



The Appleton School Parent Bulletin

31.01.25

House System

Congratulations to all pupils in Year 7, 8 and 9 and 10 for your achievement points that you have earned since the start of the academic year.



House	Grand Total
Austen	15241
Nightingale	15286
Tull	17277
Turing	15901
Grand Total	63705

Attendance & Achievement

How much does attendance impact on achievement and success?

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

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

Key Dates:

04.02.25 –14.02.25
Year 11 PPES

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Y11 Revision

Walking Talking Mocks

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

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

The WTM will focus on English, Maths and Science.

Below are when the sessions occur.

X-side A Wednesday Period 3

Y-Side B Wednesday Period 2

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

Revision Sessions

As we prepare for the second round PPE (Pre-public examinations) we have just completed our rotation of English, Maths and Science Revision. Following on from this we will now have a two week rotation for Geography, History and Languages.

A letter with the full timetable will be emailed out over the weekend.





Y11 Revision



Monday 27th January 2025

Dear Parent/Carer,

We are pleased to inform you that we are offering a dedicated Revision Space for all our Year 11 students.

This initiative was introduced in their most recent Assembly, and we are already seeing good attendance.

The Resource Centre is open from 8:00 AM until form time, and then again from 3:00 PM to 3:40 PM, providing students with access to computers and a quiet space to work in preparation for their GCSE exams. A staff member will be present during these times to offer support.

Additionally, students have the option to work in T15 during lunchtime with a staff member available for guidance.

If you believe your child would benefit from this opportunity, please encourage them to take advantage of the available space.

Yours sincerely,

Dr. R. Reay
Associate Assistant Headteacher

Headteacher: Sarah Cox, BA (Hons)

Croft Road, Benfleet, Essex, SS7 5RN Tel: 01268 794215

Email: info@theappletonschool.org Website: www.theappletonschool.org



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Year 9 Options

Year 9 Options Evening

Thank you to all our Year 9 parents and students that attended our Options Evening this Thursday. We had a record number of families attend and we hope you found the evening informative.

Please see below a reminder of some key dates coming up:

Monday 3rd to Friday 14th February
GCSE Taster lessons after school scheduled.

Thursday 27th February
Year 9 Hybrid Consultative

Friday 28th February
The options form will go live and will be shared with parents/ carers and students.

Friday 10th March
Deadline for all option choices to be submitted.





Attendance

The Appleton School **Being In School, On Time Really Matters**



Did You Know... ?

If your attendance	You would miss	you are likely to achieve your target grade in
was 97%	5 days of school	9 out of 9 GCSEs
was 95%	9 days of school	7 out of 9 GCSEs
was 92%	15 days of school	5 out of 9 GCSEs
was 90%	19 days of school	4 out of 9 GCSEs
was 85%	29 days of school	3 out of 9 GCSEs

WE WANT YOU TO ACHIEVE YOUR BEST

Check your current attendance using the Arbor App

100% Attendance



Did you know that all students with 100% attendance are entered into a weekly prize draw for a Golden Ticket to jump the queue at break and lunch?

And students with 100% attendance all term receive a special attendance award!

ATTENDANCE

Attendance Matters



Research shows us that there is a direct link between pupils attendance at school and how well they achieve

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

709	Mr Gnahore	96.9%
804	Miss Gardiner	96.2%
908	Mr Johnson	94.7%
1004	Mrs Bell/Mrs Cannon	94.4%
1107	Mrs Edwards/Mrs Dowle	94.4%



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

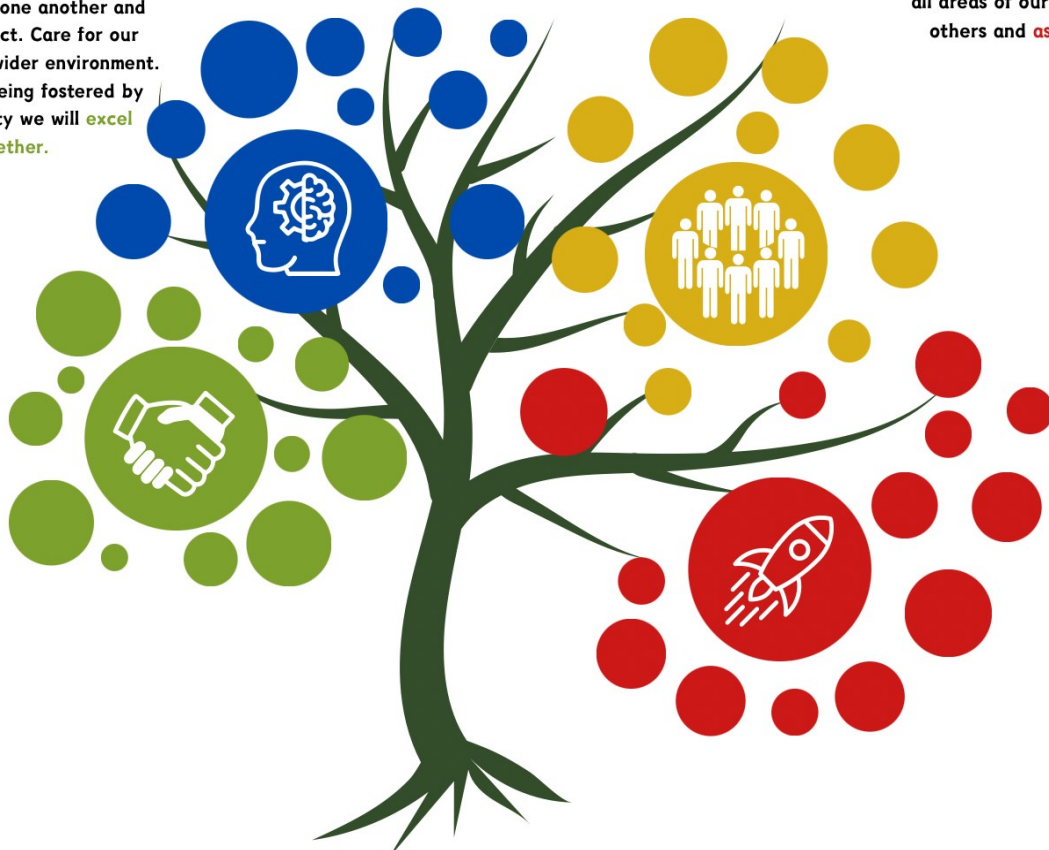
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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**.





General Notices

Attendance

Please note, when reporting your child's absence from school please report this by the **Arbor App** or email:

absence@theappletonschool.org

Just a reminder the back gate locks at 8.30am after this time you will need to enter via students services in Croft Road.



Attendance Matters





Correspondence sent out this week

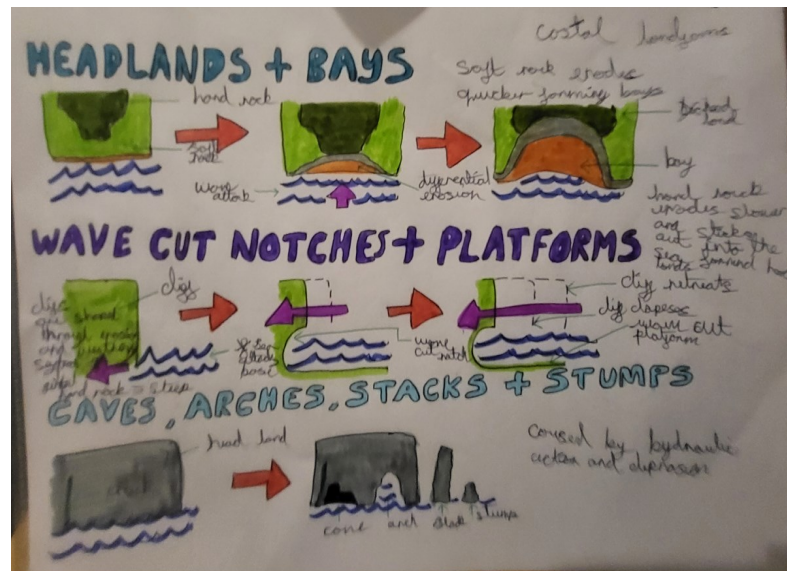
Date	Letter	Year/whole school
27.01.25	Year 7 Disco	Year 7





Shoutouts

Ms Dowle gives a shout out to her Year 8 Geography class they have worked so hard
Below is example of the students work



Mrs Hammond would like to give a shout out to Harley Spall created an incredible 15 page PowerPoint presentation, the graphics and effects that he used were superb. He worked really hard on it. Fantastic job Harley.

Miss Gough would like to give a massive shout out to her 9x2 Music class. This week students have shown aspiration to stretch and challenge themselves, learning how to play more complex chord patterns on the keyboard and then implementing this into the Ensemble Pop performances. Miss Gough is so proud of all the progress this class has made since taking them on this academic year!





PE Fixtures



Monday 3rd February 2025

- Year 8 Rugby v James Hornsby (A)
- Year 7/8 Netball v Cornelius (A)

Tuesday 4th February 2025

- Year 7 boys district Basketball v Castle View (A)
- U13 Girls Basketball v Sweyne (A)

Wednesday 5th February 2025

- Year 8/9 Netball v King John (H)
- Year 10 boys Football v King Edmunds (A)

Thursday 6th February 2025

- Year 9 Rugby v James Hornsby (A)



PE Shoutouts

Mr Rowe would like to shout out to Miss Johnson and the under 13 netball team for making the national semi finals.



Mr Rowe would also like to shout out to Mrs Birch and the gymnastics squad for winning all categories and being overall district championships.





PE Shoutouts



Congratulations to the
Year 7 Football team
who won their last match in
the Essex Cup



7-0

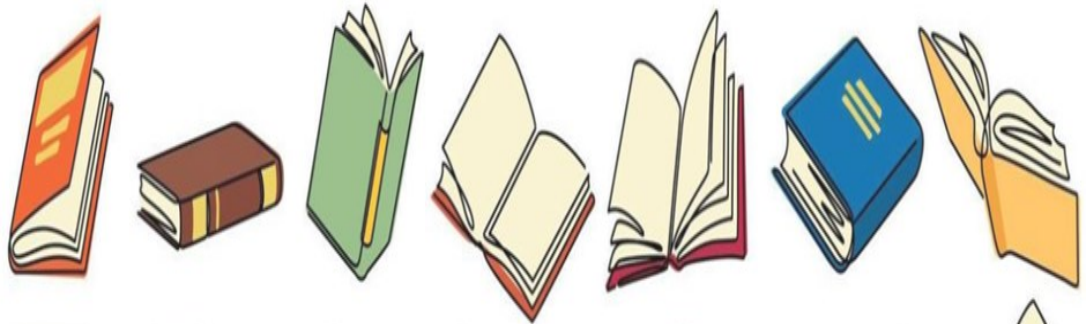


They now progress into the
Quarter Finals! Well done!



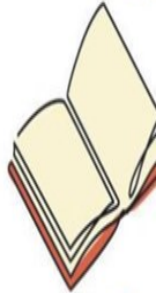
General Notices

Book of the Week: **The Reappearance of Rachel Price** By **Holly Jackson**



The Appleton School

Book of the week



Title: The Reappearance of Rachel Price
Author: Holly Jackson

Eighteen-year-old Bel has lived her whole life in the shadow of her mom's mysterious disappearance. Sixteen years ago, Rachel Price vanished and young Bel was the only witness, but she has no memory of it. Rachel is gone, long presumed dead, and Bel wishes everyone would just move on.

But the case is dredged up from the past when the Price family agrees to a true crime documentary. Bel can't wait for filming to end, for life to go back to normal. And then the impossible happens. Rachel Price reappears, and life will never be normal again.





LOST PROPERTY

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

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

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

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



Lost property



General Notices

DESIGN A MURAL COMPETITION: 2025 Grantham Climate Art Prize

Students aged 11 – 25 are invited to enter the 2025 [Grantham Climate Art Prize](#) by designing a mural to draw attention to the climate crisis. Two murals will be unveiled at Imperial College London in 2025. Designs for the first mural – at South Kensington campus – are now being sought. The winner will get a £200 prize and three runners up will get £100 each – all in gift vouchers.

Students from schools, colleges and universities can submit a design for the mural with the theme From Grey to Green – focusing on the importance of boosting nature and green innovation to allow us to have a more sustainable future, which will be better for the planet and for our physical and mental health.

The winning design will be transformed into a large-scale (9.4m by 2m) mural by a professional artist while runner-up designs will be exhibited on the campus.

The art prize is a biennial competition and previous themes have included British Biodiversity Loss (2021) and A Greener, Cleaner, Cooler World (2023), inspired by our 9 things you can do about climate change: www.imperial.ac.uk/stories/climate-action/. As well as the 12 murals across Great Britain – from Brighton to Glasgow – we've had exhibitions of winning and runner-up designs at COP26, in museums, and on billboards in London's transport hubs.

Enter via the competition webpage: www.imperial.ac.uk/grantham/events/grantham-art-prize/. The deadline is 31 January 2025. Otherwise you need to you can send a clear photograph of your landscape style design as a JPEG, PNG or GIF less than 20MB to granthamartprize@imperial.ac.uk with **your name, email address, date of birth, age, title of your artwork and a brief description of the design**. If sending several entries (teachers) please do so separately, or by www.wetransfer.com with the required info for each image.

ENTER HERE ↓ QR SCAN



IMPERIAL Grantham Institute





Safeguarding

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.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improve their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.01.2025



DJ WORKSHOP

On Monday 24th February 2025, 30 of our Year 9 and 10 students will be taking part in a DJ workshop.

Students will have the amazing opportunity to learn how to perform using the professional DJ equipment, working alongside DJ Shy Cookie.





We have been busy in the library this week updating our display boards with a suggestion of 25 books to read in 2025. These books come recommended from our staff based on what they have enjoyed reading this year. For example, Mr Wood in History recommends *Wyrd Sisters* by Terry Pratchett, Ms Aucklah in Social Science recommends *My Sister's Keeper* by Jodi Picoult, and Ms Anley in Maths recommends *The Inheritance Games* by Jennifer Lynn Barnes.



3rd-9th February also marks National Children's Mental Health week. Reading is a brilliant way to lower stress and improve sleep quality, and also offers escapism! We would love to encourage as many of our students and their families to read for pleasure this month as a way of taking care of your wellbeing.



ACL

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☀️ Support Your Teen's Journey ☀️

with Our Free **Online** Courses!

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

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

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

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

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YOU'RE INVITED

to join us at

SEND THE RIGHT MESSAGE CHARITY

and listen to experts share their neurodivergent knowledge.

SEND GUEST TALK

This informal session allows you to confidently learn from our guests in a welcoming atmosphere, broaden your insights, and feel empowered to understand and support your child.



REGISTER HERE

FREE event

Booking essential

WEDNESDAY 5TH FEBRUARY 2025

MENTAL HEALTH Q+A

WITH TANIKA FARMER

AT

ST MARY'S CENTRE, EAST HALL,

SOUTHEND, SS2 6JT

10 AM - 12 PM



Supported
by



Available for Southend, Castle Point, Rochford Districts registered members

Predominantly Adult Only Session but supervised children are welcome.

 info@strmsupport.co.uk

 07359 068 827

 www.strmsupport.co.uk



Bouldering Club Sessions



'Give it a go' taster sessions

Wednesdays Term Time
Time: 4.30 pm - 5.30 pm
Ages 6-17yrs
Bookable via the membership zone

Join the bouldering club

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

Wednesdays, Term time
Time: 4.30pm - 5.30pm
Ages 6-17yrs
Bookable via the membership zone

Have you visited Indirock previously?

Have you visited Indirock without us? It is possible to skip the 'Give it a go' session and proceed directly to the Club sessions to enhance your skills.



STRM - SEND the Right Message
Registered Charity 1193572



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



REGISTER HERE

Why Bouldering helps?

In partnership with Indirock, we provide complimentary bouldering sessions for children and young individuals who are neurodivergent and/or have disabilities. These sessions can benefit children and young people with neurodevelopmental conditions, such as Autism and ADHD, who may struggle with social and emotional communication, self-regulation, and executive functions. Bouldering can help build motor skills, co-ordination, balance, core strength, and self-confidence, enhancing their overall well-being.



What are the signs of dysregulation?

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

Children and young people who are Autistic or/and are ADHD (amongst other neurodevelopmental conditions) have difficulty with social and emotional communication. They may also need support with self-regulation and developing their executive functions.

Children and young people who are neurodivergent may have difficulties with their gross and fine motor skills. Their stability, balance, and core strength may be underdeveloped.

- Boosts co-ordination
- Builds core strength
- Improves balance
- Strengthen muscles (perfect for those with hypermobility)
- Develop motor processing
- Develops autonomy
- Enhances self-confidence and self-esteem
- Strengthens sequential thinking
- Builds trust
- Promotes decision making
- Gain confidence to take responsibility to make their own choices

Free STRM charity membership registration is required before booking.

Watch our YouTube video about our Bouldering Club at Indirock





Every volunteer
Making every
day count.

Could you give the gift of time?

We're looking to recruit volunteers in a number of areas to help us make a difference to the adults, children and young people we care for.

From helping in the bistro or garden to volunteering in our shops, we have a wide range of opportunities to choose from. Find out more at havenshospices.org.uk/volunteering or scan the QR code opposite.



Scan me!

T 01702 426 237
E volunteering@havenshospices.org.uk



havenshospices.org.uk/volunteering

Registered Charity Number 1022119

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SEND Drop in Sessions



SEND Drop In Session

An opportunity to speak to our Additional Needs Early Intervention Team to get advice and support - no diagnosis is required.
Suitable for families* and professionals

Northlands Park Family Hub

Davenants, Basildon, SS13 1QX

1st and 3rd Tuesday of each month 3.30pm to 4.30pm

Fryerns Delivery Site

Greenshoots Building Churchill Avenue, Basildon SS14 2EQ

1st Thursday of each month 9.30am to 10.30am

All About Delivery Site

James Hornsby High School, Leinster Road, Laindon SS15 5NX

3rd Tuesday of each month 10am to 11am

Highcliffe Delivery Site

Rettendon View, Wickford, SS11 8JE

2nd Wednesday of each month 10am to 11:30am

Sunnyside Delivery site

Rosebay Avenue, Billericay CM12 0GH

2nd Thursday of each month 10am to 11am

Little Lions Family Hub

Northwick Park Academy, Third Avenue, Canvey Island SS8 9SU

4th Monday of each month 1.30pm to 2.30pm

Oak Tree Family Hub

Groveswood Primary School, Grove Road, Rayleigh, SS6 8UA

2nd Friday of each month 1.00pm to 2.00pm

*Children do not have to accompany parents/carers to drop in

Call 0300 247 0013 to speak to one of the

Additional Needs Early Intervention Co-ordinators (ANEIC)

Essex Child and Family Wellbeing Service

Service commissioned by:



No Booking Required



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Foster

with Thurrock Council
thurrock.gov.uk/fostering

#MakeADifference
and become a

Foster Carer

ENQUIRE
TODAY

Freephone 0800 652 1256

fostering.adoption@thurrock.gov.uk

 thurrock.gov.uk



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Foster

with Thurrock Council
thurrock.gov.uk/fostering

ENQUIRE
TODAY

#MakeADifference and become a

Foster Carer

Freephone 0800 652 1256

fostering.adoption@thurrock.gov.uk

 thurrock.gov.uk



Community & Family Learning

ACL

COMMUNITY & FAMILY LEARNING

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FOR
PARENTS & CARERS



NEW session
subjects added
regularly!

SETTING BOUNDARIES
MANAGING BIG EMOTIONS
UNDERSTANDING CHILDREN'S ANXIETY
SAVE ENERGY, SAVE MONEY
WINTER BUDGETING



SCAN ME

FOR MORE INFORMATION, OR TO ENROL...[SCAN QR CODE](#), [CLICK HERE](#), OR [VIEW WEBSITE](#)...

NEED HELP? EMAIL ACLFAMILYLEARNING@ESSEX.GOV.UK



'FAMILY LEARNING'
ACLESSEX.COM



Essex County Council

**THE APPLETON
SCHOOL**

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschool.org

Website:
www.theappletonschool.org

Quick Links

[Arbor](#)

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Term Dates

Please click on the following link to go direct to the site:

<https://www.theappletonschool.org/parents/term-dates>

Please click on the following link to go direct to the document:

https://www.theappletonschool.org/user/pages/04.parents/09.term-dates/Term_Dates_2024-25.pdf

Spring Term Dates 2025

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

Monday 6th January **Students return**

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

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

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

Summer Term Dates 2025

Monday 21st April **Bank Holiday**

Tuesday 22nd April **Students return**

Monday 5th May **Bank Holiday**

Monday 26th May – Friday 30th May **Half Term**

Friday 18th July **Last day of term**

Monday 21st July **Non-pupil day**

THE APPLETON
SCHOOL

Croft Road
Benfleet
Essex
SS7 5RN

Phone:
01268 794215

Email:
info@theappletonschoo.org

Website:
www.theappletonschoo.org

Quick Links

[Arbor](#)

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Revision Resources & Extra-Curricular

GCSE Revision Resources

We have provided a wide range of resources to aid your child when it comes to their revision for each of their examination subjects.

<http://www.theappletonschoo.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.theappletonschoo.org/sixth-form/student-life/ks5-resources>

Extra-Curricular Clubs and Activities

Please click on the following link to go direct to the site:

<https://www.theappletonschoo.org/parents/clubs-and-activities>

Alternatively, you can access the time tables directly via the following links:

<https://www.theappletonschoo.org/user/pages/04.parents/19.clubs-and-activities/Extra%20Curricular%20Clubs%20and%20Activities%20Spring%20Term%202025.pdf>

<https://www.theappletonschoo.org/user/pages/04.parents/19.clubs-and-activities/Extra-Curricular%20Prog%20Spring%20Term%202025.pdf>