



The Appleton School Parent Bulletin

17.01.25

Key Dates:

06.01.25 –17-01.25

Year 9 Assessment week

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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	13740
Nightingale	13919
Tull	15601
Turing	14659
Grand Total	57916

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



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 help 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.





Attendance



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.

705	Mrs Birch	97.7%
804	Miss Gardiner	96.0%
909	Mr Kyprianou/Miss Bowles	96.9%
1008	Miss Sullivan	92.5%
1107	Mrs Edwards/Mrs Dowle	97.0%





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

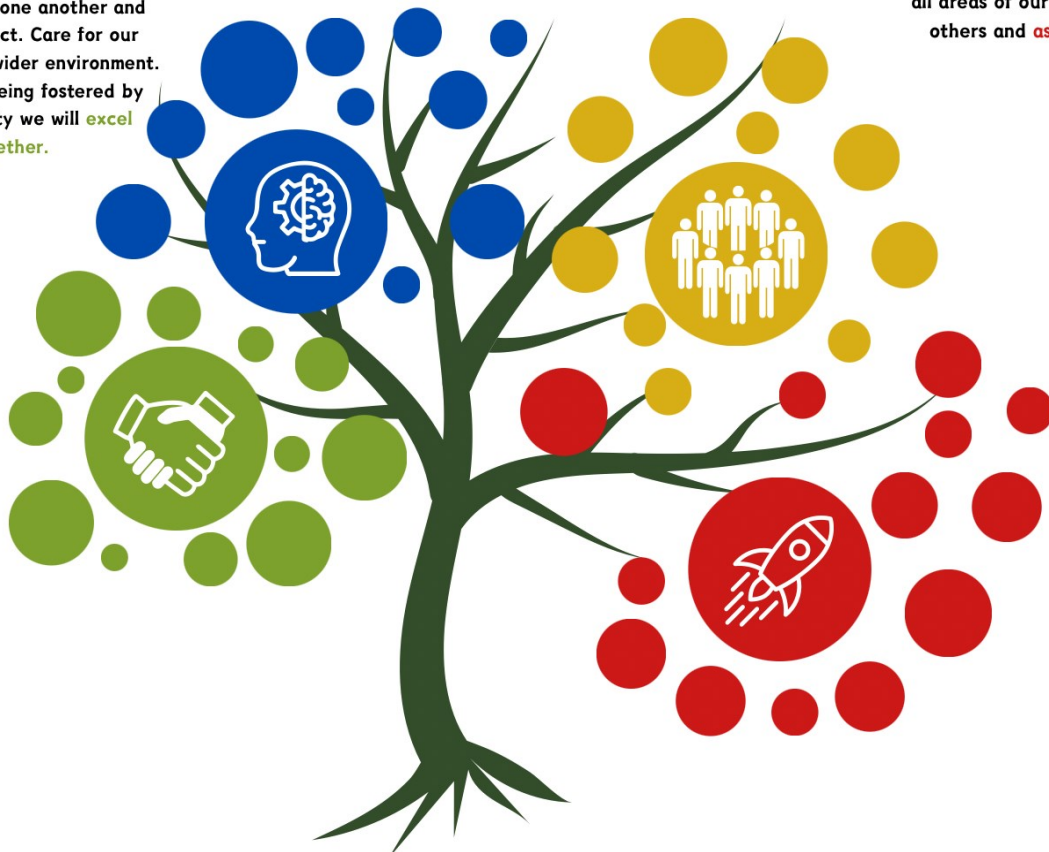
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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



Attendance Matters





Correspondence sent out this week

Date	Letter	Year/whole school
13.01.25	DofE Presentation Award Eve Rescheduled	DofE & Prior Students
17.01.25	Parent Workshop Survey	Years 10-11 Students





Shoutouts

Mrs Glyn gives a shoutout to all Enterprise and Marketing students who have finished off their coursework this week.

Ms Williams would like to praise both 10X/En1 and 10Y/En1 for their positive attitude to learning and behaviour during the Jack Petchey Speak out Sessions this week. The students clearly found the day informative and helpful, judging by the high quality and diverse range of their speeches at the end of the day. Well done!





PE Fixtures

Tuesday 20th January 2025

- U13 National Bowl Quarter Final (H)
- District Gymnastics Competition

Wednesday 21st January 2025

- District swimming Gala

Thursday 22nd January 2025

- Senior Basketball Greensward (H)
- Year 7 Basketball Cornelius (A)

PE Shoutouts

‘Well done to the Year 7 Boys Basketball team for their win against Mayflower in the Essex Cup 41-19.’

Mr S. Rowe

Head of Physical Education

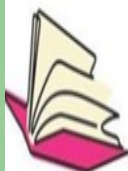
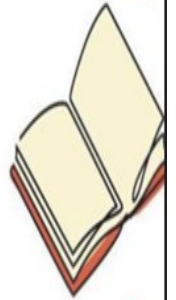


General Notices

Book of the Week: When The World Tips Over By Jandy Nelson



The Appleton School Book of the week

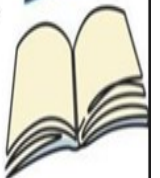


Title: Heir

Author: Sabaa Tahir

Growing up in the Kegari slums, AIZ has seen her share of suffering. An old tragedy fuels her need for vengeance, but it is love of her people that propels her. Until one hotheaded mistake lands her in an inescapable prison, where the embers of her wrath ignite.

Banished from her people for an unforgivable crime, SIRSHA is a down-on-her-luck tracker who uses magic to trace her marks. Destitute, she agrees to hunt down a killer who has murdered children across the Martial Empire. All she has to do is carry out the job and get paid. But when a chance encounter leads to an unexpected attraction, Sirsha learns her mission might cost her far more than she's willing to give up.





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.

What Parents & Educators Need to Know about

TIKTOK

13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for you is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable if children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £5.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.8 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young users. In 2024, UK children spent on average of 127 minutes per day on the app; that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skipable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, manage accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



The National College

Source: See full reference list on guide page 66. <https://nationalcollege.com/guides/tiktok-2025>



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Thank you to
our school
community for
collecting an
incredible:

54
boxes
of
donations!



All your donations and support are greatly
appreciated and the school recieved great
feedback about the high quality and standard of
goods donated.



YOU'RE INVITED

to join us at

SEND THE RIGHT MESSAGE CHARITY

and listen to experts share their neurodivergent knowledge.



REGISTER HERE

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.

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



info@strmsupport.co.uk



07359 068 827



www.strmsupport.co.uk



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

Created in RightMarket - 13/1/2023 - 13:06:41

Registered with



FUNDRAISING
REGULATOR



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

FREE

ONLINE WORKSHOPS
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@theappletonschoo.org

Website:
www.theappletonschoo.org

Quick Links

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[Satchel One](#)

[Microsoft Teams](#)

[Never Acceptable](#)

Term Dates

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

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

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

https://www.theappletonschoo.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>