

Dates for the Diary

Year 11 AP2 Assessments

Monday 24th - Friday 28th February 2025

National Careers Week

Monday 3rd - Saturday 8th March 2025

International Women's Day

Saturday 8th March 2025

British Science Week

Friday 7th - Sunday 16th March 2025

Year 13 AP2 Assessments

Monday 10th - Friday 14th March 2025

Presentation Evening

Wednesday 2nd April 2025 - 4pm-5pm

Student Value of the Term

**WOMEN'S
RIGHTS
ARE HUMAN
RIGHTS**

House Points - Week Ending 14th February



28,040
AUSTEN



26,363
ALI



19,165
HAWKING



16,786
SEACOLE

Leadership Message - Wellbeing

At the Upper Academy we are committed to supporting wellbeing across the whole school community. The recognition of positive wellbeing is being understood more and more in educational settings; We have many ways in which we try to promote and support this. Focusing on wellbeing supports children's development and emotional state and, lays the foundation for their long-term mental health. This in turn supports children to understand and manage their emotions and to develop meaningful relationships.

As a Trauma Perceptive Practice (TPP) school, we firmly believe in fostering an educational environment that is underpinned on secure, trusting and supportive relationships. All of our student facing staff have received training in TPP and are encouraged to use these principles in their everyday practice. In addition to this, we also have the wellbeing centre based in the heart of the school, where students can receive help and support in a variety of ways; from having a quiet space to self-regulate, participate in 1-1 or group sessions and, access the trained staff who are ready to listen and help them find ways to manage their emotions.

In the run up to an exam season, wellbeing for our Year 11 and 13 students is especially important as they manage exam pressure and possible concerns. The charity Mind have the following tips for coping with exam stress that you may find useful:

Looking after yourself during exam period:	Looking after yourself while preparing for an exam:	Looking after yourself on the day of your exam:	Looking after yourself on the day of your exam:
<ul style="list-style-type: none"> • Make time for things you enjoy • Talk to others about how you feel • Try to find balance • Take care of your physical health • Focus on yourself 	<ul style="list-style-type: none"> • Find a study group • Make a revision timetable • Work in the best way for you • Revise in the best place for you 	<ul style="list-style-type: none"> • Prepare your items the night before • Start your day the best you can • Try to ground yourself with a breathing exercise • Take your time • Remind yourself that it'll be over soon 	<ul style="list-style-type: none"> • Try not to compare your answers to others • Reward yourself • Focus on next steps • Relax before your next exam

Please remember that your wellbeing is really important and if you do need support all the staff are there to help - you just need to ask.

S. Szuszkiewicz - Deputy Headteacher

Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 10th February 2025.

- ★ Year 10 - Patryk.K (R10T2)
- ★ Year 11 - Zach.K (R11Z2)
- ★ Sixth Form - Eva-Nicole.B (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.

Spotlight on: A Level Accounting



Accountancy can often be referred to as the 'language of business' because it is the accountants who translate how a business is performing for people like investors, managers and regulators.

This A Level Accountancy course encourages you to develop a knowledge and understanding of the purpose of accounting and its essential role in driving a business. Students will build knowledge and understanding of key concepts, principles and techniques that they can apply to real-life scenarios, developing the ability to solve problems logically, analyse data methodically, make reasoned choices and communicate effectively.

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

Aspire - Believe - Achieve

Parent Drop In - Friday 28th February

This week's Parent Drop In will be on Friday 28th February between 9am and 10am.

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.



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/



Parent/Carer Updating Contact Information

Please ensure we have current contact information on file for you, including home address, mobile phone number, and email address. If any of your details have changed, email us at admin@basildonacademies.org.uk with the updated information.

Former Student Bo-Starr Oliver Returns to Inspire Students During National Apprenticeship Week

As part of National Apprenticeship Week, Basildon Upper Academy was delighted to welcome back former student Bo-Starr Oliver, now an Apprentice Rail Engineering Technician at ALSTOM, alongside guest speaker Ram Goyal, founder of the Human Kind Café. The event provided students with valuable insights into career pathways and the power of resilience.

Bo-Starr, a first-year Level 3 apprentice at ALSTOM, shared her journey from student to apprentice, emphasizing the advantages of 'learning and earning' through apprenticeships. At just 16 years old, she spoke about her role as an engineering technician, detailing the recruitment process and the various opportunities available within the industry. Encouraging students to remain resilient, she highlighted the key qualities that employers look for, inspiring them to pursue their goals with determination.

Ram Goyal captivated students by taking them through his life story, from his early years to his current role as the founder of the Human Kind Café charity in Billerica. The charity supports people from disadvantaged backgrounds, particularly those facing social exclusion. Ram urged students to seize every opportunity, reinforcing the message that they never know where life might take them.

Thank you to Bo-Starr Oliver and Ram Goyal for sharing their experiences and demonstrating the rewards of hard work and perseverance.



Online Safety Hub: Cryptocurrency: The Risks for Teen Traders

Have you heard your teen mentioning 'crypto' and 'Dogecoin' or noticed they've developed a sudden interest in Elon Musk's X feed? The number of teens entering the world of cryptocurrency trading is on the rise; however, some wellbeing experts are starting to raise concerns about this growing trend.

For more information on the risks of teen cryptocurrency trading and guidance for parents and carers, visit: www.basildonacademies.onlinesafetyhub.uk/parent/articles/cryptocurrency

The Online Safety Hub is an online resource with lots of expert advice and guidance to help find out how to keep our young people safe online. You can access it for free here: [Online Safety Hub - The Basildon Academies](http://www.basildonacademies.onlinesafetyhub.uk)



Year 11 AP2, commencing 24th February 2025

	AM (8:30am start)		PM (1:30pm start)	
Monday 24 th February	English Language P1	1 hr 45	Maths P1	1 hr 30
Tuesday 25 th February	English Literature P1	1 hr 45	Science C1	1 hr 15
Wednesday 26 th February	Maths P2	1 hr 30	English Language P2	1 hr 45
Thursday 27 th February	English Literature P2	2 hr 15	Science C2	1 hr 15
Friday 28 th February	Maths P3	1 hr 30	Geography	1 hr
			History	1 hr
Monday 3 rd March	Enterprise	2 hr	ICT	1 hr 20
	Sport *	1 hr 15	Sport *	1 hr 15

Sport - ICT candidates to sit Sport in morning, rest of cohort to sit Sport in afternoon.

Year 12 Students Gain Insight into Higher Education at Anglia Ruskin University

Year 12 students recently had the opportunity to visit Anglia Ruskin University in Chelmsford, where they explored the campus and gained valuable insights into university life and future career pathways.

During the visit, students were given a guided tour of the university's state-of-the-art facilities, providing them with a first-hand look at the learning environment and resources available. They also took part in two engaging workshops—one on how to write a quality application, offering expert advice on crafting strong university and apprenticeship applications, and another on degree apprenticeships, exploring alternative routes into higher education that combine study with hands-on work experience.

The day concluded with an interactive Q&A session, where students had the chance to ask questions about university life, courses, and career opportunities.

The visit provided an invaluable experience, equipping our students with the knowledge and confidence to make informed decisions about their future. Thank you to Anglia Ruskin University for hosting such an insightful day.



Students Shine in National Maths Competition

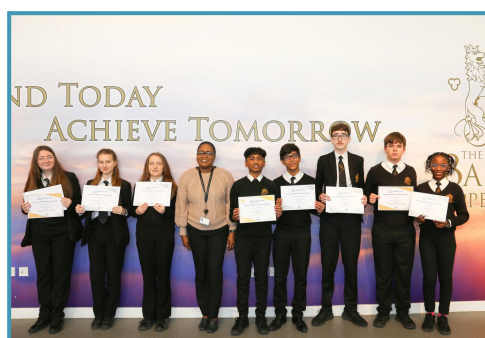
Congratulations to 30 of our students; 29 from Year 11 and one from Year 10, who participated in this year's UK Maths Trust Intermediate Mathematical Challenge.

Every year, over 700,000 students across the UK take part in these prestigious competitions. The challenge encourages students to apply mathematical reasoning, critical thinking, and problem-solving skills under time pressure.

We are incredibly proud of all our students for their outstanding performance. A special congratulations to **Aswin.S**, who achieved a **Gold Certificate**. Additionally, nine students earned Silver Certificates, ten received Bronze Certificates, and ten were awarded Participation Certificates for their exceptional effort.

"It was a pleasure to receive the award. It gave me the opportunity to experience what a competition is like and challenge my capabilities." Treasure.O - Year 11

Well done to everyone involved!



BASILDON ACADEMIES

WORD OF THE DAY

24th- 28th February 2025

AQA Command Words

Monday:	<p>Elucidate (Verb) Definition: To make something clear; explain. Example: The exam requires students to elucidate their understanding of complex concepts.</p>
Tuesday:	<p>Articulate (Verb) Definition: To express an idea or feeling fluently and coherently. Example: Students should be able to articulate their arguments clearly in their written responses.</p>
Wednesday:	<p>Evaluate (Verb) Definition: To form an idea of the amount, number, or value of; assess. Example: To achieve a high mark, you need to evaluate the effectiveness of different strategies.</p>
Thursday:	<p>Synthesise (Verb) Definition: To combine a number of things into a coherent whole. Example: The task is to synthesise information from various sources to create a comprehensive analysis.</p>
Friday:	<p>Justify (Verb) Definition: To show or prove to be right or reasonable. Example: You must justify your choice of methodology with solid evidence in your coursework.</p>

Job of the Week: Forensic Scientist

What does a Forensic Scientist do?

Forensic scientists use a range of techniques to find and study evidence from a variety of sources, like blood and other body fluids, hairs, textile fibres, glass fragments and tyre marks.

Your main role will be looking for evidence to link a suspect with a crime scene, but you may also specialise.

Your day-to-day tasks may include:

- blood grouping and DNA profiling
- analysing fluid and tissue samples for traces of drugs and poisons

Labour Market Information

UK jobs: 97,714

Essex Jobs: 1,751

Growth: +41.4%

Top 5 LEAs: 1. Cambridgeshire (4,830) 2. Oxfordshire (4,457) 3. Hertfordshire (2,914) 4. Surrey (2,392) 5. Hampshire (2,379)



What Qualifications do you need to do this job?

You'll usually need a degree or postgraduate award in forensic science. You may also be able to get into this career with a science-based degree like chemistry, biology, life sciences, applied sciences or medical sciences.

If you want to specialise in electronic casework, you may need experience and qualifications in computing, electrical engineering, electronics or physics.

Let's Talk Money

UK annual median: £33,477



There are a wide range of clubs and opportunities for pupils to contribute to the school and local community, for instance as charity ambassadors. This develops pupils' self-confidence. Well-chosen visitors help pupils learn how to keep themselves safe and healthy.

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



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!





BASILDON UPPER ACADEMY PRESENTS

Prom 2025

FRIDAY 27TH JUNE
5:30 - 10PM

WELCOME DRINKS ON ARRIVAL

PARTY DJ

FOOD & DRINKS

AND MUCH MORE

ATTENDANCE MUST BE ABOVE 90% TO
RECEIVE AN INVITATION

TICKETS CAN BE PURCHASED THROUGH
PARENTPAY

DRESS TO IMPRESS

PLEASE LET MISS ALLEN KNOW IF YOU WOULD LIKE TO BE A PART
OF THE PROM COMMITTEE 2025

Pancake Day - Tuesday 4th March



To celebrate Pancake Day on Tuesday 4th March, the Dining Hall will be serving pancakes in addition to the regular dessert menu options



3rd - 7th March 2025

To celebrate British Pie Week, the Dining Hall will be serving a different pie each day, alongside the usual lunchtime menu.

Monday: **Cheese, Onion & Potato**

Tuesday: **Steak & Kidney**

Wednesday: **Chicken**

Thursday: **Minced Beef**

Friday: **Chicken & Vegetable**