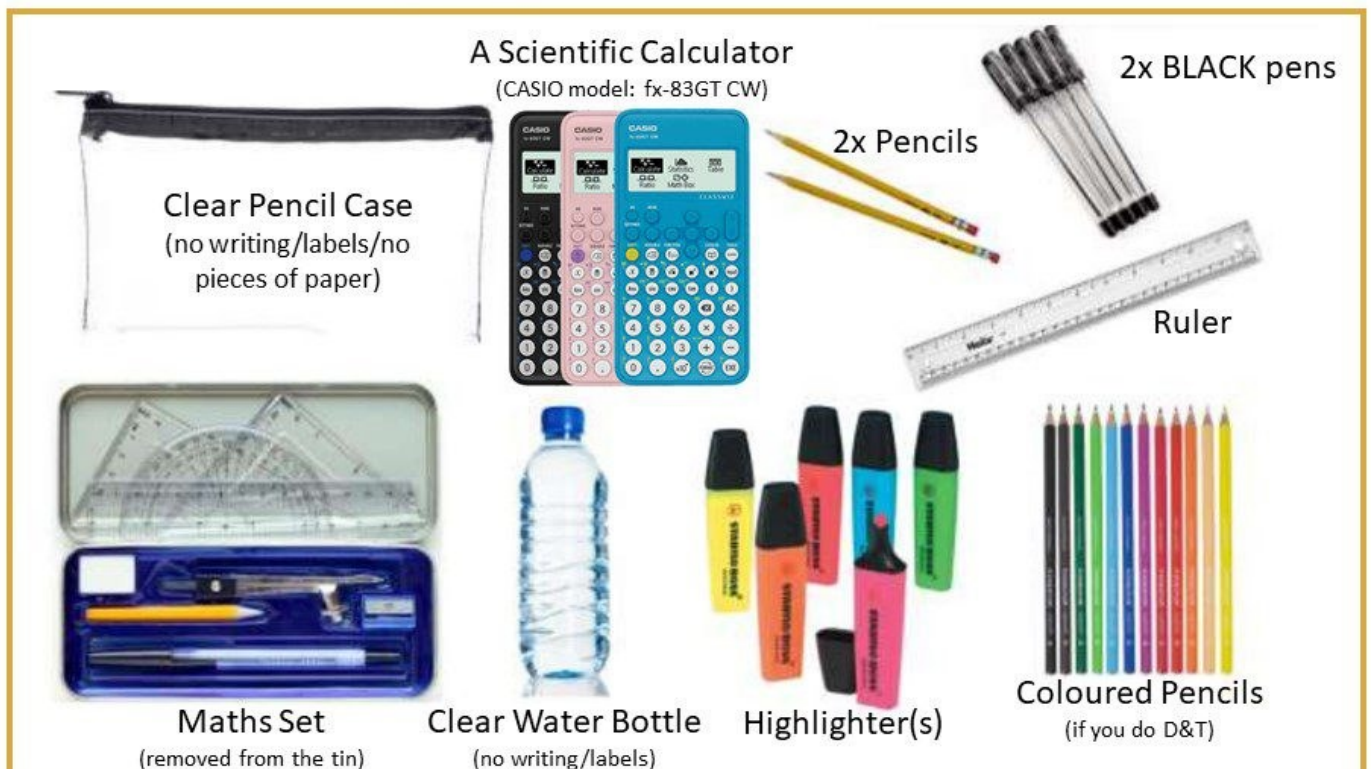
As a school we have a very small number of scientific calculators available for students that genuinely forget a calculator but not at the numbers that we currently believe will be required. To remind students and parents there is a mathematical element to multiple papers

- 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 Revision

Walking Talking Mocks

Walking Talking Mocks are opportunities for students to see staff approaching exam questions and how they break down questions. Walking Talking Mocks (WTM) have been shown to help students with exam skills, improve confidence within an exam and improve outcomes.

As we can see the value in these sessions, these will be held every Wednesday in place of their PE lesson, students in Y11 currently have PE 3 times a fortnight and whilst we appreciate the importance of exercise and healthy bodies we will be commandeering one lesson to support the WTM.

The WTM will focus on English, Maths and Science.

Below are when the sessions occur.

X-side A Wednesday Period 3

Y-Side B Wednesday Period 2

Previously recorded WTM can be found here: [Science](#)

Revision Sessions

Revision timetable below:

ASPIRE REVISION SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 8:25	GENERAL REVISION RESOURCE CENTRE	GENERAL REVISION RESOURCE CENTRE	GENERAL REVISION RESOURCE CENTRE	GENERAL REVISION RESOURCE CENTRE	GENERAL REVISION RESOURCE CENTRE
8:30 8:45	ENGLISH LANGUAGE IN FORM ROOMS	MATHS WITH YOUR MATHS TEACHER	SCIENCE IN FORM ROOMS	ENGLISH LITERATURE IN FORM ROOMS	ASSEMBLY
13:25 13:55	GENERAL REVISION T15	GENERAL REVISION T15	GENERAL REVISION T15	GENERAL REVISION T15	GENERAL REVISION T15
15:00 16:00	GEOGRAPHY - C21/C16 FRENCH FOUNDATION - S5 GERMAN - S8 BUSINESS - T14/N10/615 MUSIC - I3 IMEDIA - C9 HISTORY - C15 ART - T13 D&T - C6	MATHS REVISION USUAL CLASSROOM	COMBINED SCIENCE SEPARATE SCIENCES 2ND FLOOR OF TOWER ASTRONOMY T12	ENGLISH REVISION I BLOCK	FRENCH HIGHER - S2 DRAMA - I1 MUSIC - I3 ENTERPRISE & MARKETING - N11 ART - T11

Achieving Excellence



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!



LOST PROPERTY

Please be aware that any named items that are handed in to lost property are routinely returned to students. However, we have a large number of unnamed items that have built up, and we would like to reunite these with their owners if possible.

To help us with this, if your child has lost anything in school, please ask them to go to the Main Office during break or lunchtime to check if their item is in lost property.

Lost items currently held include coats, shoes, trainers, uniform, jewellery, headphones and glasses.

Thank you for your assistance with helping us reunite any items of lost property with their owners.



Lost property



LOST GLASSES



Having trouble finding your way? Please contact the Main Office if you are the owner of any of these lost glasses!



LOST PROPERTY - Keys



Can't find those missing keys? We might have them! We have 22 sets of keys that have been handed into our lost property - If you think we may be the key to finding them, please contact the Main Office.



LOST PROPERTY - Headphones/Airpods



We have a series of wireless headphones within our lost property. Please contact the Main Office if you think we may have your missing items. Wireless headphones will need to be connected to a mobile device to confirm ownership.



British Science Week



To celebrate British Science Week, our library spotlight for March will focus on books that relate to the theme of Science. We have plenty of fiction and non-fiction books to support your study of Science, as well as gripping Sci-Fi novels to read for pleasure! Anybody who loans out a library book related to Science this month will be awarded Achievement Points for Reading.



Safeguarding

At The National College, our WakeUp/Wednesday 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 BLUESKY SOCIAL APP



WHAT ARE THE RISKS?

While Bluesky has been around since 2019, it's suddenly taken off in a big way thanks to a significant exodus from X (formerly Twitter). Indeed, it looks and behaves a lot like Twitter before Elon Musk bought the platform. Bluesky has been touted in recent months as a safer, more open-minded alternative to X – but like any social media site, it still has its share of risks.

NO PRIVATE ACCOUNTS

While most social networks allow accounts to be private, at the time of writing, all Bluesky accounts must be public. The development team has indicated this might change in the future, but the app is built on a public-first protocol. If private accounts are ever introduced, it may only be in a limited way – such as through the implementation of group chats.

DAANGEROUS MISINFORMATION

Established news organisations have fact-checking and editing processes, but social networks have no such controls and can often serve as breeding grounds for misinformation and disinformation. Bluesky will possibly be no different once it reaches a certain size, and children may not have the critical thinking skills to tell fact from fiction – or to discern an informative, honest user from a malicious one.

INTERACTIONS WITH STRANGERS

Every account being public means that anyone can be contacted by anyone else. While users don't have to respond and can easily block people and move on, it does mean that youngsters are at particular risk of being conned by scammers, messaged by predatory adults or exposed to others with ill intentions. These hazards can be compounded by the fact that Bluesky doesn't require its users to provide their real name.

ADULT TARGET AUDIENCE

Bluesky isn't designed with children in mind, and there aren't many parental controls on the platform. In an interview with the BBC, Bluesky's CEO originally said that the app would only allow users aged 18 and above to sign up, but a spokesperson later clarified its age restriction as 13+. This could imply the app was originally meant for an adult audience and suggests that making the platform more child-friendly might not currently be a priority.

TROLLING AND BULLYING

While Bluesky currently feels a lot friendlier than X seems to have become, its lack of private accounts means that there's nothing to stop users from trolling and cyberbullying younger people. While accounts can be blocked and reported, a persistent bully could simply create a new profile, potentially making their victims feel unsafe in continuing to use the app.

RAPID GROWTH

At the time of writing, Bluesky seems calm in comparison with other social networks where moderation is lax and the atmosphere toxic – but that's due at least in part to its smaller community. The app has recently been adding as many as a million users per day, and if that continues, there'll be more unpleasant users to handle, and moderators could struggle to maintain the pleasant environment Bluesky is currently known for.

Advice for Parents & Educators

USE THE ADULT CONTENT FILTER

Bluesky doesn't have much in the way of parental controls, but there are content filters which can hide sexual and graphic imagery. These are enabled by default for underage accounts but can be manually turned on in the 'Moderation' section of the app's settings. The advanced Bluesky Moderation Service lets you restrict content even further, hiding – for example – self-harm content, extremist rhetoric, and even rude posts.

LOOK OUT FOR FAKES

Impersonation is a problem on all social networks. While the consequences are usually benign, imposters sometimes attempt to scam or groom children by pretending to be a popular influencer or online personality. Bluesky is unique in that it can be connected to official domains, with users' handles linking to other sites; while this isn't widely used right now, it could be a reliable way to verify celebrities and public figures in future.

ENCOURAGE BLOCKING AND REPORTING

Another tool that Bluesky uses to ensure a decent experience is muting and blocking accounts. The former prevents you from seeing a specific user's content, while the latter stops them from seeing yours. If a child is encountering trolls or bullies on the platform, encourage them to use this function, while also reporting the offenders to help make the platform a nicer place for everyone.

KEEP AN OPEN DIALOGUE

As with all social media platforms, moderation and content filters can only do so much; it's highly likely that a child will eventually face something unsavoury. For that reason, it's important to make sure that young people are aware of the risks and know how to handle the technology if anything they see on the app makes them feel unsafe or uncomfortable.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.





Source: See full reference list on guide page at: <https://nationalcollege.com/guides/bluesky-app>



General Notices

Book of the Week: One of us is Back by Karen Mc Manus



The Appleton School Book of the week



Title: One of us is Back
Author: Karen McManus

It's been almost two years since Simon died in detention, and the aftermath has been hard to shake. First the Bayview Four had to prove they weren't killers. Then a new generation outwitted a vengeful copycat. Now the entire Bayview Crew is back home for the summer, and everyone is trying to move on. Only, this is Bayview, and life is never that simple.

At first the mysterious billboard seems like a bad joke: Time for a new game, Bayview. But when a member of the Bayview Crew disappears, it's clear this "game" is serious—and whoever's in charge isn't sharing the rules. Or maybe there aren't any.

Bronwyn. Cooper. Addy. Nate. Maeve. Phoebe. Knox. Luis. Kris. Everyone's a target. And now that someone unexpected has returned to Bayview, things could start getting deadly.





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





Year 9 Options Process- Parent Feedback

This term we have had a huge focus on Year 9 Options. All students have now submitted their option choices and we would be grateful for some feedback from parents and carers. We are always keen to develop and review our provisions for the following academic year and look to gain valuable insights from parents/ carers and students alike. Please follow the link below and thank you in advance for your time.

[Year 9 Options Feedback Form](#)



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

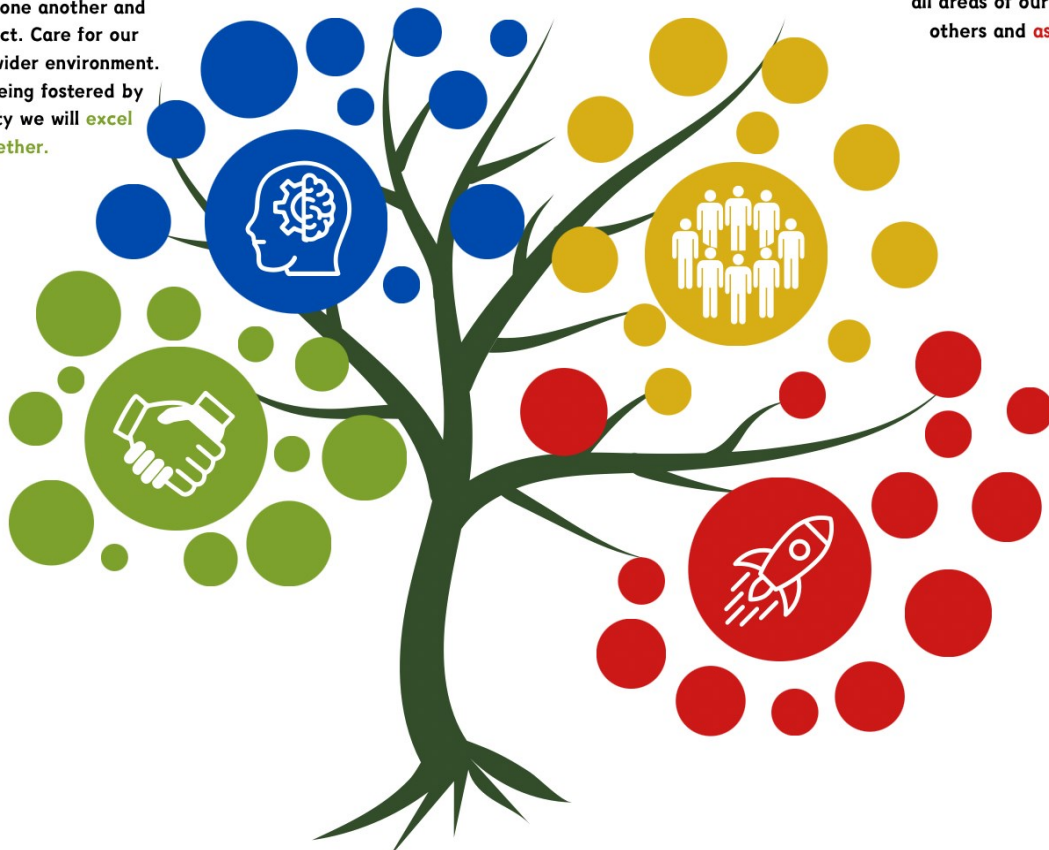
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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**.





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	97.4%
808	Mrs Ekine-Ogunlana	94.2%
906	Mrs Geisser- Holmes	97.9%
1003	Mrs Bryant/Mr Asare	93.8%
1101	Mrs Sandu	94.8%



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





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/. 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/ 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 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 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

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.

To register, scan the QR code or contact:
info@strmsupport.co.uk



STRM - SEND the Right Message
Registered Charity 1193572



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:





JOIN
SEND THE RIGHT MESSAGE
CHARITY

Drop-in

SEND
COFFEE MORNING



10AM - 12NOON



Thursday 20th March



STRM Head Office
320D High Road
Benfleet SS7 5HB



info@strmsupport.co.uk



07359 068 827



www.strmsupport.co.uk



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





Essex Partnership University
NHS Foundation Trust

School Vaccination Catch up Clinics

Has your child missed their school vaccinations?

We are running local catch up clinics for their routine teenage vaccinations. **

Your nearest clinic is:

Timberlog Youth Centre, Basildon, SS14 1PB

10am to 2pm

- Saturday 15th March

The Lodge, Lodge Approach, Wickford SS11 7XX

10am to 2pm

- TBC

It's easy to catch up, book your nearest clinic NOW on 0300 790 0597.

For information on school aged vaccinations please visit our website:
eput.nhs.uk/childrensvaccines

**HPV (from Year 8)
DTP & Meningitis (from Year 9)



#GetWinterStrong



ACL

FREE



☀️ Support Your Teen's Journey ☀️

with Our Free **Online** Courses!

Are you looking for ways to help your teen navigate the challenges of adolescence? Our free online courses are designed to provide parents and carers with the tools and knowledge to support their teens effectively.

From managing emotions to building resilience, our sessions offer valuable insights to help your teen thrive.

Sign up via our website [ACLEssex.com](https://www.aclessex.com) and search by course title or code

The Teenage Brain	(CODE: DOL2C45Y24)	11/02/2025
Understanding Teens	(CODE: DOL4C46Y24)	27/02/2025
Understanding Teenage Anxiety	(CODE: DOL4C47Y24)	27/03/2025

**COMMUNITY &
FAMILY LEARNING**

[ACLESSEX.COM](https://www.aclessex.com) / FAMILY LEARNING



Essex County Council



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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

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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

Groewood 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



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

Spring Term Dates 2025

Friday 3rd January **Non-pupil day**

Monday 6th January **Students return**

Monday 17th February- Friday 21st February **Half term**

Friday 7th March **Non-pupil day**

Friday 4th April **Last day of term**

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>