

Dates for the Diary

Academic Progress Information Event

Monday 21st October 2024: 4pm - 5pm

Half Term

Monday 28th October - Friday 1st November 2024

Armistice Day

Monday 11th November 2024

Anti- Bullying Week

Monday 11th November - Friday 15th November 2024

Year 11 Mock Exams

Monday 18th November - Friday 29th November 2024

Student Value of the Term

BLACK LIVES MATTER

House Points - Week Ending 11th October



10,367
AUSTEN



6,798
ALI



6,742
HAWKING



5,982
SEACOLE

Leadership Message - Smartphone Safety

Children and smartphones can present various challenges for parents and carers, making it difficult to decide what's best for your family. Research shows that social media and the messages children are exposed to during their formative years can shape their beliefs about themselves and the world around them, sometimes having a negative impact on their mental health.

A short film, in the link below, looks at some of the dangers of smartphones and social media:

<https://nipinthebud.org/films-for-parents-carers/smartphones-a-stolen-childhood/>

Further information can be found on the 'Nip in the Bud' Smartphones and social media fact sheet:

<https://nipinthebud.org/fact-sheet/smartphones-and-social-media-fact-sheet/>



Top tips on smartphone safety

In summary, if you choose to allow your child to have a smartphone, consider the following:

- Waiting until your child reaches the app age limits—or hold off even longer.
- Setting time limits for social media use.
- Using parental control apps to help prevent addiction and teach your child how to monitor their screen time responsibly.
- Establishing family boundaries, such as no phones upstairs at night or at the dinner table, and agreeing on consequences if these are broken.
- Agreeing that new apps require family discussion before downloading, and that some apps may come with specific rules, such as keeping social media accounts set to PRIVATE.
- Familiarising yourself with apps and learning how to make them more secure.
- Talking with friends and your community; can you agree on similar boundaries?
- Staying firm; being a parent isn't about being popular.

S.O'Neill - Designated Safeguarding Lead & Senior Student Development Lead

Parent Drop - Thursday 17th October

This week's Parent Drop In will be on Thursday 17th October between 9.30am and 10.30am. There will be no need to book an appointment, just sign in at reception and staff will be happy to show you to the venue. There is no set topic for the drop in sessions, if we are not able to answer any specific questions, we will follow up and then feedback to you.

Academic Progress Information Event - Monday 21st October

On Monday, 21st October, the Basildon Upper Academy will be hosting an Academic Progress Information Event from 4pm to 5pm. During this event, we will provide important information about assessments and examinations for the academic year, along with guidance on how to best support your child in preparing for them.

There will also be take-home resources to assist with revision, as well as samples of revision guides available for purchase through ParentPay.

In addition to information on examinations, there will be a presentation for Year 10 parents from the BEP group regarding Year 10 Work Experience. The BEP group, our delivery partner for work experience, will deliver an assembly to Year 10 students during the day and will stay afterward to explain the process to parents and carers.

An outline of the event is detailed below:

Time	Year 10 Information	Year 11 Information
4pm - 4.30pm	Work experience talk in main hall.	Opportunity to meet with Heads of Department, collect resources, view sample revision guides in canteen area.
4.30pm - 4.45pm	Examination and assessment process and support talk in main hall.	Examination and assessment process and support talk in main hall.
4.45pm - 5pm	Opportunity to meet with Heads of Department, collect resources, view sample revision guides in canteen area.	Staff available for questions.

Students & Staff Run for Mental Health Awareness

Last week, Upper Academy students kicked off their PE lessons with a mile-long run to mark World Mental Health Day, which was observed on Thursday, 10th October. This initiative aimed to raise awareness about the important connection between physical and mental health.

The "mile-a-day" run was part of an effort to demonstrate how staying active can positively impact mental wellbeing. It also helped to spark meaningful conversations about mental health among students and staff, encouraging everyone to reflect on the importance of self-care and supporting one another.



The schools support for mental health and wellbeing is well led and the school have invested significantly in training and additional staff within their wellbeing centres and wider pastoral teams over recent years to build capacity and expand what they can offer.



Wellbeing Award
for Schools

2022-2025

Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 7th October 2024.

- ★ Year 10 - David-Andrei.C (R10U1)
- ★ Year 11 - Elizabeth.B (R11E2)
- ★ Sixth Form - Daniel.H (R1213)

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.basildonupperacademy.org.uk/safeguarding

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 Upper Academy website and select the option for General Enquiries.

Free Fruit at Breaktime



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

Spotlight on: Esports BTEC Level 3



Do you enjoy gaming? Do you love the idea of competitive gaming and the challenge of difficult games? Would you like an understanding of how the professional Esports industry works? Perhaps you'd like a career as a professional gamer or to study Esports at university?

Endorsed by The British Esports Association, the Level 3 National Extended Certificate in Esports will give you a solid foundation in understanding how the Esports industry works.

Full course information can be found by visiting the following link on our website: [Esports BTEC Level 3](#)

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 Wednesday
Breaktime

Location:
The Medical Room



Aspire - Believe - Achieve

New Essex Sexual Health Service Webpages Dedicated to Secondary Parents & Carers

The Essex Sexual Health Service has a website dedicated to parents and carers. Parents can find a wealth of resources, including FAQs, insights into RSE, and advice on how to have those important conversations.

www.essexsexualhealthservice.org.uk/parents-and-carers/



BASILDON ACADEMIES WORD OF THE DAY

14th - 18th October 2024
Black History Month

Monday:	Cultural Heritage (noun) <i>Definition:</i> The legacy of physical artifacts and intangible attributes of a group or society inherited from past generations. <i>Example:</i> Each dish prepared during BHM Food Promo Week reflected the cultural heritage of African and Caribbean communities.
Tuesday:	Authenticity (noun) <i>Definition:</i> The quality of being genuine or true to its origins. <i>Example:</i> The chefs ensured the authenticity of traditional African dishes served during the promo week.
Wednesday:	Diaspora (noun) <i>Definition:</i> The dispersion or spread of any people from their original homeland. <i>Example:</i> The African diaspora has influenced cultures around the world, contributing to art, music, and social movements during Black History Month.
Thursday:	Abolitionism (noun) <i>Definition:</i> The movement to end slavery, particularly in the United States before the Civil War. <i>Example:</i> Black History Month often highlights the contributions of abolitionism to the fight for freedom and equality in America.
Friday:	Reconstruction (noun) <i>Definition:</i> The period after the Civil War in the United States when Southern states were reorganized and reintegrated into the Union, with efforts to establish rights for formerly enslaved people. <i>Example:</i> During Black History Month, many events focus on the successes and challenges of the Reconstruction era for African Americans.

Job of the Week: Occupational Therapist

What does an Occupational Therapist do?

You'll adapt treatment programmes to suit each client's needs and lifestyle. Your work could include:

- Teaching an older patient recovering from a stroke how to do things for themselves
- Encouraging someone suffering with depression to take up a hobby or activity

Labour Market Information

- UK jobs: 169,927
 - Essex Jobs: 3,760
 - Growth: +7.2%
- Top 5 LEAs: 1. Kent (4,680) 2. Surrey (4,612) 3. Hertfordshire (4,105) 4. Hampshire (4,061) 5. Essex (3,760)

Let's Talk Money

UK annual median: £38,184

What Qualifications do you need to do this job?

You'll usually need: a degree or postgraduate qualification in occupational therapy, a background check (as you may work with children and vulnerable adults), Depending on where you live, you may also need to register with the relevant professional body in your country (like the Health and Care Professions Council in the UK, or the Occupational Therapists Board in Hong Kong)

Ofsted
Good
Provider

Pupils learn about, and understand, the importance of respecting themselves and others. The personal, social and health education (PSHE) curriculum teaches pupils how to look after their physical and mental well-being. Pupils meet a range of employers and representatives from further education colleges. This helps pupils make well-informed choices about their next steps.

Follow The Basildon Upper Academy on our social media channels



Absence Procedures

To report a student absence please visit the [Contact Us](#) page via the Basildon Upper 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.
- Parent/carers may be asked for medical evidence to support absences after 3 days or reoccurring absence patterns.
- Wherever possible, parents/carers should make appointments outside of school hours. If this is unavoidable students should attend school before and after the appointment.



Please familiarise yourself with our attendance procedures found on the school website within the Parent Information section, so you know who and when you need to contact us. www.basildonupperacademy.org.uk/attendance

Did you know? **90%** of young people with attendance **BELOW** **85%** fail to get good grades.

MISSING **1 DAY A WEEK**



LOSING **ONE YEAR OF SCHOOL LIFE.**

Target 97%+

Good attendance means:

Being in school at least **97%** of the time, that's at least **184 days** a year.



175
days are **NOT**
spent in school
each year.*

* Plenty of time for shopping, holidays & appointments.



SERIOUSLY WORRIED

Very poor attendance has a serious impact & reduces life chances.

VERY CONCERNED

Poor attendance gives less chance of success.

WELL DONE

Good attendance gives the best chance of success.

CELEBRATING

DISHES FOR WEDNESDAY 16TH OCTOBER

BLACK HISTORY MONTH

OCTOBER 2024

TO CELEBRATE BLACK HISTORY MONTH, EACH WEDNESDAY IN OCTOBER WE WILL BE SERVING AUTHENTIC DISHES IN THE DINING HALL



JERK PORK BURGER



CARIBBEAN VEGETABLE CURRY



MANGO FRUIT COCKTAIL

TESCO



Stronger Starts



The Basildon Academies - Rethink Your Drink

Support the academies to encourage students to swap their sugar filled drinks for a healthier option

WHY?

The project with the highest number of votes across your region will receive £1,500



WHEN?

1st October – 15th January

WHERE?

Pick up your tokens at local stores:
Rayleigh Exp Small unit SS6 7BY
Pitsea Extra Large unit SS13 3JU
Silva Isl Wickfrd Exp Large unit SS12 9NR
Wickford S/End Rd Exp Small unit SS11 8EE
Lond Rd Sth Benfl Exp Small unit SS7 5TH
Rayleigh Ldn Rd Exp Small unit SS6 9BN



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."

Unicef RRSA Accreditation Report Gold: Rights Aware