

## Dates for the Diary

### World Book Day

Thursday 2<sup>nd</sup> March 2023

### National Careers Week

Monday 6<sup>th</sup> - Sunday 12<sup>th</sup> March 2023

### International Women's Day

Wednesday 8<sup>th</sup> March 2023

### British Science Week

Friday 10<sup>th</sup> - Sunday 19<sup>th</sup> March 2023

## Student Value of the Term

**WOMEN'S  
RIGHTS  
ARE HUMAN  
RIGHTS**

## Cooking with Parents

As part of Children's Mental Health Week & to help encourage positive wellbeing, the Lower Academy welcomed parents to join with their children in a special cooking class.

Chef Stav ran a special 2 hour 'cooking with children' workshop where lots of fun was had by both parents and students. All of our aspiring chefs produced sweet and sour chicken with egg fried rice and were able to take home their dishes to enjoy for their dinner. Following such positive feedback, we plan to run another cooking class later in the year.



"It was a great opportunity to spend time with my mum and learn new skills at the same time. It was really good to be able to make our own dinner together." Shaun.H - Year 9

"It was really interesting to see a new range of healthy food to try. Me and my mum had quality time together and would definitely do this again." Jessica.N - Year 8"

"I enjoyed spending time with my dad and cooking with him was lots of fun." Jenson.B - Year 8

"I really enjoyed spending time with my son in his school environment and Chef was extremely knowledgeable and patient. The facilities in the kitchen were outstanding. We enjoyed it very much and hoping to do it again." Christian - Jenson's dad.



## Free Afterschool Teatime Club - Years 7 & 8

In order to support families with the cost of living, we are delighted to offer an after-school Tea Time Club **free of charge** to our Year 7 & 8 students.

The club is available from 3.30pm – 5.30pm (Mon-Fri) and will provide students with **Active Fun**, enrichment activities including drama and cooking. **Each student will receive Free Hot food and refreshments.**

Spaces are limited and the club will only be able to accommodate students who are pre-booked. This allows us to staff accordingly, and to provide enough hot meals for each student.

Each week, you will be able to log into your ParentPay account and book the days you require your child to access the club for the following week.

If you wish to utilise this club for the week ahead, please log into your ParentPay account and follow the steps listed below.

1. Log into [ParentPay](#)
2. Click on 'pay for other items'
3. Click 'view' next to the Teatime Club payment item (this is a free club, no payment is actually required)
4. Tick the consent box and click on 'Book Meals and Places'
5. Select the drop down 'After School' and the date of the week you wish to book for
6. Scroll down the page and click on 'Book a session' for each date you wish to book and it will turn green. You will need to scroll right to reveal the whole week
7. Scroll down and click 'Confirm bookings'
8. Your bookings have been confirmed

If you need to cancel a session please go back to step 6 and click on 'clear day' on the dates that you wish to cancel and save your changes.



## House Points - Week Ending 10<sup>th</sup> February



## Home Learning

If you have any queries regarding home learning, including access issues or, to celebrate the work your child has completed at home, please visit the [Contact Us](#) page via the Basildon Lower Academy website and select the option for Home Learning/Homework.

## School nurse drop-in

If students are worried about their health, would like a confidential chat or would just like to find out more about how our school nurse can help them, the nurse can be found:

Every Thursday Breaktime  
Location: The Lower Academy Wellbeing Centre



## SEND Department Coffee Afternoons Every Wednesday 2:30pm – 3:30pm

We are delighted to offer our parents/carers the opportunity to meet with members of our SEND Department to discuss your child's progress. Coffee afternoons are held at the Lower Academy from 2:30 - 3:30pm every Wednesday.



To book an appointment please visit the [Contact Us](#) page via the Basildon Lower Academy website and select the option for General Enquiries.



## Year 9 Options Process & Transition to the Upper Academy

Over the course of term 1, Year 9 have been working hard beginning their first foundation GCSE content whilst getting ready for the options selection process. The information below is intended to provide an overview timeline of the activities which students will engage in to support their transition to the Upper Academy.

February 2023	Options Information Sessions delivered by subject teachers during lessons
March 2023	Options Selection
May 2023	Parent/Student 1:1 Meetings
June & July 2023	Year 9 End of Year Assessments
w/c 10th July 2023	Year 9 Transition to Upper Academy - Options Tasters

The Government has an ambition for all students to complete the English Baccalaureate (EBacc) as research shows that this suite of subjects provides support for English & Maths achievement, creates greater opportunities post-18 and supports routes into higher education. Year 9 students will be selecting a Humanities subject and 2 further options to complement their compulsory suite of English Language, English Literature, Maths, Combined Science, French, Core PE, PSHE & Enrichment.

Please do continue to encourage students to complete tasks at home using online platforms on a regular basis. Our remote learning team continue to provide support via [remotelearning@basildonacademies.org.uk](mailto:remotelearning@basildonacademies.org.uk) Please do not hesitate to contact them if you need any advice, guidance or support in accessing out of hours learning.

We will be in touch in the coming months regarding the Options Selection process, which will include an opportunity for you to meet with a member of the leadership team 1:1 to discuss your child's options selection and link to post-18 ambitions.

The curriculum, student briefings and assemblies, the website, and the displays and messaging throughout the school all give mental health and wellbeing a high profile and promote its importance to all members of the school community as well as providing guidance to those seeking support.



Wellbeing Award  
for Schools

2022-2025

## Free Online Counselling Service

[www.kooth.com](http://www.kooth.com) is a free, confidential, safe and anonymous way for young people, aged 11-26, to ask for help from a team of highly qualified and experienced counsellors and support workers.

Kooth is a well-established, award winning online counselling agency and is accredited by The British Association of Psychotherapy and Counselling (BACP).

## Safeguarding

Safeguarding our students is at the forefront of everything we do. Parents and carers can access information via the following link [www.escb.co.uk](http://www.escb.co.uk) which offers guidance and signposts to resources on various safeguarding issues. Please contact our safeguarding officers if you have any concerns about your own child or another student at the Academies.

[www.basildonloweracademy.org.uk/safeguarding](http://www.basildonloweracademy.org.uk/safeguarding)

## Children's Mental Health Week 6<sup>th</sup> - 12<sup>th</sup> February 2023

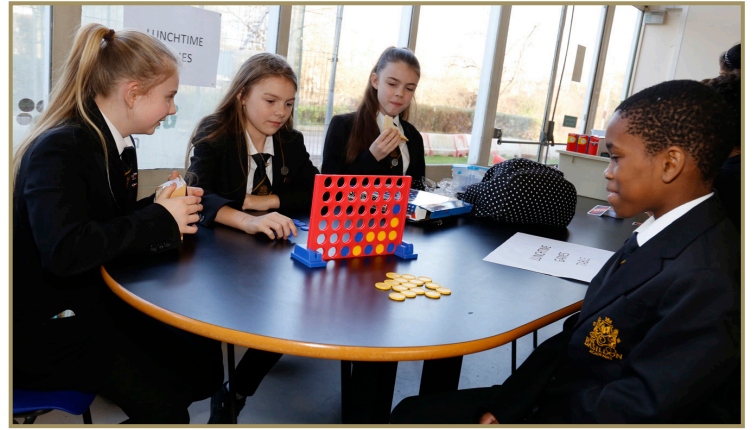
During Children's Mental Health Week, students took part in a range of activities in addition to our regular focus on mental health & wellbeing throughout the year.

The theme for this year was 'Let's Connect' and students participated in awareness assemblies, 'Positive Playground' activities, board games at lunch time and parents were invited to join our students for an evening Cooking Class or Cinema Night. On Friday, Upper Academy Army Cadet students supported Year 7 students in lessons and through break and lunch time.

"CMHW week has been a great way of focusing on not just my own mental health but that of my peers as well. The activities that have taken place across the academy have been really involving and fun." Lee M - Year 8

"This week we have been focusing on mental health and took part in amazing activities such as Cinema Night and Cooking with Parents and we have a better understanding of mental health." Izza.H - Year 8

"For me, Children's Mental Health means appreciation and care for the mental health of children of all ages, this week has helped me understand and discover more about my mental health and others through educational videos and activities" Annie.R - Year 8



Aspire - Believe - Achieve

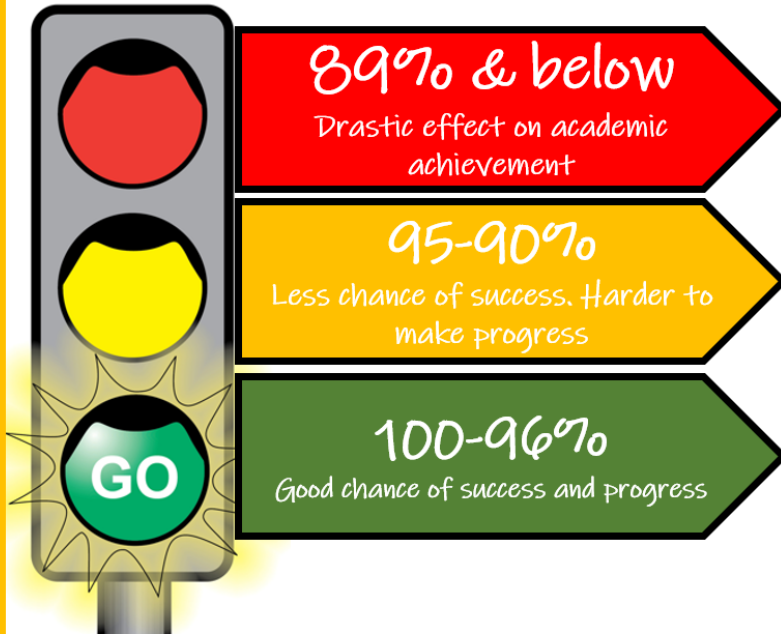
## Attendance Expectations

There is a clear link between academic success and attendance and as such our expectations for attendance are that:

- Parents have a legal duty to ensure their child attends regularly.
- Students should have 100% attendance each year.
- Students with attendance below 95% are of concern.

# ATTENDANCE

*Every Minute Counts!*



### Absence from school

Children are required by law to attend school 190 days per year. The government states that every child's attendance should be above 95%.

### How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

## Absence Procedures

To report a student absence please visit the [Contact Us](#) page via the Basildon Lower Academy website and select the option for Attendance.

- Parents/carers should contact the school by 8.30am each day their child is absent.
- If no reason has been received for a child's absence, the Academy will initiate first day calling.
- Parents/carers must provide medical evidence to support all absences due to illness or medical appointments.
- Wherever possible parents/carers should make appointments outside of school hours but if this is unavoidable students should attend school before and after the appointment.
- If no appropriate medical evidence is provided then the Academies cannot authorise an absence. (ie. medical appointment card, prescription, doctor's letter.)

For further information and guidance regarding attendance and absence please visit our website:



GOLD - RIGHTS RESPECTING

Strong, supportive, and mutually respectful relationships were evident throughout the visit and young people said that the increased emphasis on rights, respect and dignity has added to this, "If you respect people's rights, you respect them as a person." mentioned one student.

## Year 7 Students of the Week

Mathematician of the Week	Summer B
English Scholar of the Week	Maira S
Super Scientist of the Week	Martin J
Sporting Legend of the Week	Elisha P
Historian of the Week	Harley S
Geography Genius of the Week	Caitlyn L
RE Expert of the Week	Leighton P
French Linguist of the Week	Bailey O

## Year 8 Students of the Week

Mathematician of the Week	Riley W
English Scholar of the Week	Olivia P
Scientist of the Week	Jacob T
Sporting Legend of the Week	Lahna T
Historian of the Week	James D
Geography Genius of the Week	Sirius D
RE Expert of the Week	Henry J
French Linguist of the Week	Mercy O
Engineer of the Week	Destiny A
RSHE Champion of the Week	Mercy O

## Year 9 Students of the Week

English Scholar of the Week	Diamond A
Scientist of the Week	Hayden R
Sporting Legend of the Week	Joshua O
Historian of the Week	Caitlynn M
Geography Genius of the Week	Maria P
French Linguist of the Week	Megan L
Engineer of the Week	Ava R

Follow The Basildon Lower Academy on our social media channels





# Free school lunch for all students

We are delighted to announce that a free lunch  
will be available to all students every Monday & Friday  
between now & the Easter Holidays

A free school lunch is a hot meal or sandwich/bagette/roll and a dessert



## **PANCAKE DAY TUESDAY 21<sup>ST</sup> FEBRUARY**



To celebrate Pancake Day on Tuesday 21<sup>st</sup> February The Dining Hall will  
be serving pancakes in addition to the regular dessert menu options.

# National Online Safety

The online world is posing an ever-increasing risk to children, and it is important that schools, parents and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

We are therefore delighted to announce that we have shown our commitment to protecting students online by working with National Online Safety- providing resources for all parents and carers. The resources include Parents & Carers courses, online video resources and weekly guides covering a huge range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends



National  
Online  
Safety®

## Download your Free Online Safety App for Parents & Carers

**Be #OnlineSafetySavvy**

Keep up with the latest apps games and tech your children are using, with the worlds most comprehensive online safety app for parents.

To create your account, please follow <https://nationalonlinesafety.com/enrol/basildon-academies> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via the brand-new smartphone app.

To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>