



The Appleton School Parent Bulletin – Spring Term

Key Dates

- **WC 19th January Year 9 Assessment week**

PE Fixtures

Tuesday 20/01

District Gymnastics

Wednesday 21/01

Year 7 Boys Basketball v Greensward Academy (H)

U15 Girls indoor cricket tournament

Week 3

School Lunches

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

Monday 19th January 2026

What have we been up to?

Every week seems to be a busy week, however, last week we had the Religious Studies Workshop for Year 11 parents, walking talking mocks for Year 11, the two-day Jack Petchey Speak Out Challenge for Year 10, a team building trip for Year 9 and Box smart activity for Year 8.

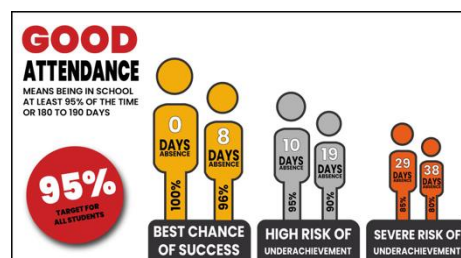
As well as outstanding success with our Year 9 Netball team reaching the semi-finals of the National Cup for the second consecutive year after their quarter final win 20-11!

This week, we look forward to the Year 11 Parental Workshop for Art, Year 9 Assessment Week and the District Gymnastic Event.

Attendance

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

708
809
907
1009
1104





Notices

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<https://www.instagram.com/theappletonschool?igsh=MXEzdzY2bnQ5bzI6Zw==>



Notices

At The National College, our #WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to better understand and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young children or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child's developmental and behavioural needs are, you're less likely to have an impact. In particular, younger ones and children with SEND may struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with empathy and understanding to help them manage these predominant feelings.

5. BE A DYSREGULATION DETECTIVE

While some children can tell you why they become dysregulated, many a time can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and why they're with – the trigger may be someone they're near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content with questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out their strategies first, always offer them a choice (they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel). This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching caregivers. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us expressing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

For much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to have in advance what might help and what could worsen the situation.

Meet Our Expert

Rebecca Cornish is an online Behavioural, Special Education and Health Coordinator and the founder of the award-winning 100 Research Blog, where she shares insights, advice and resources and ideas for parents and teachers of children with SEND.



#WakeUpWednesday

The National College

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CAPE topics next half term

Thank you once again for all for your support in encouraging our young people to be their best selves. This is CAPE's first and foremost goal – to equip our young people with the skills and attributes to be their best selves ready for when they leave us and move onto their next steps.

This half term we had the privilege of welcoming Essex Fire Safety and Rescue Services to our school who conducted a hate crime assembly for both year 8 and year 9.

This half term has also seen our CAPE students in year 7 begin to tackle the important topic of Puberty and the effects it can take on them. Year 8 have been looking at Equality and Diversity, in particular the 9 protected characteristics of the Equalities Act 2010. Year 9 have been focussing on Sex, the law and consent. Year 10 have been creating their CVs and application letters in order to be ready for Mock Interview Day next year and year 11 have been looking at Sexual health with a focus on contraception and STI's.

For year 11, the CAPE Scheme of work will now end to make way for the ASPIRE program.

Next half term will continue to build on the skills and attributes needed to be well rounded individuals with the following topics:

Year 7 will be looking at Friends, Respect and Relationships:

- Lesson 1 – Consent and Boundaries
- Lesson 2 – Respect and Relationships
- Lesson 3 – What makes a good friend?
- Lesson 4 – Friendships and online relationships
 - Lesson 5 – Being Positive
- Lesson 6 – Road Safety Assembly with Essex Fire and Rescue Services

Year 8 will be looking at Identity and RSE:

- Lesson 1 – Relationships and Sex Education
- Lesson 2 – Being yourself and Self Love
- Lesson 3 – Healthy, respectful relationships
 - Lesson 4 – What is love?
 - Lesson 5 – Dealing with Conflict
- Lesson 6 – Periods and menstrual cycle

Year 9 will be looking at Contraception and STI's:

- Lesson 1 – What are STI's
- Lesson 2 – Treating STI's and the clinic
- Lesson 3 – Contraception explored
- Lesson 4 – Contraception explored part 2
- Lesson 5 – Contraception explored part 3
 - Lesson 6 – HIV and Aids

Year 10 will be looking at Risk, Relationships and Sex Education. There will be some sensitive yet important lessons:

- Lesson 1 – Pleasure and delaying sexual activity
- Lesson 2 – Campaigning against FGM
 - Lesson 3 – Sexting
 - Lesson 4 – Online pornography
- Lesson 5 – Pornography and its impact on society
- Lesson 6 – Unhealthy relationships and sexual abuse



LET'S DANCE year 7 & 8

Day: Thursday

Time: Lunchtime

With Mrs Edwards

Where: I1 (Drama)



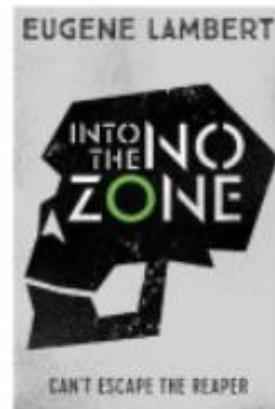
Simply turn up on the day ready to
DANCE!



Book of the week



The Appleton School Book of the week



Title: Into the No Zone
Author: Eugene Lambert



Hiding out in a Gemini stronghold, Kyle is finding out that being a hero is a bit of a let-down. The rebels may have struck a blow against the Slayer army, but victory is far from won and Wrath is as hostile as ever. Kyle finds himself caught between his brother Colm, who he saved from certain death, and his friend Sky, who is desperate to follow up a trail that may or may not lead to her lost sister.



A perfect young adult book series for readers who have enjoyed The Hunger Games, Michael Grant's GONE books and The Maze Runner.

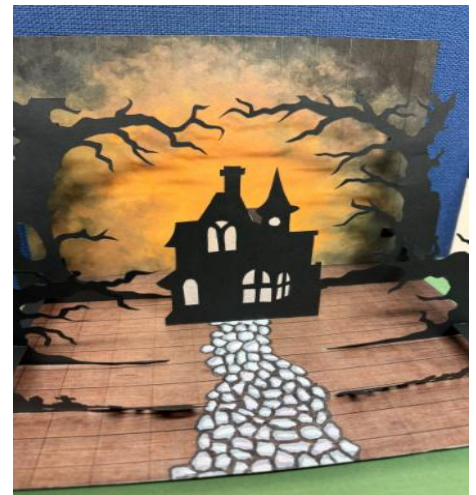




Mrs Glyn gives a shout out to all Year 11 Enterprise and Marketing students this week - their coursework is now done and we await scores from the exam board - best of luck all!

Mrs Silvey gives a shout out to Bobbie Georgiou for achieving such high score on this week's maths past paper

Miss Gough gives a shout out to Xander Holland, Year 7, for this amazing creative piece of homework in Drama.



Mrs Powell gives a shout out to all the year 10s that have taken part in the Speak Out challenge workshops this week. They were a credit to the school and worked extremely hard with our visitor.



 Essex County Council
Libraries

**10 January
to 22 February
2026**



Winter Reading Challenge

Children across Essex are being challenged to read and get creative at their local library this winter!

Explore our Pawfessionals' amazing careers as you progress through the challenge.

Choose from twelve fun activities to complete. For each one, you'll get a sticker! Complete six, and you'll receive a certificate and get to enter our prize draw for the chance to win some incredible goodies!

Plus, you can join in with themed events and activities at the library!



Find out more about how to take part in this free activity on our website: libraries.essex.gov.uk



Course Code	Course Name	Start Date	End Date	Venue	Start Time	End Time
HO5C40OL25	FL Sibling Rivalry	12/01/2026	19/01/2026	Online Live	09:30	11:30
HO2C44OL25	FL Sibling Rivalry	13/01/2026	13/01/2026	Online Live	19:00	21:00
HO3A43OL25	FL ESOL for Parents	14/01/2026	11/02/2026	Online Live	09:30	11:30
HO4C51OL25	FL Understand Teens Anxieties	15/01/2026	22/01/2026	Online Live	09:30	11:30
HO4B41OL25	FL Setting Boundaries	15/01/2026	22/01/2026	Online Live	13:00	15:00
HO4C52OL25	FL Praise, Rewards and Limit Setting	15/01/2026	15/01/2026	Online Live	19:00	21:00
HO5C41OL25	FL Understanding Neurodivergent Children	16/01/2026	27/02/2026	Online Live	18:00	20:00
HO1A40OL25	FL ESOL for Parents	19/01/2026	09/02/2026	Online Live	10:00	12:00
HO1B40OL25	FL ESOL for Parents	19/01/2026	09/02/2026	Online Live	13:00	15:00
HO2A42OL25	FL ESOL for Parents	20/01/2026	10/02/2026	Online Live	10:00	12:00
HO2B42OL25	FL ESOL for Parents	20/01/2026	10/02/2026	Online Live	13:00	15:00
HO3C40OL25	FL ESOL for Families	21/01/2026	04/03/2026	Online Live	18:00	20:00
HO4C53OL25	FL Talking So Your Children Will Listen	22/01/2026	29/01/2026	Online Live	19:00	21:00
HO4C44OL25	FL Fussy Eaters	22/01/2026	22/01/2026	Online Live	19:00	21:00
HO4A45OL25	FL SEND Support for Families	22/01/2026	12/02/2026	Online Live	09:45	11:45
HO4A50OL25	FL ESOL for Parents	22/01/2026	12/02/2026	Online Live	10:00	12:00
HO4B42OL25	FL ESOL for Parents	22/01/2026	12/02/2026	Online Live	13:00	15:00
HO5A44OL25	FL ESOL for Parents	23/01/2026	13/02/2026	Online Live	10:00	12:00
HO5B46OL25	FL ESOL for Parents	23/01/2026	13/02/2026	Online Live	13:00	15:00
HO2C45OL25	FL Managing Anger in Young People	27/01/2026	03/02/2026	Online Live	19:00	21:00
HO3B40OL25	FL KS3 English Skills For Parents	28/01/2026	11/02/2026	Online Live	09:30	11:30
HO4A44OL25	FL Understanding Teens	29/01/2026	12/02/2026	Online Live	09:30	11:30
HO5B48OL25	FL Sibling Rivalry	30/01/2026	30/01/2026	Online Live	12:30	14:30

If you would like to enrol on to a FREE course please Visit our website acessex.com and type the course title in the 'Find a course...' box

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Achieving Excellence



Computer Science Home Learning – Using EduCake

This term, all Key Stage 3 and Key Stage 4 pupils have continued to complete their Computer Science home learning through **EduCake**. EduCake is an interactive online platform that allows pupils to practise exam-style questions, receive instant feedback and track their own progress. It's designed to help pupils consolidate their learning in manageable chunks, improving both knowledge recall and exam confidence.

Parents and carers can support their child by checking that weekly EduCake tasks are completed. All Computer Science homework is set and monitored via **Satchel One**, where you can view due dates and completion status. This makes it easy to stay informed and encourage good study habits at home.

Congratulations to our Half-Term EduCake Champions!

We're thrilled to celebrate the dedication and effort of our top EduCake performers from the second half term. These pupils have demonstrated fantastic commitment to their Computer Science studies – well done to all!

Keep up the excellent work and let's see who will take the top spot next half term!



Free Online Courses to Support Parents

ACL Essex is offering a range of FREE online Family Learning courses designed to help and support parents in managing everyday challenges. These courses cover topics such as:

- Support your child to attend and enjoy school
- Family First Aid
- Managing Big Emotions
- Understanding and Managing Anger
- Understanding ADHD & ASD in Children
- SEND Support for Families
- Sleep Workshop
- Talking So Your Children Will Listen
- From Paycheck to Peace of Mind
- ...and many more!

You can view the full list and enrol here: www.aclessex.com/community-family-learning

Key Details:

- ✓ All courses are **free** and delivered online.
- ✓ Prior enrolment via our website is **mandatory but free**.
- ✓ Some courses can also be delivered **in-house for up to 12 parents** (minimum of 6 parents required).



Sparx Homework

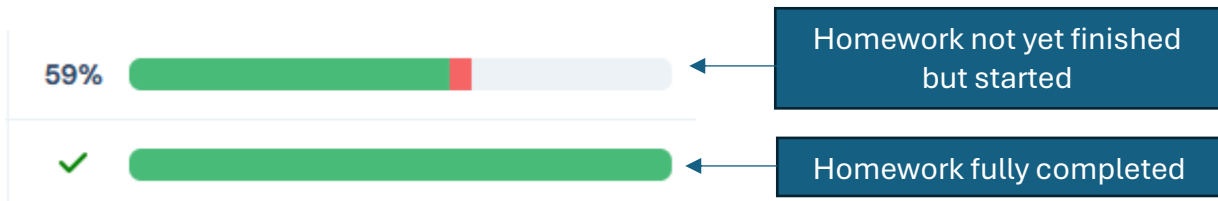


As a school we have bought into the Sparx Learning package. For the last year we have been using SparxReader, SparxMaths, and this year we are introducing SparxScience.

Sparx is an intuitive piece of software that allows students to work through questions, with support when needed, and the questions adapt to a student's ability – the quicker they work through questions correctly then the system will then make the next questions more challenging and vice versa.

Along the way Sparx will also ask students about an answer to a previous question, this is because the system works best if students write down the answers in their exercise book alongside the online portal to help writing practice and retention.

The homework percentage is a completion rate not a score.



FAQs

Why are you using Sparx?

Sparx has been shown to improve student outcomes with regular use, the students with the highest grades last academic year were the ones with the highest Sparx use. It helps students to plug gaps and ensure they are challenged.

How can I know when they've been set homework?

We still use the Satchel One platform for recording homework which all parents have access to. If you are unsure at all please contact the school

info@theappletonschool.org



Why is so much homework online?

Online homework allows for immediate feedback to students to prevent the embedding of their progress.

My child spent so long on their homework but still did not complete 100%

Please do not worry, this will flag to a teacher, they can see the amount completed and the time spent on the homework so will realise there is an issue and will intervene.

I suspect my child is doing the homework far too quickly, are they cheating?

We suggest taking away their phone during their homework, there is a new tool on AI where they can film/take photos of the question and it will give them a solution. However, it also means they complete the homework quickly and that will be noticed by the teacher – although best to keep the phone away!

Do I get a notification about incomplete homework?

Sparx automatically notifies parents on a Sunday about any outstanding homework and feedback on what has been completed.

Year 7 Homework

Maths:

Sparx homework is set on a Tuesday morning, due the following Monday at 5pm.

The expectation is that homework is completed at 90% or above. If the student is struggling with that week's topic and can't reach 90%, then we need to see at least an hour spent on the homework.

If students are struggling with a question, they can watch the video attached to each question, or see their class teacher before the deadline, or attend homework club in the resource centre, Mon-Thurs 3.00-3.45pm. Even though the homework is online, students are to show their working out in their exercise books. Sparx will do a "bookwork accuracy check" to make sure they are doing this.

Achievement points are given to those that complete the homework on time. Negative points are given to those that do not complete the homework on time. A second chance is given to students to do the homework, and if it still isn't done by the second deadline, then a teacher detention is set.

Failure to attend a teacher detention will mean a HOF detention.



English:

Students should be primarily being set SPARX Reader which is then checked in class by the teacher on a weekly basis for achievement points and an interactive leaderboard.

They also should have a reading journal which is checked by one of their teachers each week.

The more points they get will result in whole school reading rewards such as certificates, badges and books.

On top of this they should be getting spelling homework for weekly tests in class.

Science -

Science set Sparx homework on a Wednesday and is due in on a Tuesday. It is expected to be 100% completed.

Auto marking- students receive feedback immediately, algorithm adapts to students, provides opportunity to repeat questions which challenge students, set every Wednesday and due the following Tuesday.

Students need to score 100% for HW to be completed