



The Appleton School Parent Bulletin

21.06.24

Key Dates

24.06 to 28.06

Year 10/12 Exam Week

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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	32064
Nightingale	26203
Tull	21798
Turing	25309
Grand Total	105374

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
20.06.24	Pride Day	Whole school





GENERAL NOTICES

Uniform

As we approach the end of 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. From Monday 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

- 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.
- 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.
- It is near the end of term, they will outgrow anything I buy them now?**
We very much appreciate this, if this is an issue please just send in a note or email the school on info@theappletonschool.org



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

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

Tuesday 25th June– Year 9 + 10 Cricket @ Fitz

Wednesday 26th June - Year 7 Essex Athletics Championships

English Revision Resources

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

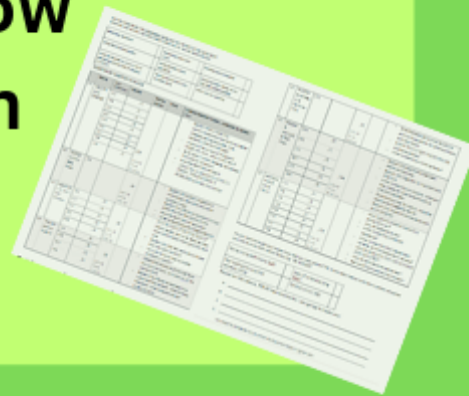
Science Revision Resources

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

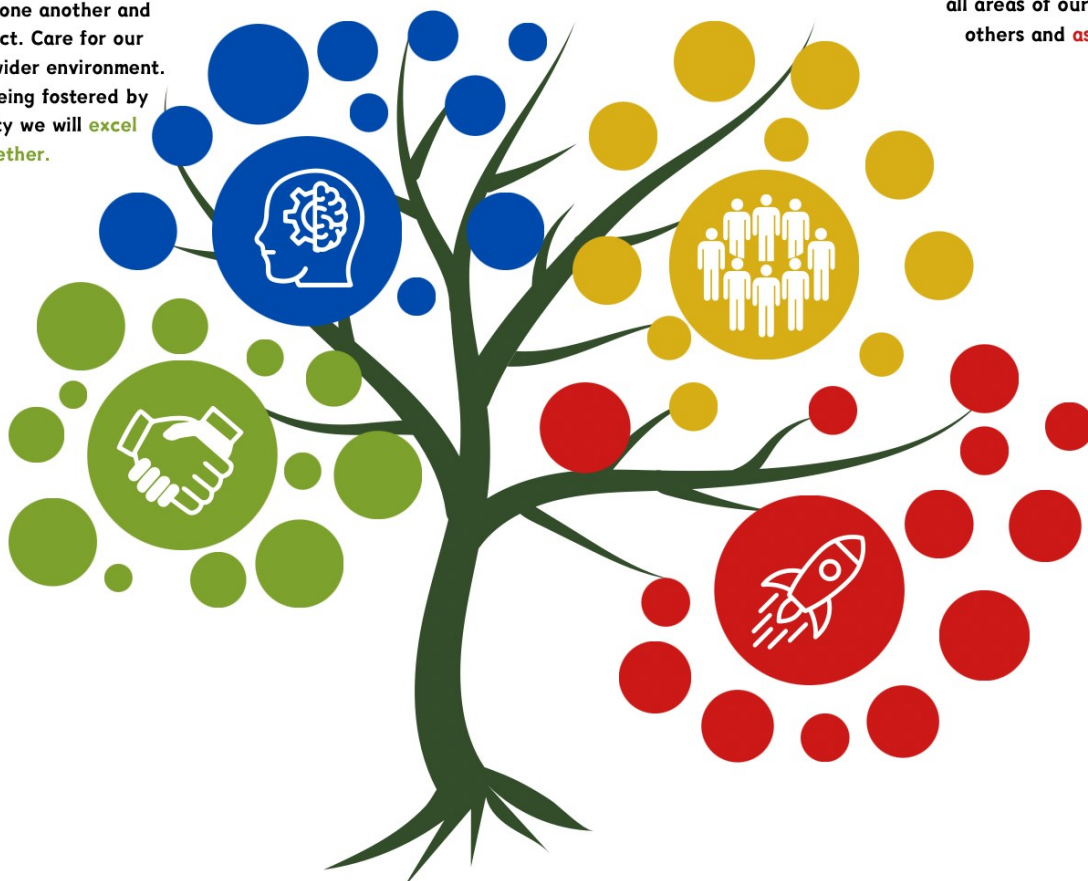
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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**.





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, bags, shoes, trainers, uniform, jewellery, headphones and keys.

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

PE NEWS

Last week the year 7 and 8 Junior Boys and Girls Athletics Team took part in the East Anglia Regional Athletics Finals at Chelmsford. All of the students performed exceptionally well on the day! The Junior boys team placed 4th on the day and this has ranked the Junior Boys team 18th in the region and the Junior girls are ranked 26th in the region.

High School Musical rehearsal schedule

Date	Rehearsal Content	Required
Tuesday 24th June 2024	AMG in i1 - Full run through of songs 3pm - 4:30pm	Full Cast
Wednesday 25th June 2024	Full Run Act 1 - KG in i1 - 3 to 4:30pm.	Full Cast
Thursday 27th June 2024	Dance, RE in i1. Wildcat Cheer 3pm-4pm	ALL DANCERS
Friday 28th June 2024	Full Run Act 2 - KG in i1 - 3 to 4:15pm. Band in i3 3.15pm-4.15pm	Full Cast



SHOUT OUTS

Mrs Edwards would like to give a shout out to:

CJ Carter
Izzy Lester
Molly Heather

For their exceptional performance at Gotta Dance on Monday 17th June. Students performed at the Civic Theatre as part of our Dynamix Dance Company.





Key Stage 3 Geography House competition Geographical Model Making Competition: My local area

The Geography department invite you to take part in the UK wide Geographical Association model making competition.

This year, the theme of the competition is **"My local Area"**. To enter the competition you need to:

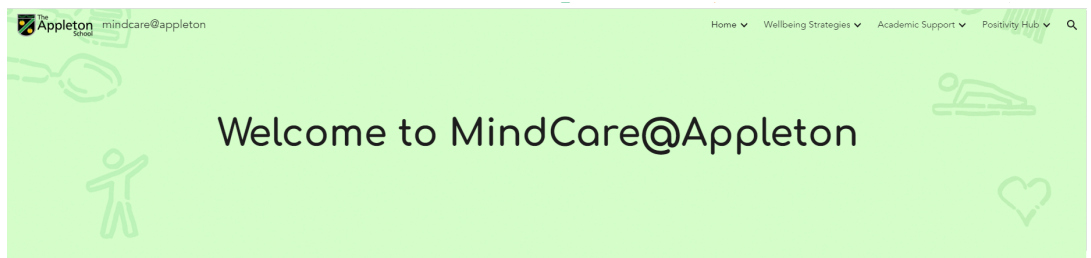
1. Design and make a geographical theme 3D model of a key feature of your local area using reused or waste cardboard as the main material supported with other recycled materials. *Examples of subjects for your model could be your community centre, sports venue, place of worship, school, local farm, coastline, river or hill*. **This can be completed in geography club or at home and no bigger than an A4 piece of paper.**
2. Create your model showing a concept/geographical idea that interests you (for example, change, processes, development, diversity, climate change, globalisation)
3. The colours you use may come from the recycled materials themselves or coloured pencils or paints that you may already have at home or in geography club. There is no need to buy new materials to colour your model.
4. You may wish to include labels on your model.
5. Describe your feature and how you have represented it (for example, what is your model showing and what you have made it out of)
6. Explain your geographic concept/idea (for example, explaining what the concept/idea is, what is happening in your local area / feature because of this concept/idea, what your views are about it)
7. Bring your model to the Humanities Office by the 1st July - We have winners for Year 7 8 and 9, and all entries will be entered into the National Geography Association competition.



Deadline 1st
July
Humanities
Office



Mental Health May 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!

©

Parent Bulletin - Mental Health May 2024

Dear Parents and Carers,

We are excited to inform you that Mental Health Awareness Week is approaching, and this year's theme is "Movement: Moving More for Our Mental Health." During CAPE lessons from the week beginning 13th May, our students will be delving into this important topic.

Physical activity and mental well-being are deeply interconnected. Research consistently shows that exercise not only benefits our physical health, but also plays a crucial role in promoting positive mental health. During Mental Health Awareness Week, our students will explore the science behind movement and health, focusing on how exercise can positively impact the brain and overall well-being. They will learn about the psychological and neurological mechanisms through which physical activity can improve mood, reduce stress, and enhance cognitive function.

We encourage you to engage with your children during this week and discuss the importance of physical activity for mental well-being. Encouraging them to participate in active hobbies, sports, or simply incorporating more movement into their daily routines can have significant long-term benefits for their mental health.

You can visit [MindCare@Appleton](https://mindcare@appleton) to access resources that will help guide discussions around wellbeing, as well as the [Mental Health Foundation](https://www.mentalhealthfoundation.org.uk/) for further information on Mental Health Awareness Week, including how to get involved in fundraisers.

Additionally, please note that our school's mental health team will be hosting well-being drop-ins every Monday during lunchtime in Room 601. We encourage students to take advantage of this resource as part of their journey towards maintaining their well-being. If your child is in need of support or simply wants to connect with others in a supportive environment, they are warmly invited to attend these drop-ins.

If you have any questions or concerns regarding Mental Health Awareness Week or our curriculum, please do not hesitate to contact us.

Thank you for your continued support.

Kind regards,

Miss S Sangha
Mental Health Lead



Summer Holiday Music Programme 2024

Book a place by www.tinyurl.com/SummerMusicCourses

Essex County Council



Play and Sing Music!

These workshops are offered across Essex to give young people a short taster of Samba or Djembe drumming, singing or playing plus try a range of new instruments!.

Sign up for one or two workshops and take part in a complimentary instrument zoo to find what instrument you might like to learn!

1 August	Epping
2 August	Basildon
5 August	South Woodham Ferrers
6 August	Harwich
9 August	Witham

Cost
1 workshop £10
2 workshops £15

Basildon 2 August

Southernhay Youth Centre, 16-20
Southernhay, Basildon SS14 1FN

Workshop times for 7 to 11 years-old:

9.30am to 10.45am Instrumental Workshop
10.45am to 11.30am Instrument Zoo / break
11.30am to 12.45pm Djembe Workshop

Workshop times for 11 to 16 years-old:

9.30am to 10.45pm Djembe Workshop
10.45am to 11.30am Instrument Zoo / break
11.30am to 12.45pm Instrumental Workshop

Instrumental Workshop

Bring the instrument you are learning to take part in this group. Players should be at least grade 1 and parts will be tailored to their abilities.

Please note that we cannot accommodate piano or drum kit.



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



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=bEN3zHdhLRgZ39xq>



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 Edulink App

100% Attendance



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

This week, 851 pupils had 100% attendance.

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

709	Mr Evans	97.6%
807	Miss Ngavandje	95.5%
901	Mr Moss	97.8%
1009	Miss Clifforth	98.2%



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

ACL

COMMUNITY & FAMILY LEARNING



FREE!
bespoke local
sessions to help
nurture healthy,
happy families &
communities

- FREE courses, or workshops, for residents of Essex
- Face to face or online
- Families include parents, carers, grandparents and other family members
- Working in partnership with schools, community organisations and partners who support families to learn together
- Sessions include; Family Fun, Arts & crafts, Cooking, First Aid, Wellbeing, Parenting, SEND, Maths, English, Science, Technology, Engineering, and MORE!

SIGN UP TO A FREE COURSE TODAY!

call our friendly team on
 **0345 603 7635**

Search 'Family Learning' at

 **aclessex.com**



Essex County Council



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



COMMUNITY & FAMILY LEARNING

ACL

COMMUNITY & FAMILY LEARNING

FREE Sessions & Courses
@ ACL Basildon

Managing Big Emotions
Setting Family Boundaries

Family Fun & Learning Together
Understanding ADHD
Wellbeing Activities For Parents

Sign up via the website/phone number below.
Having trouble finding the session/course you want information on?
Email us at aclfamilylearning@essex.gov.uk & we will send you a direct link

'Family Learning'
aclessex.com

0345 603 7635

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
**aclfamilylearnin
g@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:





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.

**Willows Delivery Site,
Riverside Primary
School, Hullbridge,
SS5 6ND**

**3rd Tuesday of each
month
3:00pm – 5:00pm**

**Northlands Family Hub,
Davenants,
Basildon,
SS13 1QX**

**1st Thursday of each
month
3:00pm – 5:00pm**

**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



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– PROMOTING PHYSICAL WELLBEING

At The National College, our WakeUp/Wednesday 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 PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

X @wake_up_weds

f /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: 15.06.2024



STRM-SEND the Right Message



STRM - SEND the Right Message
Registered Charity 1193572

STRM - SEND the Right Message is a registered charity founded by parents for parents. We help improve the quality of life for families in Southend and Essex where a child has been identified or is suspected of having specific educational needs and/or disabilities.

**Disability
Benefit
Services**

**Parent
Carer Support
Sessions**

**Specialist
Talks &
Training**

Our support services are designed to provide comprehensive and holistic assistance to families.

We provide families with information and guidance from pre-diagnosis, 'while you are waiting', post-diagnosis, including financial assistance and social activities, using our team's lived experience.

**Information
Packs**

**Online
Support**

**Children's
Activities**

No diagnosis needed to access our services.

Tel: 07359 068 827

Email: info@strmsupport.co.uk

www.strmsupport.co.uk



Charity number: 1193572



STRM-SEND the Right Message

SEND The Right Message Charity 1193572

EVENTS



Pre & Post diagnosis support plus what to do while you are waiting.

MONTHLY

Excludes August and December

Guest Talks

When: 1st Wednesday
10 am – 12 pm

Relaxed Coffee Mornings

When: 3rd Wednesday
10 am – 12 pm

Where: Both sessions are at
TheHub at the Megacentre
7 Brook Rd, Rayleigh
SS6 7UT

Bookable

Drop-in

Topic Talks

When: 2nd Friday 10 am – 12 pm
Where: Across the Community

Cost of Living Crisis Support

When: 4th Friday 10 am – 12 pm
Where: Across the Community

Bookable

Drop-in

Online SEND Support Session

When: Last Thursday 8 pm – 9.30 pm
Where: Online

Bookable

WEEKLY

Disability Benefits Support

Tuesdays all year round
by appointment only

0930-1100

1115-1245

1315-1445

Where: STRM Head Office

Bookable

Bouldering Session for Children & Young People

Wednesdays in Term time
4.30 pm – 5.30 pm Ages: 6-17yrs

Where: Indirock – 1st Floor,
Victoria Shopping Centre,
362 Chartwell Square,
Southend SS2 5SP

Bookable

Supporting Your Neurodivergent Child Book

Free Resource



STRM Head Office

320D High Road

Benfleet Essex SS7 5HB

Accessible via Meggison Way

www.strmsupport.co.uk

info@strmsupport.co.uk

Tel: 07359 068 827



ESSEX CARERS NETWORK



'A PLACE TO CALL HOME'

**Is your family member
Living their Best Life
in a home they love?**

Families have told us they don't know what all the possibilities are when it comes to their family member with a learning disability moving out of the family home.

This online event will give you the chance to hear about the various options available in Essex and hear from some families who are using some of these options.

AM

In the morning (9.45am-12noon) you will enjoy a whistle stop tour of the various options interspersed with snippets from families talking about what has worked for them.

PM

In the afternoon (1pm -3.50pm) you will be able to choose 2 from the following four options:

- **Lets start from the very beginning** – Christine, from Together Matters, will give you ideas to think ahead for the time when your relative may move home.
- **Lets talk legal** –This workshop aims to be a family carer guide to Power of Attorney, Deputyship and Appointeeship, the differences of each and when you might need them in covering future planning for the person you care for, considering supported living and direct payments in particular.
- **Let's get on the housing register** –Peabody Essex Outreach service will be talking about how to apply for housing and give an overview of their service, supporting residents across the county with a housing need.
- **Lets talk eligibility** – colleagues from adult social care will talk about eligibility and how it relates to housing.

After the workshops you will hear about the accommodation hub at Essex County Council and its role. We will be rounding up the day with a Q&A panel where some of the experts attending will be answering the questions that have been raised during the event and in live time.

We really hope you will sign up to this FREE online event. Please feel free to share with others who you feel may be interested in attending.

Booking on Eventbrite: [A Place to Call Home Conference Tickets, Tue, May 21, 2024 at 9:45 AM | Eventbrite](#)
or use the QR code

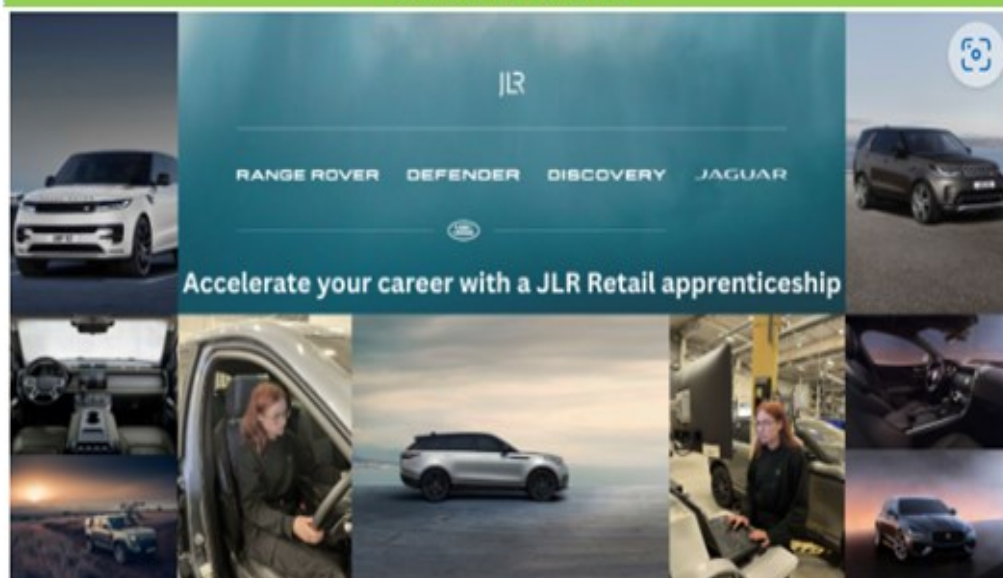
If you have need support with booking, please email info@essexcarersnetwork.co.uk





Careers Newsletter

Careers News



Over 150 apprenticeships available across the UK in 2024!

We believe that every young person deserves to reach their full potential and our retail apprenticeship programme is designed to do that. The JLR retail apprenticeship programme is an exciting opportunity to work for a prestigious brand whilst acquiring valuable skills, knowledge, and experience in the ever-changing automotive industry.

How does the JLR retail apprenticeship programme work?

The JLR retail apprenticeship programme offers the following:

- Service Technician Apprenticeship (3 year technical role)
- Service Advisor Apprenticeship (1 year commercial role)
- Parts Advisor Apprenticeship (1 year commercial role)

Apprentices will be employed full time in a local retailer and will also be trained by our expert training team at one of our state-of-the-art training academies. Apprentices will also have an experienced workplace mentor to provide further help and support.

Applicants will need to have achieved or be predicted to achieve GCSE grades 9-4 (A-C) or equivalent in English, Maths and two other subjects to apply.

<https://www.jaguarlandroverretailerapprenticeships.co.uk/>



Find an apprenticeship

<https://www.gov.uk/apply-apprenticeship>

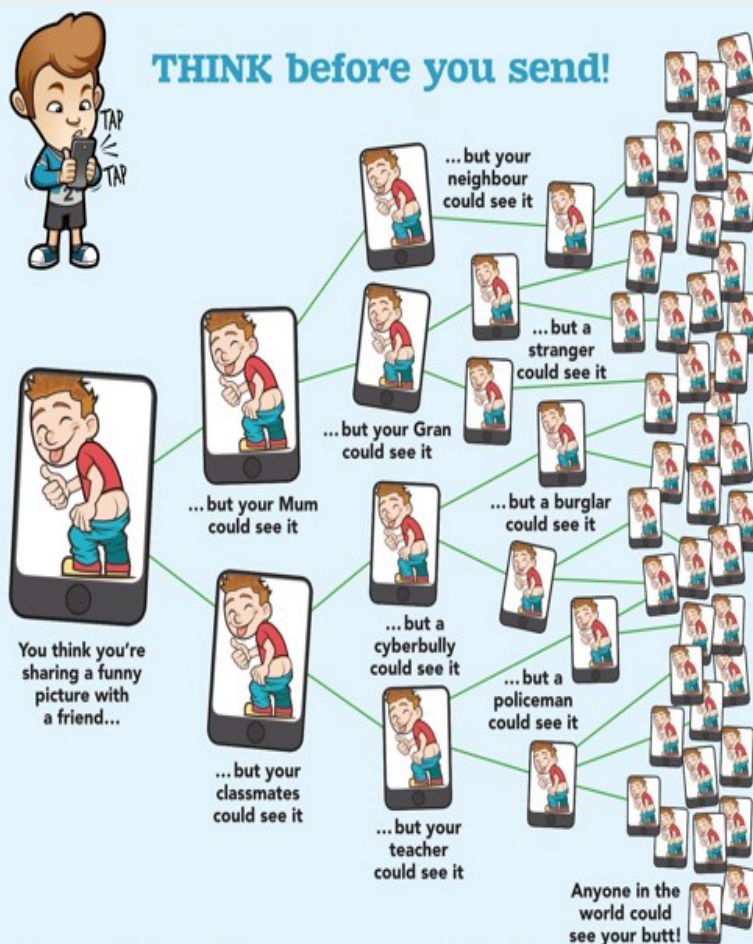


Safeguarding

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@skipssed.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@theappletonschoo.org

Website:
www.theappletonschoo.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.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

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.theappletonschoo.org/parents/parents-home>