



# The Appleton School Parent Bulletin – Autumn Term

## Key Dates

- 18<sup>th</sup> September – Year 6 Open Evening
- 19<sup>th</sup> September – Inset Day
- 30<sup>th</sup> September – Year 11 Curriculum Evening

## Friday 12<sup>th</sup> September 2025

What have we been up too?

It has been great to see our Year 7 and Y12 students settle so quickly to life at Appleton.

Over this half term we will be holding curriculum evenings for each year group, these are designed to keep parents informed on what their children are studying, what homework and assessments look like, revision techniques and how to support learning at home. Our first one is Year 11 on Tuesday 30<sup>th</sup> September 5:30 – 6:30pm, pencil this into your diary and scroll down for the letter.

Now login issues have mostly been rectified you should see your child starting to receive more homework, any concerns please contact the school and we will follow these up.

Hope you all have a great weekend!

## PE Fixtures

### Monday 15/9

Year 10 football v FitzWimarc (H)  
Year 9 Football v King John (H)

### Tuesday 16/09

Year 9 Football v FitzWimarc (A)  
U12 girls Football v Woodlands (A)

### Wednesday 17/09

Year 7 Football v FitzWimarc (H)  
U12 Netball v Beneden school (A)

### Thursday 18/9

Year 8 Football v Fitzwimarc (A)

## School Lunches

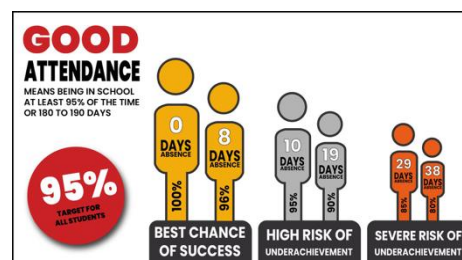
### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Korma With Rice	Roast of the Day	Sweet Chilli Chicken	Cottage Pie	Chicken / pork chow Mein
Macaroni Cheese	Vegetarian Quiche	Vegetable Chow Mein	Tomato & Basil Pasta Bake	Breaded Fish Fillet / fish fingers
Parmentier Potatoes	Roast Potatoes, Cauliflower Cheese	Potato Wedges	Parmentier Potatoes	Wedges
Steamed Broccoli	Roast Parsnips, Carrots and Green Beans	Egg Fried Rice	Carrots & Broccoli	Sweetcorn
Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo	Jacket Potato with Beans, Cheese or Tuna Mayo
Dessert of the Day	Apple Crumble	Dessert of the day	Apple Crumble	Dessert of the day

## Attendance

Congratulations to the following form group for the best attendance this week:

705  
709  
809  
903  
1002  
1104





# Notices

## Free School Meals

Free School Meal allocation at The Appleton School has increased in September 2025 to a daily spend allowance of £2.60.

The catering team will publish their new price list on The Appleton School website during September.

Due to the above changes, we have increased the catering till system's settings to a generic daily spend limit from £5.00 to £6.00. Please note if you require a different amount set for your child, please e-mail [finance@theappletonschool.org](mailto:finance@theappletonschool.org) with your maximum daily spend limit. Thank you for your help in this matter.

## School Bags

It has pleasing to see so many students bringing appropriate school bags into school, this is vital as students will be expected to take their exercise books home most from the vast majority of lessons. Exercise books can be useful at home to support homework, revision from exams, and also as parents you will be able to see our new assessment feedback sheet which will inform students and yourself on what your child's strength and area of improvement was for their recent assessment, including a bespoke task to complete to help close educational gaps in learning; it is also an excellent tool to see what your children are learning and support conversations at home. If students lose their books they will be expected to copy up all missing notes into a new exercise book.

## Parents – are you looking for support?

If so, then this website maybe useful for you. It signposts you to other organisations which may be able to offer support for you and your family.

By clicking on the area that best describes your home location, you can find bespoke services for that area.

The website is interactive and can be found at:

<https://essexfrontline.org.uk/>



# Notices



September 2025

Dear Parent/Carer,

We would like to warmly invite you to our **Year 11 Curriculum Evening** on **Tuesday, 30<sup>th</sup> September**, from **5:30pm to 6:30pm** in the **Main Hall**.

During the evening, we will be sharing key insights into your child's learning journey in Year 11, including an overview of the curriculum across core subjects, the support available, and what to expect during this crucial final year. We will also highlight important dates for assessments, revision sessions, and key milestones leading up to exams.

This is a valuable opportunity to understand how we are preparing students for success and how you can best support your child at home.

We look forward to welcoming you on the evening.

Kind regards,

Dr Reay  
Associate Assistant Headteacher



### Advanced Warning - Early Closure

To help preparations for our Year 6 Open Evening, school will close at **1pm on Thursday 18th September**.

### Results success

Hopefully, you saw our Headteacher's letter highlighting our exam success this summer. Further to this, we are also pleased to announce that for similar sized Sixth Forms we are ranked as the **3rd best Sixth Form in Essex**. We are incredibly proud of all of our students from those that achieved all A\*s, to those that go onto their next stage of education or career successfully and especially our two medical students. Medicine is an incredibly competitive subject which requires hours of work outside of the school day. Well done to all of our students at A-Level and GCSE.

### 60<sup>th</sup> Anniversary

As one of the oldest comprehensive secondary schools in Essex we are excited to be celebrating our 60<sup>th</sup> year, we will ensure it is celebrated appropriately and will be in contact in the future with the events we have planned.

### Attendance Matters

This year's results showed a strong relationship between attendance and achievement, students with 95+% attendance had an average of a grade 5, which is described as the strong pass. Students with 85% attendance had an average grade of less than a 4, described as the standard pass. Every day really matters, but if the students are in school and engaged in lessons and intervention they will succeed, all of our top attainers had attendances of 97+%.





# What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

## WHAT ARE THE RISKS?

### UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

### ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

### MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

### GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

### CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

### ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

## Advice for Parents & Educators

### I WANT TO BELIEVE

#### CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

#### PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

#### MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

#### REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

### Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



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



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