



The Appleton School Parent Bulletin

24.0125

Key Dates:

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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	14408
Nightingale	14548
Tull	16258
Turing	15194
Grand Total	60408

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 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](#)





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.

709	Mr Gnahore	97.6%
802	Mr Foster	94.5%
905	Mr Marshall	95.5%
1005	Mrs Wilson/Mrs Starling	96.6%
1107	Mrs Edwards/Mrs Dowle	97.4%





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

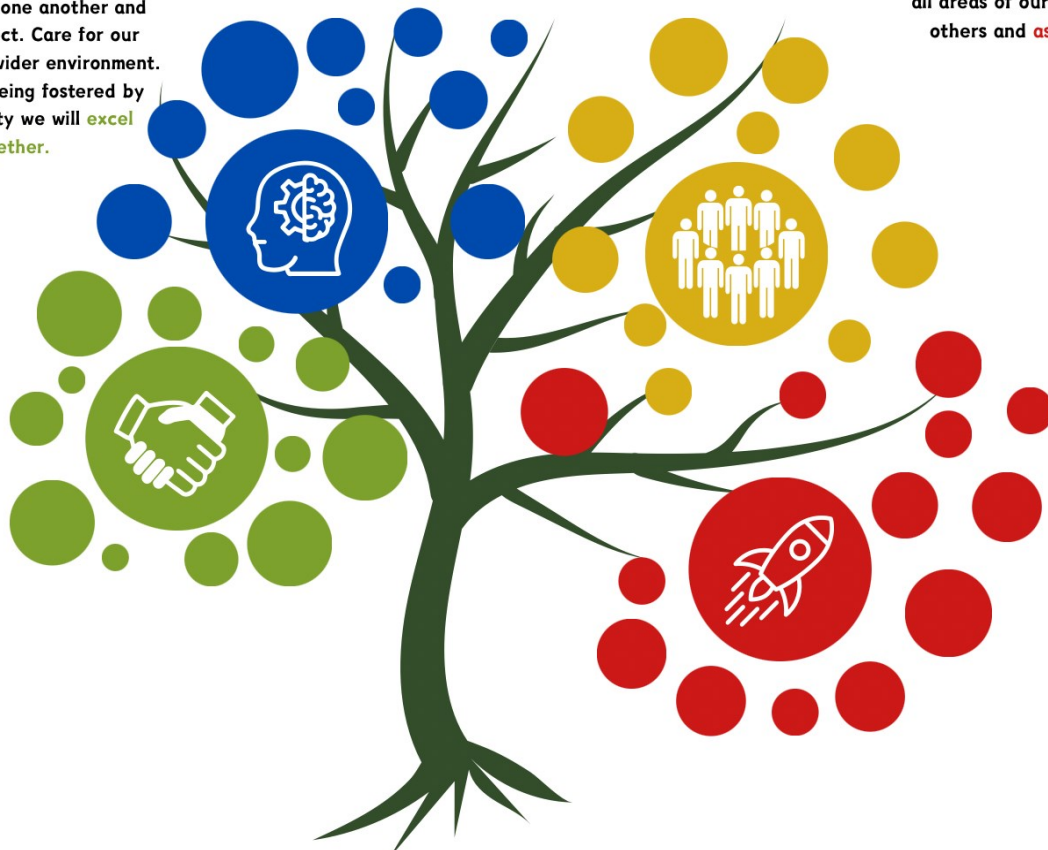
Embrace the opportunity to face challenges. Value the chance to learn and grow from both our successes and mistakes. Adapt to change and manage stress to overcome set-backs, leading to us to **persevere together**.

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
20.01.25	Year 11 History Revision Workshop	Year 11
20.01.25	Student Punctuality & Toilet pass Procedures	Year 7-11
21.01.25	GCSE Revision Guides and Workbooks	Year 10 & 11
22.01.25	Year 11 Geography Revision Workshop	Year 11
22.01.25	Year 8 Risk-Avert Programme Letter	Year 8-11





Shoutouts

Mr Sargeant would like to give a shout out to Ayaan Tariq. He has made immeasurable strides and progress in Music and is now enjoying hearing his own progress which is fantastic. After a shaky start in September, he is now a role model of respect and aspiration to the rest of his music class.



Another fantastic History parent workshop! Mr. Wood delivered practical and effective strategies to our families, equipping them with tools to help raise attainment for their children. A great session supporting our school community!

SHOUT



PE Fixtures

Monday 27th January 2025

- Year 7 Essex Cup Football v Marshall Park (H)
- U14 Essex Cup Netball v New Hall (A)

Tuesday 28th January 2025

- Senior boys Basketball v Greensward (H)

Wednesday 29th January 2025

- Year 9 Basketball v Greensward (A)

Thursday 30th January 2025

- Year 8 Basketball v Greensward (A)



**Well done to our
Netball girls for
a fantastic win
in the under 13s
Netball National
Bowl Quarter
Final.**



20 - 16



**This win takes us through to the semi finals
which will take place during the next half term.**



PE Shoutouts

District Gymnastics Competition

The District Gymnastics Competition took place on Tuesday 21st January at The Eversley Leisure Centre. Mrs Birch hosted the competition and had a big turnout of 50 competitors from within the district. All competitors had to perform a floor routine either as a duet or as a quartet. This was followed by two vaults each. The students kept their nerves and performed both aspects incredibly well to the panel of judges.

The results were as follows:

Junior Team

1st place and crowned Junior District Champions!

(Jaiden Robinson, Isabelle Wakefield, Rocco Williams, Lexie Hubbard, Monae Williams and Joanna Horwood)

Senior Team

1st place and crowned Senior District Champions!

(Kaylynn Cross, Maisy Moyet, Evie Hardiman, Amy Boret, Scarlet-Rose Taylor and Phoebe Roff)

Combining both Junior and Senior scores together, Appleton finished in 1st place and were crowned Overall District Champions!

The students were an absolute credit to the school and Mrs Birch was incredibly proud of all of them!



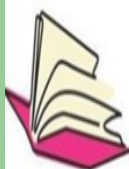


General Notices

Book of the Week: The Dare By Natasha Preston



The Appleton School Book of the week



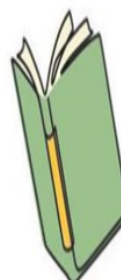
Title: The Dare

Author: Natasha Preston

In Marley's town, seniors are given a prank as a rite of passage...a dare, if you will. The dares start out simple...egging houses, balloons filled with glitter, chickens running loose in the halls.

But this is no child's play.

Accepting a dare means you could be expelled, arrested, or worse. No one wants to back down from a dare. But saying yes has consequences, too...





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 HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. A 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which could clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin taking things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

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



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



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ACL

FREE



☀️ 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

**COMMUNITY &
FAMILY LEARNING**

[ACLESSEX.COM](https://www.aclessex.com) / FAMILY LEARNING





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



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

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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



 /thurrockfostering

 **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

[Arbor](#)

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[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>