



The Appleton School Parent Bulletin

Newsletter dated: 26.04.24

Key Dates

29.04.24 to 07.05.24

MFL GCSE speaking exams

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	25219
Nightingale	21778
Tull	17927
Turing	21028
Grand Total	85952

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The Appleton
School

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The Appleton
School

Attendance & Achievement

How much does attendance impact on achievement and success?

The school's expectation of attendance is at least 97%. The impact on good attendance on your progress is shown in the table below with 94% of students achieving their target grades at the end of year 11. The higher your attendance the best possible chance of personal success!

Attendance %	Achieve expected target grades.	You will only achieve your target grade in:
<80%	20%	2 of your subjects
80-84.9%	33%	3 of your subjects
85-89.9%	46%	4 of your subjects
		You will achieve your target grade in:
90-91.9%	53%	5 out of 9 subjects
92-95.9%	75%	7 out of 9 subjects
96%	84%	8 out of 9 subjects
97%	94%	9 out of 9 subjects



Correspondence sent out this week

Date school	Letter	Year/Whole
19.04.24	YR11 Expectations letter	YR11
19.04.24	Cultural Week	Whole school
19.04.24	Year 7 Bollywood Dance	YR7





GENERAL NOTICES

Year 11 & 13 General Revision Resources

Year 11

<https://www.theappletonschool.org/students/revision-resources>

Year 13

<https://www.theappletonschool.org/sixth-form/student-life/ks5-resources>

PE Fixtures

Monday 29/04/24 - Year 9 and 10 Boys Athletics Friendly @ Chelmsford

Tuesday 30/04/24 - Years 7-9 Athletics - Chelmsford Schools Cup

English Revision Resources

Please use this link for resources: https://drive.google.com/drive/folders/1HYRvd_tvDk_V-daGeGBIaZzDrtN4A8Tp?usp=sharing

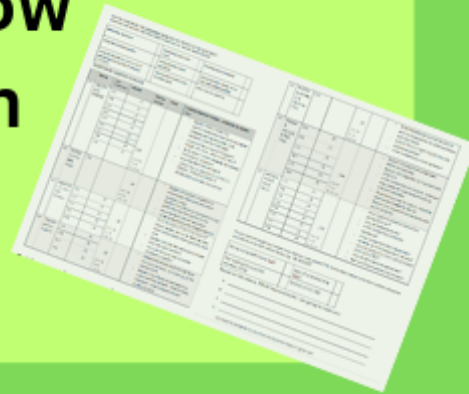
Science Revision Resources

A revision intervention booklet can be found here: https://theappletonschool.org/user/pages/05.students/02.revision-resources/04._subject-resources/Combined-Science-Paper-1-Revision-Booklet.pdf

Students can also access a host of resource on Google Drive to support their revision from checklists, mindmaps, revision Powerpoints, links to resources, required practicals, etc. Students can access these resources by going to the Google Drive>>Shared Drives>>Student Shared Drive>>Science>>AQA Revision Resources or by clicking this [link](#).

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

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

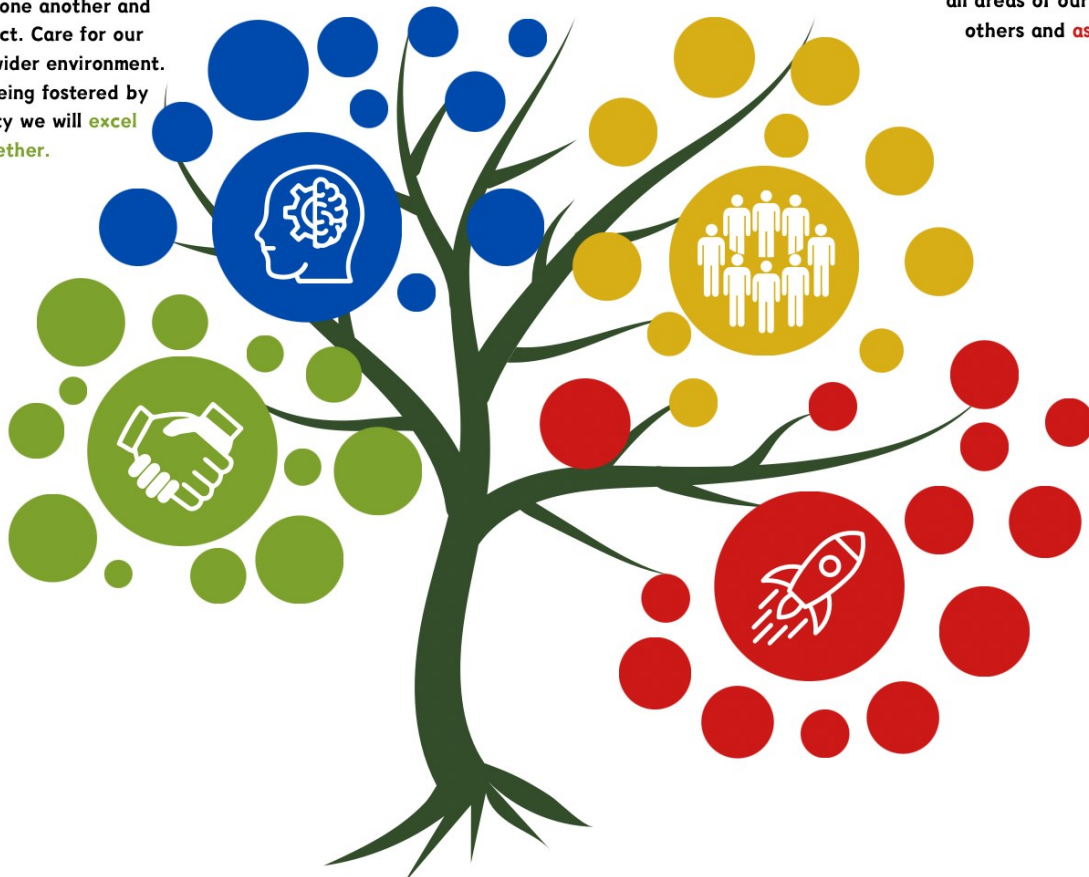
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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**.

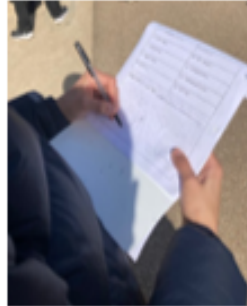




SHOUT OUTS

Geography GCSE Fieldtrip - Queen Elizabeth Olympic Park

65 Year 11 GCSE Geography students undertook a series of fieldwork activities in preparation for the GCSE exams last week. Geographical data was collected at over 10 sites using a GIS platform - Survey 123.



Students were investigating the extent to which the London 2012 Olympic Games has left a legacy for the area, focusing on recreation, employment and housing.



Once back in class, students will be using Survey 123, producing maps of the data collected in order to analyse the geographical patterns and to determine whether an Olympic legacy does exist.

The students took an active part in the day and enjoyed the experience.

Josh and Charlie ensured the end of the trip ended on a high with an 80's soundtrack inspired sing song!

Mr Hunt





SHOUT OUTS



Our Year 12 Chemistry students entered and competed in the Royal Society of Chemistry's Olympiad. They have entered a year early as the competition is designed primarily for Year 13 students at the end of the course and they achieved some truly amazing results. For the first time ever as a school we achieved a Silver classification. In fact, this year we had 7!

The full list of students and their awards:

Jael Agbeme - Participant
Gemma Clift - Silver
Ben Coomber - Participant
Abdullah Habeebu - Silver
Max Halladay - Silver
Serena Hounsell - Silver
Hoor Khan - Participant
Edward Lewin-East - Participant
Alisha Pearcey - Participant
Jake Reilly - Silver
Roseanna Riste - Silver
Avyi Robinson - Silver
Aicha Sidmoussa - Participant
Hayden Wakefield - Bronze

I would like to say a special thank you to Mrs Wilson, our Chemistry teacher and Mrs Price and Mrs Wells our incredible lab technicians who make up the A Level Chemistry team and make all this possible for the students.



Blake Williams (form 808) is playing the Artful Dodger in Basildon Operatic Society's production of Oliver! at the Towngate Theatre on:

May 30th at 7.30pm

May 31st at 7.30pm

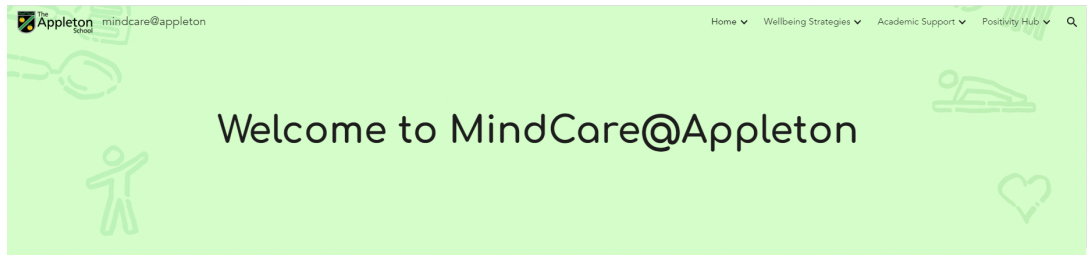
June 1st at 2.30pm

See below flyer and a picture of him in his last production of Oliver! which was at the Palace Theatre Southend





Mental Health January 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!

As part of our ongoing goals to promote and support student mental health and wellbeing, we would like to highlight further updates made to the [MindCare@Appleton](#) website which students can access [here](#).

1) Updates to the positivity hub:

- New [positive habits](#) calendar for January to help students develop a positive mindset for the new year.
- Last month we shared tips for how to make meeting our new year's resolutions more likely, so this month we have added a calendar which gives examples of specific goals to meet each day in January.
- We will be reflecting on these goals in form time, but it can also be a useful task to complete outside of school.

2) Key contacts / dates:

- Students can collect Wellbeing Support cards which provide them with a physical copy of key contacts (both in and out of school). These can be collected from the pastoral office.
- The [events](#) calendar has been updated for this academic year highlighting key mental health days. More details about resources and activities taking place in school will be provided closer to the time of specific events.

3) Additional resources:

- [Flourish](#) is an excellent YouTube channel run by Jo Morton Brown (Emotional Wellbeing Practitioner) aiming to help people of all ages develop positive coping strategies to support their mental health. Examples include videos providing guidance on how to make new friends, beat back to school anxiety, and be a kind person. Jo will also be leading some virtual workshops to help our students manage exam-stress later this half term.
- Anger management kit under [Mindfulness Exercises](#) resources provides ways to help students identify, understand, and manage their anger in appropriate ways.

If you would like us to add further information or resources on any specific topics on [MindCare@Appleton](#), please contact us. Thank you for your ongoing support in working together to promote positive wellbeing for our students.

Miss S Sangha
Mental Health Lead



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
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

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

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 to find out more.

To register with us scan this QR code



STRM - SEND the Right Message
Registered Charity (10957)



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



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, 1057 pupils had 100% attendance.

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

702	Mr Foster	95.7%
804	Mr O'Neill	96.7%
903	Mr Davies	94.8%
1010	Mrs Navarro/Mrs Reay	95.8%
1106	Mrs Manning/Miss Bassett	97.0%





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

Teaching 

Every Lesson Shapes a Life.



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



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:





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



The Hub @ The MegaCentre
Community. Care. Connect.



The MegaCentre Rayleigh

Joy | Hope | Life



Safe guarding– SHOPPING PLATFORMS

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These ingenious sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/shopping-apps

@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: 24.04.2024



Careers News

Youth Movement across South Essex

NOW!

RISE WE SE

A MOVEMENT FOR
YOUNG PEOPLE.
BY YOUNG PEOPLE

We Rise Canvey is
taking over the
South of Essex



We need young people like you to help drive We Rise across South Essex, to help inspire other young people to create opportunities, raise aspirations & improve outcomes and make positive changes in your community.

To find more on We Rise and how you can get a mentor contact louise.fry@essex.gov.uk

Follow us Instagram
[@weriseessex](https://www.instagram.com/weriseessex)

Follow us on Facebook
[@we-rise Essex](https://www.facebook.com/we-rise-Essex)

Our Achievements so far

- A Business mentoring programme working with employers such as Microsoft, c2c, Morgan Sindall, Legal and General, Castle Point Borough Council and Essex County Council
- A careers fair
- Skills and Employability Day
- A film about local jobs on Canvey
- Attending the Mayor's Awards
- Speaking with Councillors, Members of Parliament, the Job Centre and local councils about improving opportunities for young people

BE
THE
CHANGE

THE
TIME
IS
NOW!!

Youth Movement across South Essex

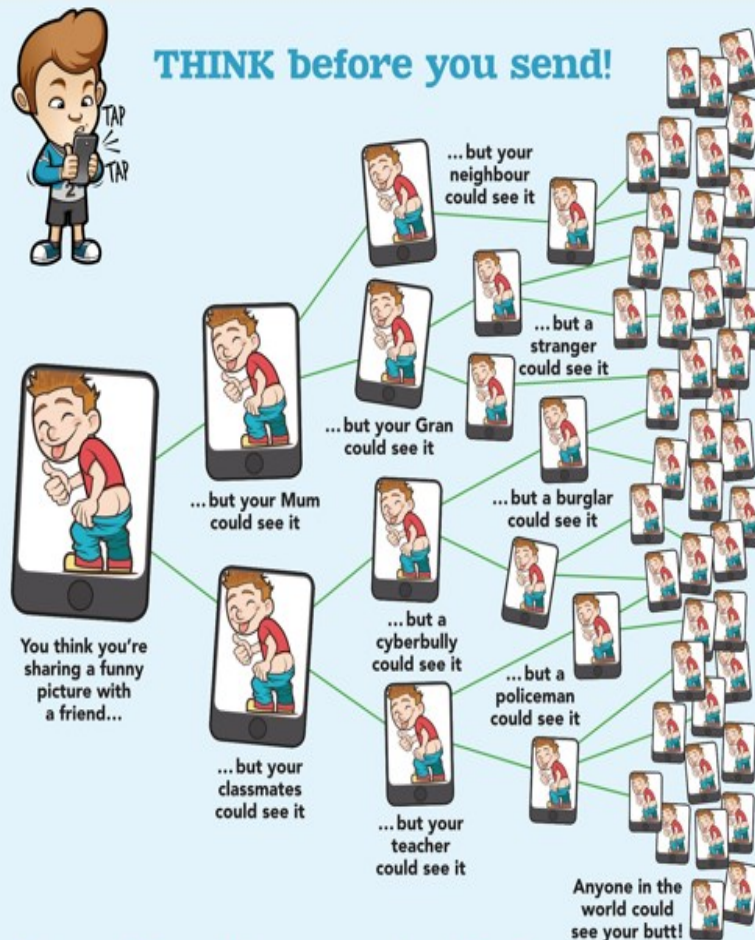


Safeguarding

Skips Safety Net

Keeping children safe online

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



Skips

www.skipssafetynet.org

**THE APPLETON
SCHOOL**

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschool.org

Website:
www.theappletonschool.org

Quick Links

[Edulink](#)

[ParentMail](#)

[Google Drive](#)

[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Summer Term Dates

Monday 15th April students return

Monday 6th May Bank Holiday

Monday 27th May-31st May Half Term

Friday 19th July last day of term

GCSE 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/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

The whole school and PE extra-curricular timetables have now been updated.

You can find these time tables on our website.

Please click on the following link:

<https://www.theappletonschool.org/parents/parents-home>