



The Appleton School Parent Bulletin

27.09.24

Key Dates

23.09.24 - 04.10.24

Parent Tours

30.09.24 - 01.10.24

Year 7 Mersea Island Trip

04.10.24

Year 7 Jack Petchey
Oracy Workshop

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Instagram

[The Appleton School](https://www.instagram.com/theappletonschool)



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	1278
Nightingale	1197
Tull	1358
Turing	1194
Grand Total	5027

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



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

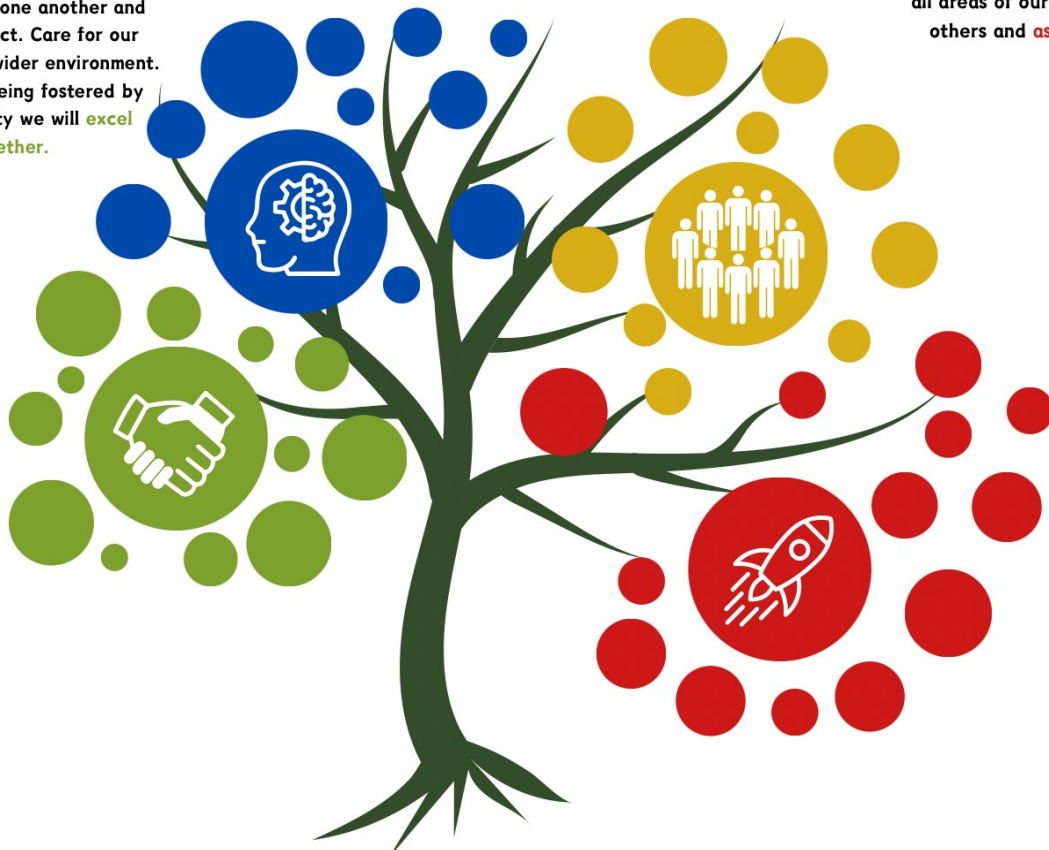
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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

Uniform

During the school term we have noticed that the students' uniform is not meeting the usual high standards and we ask for parental support in ensuring the students are meeting the expectations. Going forward 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

1. Why a focus on uniform?
The school represents that 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.
2. 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.



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



General Notices

Mobile Phones

A gentle reminder to parents/carers in line with the National Government guidance for schools we have a clear policy of, 'Not seen, not heard, not taken away' across our school site throughout the school day.

If students do need to have a mobile phone to support them in their travel to and from school, we ask that when students arrive in the morning, they turn their phones off and keep them out of sight.

If students are seen using their phones during the school day, their phone will be confiscated. If a student has their phone confiscated three times, the phone will not be returned to the student; instead, parents/carers will be contacted and asked to collect from school in person.

Please see attached letter which was sent home at the start of the academic year regarding our school's expectations: <https://www.theappletonschool.org/user/pages/04.parents/02.letters-home/02.whole-school/September%20Welcome%20Letter%202024.pdf>

FAQs

1. Why a focus on phones?
According to the GOV.UK website by the age of 12, 97% of children have their own mobile phone, according to Ofcom. Using mobile phones in schools can lead to online bullying, distraction and classroom disruption which, in turn, can lead to lost learning time.

Reminder - the use of mobile phones are not permitted anywhere on the school site during the school day, including break time, lunch time and lesson changeover.





General Notices

Every year the Young Essex Assembly elect a Youth Council for Essex. Every two years, 75 people from all districts are elected to join the YEA.

If your child is interested in standing for election, the pack is attached to this bulletin and you can visit www.young-essex-assembly.org.uk or email yea@essex.gov.uk for further information.

YEA Candidate Pack:

[YEA Candidate Pack 2024.pdf](#)

 Essex County Council

YOUTH SERVICE

The Young Essex Assembly is the elected Youth Council for Essex representing the voice of young people.



What can you bring to the Young Essex Assembly?

If you live or go to school in Essex and are aged between 11-19 or up to 25 if you have additional needs, take your first step to have your voice heard and start your journey to influence change by reading this information pack and contacting us today using the details below.

Closing date for YEA Elections Application is Monday 31 October 2024.

Contact: email yea@essex.gov.uk  [@youngsxassembly](https://twitter.com/youngsxassembly) or visit our website www.young-essex-assembly.org.uk



PE Fixtures

Monday 30th September 2024

U16 Netball Tournament (Away)
U13 Girls Essex Cup Year 7 Football v King John (Home)

Tuesday 1st October 2024

Year 8/9 Netball V Greensward (Away)
Year 9 Rugby v King John (Away)

Wednesday 2nd October 2024

Year 7 A & B Netball Match against Greensward (Home)
U19 Football v Gable Hall (Home) – 2.00pm start, Parents can only watch after 3pm

Friday 4th October 2024

Year 7 Essex Cup Football against Orsett Heath (Away)
Year 7 Rugby Festival at the Appleton School

PE News

Results

U14 Girls Football v Sweyne
5-1 Win for Appleton

Year 9 Netball v Castlevew
8-4 Win for Appleton

U16 Netball v Castlevew
11-5 Win for Appleton

Year 8 Boys Football v Greensward
2-1 Win for Appleton.



Shoutouts

I would like to extend a massive thank you to Emmanuel Raji in year 10 for all of his help with Breakfast Club.

Mr R Dobinson

I would like to shout to Abbie Ioannou in year 9 for being a perfect role model during Open Evening last week. Abbie went above and beyond assisting and coaching children who wanted to have a bounce on the trampoline.

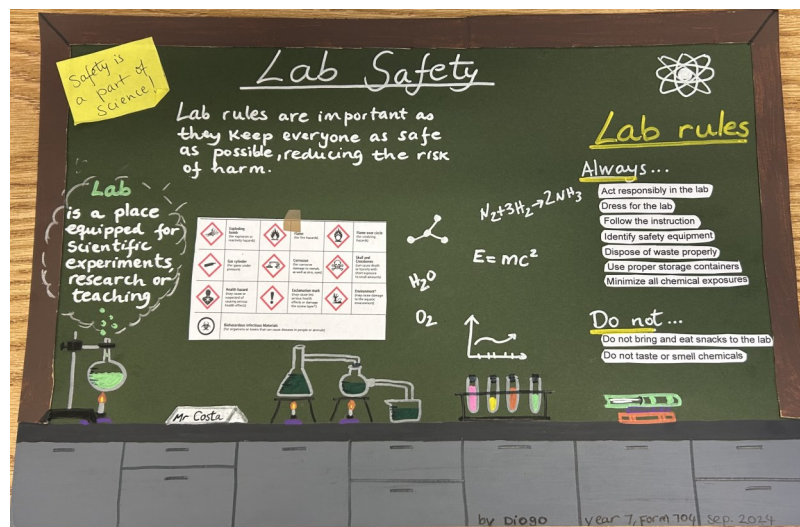
I would also like to shout out Amy Boret in year 9 for her incredible coaching skills in gymnastics! She is a fantastic asset to me running my gymnastics club.

Mrs Birch

A massive well done to 11x1 for their hard work and resilience in maths lessons! Especially well done to Chantel Sorae for volunteering to lead part of the lessons on Surds and doing an excellent job at teaching your peers a new topic with carefully chosen examples and explanations!

Miss Sangha

I'd like to share this fantastic piece of home work by Diogo Santos Rosario Ye in year 7.



Mr Dacosta

**SHOUT
OUT**



Baking Competition and Bake Sale 2024

A massive well done to the Modern Foreign Languages team for organising the baking competition and bake sale. Over 25 students entered the competition, with a lovely variety of cakes, cupcakes and croissants; making the bake sale a massive success today.

We managed to sell all cakes during lunch and break, raising £148.70. The money raised will go towards funding the trophy for the new Read Award, which will be presented at the end of each academic year to the student who has shown the most dedication and commitment to languages. The remainder of the money raised will go to Purrs Cat Rescue.

The winners of the baking competition will be announced next week.


Mr Jones
Head of MFL





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

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

702	Ms Gough	99.0%
803	Mr Campbell-Murphy	96.6%
906	Mrs Geisser-Holmes	95.6%
1009	Miss Boddy	97.3%
1107	Mrs Edwards/Mrs Dowle	96.83%



Parent Support Sessions



Parent Support Sessions



Parent Support Session course delivered by Mr Clout
Starting on Tuesday 17th September the course runs for 10 weeks during term time. This course is open to all parents and covers the following topics:

- The parenting philosophy induction session.
- The tug of war!
- Active Listening.
- Praise and Encouragement
- Whose problem is it?
- Consequences!
- Good days and bad days!
- Managing the stress
- Supporting the vulnerable child

The course will run from 6.00pm - 7.30pm on the following dates in N4 at The Appleton School:

- Tuesday 17th, 24th September 2024
- Tuesday 1st, 8th, 15th, 22nd October 2024
- Tuesday 5th, 12th 19th, 26th November

If you wish to attend please call the school and register your interest on 01268 794215 or email your interest to

info@theappletonschool.org



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.

What Parents & Educators Need to Know about **INSTAGRAM**

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

AGE RESTRICTION
13+

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many likes as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many like a person gets. This can be done by going into Settings > Notifications > Posts > Likes > off.

USE MODERATORS

Instagram Live has implemented a mechanic called Moderators, meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at iCyberware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>



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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: 30.09.2024

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Quick Links

[Arbor](#)

[ParentMail](#)

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[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Autumn Term Dates

Friday 20th September **Non-pupil day**

Monday 28th October – Friday 1st November **Half term**

Friday 20th December **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.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 to go direct to the site:

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

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

https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/Extra_Curricular_Clubs_and_Activities_Autumn_Term_2024.pdf

https://www.theappletonschool.org/user/pages/04.parents/19.clubs-and-activities/Extra-Curricular_PE_Autumn_Timetable.pdf