



# The Appleton School Parent Bulletin

05.07.24

## Key Dates

11.07.24-13.07.24

School production

19.07.24 students leave  
at 1.00pm

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[The Appleton School](#)

## House System

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



House	Grand Total
Austen	36971
Nightingale	28046
Tull	23344
Turing	27153
<b>Grand Total</b>	<b>115514</b>

## 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

<b>Date school</b>	<b>Letter</b>	<b>Year/Whole</b>
<b>07.07.24</b>	<b>Yr7 Sports festival</b>	<b>YR7</b>
<b>07.07.24</b>	<b>Yr8 Sports festival</b>	<b>YR8</b>
<b>07.07.24</b>	<b>Yr9 Sports festival</b>	<b>YR9</b>
<b>08.07.24</b>	<b>New attendance guidelines</b>	<b>Whole School</b>



Further to the letter earlier this week concerning the new Attendance guidelines we would like to clarify the section about the 'no 48 hour rule'. We appreciate that when a student has a gastro bug the expectations would be for them not to attend school as per the NHS guidelines (please see poster) who advise following sickness and diarrhoea a 48 hour rest period and rehydration with plenty of fluids. However, there are occasions where the '48 hour rule' does not need to apply. This could be where a student has been sick following a migraine/seizure and would not be infectious to the school community.

# What to do

## Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
<b>Asthma flare up</b>	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
<b>Chicken pox</b>	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
<b>Common cold</b>	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
<b>Conjunctivitis</b>	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
<b>Flu</b>	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
<b>German measles/ Rubella</b>	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
<b>Glandular fever</b>	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
<b>Hand, foot &amp; mouth disease</b>	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
<b>Head lice</b>	Itchy scalp (may be worse at night)		Pharmacy	
<b>Impetigo</b>	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
<b>Measles</b>	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
<b>Ringworm</b>	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
<b>Scabies</b>	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
<b>Scarlet fever</b>	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
<b>Shingles</b>	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
<b>Sickness bug/ diarrhoea</b>	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
<b>Threadworms</b>	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
<b>Tonsillitis/ Strep throat</b>	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
<b>Whooping cough</b>	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
<b>Covid</b>				Visit <a href="https://www.nhs.uk">www.nhs.uk</a> for latest guidance

\*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information

<https://www.hwehealthiertogether.nhs.uk/parents-carers>

Working in partnership with





## GENERAL NOTICES

### Uniform

As we approach the end of term we have noticed a minority of students uniform is not meeting the usual high standards and we ask for parental support in ensuring all students are meeting the expectations. From Monday we will be confiscating any items that are not part of our uniform policy, this includes jewellery and sports tops/hoodies.

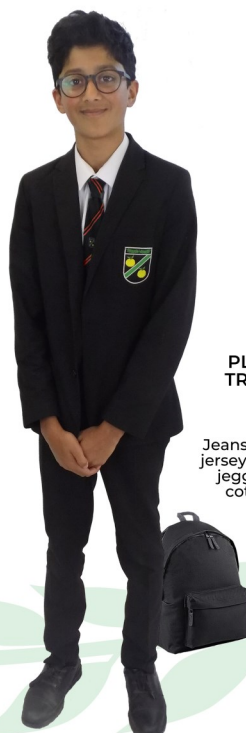
In warmer weather we permit students to take off blazers but they should be on their person and a sports jacket or hoody should not be worn as a replacement.

A link to the school's uniform expectations is here: <https://theappletonschool.org/parents/uniform-and-equipment>

If there are any issues with uniform e.g. shoes are broken, then please just send your child in with a note so an exemption pass can be issued.

### FAQs

- Why a focus on uniform?**  
*Students are part of the Appleton Community and we want them to be proud of that fact , exactly how a sports team wear the same kit.*
- But uniform does not impact their education?**  
*There have been various studies on this over the years, but a uniform takes off the pressure from students and parents to have the latest designer clothing to allow them to focus on their learning. Further to this , it reduces points of conflict with staff, by meeting the basic uniform expectations means that everyone can focus on the learning in a positive learning environment.*
- It is near the end of term, they will outgrow anything I buy them now?**  
*We very much appreciate this, if this is an issue please just send in a note or email the school on [info@theappletonschool.org](mailto:info@theappletonschool.org)*



**FORMAL PRACTICAL BLACK LEATHER SHOES** (or faux leather alternative) which must have a heel and black laces (where applicable).

**Not permitted:**  
Sports brands, emblems or logos. Canvas shoes, flat sole style shoes, trainers, high heels or boots

**PLAIN BLACK, FORMAL TROUSERS**, which go over shoes.

**Not permitted:**  
Jeans, cropped trousers, stretchy, jersey or Lycra. Skinny-fit trousers, jeggings or leggings, brushed cotton/ chino style trousers.

OR

**FORMAL BLACK KILTIED SKIRT**  
Approved length 22 inches

**Not permitted:**  
Stretchy, jersey, Lycra or tube style skirts

### MAKE UP AND JEWELLERY

- No false eyelashes
- No nail polish or acrylic nails
- No excessive make-up
- Students are allowed one ring of sensible size, a watch and one stud earring in each ear, no other piercings are permitted.
- No other jewellery allowed

For further details visit the uniform section of The Appleton School website





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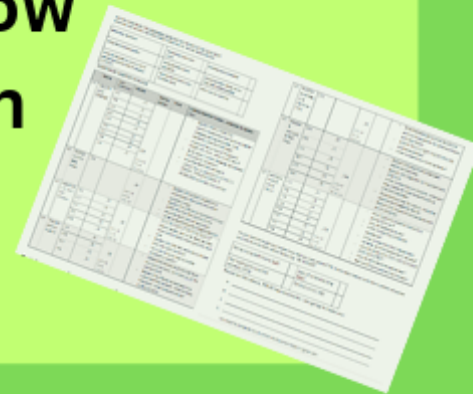
## PE Fixtures

## PE NEWS

Castle Point and Rochford District Rounders  
Year 7's - 2<sup>nd</sup> place  
Year 8's 2<sup>nd</sup> place - losing the final by ½ a rounder

# HOW TO PREPARE FOR SCIENCE GCSE

1) Use your checklists in class to keep track of what you know  
Complete reflection sheets from mock exams



2) Complete Seneca, design flash cards, use revision guide, use kuizical to check understanding



< SENECA

KUIZICAL >



Access to Y11 team



3) Exam practise!  
[www.studymind.co.uk](http://www.studymind.co.uk)

[www.physicsandmathstutor.com](http://www.physicsandmathstutor.com)

FOCUS E  
LEARNING  
Available from  
your teacher



## 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

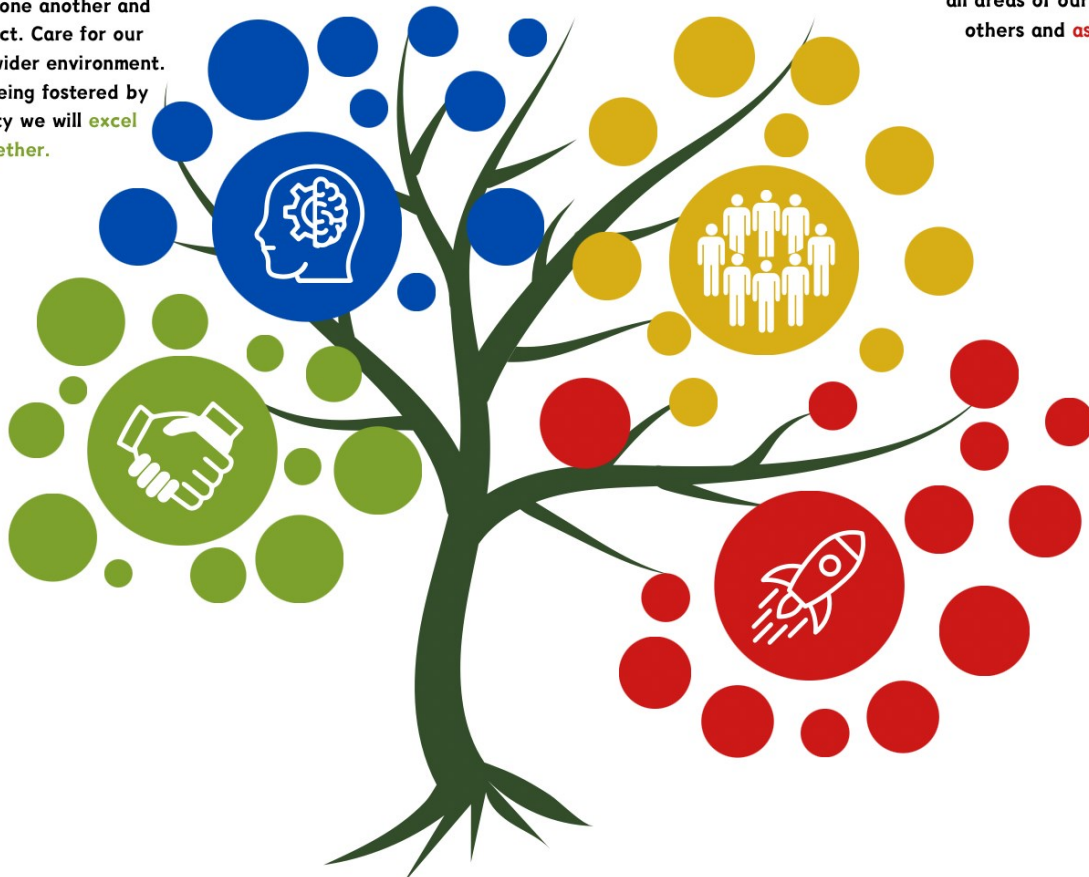
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

### 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**.





## SHOUT OUTS

I am fairly new to the school, so I do not know all the kids yet. Having said that, there is one student among a few others, who has really struck and impressed me. His name is CHASE SPICER in 1003, who has approached his learning with sheer discipline and absolute maturity; from day 1. He has demonstrated that, while there are some disruptive situations going on, he has within himself an exhaustive self-regulating ability. He will go very far with this kind of attitude  
Mr Gnahore





## SEND

NEW DATES FOR FREE WORKSHOPS to support parents with a child waiting for ASD assessment in Essex with content delivered by East Of England Autism Central. Each session will cover 'Communicating with your child and managing sensory needs' Sessions available in July, August and September.

30<sup>th</sup> July at Danbury Essex Outdoors site

15<sup>th</sup> August at Mersea Essex outdoors site

18<sup>th</sup> September at Barlevlands

Visit <https://www.essexsendiass.co.uk/> for enquiries or to book a place.





## Key Stage 3 Geography House competition Geographical Model Making Competition: My local area

The Geography department invite you to take part in the UK wide Geographical Association model making competition.

This year, the theme of the competition is “**My local Area**”. To enter the competition you need to:

1. Design and make a geographical theme 3D model of a key feature of your local area using reused or waste cardboard as the main material supported with other recycled materials. *Examples of subjects for your model could be your community centre, sports venue, place of worship, school, local farm, coastline, river or hill*). **This can be completed in geography club or at home and no bigger than an A4 piece of paper.**
2. Create your model showing a concept/geographical idea that interests you (for example, change, processes, development, diversity, climate change, globalisation)
3. The colours you use may come from the recycled materials themselves or coloured pencils or paints that you may already have at home or in geography club. There is no need to buy new materials to colour your model.
4. You may wish to include labels on your model.
5. Describe your feature and how you have represented it (for example, what is your model showing and what you have made it out of)
6. Explain your geographic concept/idea (for example, explaining what the concept/idea is, what is happening in your local area / feature because of this concept/idea, what your views are about it)
7. Bring your model to the Humanities Office by the 1<sup>st</sup> July - We have winners for Year 7 8 and 9, and all entries will be entered into the National Geography Association competition.



Deadline 1<sup>st</sup>  
July  
Humanities  
Office



# Mental Health May 2024



We are delighted to invite you to a special space dedicated entirely to your well-being and happiness – the Appleton MindCare Hub. This page has been thoughtfully crafted with your needs in mind, offering practical strategies and valuable resources to support your physical, emotional, and psychological well-being.

Here, you'll discover strategies, tips, and insights to cultivate a healthy and balanced lifestyle. Whether it's dealing with stress, managing emotions, or finding ways to stay active and positive, we've got you covered.

It's also a place to access essential resources and information shared for significant wellbeing events that matter to our Appleton community. Whether it's exam preparation, or wellness campaigns, you'll find timely updates and helpful resources right here.

Remember, your well-being is of utmost importance, and we are committed to providing you with the tools and knowledge you need to flourish. Together, let's make Appleton a place where every student shines brightly!

## Parent Bulletin - Mental Health May 2024

Dear Parents and Carers,

We are excited to inform you that Mental Health Awareness Week is approaching, and this year's theme is "Movement: Moving More for Our Mental Health." During CAPE lessons from the week beginning 13th May, our students will be delving into this important topic.

Physical activity and mental well-being are deeply interconnected. Research consistently shows that exercise not only benefits our physical health, but also plays a crucial role in promoting positive mental health. During Mental Health Awareness Week, our students will explore the science behind movement and health, focusing on how exercise can positively impact the brain and overall well-being. They will learn about the psychological and neurological mechanisms through which physical activity can improve mood, reduce stress, and enhance cognitive function.

We encourage you to engage with your children during this week and discuss the importance of physical activity for mental well-being. Encouraging them to participate in active hobbies, sports, or simply incorporating more movement into their daily routines can have significant long-term benefits for their mental health.

You can visit [MindCare@Appleton](#) to access resources that will help guide discussions around wellbeing, as well as the [Mental Health Foundation](#) for further information on Mental Health Awareness Week, including how to get involved in fundraisers.

Additionally, please note that our school's mental health team will be hosting well-being drop-ins every Monday during lunchtime in Room 601. We encourage students to take advantage of this resource as part of their journey towards maintaining their well-being. If your child is in need of support or simply wants to connect with others in a supportive environment, they are warmly invited to attend these drop-ins.

If you have any questions or concerns regarding Mental Health Awareness Week or our curriculum, please do not hesitate to contact us.

Thank you for your continued support.

Kind regards,

Miss S Sangha  
Mental Health Lead



SCHOOL SUMMER PRODUCTION



The  
**Appleton**  
School

**HIGH  
SCHOOL  
MUSICAL**



**TICKETS**

Thursday 11th July  
Friday 12th July  
Saturday 13th July  
DOORS OPEN AT 7PM

**ON**

**SALE**

**NOW**

AVAILABLE TO PURCHASE ON PARENTMAIL



Essex Partnership University  
NHS Foundation Trust

# VACCINE CATCH-UP CLINICS

For more information or to book an appointment  
please call **0300 790 0597**

## Has your child missed their routine school vaccinations?

We are running catch-up clinics in your area. Find your nearest clinic  
below:

- **Braintree Clinic, CM7 3HP**  
Saturday 13 July, 10.30am – 3pm
- **Crouch Vale Medical Centre,  
CM3 5QP**  
Saturday 13 July, 10am – 3pm
- **Thameside House, RM16 2PX**  
Saturday 13 July, 10am – 3pm
- **Leigh Primary Care Centre, SS9 3NG**  
Saturday 13 July, 10am – 2pm  
([appointments](#) available or walk in with  
no appointment necessary)

## Do you have questions about [these](#) vaccinations?

Visit the NHS website vaccination page:  
[www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/](http://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/)

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

\*\*Eligible boys born after 01/09/2006





## Summer Holiday Music Programme 2024

Book a place by [www.tinyurl.com/SummerMusicCourses](http://www.tinyurl.com/SummerMusicCourses)



### Play and Sing Music!

These workshops are offered across Essex to give young people a short taster of Samba or Djembe drumming, singing or playing plus try a range of new instruments!

Sign up for one or two workshops and take part in a complimentary instrument zoo to find what instrument you might like to learn!

- 1 August **Epping**
- 2 August **Basildon**
- 5 August **South Woodham Ferrers**
- 6 August **Harwich**
- 9 August **Witham**

**Cost**  
1 workshop **£10**  
2 workshops **£15**

#### Basildon 2 August

Southernhay Youth Centre, 16-20  
Southernhay, Basildon SS14 1FN

##### Workshop times for 7 to 11 years-old:

- 9.30am to 10.45am Instrumental Workshop
- 10.45am to 11.30am Instrument Zoo / break
- 11.30am to 12.45pm Djembe Workshop

##### Workshop times for 11 to 16 years-old:

- 9.30am to 10.45pm Djembe Workshop
- 10.45am to 11.30am Instrument Zoo / break
- 11.30am to 12.45pm Instrumental Workshop

#### Instrumental Workshop

Bring the instrument you are learning to take part in this group. Players should be at least grade 1 and parts will be tailored to their abilities.

Please note that we cannot accommodate piano or drum kit.



## Lady McAdden Breast Cancer Trust Gowns For Good



### GOWNS FOR GOOD

BRIDAL & PROM BOUTIQUE  
BY LADY MCADDEN BREAST CANCER TRUST

Lady McAdden Breast Cancer Trust have relaunched their Prom & Bridal Dress Shop in the Royals Shopping Centre, Southend. We have had lots of new amazing donations from Del Tailors, Blue Beau Boutique and Chantilly Lace. The most you will pay for a dress is £100! So why not get yourself prom ready and help a charity at the same time.

Opening Times: Tuesday 10-4pm, Saturday 10-4pm.  
No appointment necessary.

For further information please email [info@ladymcadden.org](mailto:info@ladymcadden.org)  
or phone 01702343288.



## FREE Bouldering for SEND Children

### Bouldering Sessions

We are excited to share that we have received funding to provide Bouldering Sessions in partnership with Indirock. This funding has allowed us to offer complimentary bouldering sessions to children and young people between the ages of 6 and 17 who are suspected or diagnosed with specific educational needs and disabilities (SEND). The free sessions are available to registered families in Southend, Castle Point, and Rochford District.

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.

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.

#### What are the signs of dysregulation?

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



#### In what ways can bouldering be beneficial?

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



### Bouldering 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 or by contacting [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)

#### Join the Bouldering Club

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

Wednesday Term time  
Time: 4.30 pm - 5.30 pm  
Ages 6-17yrs

Bookable via the membership zone or by contacting [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)

#### 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.

Contact [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk) to find out more.

To register with us scan this QR code



STRM - SEND the Right Message Registered Charity 110957



[info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)


Free STRM charity membership registration is required before booking.

Watch our Youtube video about Bouldering at Indirock <https://youtu.be/pVDHLEINxgQ?si=bEN3zHdhLRgZ239xq>



## 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 Edulink App**

# 100% Attendance

**The Appleton School** **100%**

**GOLDEN TICKET**  
for 100% attendance in the last week

This ticket allows the holder to skip the queue in the canteen or pod at breaktime and lunchtime for 1 week in recognition to their commitment to school

Awarded to: \_\_\_\_\_ Valid until \_\_\_\_\_

1 2 3 4 5 6 7 8 9 10

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

This week, 797 pupils had 100% attendance.

**Congratulations to the following tutor groups who had the best attendance in their year group this week.**

704	Miss Sangha	96.5%
809	Mr Kyprianou/Miss Bowles	95.2%
903	Mr Davies	93.2%
1007	Mrs Edwards/Mrs Dowle	95.9%



BENFLEET TEAM  
SUPPORTING ALL

## Teaching Internship



Do you know someone studying a Physics, Chemistry, Maths, Computer Science or Languages interested in teaching as a career?

They could earn £300 a week on our three-week DfE teaching internship programme starting this June in secondary schools across South Essex and Southend-on-Sea.

To find out more email  
[mhoward@theappletonschool.org](mailto:mhoward@theappletonschool.org)

**Teaching**

Every Lesson Shapes a Life.



## COMMUNITY & FAMILY LEARNING

ACL

## COMMUNITY & FAMILY LEARNING



**FREE!**  
bespoke local  
sessions to help  
nurture healthy,  
happy families &  
communities

- FREE courses, or workshops, for residents of Essex
- Face to face or online
- Families include parents, carers, grandparents and other family members
- Working in partnership with schools, community organisations and partners who support families to learn together
- Sessions include; Family Fun, Arts & crafts, Cooking, First Aid, Wellbeing, Parenting, SEND, Maths, English, Science, Technology, Engineering, and MORE!

**SIGN UP TO A FREE COURSE TODAY!**

call our friendly team on  
 **0345 603 7635**



Search 'Family Learning' at  
**aclessex.com**



Essex County Council



## COMMUNITY & FAMILY LEARNING

COMMUNITY & FAMILY LEARNING

# ACL

## ESOL COURSES

(English for Speakers of Other Languages)

Learn English

FREE

'Family Learning'  
aclessex.com

0345 603 7635

Email queries to:  
aclfamilylearning@essex.gov.uk

ACL

Essex County Council



## COMMUNITY & FAMILY LEARNING

**ACL**

COMMUNITY & FAMILY LEARNING

**FREE** Sessions & Courses  
@ ACL Basildon

Managing Big Emotions  
Setting Family Boundaries

Family Fun & Learning Together  
Understanding ADHD  
Wellbeing Activities For Parents

Sign up via the website/phone number below.  
Having trouble finding the session/course you want information on?  
Email us at [aclfamilylearning@essex.gov.uk](mailto:aclfamilylearning@essex.gov.uk) & we will send you a direct link

'Family Learning'  
[aclessex.com](http://aclessex.com)

0345 603 7635

Essex County Council



# ACL FAMILY LEARNING

**FREE! ONLINE COURSES**



- Go To Sleep!
- Setting Boundaries
- Raising Girls
- First Aid Workshop
- Managing Big Emotions
- Getting Teens To Talk
- Mindfulness & relaxation
- Anxiety Coping Techniques for Teens



**SCAN ME**



call our friendly team on  
**03330 321 017**



Search 'Family Learning' at  
**aclessex.com**



Queries  
**aclfamilylearning@essex.gov.uk**

**FIND OUT MORE**



Essex County Council



## 0-5 SEND Drop In Sessions

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.

Fryerns Delivery Site,  
Greenshoots Building,  
Churchill Avenue, Basildon  
SS14 2EQ

1st Thursday of each month  
9:30am - 11:30am

Larchwood Gardens Family Hub,  
Larchwood Primary,  
Larchwood Gardens,  
Pilgrim's Hatch, CM15 9NG

2nd Wednesday of each month  
9:30am - 11:30am

Willows Delivery Site,  
Riverside Primary School,  
Hullbridge,  
SS5 6ND

3rd Tuesday of each month  
9:30am - 11:30am

Little Lions Family Hub,  
Northwick Park Primary School,  
Third Avenue,  
Canvey Island, SS8 9SU

4th Monday of each month  
9:30am - 11:30am

For further information, please call  
**0300 247 0013**

**Essex Child and Family Wellbeing Service**

Service commissioned by:





## 5+ SEND Drop In Sessions

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.

**Willows Delivery Site,  
Riverside Primary  
School, Hullbridge,  
SS5 6ND**

**3rd Tuesday of each  
month  
3:00pm – 5:00pm**

**Northlands Family Hub,  
Davenants,  
Basildon,  
SS13 1QX**

**1st Thursday of each  
month  
3:00pm – 5:00pm**

**For further information, please call  
0300 247 0013**

**Essex Child and Family Wellbeing Service**

Service commissioned by:





## ESSEX ACTIVATE



# WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the Holiday Activity and Food programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

## Who is the programme for?

Clubs are suitable for children aged 4-16 years old who are eligible for benefits based free school meals or from 'low income' working families who benefit from this extra support. Some clubs may offer paid spaces that run alongside Essex ActivAte, however these can be limited.



## What do the clubs offer?

Essex ActivAte clubs offer mainstream primary and secondary provision across the county, also dedicated mental wellbeing and SEND clubs. Each club delivers a variety of physical and enrichment activities, fun food education and a nutritious meal. Family support is also available alongside the programme.

## How can I book my child onto a club?

To book onto a club during February, May/June or October half term, head over to the Essex ActivAte booking page on our website, then select the area you live in or the category you require and follow the steps.

To book onto a club during the easter, summer or winter holidays, use the link on your WONDE e-Voucher to find a club and book on, or contact a club directly.

## What is considered 'low income'?

We understand that all families circumstances are different, therefore if you are in employment or on an income which means you are unable to attend a holiday club without our support – you can book on.





ACTIVE CHRISTIAN TRUSTS PRESENTS

★  
**YOUTH  
YOUTH  
YOUTH**

**ACTIVE CHRISTIAN TRUST PRESENTS**

**YOUTH GROUP AT THE**

**MEGACENTRE**

**MONDAYS DURING TERM TIME**

**4:30PM – 6:00PM**

★ ★ ★ **COME JOIN US FOR FREE** ★ ★ ★

**AGE 11 - 16**

**YOUNG PEOPLE WILL GET TO ENJOY**

**GAMES BITE SIZE BIBLE MUSIC/SONG WRITING LIFE SKILLS**

FOR MORE INFO CONTACT

[TIMOTHY.READ@MEGACENTRERAYLEIGH.CO.UK](mailto:TIMOTHY.READ@MEGACENTRERAYLEIGH.CO.UK)



The Hub @ The MegaCentre  
Community. Care. Connect.



The **MegaCentre** Rayleigh

Joy | Hope | Life



## Safe Guarding– SHARING INTIMATE IMAGES

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](https://nationalcollege.com).

# What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as 'sexting'. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

### WHAT ARE THE RISKS?

#### EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called 'sexortion' (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

#### DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person's reputation. This can lead to bullying, social exclusion and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

#### PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

#### FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

#### LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It's crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

#### TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

## Advice for Parents & Educators

### FOSTER A CULTURE OF OPEN COMMUNICATION

It's vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

### PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

### EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

### PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

### Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years' experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at [nationalcollege.com](https://nationalcollege.com) at [what-parents-need-to-know-about-sharing-intimate-images](https://nationalcollege.com)

@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: 10.07.2024



## STRM-SEND the Right Message



**STRM - SEND the Right Message**  
Registered Charity 1193572

**STRM - SEND the Right Message is a registered charity founded by parents for parents. We help improve the quality of life for families in Southend and Essex where a child has been identified or is suspected of having specific educational needs and/or disabilities.**

**Disability  
Benefit  
Services**

**Parent  
Carer Support  
Sessions**

**Specialist  
Talks &  
Training**

Our support services are designed to provide comprehensive and holistic assistance to families.

We provide families with information and guidance from pre-diagnosis, 'while you are waiting', post-diagnosis, including financial assistance and social activities, using our team's lived experience.

**Information  
Packs**

**Online  
Support**

**Children's  
Activities**

**No diagnosis needed to access our services.**

**Tel: 07359 068 827**

**Email: [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)**

**[www.strmsupport.co.uk](http://www.strmsupport.co.uk)**



Charity number: 1193572



## STRM-SEND the Right Message

SEND The Right Message Charity 1193572

# EVENTS



Pre & Post diagnosis support plus what to do while you are waiting.

## MONTHLY

Excludes August and December

### Guest Talks

When: 1st Wednesday  
10 am – 12 pm

### Relaxed Coffee Mornings

When: 3rd Wednesday  
10 am – 12 pm

Where: Both sessions are at  
TheHub at the Megacentre  
7 Brook Rd, Rayleigh  
SS6 7UT

Bookable

Drop-in

### Topic Talks

When: 2nd Friday 10 am – 12 pm  
Where: Across the Community

### Cost of Living Crisis Support

When: 4th Friday 10 am – 12 pm  
Where: Across the  
Community

### Online SEND Support Session

When: Last Thursday 8 pm – 9.30 pm  
Where: Online

Bookable

Drop-in

Bookable

## WEEKLY

### Disability Benefits Support

Tuesdays all year round  
by appointment only  
0930-1100  
1115-1245  
1315-1445  
Where: STRM Head Office

Bookable

### Bouldering Session for Children & Young People

Wednesdays in Term time  
4.30 pm – 5.30 pm Ages: 6-17yrs  
Where: Indirock – 1st Floor,  
Victoria Shopping Centre,  
362 Chartwell Square,  
Southend SS2 5SP

Bookable

### Supporting Your Neurodivergent Child Book

Free Resource



**STRM Head Office**  
320D High Road  
Benfleet Essex SS7 5HB  
Accessible via Meggison Way

[www.strmsupport.co.uk](http://www.strmsupport.co.uk)  
[info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)  
Tel: 07359 068 827



# July FREE SEND Support



## JULY 2024



1	2 DISABILITY BENEFIT APPOINTMENTS	3 GUEST TALK EHCP ANNUAL REVIEW + DBA + BOULDERING	4	5	6	7
8	9 DISABILITY BENEFIT APPOINTMENTS	10 BOULDERING CLUB	11	12 TOPIC TALK - UNDERSTANDING MENTAL HEALTH	13	14
15	16 DISABILITY BENEFIT APPOINTMENTS	17 RELAXED COFFEE MORNING + DBA + BOULDERING	18	19	20	21
22	23 DISABILITY BENEFIT APPOINTMENTS	24	25 ONLINE SEND SUPPORT SESSION	26 COST OF LIVING CRISIS SUPPORT SESSION	27	28
29	30					

 Disability Benefit Appointments (DBA)
  Bouldering Club term time only
  STRM Event



For more information visit [www.strmsupport.co.uk/events](http://www.strmsupport.co.uk/events)



**FREE event for registered members**

**REGISTER NOW**

**DROP-IN SESSIONS!**



SUPPORTED BY:



### COST OF LIVING DROP-IN SESSION

The cost of living is impacting everyone but at STRM we want to help our SEND families in Southend, Castle Point and Rochford districts who are struggling.

Pop in and see the team and access any of the following:

- > Fuelbank voucher for pre pay gas/electric
- > £25 Tesco shopping voucher
- > Foodbank referral
- > Data SIM Card
- > Advice on where to turn



July 26th 10-12

St Marks Hall  
St Marks Field, Rochford  
SS4 1PT



For further information email [info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)



Contact us :  07359 068 827



[www.strmsupport.co.uk](http://www.strmsupport.co.uk)



## July FREE SEND Support

**BOOKING  
ESSENTIAL!**



**RAFFLE**



### **GUEST TALK:**

#### **EVERYTHING YOU NEED TO KNOW ABOUT THE ANNUAL REVIEW.**

For education professionals and parents, guardians, carers and young people with SEND requirements.

Where a child or young person has an Education Health Care plan, it must be reviewed at least once a year by the local authority ("LA"). This is to ensure it stays up-to-date and continues to provide the support the child or young person needs.

This talk will answer common questions about annual reviews, including what paperwork you should have, what the time frames are and what should happen at the meeting. Birkett Long SEND law solicitor, Kimberley will also answer any questions you have in a Q&A session at the end of the talk. Useful for schools and parents alike.

**DATE: WEDNESDAY 3RD JULY 2024**

**TIME: 10AM-12NOON**

**LOCATION: THEHUB AT THE MEGACENTRE,  
7 BROOK ROAD, RAYLEIGH SS6 7UT**



**SPEAKER: KIMBERLEY  
BIRKETT LONG  
SOLICITORS**



FREE event for  
registered members

**REGISTER NOW**

For more information email  
[info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)

Contact us :  07359 068 827

 [www.strmsupport.co.uk](http://www.strmsupport.co.uk)



### **WHERE:**

Online, Microsoft Teams  
Once you've booked, you  
will receive an invitation  
link to join our Teams  
event.

## **ONLINE SEND SUPPORT SESSION**

**Thursday 25th July  
8 pm - 9.30 pm**



*Join us for an online evening  
session with other parents  
and carers of neurodivergent  
children - diagnosed or not.  
Find your community and  
have a friendly chat!*


**BOOKING  
ESSENTIAL!**



For more  
information email  
[info@strmsupport.co.uk](mailto:info@strmsupport.co.uk)



**Contact us :**

 07359 068 827

 [www.strmsupport.co.uk](http://www.strmsupport.co.uk)





## July FREE SEND Support



**STRM - SEND the Right Message**  
Registered Charity  
1193572



**Wednesday 17th July**  
**10 am - 12 pm**

**RELAXED COFFEE MORNING**  
**Drop-In session**

**Supported by**



Join us for a cup of coffee or tea with other parents and carers of neurodivergent children - diagnosed or not. Find your community and have a friendly chat!



### WHERE:

TheHub at the  
MegaCentre Rayleigh  
7 Brook Road  
Rayleigh  
SS6 7UT

### DROP-IN SESSION!



**Contact us :**

07359 068 827 [www.strmsupport.co.uk](http://www.strmsupport.co.uk)

**FREE event for registered members**

**REGISTER NOW**



**BOOKING ESSENTIAL!**

## TOPIC TALK

**Understanding mental health and strategies that can help**

After the success of the 'Supporting Your Neurodivergent Child' resource, we are exploring popular topics in greater detail.

We get together over tea or coffee and chat, learn and share! Each month will be a different topic.

Whether your child has a neurodivergent diagnosis or not, you're welcome to join us. We'll be discussing specific themes.

The team are excited to learn and share with you.



**Better Together**  
**CAVS**



**Essex Community Foundation**

**FSJ Charities**



Written by parents, for parents



10:00am - 12:00noon



Friday 12th July 2024



CAVS, The Health Centre, Third Avenue  
Canvey Island SS8 9SU

Contact us : 07359 068 827

[www.strmsupport.co.uk](http://www.strmsupport.co.uk)



## ESSEX CARERS NETWORK



### 'A PLACE TO CALL HOME'

**Is your family member  
Living their Best Life  
in a home they love?**

Families have told us they don't know what all the possibilities are when it comes to their family member with a learning disability moving out of the family home.

This online event will give you the chance to hear about the various options available in Essex and hear from some families who are using some of these options.

**AM**

**In the morning (9.45am-12noon)** you will enjoy a whistle stop tour of the various options interspersed with snippets from families talking about what has worked for them.

**PM**

**In the afternoon (1pm -3.50pm)** you will be able to choose 2 from the following four options:

- **Lets start from the very beginning** – Christine, from Together Matters, will give you ideas to think ahead for the time when your relative may move home.
- **Lets talk legal** –This workshop aims to be a family carer guide to Power of Attorney, Deputyship and Appointeeship, the differences of each and when you might need them in covering future planning for the person you care for, considering supported living and direct payments in particular.
- **Let's get on the housing register** –Peabody Essex Outreach service will be talking about how to apply for housing and give an overview of their service, supporting residents across the county with a housing need.
- **Lets talk eligibility** – colleagues from adult social care will talk about eligibility and how it relates to housing.

After the workshops you will hear about the accommodation hub at Essex County Council and its role. We will be rounding up the day with a Q&A panel where some of the experts attending will be answering the questions that have been raised during the event and in live time.

We really hope you will sign up to this FREE online event. Please feel free to share with others who you feel may be interested in attending.

Booking on Eventbrite: [A Place to Call Home Conference Tickets, Tue, May 21, 2024 at 9:45 AM | Eventbrite](#)  
or use the QR code

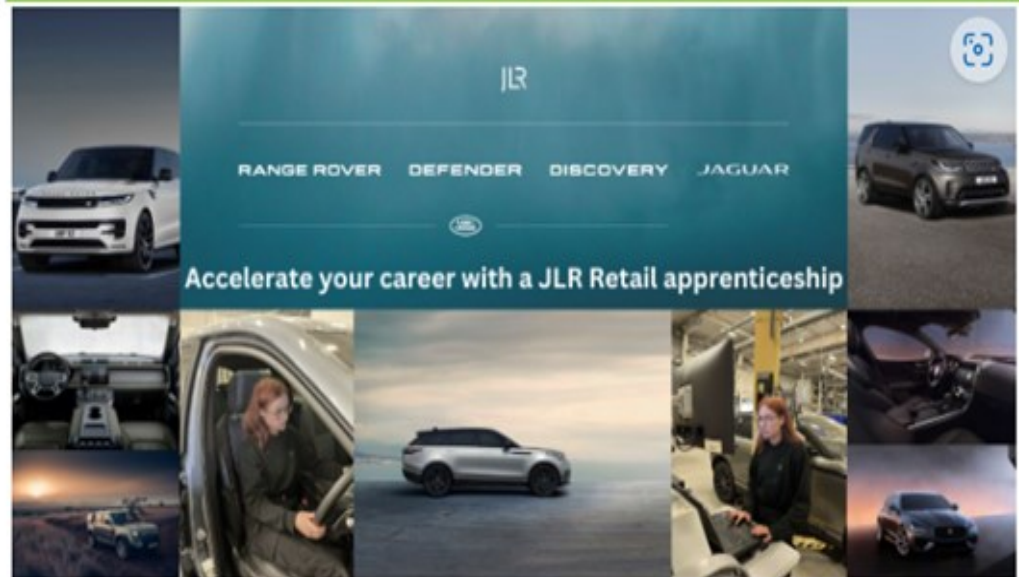
If you have need support with booking, please email [info@essexcarersnetwork.co.uk](mailto:info@essexcarersnetwork.co.uk)





## Careers Newsletter

### Careers News



Over 150 apprenticeships available across the UK in 2024!

We believe that every young person deserves to reach their full potential and our retail apprenticeship programme is designed to do that. The JLR retail apprenticeship programme is an exciting opportunity to work for a prestigious brand whilst acquiring valuable skills, knowledge, and experience in the ever-changing automotive industry.

#### How does the JLR retail apprenticeship programme work?

The JLR retail apprenticeship programme offers the following:

- Service Technician Apprenticeship (3 year technical role)
- Service Advisor Apprenticeship (1 year commercial role)
- Parts Advisor Apprenticeship (1 year commercial role)

Apprentices will be employed full time in a local retailer and will also be trained by our expert training team at one of our state-of-the-art training academies. Apprentices will also have an experienced workplace mentor to provide further help and support.

Applicants will need to have achieved or be predicted to achieve GCSE grades 9-4 (A-C) or equivalent in English, Maths and two other subjects to apply.

<https://www.jaguarlandroverretailerapprenticeships.co.uk/>

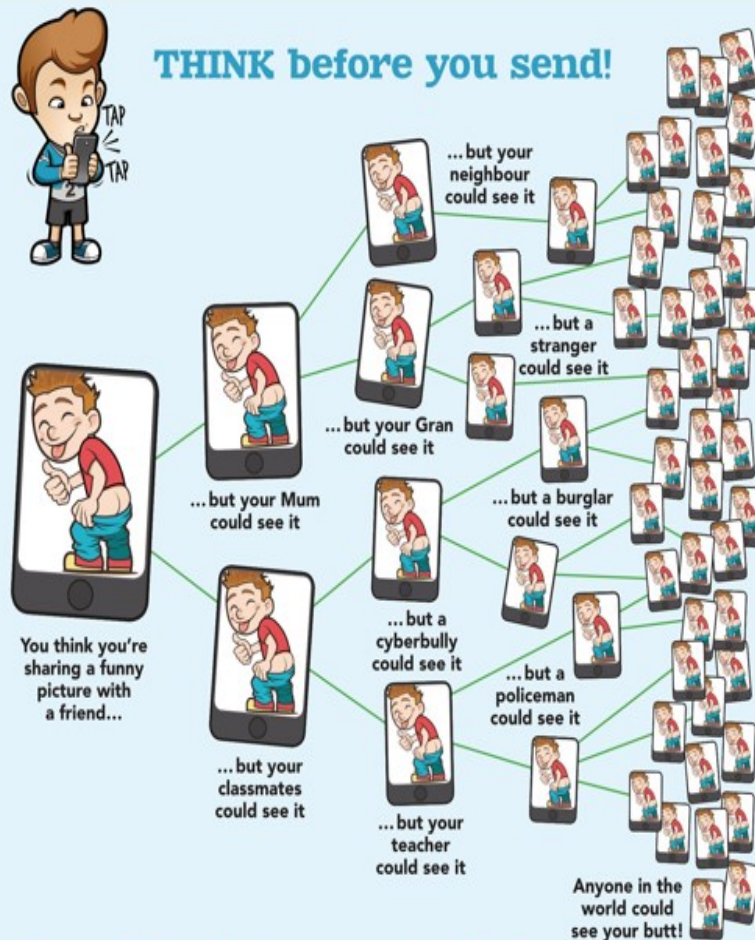


## Find an apprenticeship

<https://www.gov.uk/apply-apprenticeship>



## Parent Guides to Online Safety



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



### If you share it, you are involved

If you have, or forward an indecent image of someone under 18, it is a criminal offence. It can affect your future.

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



**THE APPLETON  
SCHOOL**

Croft Road  
Benfleet  
Essex  
SS7 5RN

Phone:  
01268 794215

Email:  
[info@theappletonschoo.org](mailto:info@theappletonschoo.org)

Website:  
[www.theappletonschoo.org](http://www.theappletonschoo.org)

**Quick Links**

[Edulink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

## Summer Term Dates

**Friday 19th July last day of term**

## 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.theappletonschoo.org/students/revision-resources>

## A-Level 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.theappletonschoo.org/sixth-form/student-life/ks5-resources>