

Dates for the Diary

Academic Progress Information Event
Monday 20th October 2025: 3.30pm-4.30pm

Half Term
Monday 27th - Friday 31st October 2025

Year 8 AP1 Assessments
Monday 1st - Friday 5th December 2025

Year 9 AP1 Assessments
Monday 8th - Friday 19th December 2025

Winter Wonderland Christmas Fayre
Thursday 18th December 2025: 3.30pm-4.30pm

Student Value of the Term

BLACK LIVES MATTER

House Points - Week Ending 10th October



43,132
ALI



42,521
SEACOLE



36,182
AUSTEN



32,975
HAWKING

Leadership Message - Building a Safe, Supportive School Community

As we approach the end of our first half term, we're proud to reflect on the fantastic start to the academic year and the positive, inclusive culture we see within our school. Safeguarding remains at the heart of everything we do. We're committed to ensuring every child feels safe, supported, and empowered to thrive. It's not just about policies; it's about creating a culture of care that is built through daily interactions, trusted relationships, and a shared responsibility between staff, students, and families.

This term, we launched our new Student Services - a dedicated space supported by an approachable and experienced team who are always ready to listen, guide, and help students navigate school life. Whether it's a quick check-in, a longer conversation, or support with personal challenges, this service has quickly become a valued part of our school community.

Students also took part in enriching activities this half term that promote contextual safeguarding concerns. The Road Safety Show by The Riot Act used drama and discussion to teach vital lessons about staying safe around roads and helping students become more aware of their responsibilities as pedestrians and cyclists. For World Mental Health Day, we held events focused on student voice and empowerment, encouraging students to speak up, support one another, and understand the importance of emotional wellbeing. The day was a powerful reminder that mental health matters every day, and that our school is a safe space for open conversations.

Our safeguarding events are designed to build confidence and resilience, and to remind students that help is always available when they need it. We're proud of how our students have embraced these opportunities with kindness, curiosity, and maturity. Their engagement reflects the strength of our school community and the values we uphold.



As we continue to support our students with understanding safeguarding concerns, we encourage families to contact us should they have any safeguarding concerns for their child.

S. Peake
Senior Student Development Leader and
Designated Safeguarding Lead

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

Young Minds

[Young Minds](#) is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too.

Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and info.

YOUNG MINDS

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 Thursday
Breaktime

Location: The Lower
Academy SEND
Department



Aspire - Believe - Achieve

Online Safety Hub: Is Your Teen Using Tech to Cover Their Tracks?

From the simple act of deleting browser history or minimising a window to more sophisticated techniques like decoy apps and VPNs, young people who want to keep their online activity hidden will continue to look for innovative ways. [Click here](#) to access information and support relating to teens using technology to cover their tracks online.

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](#)



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/



World Mental Health Day

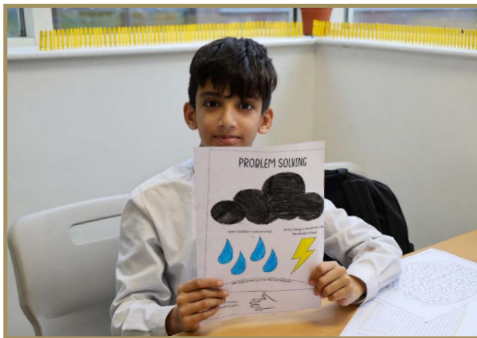
To mark World Mental Health Day, students at the Lower Academy took part in a range of literacy and craft-based activities designed to raise awareness and encourage open discussions about mental health and wellbeing.

Throughout the day, students engaged in classroom and lunchtime sessions focused on understanding the importance of caring for our own mental health and supporting those around us. The activities also highlighted the value of recognising when help is needed and knowing where to find support within the school and wider community.

"Telling a joke to make someone smile or even laugh, or just asking how their day is and having a conversation with them, can really help lift someone's mood." Neeve.G – Year 8

"If you have mental health issues, we now have mechanisms to help yourself keep calm." Neidas.M - Year 7

"It's important to talk to people when you're upset or annoyed — it can help you through it." Bobbie.W – Year 8



Mind - Mental Health Charity

If you or someone you know needs support with mental health, the charity Mind provides helpful information, advice, and practical tips for looking after your wellbeing. For more information please visit: www.mind.org.uk



Educational Psychology Parent Helpline

Essex County Council are pleased to announce the launch of their new support offer for families.

The EP Parent Helpline offers advice, support, and signposting for parents and carers. It is a confidential, safe, and private service, and no referral is needed — just book an appointment in advance.



Easy to Access: The booking is designed to provide an easier and more convenient experience.

- Available on alternating Mondays and Tuesdays
- 1:00pm – 5:00pm
- 25-minute appointments bookable via MS Teams
- No more waiting – instant booking confirmation

For booking details and further information, please visit: [EP-Parent-Helpline](https://schools.essex.gov.uk/special-educational-needs-and-disabilities-send/send-services-and-support/essex-local-offer-website)

Further information is available on the Essex County Council Local Offer pages: <https://schools.essex.gov.uk/special-educational-needs-and-disabilities-send/send-services-and-support/essex-local-offer-website>

Free Online Counselling Service

www.kooth.com is a free, confidential, safe and anonymous way for young people, aged 11-18, 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).



EXTRA-CURRICULAR SPORTS CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Before School: 7.45 – 8.15 • Trampolining • Boys Year 7 Rugby (7.30 start)	Before School: 7.45 – 8.15 • Boys Year 7 Basketball (7.30 start) • Girls Football • Boys Year 8 & 9 Football After School: 3.00 – 3.30 • Year 7 Fitness	Before School: 7.45 – 8.15 • Boys Year 8 & 9 Basketball (7.30 start) • Boys Year 7 Football	Before School: 7.45 – 8.15 • Girls Basketball After School: 3.30 – 4.30pm • Year 8 & 9 Fitness	Before School: 7.45 – 8.15 • Netball

The range of opportunities for parents to be involved and/or get involved is constantly growing and at all levels the school are actively seeking to develop the opportunities they provide for families to be involved in the life of the school.



Leading Parent Partnership Award

2023-2026

BASILDON ACADEMIES

WORD OF THE DAY

13th - 17th October 25
Black History Month

Monday:	Inevitable (adjective) kadargata in Kanuri – certain to happen; unavoidable. <i>Exams may be stressful, but they are inevitable in school life.</i>	
Tuesday:	Candid (adjective) mnyiam in Tiv – truthful and straightforward. <i>His candid response earned the respect of his peers.</i>	
Wednesday:	Ingenuous (adjective) ገልቤ in Amharic – innocent and unsuspecting. <i>The child's ingenious question made the class laugh warmly.</i>	
Thursday:	Sustenance (noun) ምፍብር in Tigrinya – food and drink regarded as a source of strength. <i>Bread and water were their only sustenance on the long march.</i>	
Friday:	Assiduous (adjective) assidué in Wolof – showing great care and perseverance. <i>Her assiduous work ethic impressed her teachers.</i>	

Job of the Week: Horologist

What does a Horologist do?

You'll service and repair clocks or watches. Your day-to-day tasks may include:

- Inspecting and taking apart watches or clocks to identify faults
- Replacing batteries
- Cleaning and oiling parts
- Making new parts to replace worn ones
- Checking for accuracy
- Fitting new watch straps
- Etching or engraving designs onto a watch face

Labour Market Information

- UK jobs: 205,159
- Essex jobs: 5,416
- Growth: -6.8% 74,461 jobs

Let's Talk Money

UK annual median:
£33,180

What Qualifications do you need to do this job?

You could start by doing a beginner's course in watch and clock repair. You could then move on to a foundation degree or degree. Courses are offered by a small number of colleges and training providers including:
British Horological Institute
British School of Watchmaking
Birmingham City University
West Dean College
You could also apply for a trainee position with a repair company.

Leaders make highly effective use of a wide range of data to identify issues, track improvements and guide decision making both on individual pupils and collectively. Recently this played a part in identifying that uniform infringements were linked to the cost of living crisis and led to changes in the school's uniform.



Excellence in Pupil
Development Award

2023-2026

Follow The Basildon Lower Academy on our social media channels



CELEBRATING

BLACK HISTORY MONTH

OCTOBER 2025

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

DISHES FOR WEDNESDAY 15TH OCTOBER



JERK PORK BURGER



CARIBBEAN
VEGETABLE CURRY



MANGO FRUIT COCKTAIL

CELEBRATING

BLACK HISTORY MONTH

OCTOBER 2025

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

DISHES FOR WEDNESDAY 22ND OCTOBER



JAMAICAN JERK CHICKEN



CHICKEN YASSA



COCONUT CAKE
WITH LIME GLAZE

Uniform Exchange Scheme

If you have uniform that your child has outgrown, please bring it in and see if there is something in the exchange shop that has been donated that you can simply swap your item for. We are still gratefully receiving donations of jumpers, shirts, trousers and PE kits that are in pre-loved condition and these can be donated via the reception office on either site.

Please remember, the Uniform Exchange shop is located at the Lower Academy, is open from 8am – 3:30pm Monday – Friday and is accessible via the school office.



Absence Procedures

Please let us know as soon as possible if your child is unable to attend school, ideally by 8am, by email to lowerattendance@basildonacademies.org.uk or by calling 01268 498881.

- 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.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!



Basildon School Age Community Drop-in

The School Age team at Essex Child and Family Wellbeing Services will provide drop-ins for parents/carers and school aged young people across South East Essex. The drop-ins are available for all young people including those who may be home educated or unable to access the support they require in the school environment.

Support offered:

- Emotional health and wellbeing
- Improving sleep
- Nutrition support
- Physical and sexual health
- Personal hygiene
- Managing health conditions
- Signposting, advice and support.

**Signpot Basildon
The Unity Centre**
(opposite the food court)
86 Eastgate Centre
Basildon
SS14 1AF
16:00 - 17:00
2nd and 4th
Tuesday
of the month
Commencing
23rd September

**No need to book,
just come along**

**For more information
Tel: 0300 247 0013
(Mon-Fri 9am-5pm)**