

Dates for the Diary

Veganuary
January 2024

First Day of Spring Term
Monday 8th January 2024

World Religion Day
Sunday 21st January 2024

Year 9 AP1 Assessments
Monday 22nd - Friday 26th January 2024

Holocaust Memorial Day
Saturday 27th January 2024

Student Value of the Term

**KINDNESS IS
EVERYTHING**

House Points - Week Ending 22nd December



14,045
ALI



13,310
HAWKING



12,750
SEACOLE



12,749
AUSTEN

Leadership Message

I hope you all have had an enjoyable and restful Christmas break. Before the holidays, we hosted our annual Christmas Fayre; it was wonderful to see so many parents attend to partake in the games and activities organised by our students to raise money for charity. The Basildon Lower Academy's choir also put on a performance of Christmas songs to add to the festive atmosphere; well done to all involved.

All students at the Lower Academy also received a gift of a book of their choice prior to the break. Each student chose their favourite genre and were presented with their book in the final week. It was fantastic to see so many students excited and passionate about reading and we hope you have enjoyed your text.

Kindness is Everything, one of our six student values, will be the focal point for half term 3. Students will be invited to assemblies and will complete a range of activities focused around kindness and inclusion as we promote positive interactions and building healthy relationships.

I would like to take this opportunity to wish you all a very Happy New Year.

E.Cahill
Deputy Headteacher



Winter Wonderland Christmas Fayre

On Tuesday 19th December, the Lower Academy hosted its annual Christmas Fayre community event. The sports hall was transformed into a Winter Wonderland with Christmas themed stalls which offered fun games to play, items for sale made by students during Enrichment time and a fundraising raffle.

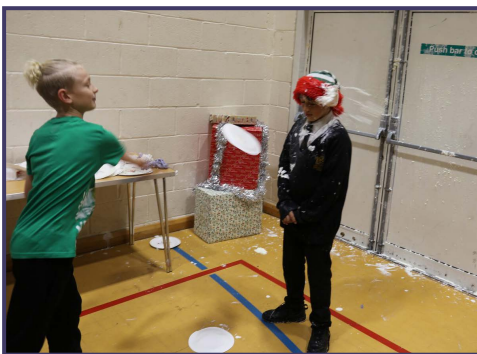
A big thank you to our amazing School Choir who performed a selection of well-known Christmas songs, and to all students and staff who worked hard to make the event a huge success.

We would also like to thank parents, carers and families for joining with us and helping to raise a fabulous £874 for Save the Children.

"Performing in the choir was an exhilarating experience. Members of the choir I sang with were nice and fun."
Teddy.P - Year 7

"We had a blast. All the stalls were really busy. Lots of guests were also getting cookies and hotdogs (which I really recommend). I really enjoyed myself and the singing was perfect, it couldn't have been any better, therefore; I had the best time ever." Bernice.O - Year 7

"I thought the fayre was really fun. I loved all of the stalls and the choir." Lois.H - Year 7



Reading for pleasure at Christmas

During the last week of term, each Lower Academy student was gifted a book in their chosen genre.



Poetry Drop Down Day Winners

Congratulations to Safreen.S, Kamile.P and Zoya.S, who were the winners of our Poetry Drop Down Day, having written a range of funny and inspiring poems.

Our students wrote some fantastic poems on this day and have been working with Mr Ricks to create a Basildon Academies Poetry Anthology to be published later in the year.

Pictured to the right is Kamile with her prize winning poem and book reward.



VEGANUARY MONTH

Throughout January the Dining Hall will be serving a Vegan Dish of the Day

THE BASILDON ACADEMIES WORD OF THE DAY

8 th January - 12 th January 2024		EAL VERSION
Monday:	Insightful: Seeing into inner character or underlying truth.	Глибокий = Ukrainian
Tuesday:	Rational: Exercising reason, sound judgement or good sense.	razionale = Italian
Wednesday:	Analytical: Skilled in or habitually using analysis.	analitic = Romanian
Thursday: (National Human Trafficking Awareness Day)	Convincing: Persuading or assuring by argument or evidence.	مقنع (magana) = Arabic
Friday:	Logical: Reasonable or to be expected.	mantıklı = Turkish

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.

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 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

Free Online Counselling Service

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).

Free Fruit at Breaktime



Students can choose an item of fruit from the till area in the Dining Hall at breaktime each day.

Aspire - Believe - Achieve

Student 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 Tuesday
Breaktime

Location:
The Wellbeing Centre



Follow The Basildon Lower Academy on our social media channels



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 must 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



GOOD TIMEKEEPING



What to do the night before:

Get everything you need for school ready



Set your alarm allowing plenty of time

Make your lunch and drink if you bring a packed lunch to school



Turn off devices half an hour before bedtime

Have a good night's sleep - a minimum of eight hours!



Five minutes late per day soon adds up to three days of lost school time

What to do

Advice on childhood illnesses



Go to school; if needed, get treatment as required



Some restrictions for school attendance



Don't go to school and see the GP

What it's called?	What it's like	Going to school	Getting treatment	More advice
Asthma flare up	Worsening of usual symptoms		Follow your care plan	Stay off school if feeling too unwell
Chicken pox	Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters		Pharmacy	Back to school five days after on-set of the rash, or when all lesions are crusted over
Common cold	Runny nose, sneezing, sore throat		Pharmacy	Ensure good hand hygiene
Conjunctivitis	Teary, red, itchy, painful eye(s)		Pharmacy	Try not to touch eye to avoid spreading*
Flu	Fever, cough, sneezing, runny nose, headache, body aches and pain, exhaustion, sore throat		Pharmacy	Ensure good hand hygiene*
German measles/ Rubella	Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards		GP	Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected.
Glandular fever	High temperature, swollen glands, sore throat; usually more painful than any before		GP	*
Hand, foot & mouth disease	Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet)		GP	Attend school while monitoring symptoms
Head lice	Itchy scalp (may be worse at night)		Pharmacy	
Impetigo	Clusters of red bumps or blisters surrounded by area of redness		GP	Back to school when lesions crust or 48 hours after start of antibiotics
Measles	Fever, cough, runny nose, watery inflamed eyes, rash		GP	Back to school four days from on-set of rash, and if feeling well enough
Ringworm	Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty		Pharmacy	
Scabies	Itching rash, commonly between fingers, wrists, elbows, arm		GP	Back to school after first treatment
Scarlet fever	Fever, unwell, red tongue, sandpaper rash		GP	Exclusion period during first 24 hours of antibiotics*
Shingles	Pain, itching, or tingling along the affected nerve pathway. Blister-type rash		GP	Only stay off school if rash is weeping and cannot be covered
Sickness bug/ diarrhoea	Stomach cramps, nausea, vomiting and diarrhoea		Pharmacy	Contact GP if symptoms persist after 48 hours
Threadworms	Intense itchiness around anus		Pharmacy	Ensure good hand hygiene
Tonsilitis/ Strep throat	Intense sore throat for more than 1 day		Pharmacy	See GP if temperature lasts more than 48 hours or cannot swallow. Only need to stay off school if feeling too unwell
Whooping cough	Violent coughing, with a 'whoop'		GP	Exclusion period during first five days of antibiotics
Covid				Visit www.nhs.uk for latest guidance

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

Working in partnership with

Should my child go to school/nursery today?

Hertfordshire and West Essex Healthier Together for further information
<https://www.hwehealthiertogether.nhs.uk/parentscarers>

