

## Wellbeing Centre

The Lower Academy Wellbeing Centre offers support for our students in times of need. Dealing with your own issues such as anxiety, mental health, wellbeing, self-regulation, and bereavement can be a barrier to success. Our Wellbeing Centre aims to ensure you are not alone.

The Lower Academy Wellbeing Centre is a safety net for students who are not currently able to engage with lessons fully, and offers short and long-term interventions that are flexible for all.



If you have any concerns regarding your child's mental health please submit your information via the [Contact Us](#) page on the Basildon Lower Academy website, making sure to select the 'Wellbeing Centre' option.

For further information visit: [www.basildonloweracademy.org.uk/wellbeing-centre](http://www.basildonloweracademy.org.uk/wellbeing-centre)

## Dates for the Diary

**Veganuary**  
January 2023

**Martin Luther King Day**  
Monday 16<sup>th</sup> January 2023

**Chinese New Year**  
Sunday 22<sup>nd</sup> January 2023

**Year 9 AP Assessments**  
Monday 23<sup>rd</sup> - Friday 27<sup>th</sup> January 2023

**Holocaust Memorial Day**  
Friday 27<sup>th</sup> January 2023

**Year 7 & 8 Progress Review Virtual Event**  
Wednesday 1<sup>st</sup> February 2023 - 3:30-6:30pm

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

## Student Value of the Term

**KINDNESS IS  
EVERYTHING**

## House Points - Week Ending 13<sup>th</sup> January



18,025  
AUSTEN



17,982  
ALI



17,378  
HAWKING



16,117  
SEACOLE

**WHY NOT TRY  
VEGAN THIS MONTH**



For more information about Veganuary visit: [www.veganuary.com](http://www.veganuary.com)

## Cost of Living Information

The Cost of Living Parent Factsheet recently sent to our parents & carers is available to download on our website:

[www.basildonloweracademy.org.uk/cost-of-living-information](http://www.basildonloweracademy.org.uk/cost-of-living-information)

The factsheet details information of what support is available to help parents/carers & their families get through the cost-of-living crisis.

## Important Announcement Regarding Social Media

Following the Basildon Academies Trust move to separate The Upper and Lower Academy websites, we are delighted to announce our new social media platforms for the Lower Academy.



Facebook: [www.facebook.com/basildonloweracademy/](http://www.facebook.com/basildonloweracademy/)



Instagram: [www.instagram.com/the\\_basildon\\_lower\\_academy/](http://www.instagram.com/the_basildon_lower_academy/)



Twitter: [https://twitter.com/Basildon\\_LA](https://twitter.com/Basildon_LA)

This change has been made to further enhance communication and visibility for all stakeholders. Please note our existing Basildon Academies Facebook, Instagram and Twitter platforms will cease to operate 31<sup>st</sup> January 2023.

## 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.

## 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.

## Assessment Point Dates

- Year 9 – w/c 23<sup>rd</sup> January 2023

These assessment points are crucial in helping us to support students in closing any learning gaps, providing stretch and challenge. Please contact our Quality of Education team if you need any advice on how to support home learning in the lead up to these assessments, via the [Contact Us](#) page found on the Basildon Lower Academy website and select the option for Home Learning/Homework.

## 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).

## 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

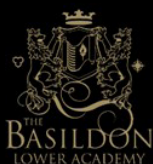
Location: The Lower Academy Wellbeing Centre



## 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)



## Lower Academy sports clubs timetable

Monday	Tuesday	Wednesday	Thursday
After School: 3.30 - 4.30pm Archery (sign up required) Year 7 Football Boys Girls Football (all years) Trampolining (all years)	Before School: 7.30 - 8.15am Trampolining (all years)  After School: 3.30 - 4.30pm Boys Basketball (all years)	After School: 3.30 - 4.30pm Badminton (all years)	After School: 3.30 - 4.30pm Netball (all years) Year 8 and 9 Football

Aspire - Believe - Achieve

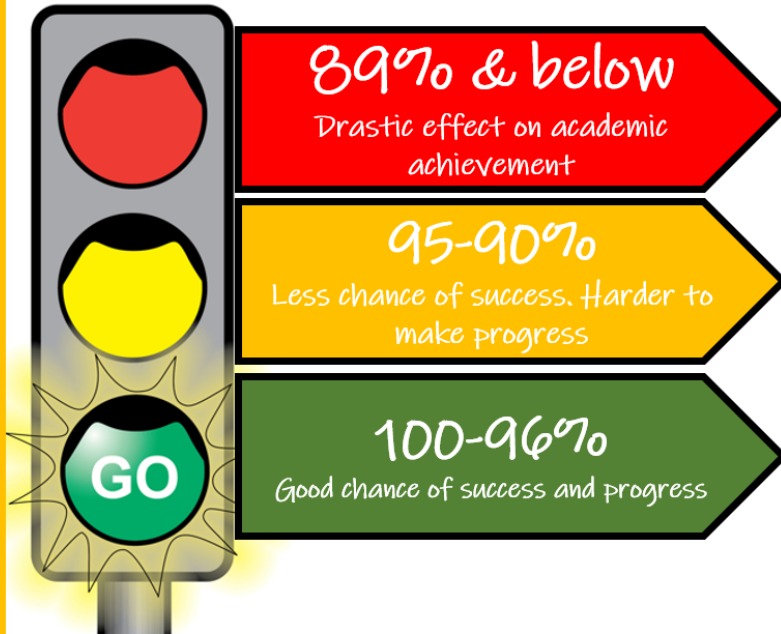
## Attendance Expectations

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:

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

Student leadership has been developed through roles such as school nurse champions and respect champions (previously anti bullying ambassadors). These students are passionate about their roles and keen to ensure they work in a joined-up way to support their peers.



Wellbeing Award  
for Schools

2022-2025



Young people show agency in accessing their right to learn. They discussed that teachers involve them in their learning in a range of ways and that peer support is important to their learning. One group described a structured system for seeking help: Book – Board – Friend – Teacher.

Unicef RRS Accreditation Report Gold: Rights Aware - July 2022

## Year 7 Students of the Week

Mathematician of the Week	Oliver B
English Scholar of the Week	Daniel E
Sporting Legend of the Week	Jenna T
Historian of the Week	Rebekah B
Geography Genius of the Week	Archie P
RE Expert of the Week	Advait A
Chef of the Week	Alfie B
French Linguist of the Week	Harrison S
Engineer of the Week	Jez H
Computer Scientist of the Week	Frankie W
RSHE champion of the week	Emerita K

## Year 8 Students of the Week

Mathematician of the Week	Brooke T
English Scholar of the Week	Myleen K
Scientist of the Week	Nicole D
Sporting Legend of the Week	Zack E
RE Expert of the Week	Oscar U
French Linguist of the Week	Ray S
Performer of the Week	Shyla H
Computer Scientist of the Week	Lois N
Engineer of the Week	Peter T
RSHE Champion of the Week	Bobby M

## Year 9 Students of the Week

Sporting Legend of the Week	Aaliyah C
Historian of the Week	Charlie M
Geography Genius of the Week	Tanisha U
RE Expert of the Week	Logan M
Chef of the Week	Olivia B
French Linguist of the Week	Charlie M

# 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>

**Join us & try vegan food this January**



**Throughout January the Dining Hall will be serving a vegan dish everyday.**

## **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 & February Half Term 2023**

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

**Aspire - Believe - Achieve**

# HAPPY CHINESE NEW YEAR

YEAR OF THE RABBIT

To celebrate Chinese New Year there will be Chinese themed lunches available in The Dining Hall on Monday 23rd January



Follow The Basildon Lower Academy on our social media channels

