

## Dates for the Diary

### Year 8 AP1 Assessments

Monday 1<sup>st</sup> - Friday 5<sup>th</sup> December 2025

### Year 9 AP1 Assessments

Monday 8<sup>th</sup> - Friday 19<sup>th</sup> December 2025

### Christmas Fayre

Thursday 18<sup>th</sup> December 2025: 3pm-5pm

### Last Day of Autumn Term

Friday 19<sup>th</sup> December 2025

### First Day of Spring Term

Tuesday 6<sup>th</sup> January 2026

## Student Value of the Term

**NO HUMAN  
IS ILLEGAL**

## House Points - Week Ending 14<sup>th</sup> November



73,360  
ALI



70,431  
SEACOLE



60,082  
AUSTEN



55,507  
HAWKING

## Leadership Message – Trauma Perceptive Practice

At The Basildon Academies, we believe that every interaction with a young person is an opportunity to make a difference. This belief sits at the heart of our Trauma Perceptive Practice, often called TPP. It is an Essex-wide approach that helps us understand behaviour through the lens of experience, not as a matter of defiance.

TPP encourages us to pause and ask, “What has happened to this young person?” rather than “What is wrong with them?” When we take time to understand what sits beneath a behaviour, we can respond in ways that build trust and emotional safety. This creates a stronger foundation for learning, wellbeing, and personal growth.

Across the Academies, our staff are developing this practice every day. You will see it in the calm and consistent way adults respond to challenge, in the positive language we use, and in the value we place on repairing relationships. We know that children thrive when they feel safe, connected, and respected.

Trauma Perceptive Practice reminds us that compassion and high expectations belong together. Through this balance, we help our young people to reflect, to regulate, and to succeed both in school and beyond it.



**V. Oddy**

**Director of Inclusion**

**& Designated Safeguarding Lead for Enhanced Provision**

## Under 14 Basketball Team Celebrate First Essex Cup Victory

Congratulations to our Lower Academy Under 14 Basketball Team, who secured their first Essex Cup win of the season in an exciting match against Shoeburyness High School.

The game was a thrilling contest from start to finish, with both teams showing great skill and determination. In the end, the Lower Academy team came out on top, edging out Shoeburyness 45–44 in a nail-biting finish.

Well done to all the players for their teamwork, focus, and resilience; a fantastic start to their Essex Cup campaign!



## 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](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)

## 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



## Young Minds

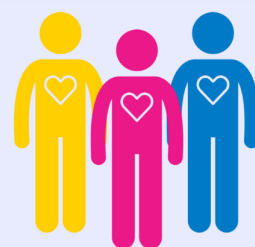
[Young Minds](#) is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Just as people's bodies can become unwell, people's minds can become unwell too.

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

## Young Carers Club

Tuesdays  
3:15pm-5pm  
Venue: G7



Various activities each week including board games, cooking, photography, arts & crafts.

Refreshments provided. Talk to others, relax & have fun.

## Aspire - Believe - Achieve

## Online Safety Hub: Online Bullying FAQs

Online bullying can have a significant impact on a child's wellbeing, and knowing how to respond is crucial. Our Online Safety Hub provides clear, practical advice on handling common online bullying situations. Click the link below for guidance on how to support your child:

<https://basildonacademies.onlinesafetyhub.uk/parent/articles/online-bullying-faqs>

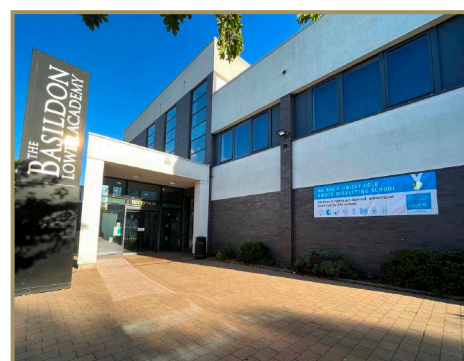
The Online Safety Hub is an online resource with lots of expert advice and guidance to help find out how to keep our young people safe online. You can access it for free here: [Online Safety Hub - The Basildon Academies](#)



## Parent Drop In - Thursday 20<sup>th</sup> November

This week's Parent Drop In will be on Thursday 20<sup>th</sup> November 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. Please note, if your matter is of a confidential nature, we kindly ask that you call the school to arrange a separate appointment, as parent drop-in sessions are not intended for one-to-one discussions.



## Basildon Academies Honour the Fallen on Remembrance Day

Last week, during Remembrance Day, staff and students across The Basildon Academies joined together in a two-minute silence, taking time to reflect and pay tribute to the bravery and sacrifice of our armed forces.

The school fell silent as students and staff paused to show their respect and gratitude to those who have served and continue to serve in times of conflict.

Following the silence, students shared their thoughts and reflections on what Remembrance Day means to them expressing deep appreciation for the courage and commitment of past and present service members.



"Remembrance Day is a time to think about how many people sacrificed themselves for our wellbeing. We hold a two-minute silence at the exact time World War I ended, and we wear poppies because they were the first flowers to grow in Flanders Field, the battlefield of the Great War." Scarlet.C – Year 7

"By remembering the past and the sacrifice of those who fought for us, we recognise that without them, we wouldn't be where we are today." Tillie.R – Year 8

"Remembrance Day is important because it gives us time to appreciate the soldiers who fought in the war and died. It's important to remember them forever." Joneda.S – Year 8

"It is important because it is a day to remember the soldiers who died protecting and serving their country." Riley.M – Year 9

"Remembrance Day is about remembering all the soldiers who fought for our country and died trying to save it." Chloe.C – Year 9

"I think Remembrance Day is about honouring those we've lost; the people who fought in the World Wars." Halimatu.B – Year 8

## Celebrating Dedication and Determination: Award Winners Revealed!

At this point in the term, we are delighted to recognise students who consistently demonstrate a positive approach to their studies and maintain 100% attendance. Our Attitude to Learning and Attendance Award Raffle celebrates one lucky student in each year group who has gone above and beyond - showing resilience, curiosity, and enthusiasm in the classroom, and dedication in turning up every day ready to learn.

Congratulations to our 3 award recipients!

**Daniel.A – Year 7**

**Riley.G – Year 8**

**Frankie.C – Year 9**

Your hard work and positivity set a fantastic example for others and help make our school community thrive. There will be further opportunities to win awards such as this as we progress through the year.





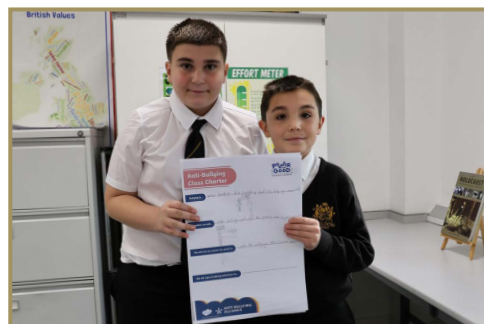
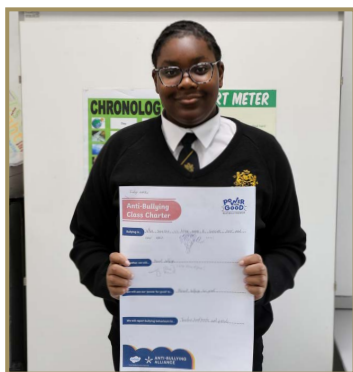
## Students Embrace #ThePowerOfGood During Anti-Bullying Week

In the lead-up to and throughout Anti-Bullying Week, Lower Academy students took part in a series of thoughtful activities to support the national campaign coordinated by the Anti-Bullying Alliance. This year's theme, *"The Power of Good,"* encouraged everyone to reflect, take action, and recognise how small acts of kindness can make a big difference.

Ahead of the campaign, students began working in groups to create their own Anti-Bullying Charters and design posters to display around the school, helping to spread positive messages and raise awareness even before the week began.

During RSHE lessons on diversity and equality, students explored the different forms of bullying and discussed its impact on individuals, communities, and school culture.

To celebrate their hard work and commitment, students received Anti-Bullying Alliance certificates in recognition of their contributions to this important campaign.



"Bullying makes people really upset, so we need to make sure we include everyone, otherwise, they might feel sad or left out." Sydni-Mae.H – Year 7

"When people feel sad or down, talk to them and be kind. Helping someone express their feelings can really make a difference." Elidio.K – Year 7

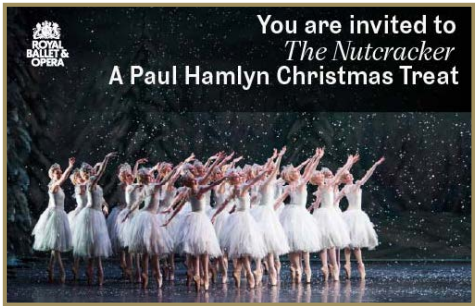
"Bullying can be really hurtful. Even if someone has been bullied themselves, it doesn't make it right to hurt others. If you've ever bullied someone, make a change - don't be a bully." Mia-Kristina.A – Year 7

# A Special Christmas Performance Opportunity for Our Families

**When:** Saturday 20<sup>th</sup> December 2025 | Activities from 10:00am, Performance at 12:30pm

**Where:** Royal Opera House, Covent Garden, London, WC2E 9DD

We are delighted to offer our families a wonderful festive opportunity this year. As part of our involvement in the **Royal Ballet & Opera Schools Programme**, our school has been invited to a special Paul Hamlyn Christmas Treat performance of *The Nutcracker* on Saturday 20<sup>th</sup> December — a fantastic way to celebrate the season together.



From 10am, families can enjoy fun activities and mini performances throughout the beautiful front-of-house spaces at the Royal Opera House, before the main performance begins at 12.30pm. The event promises a magical, festive atmosphere filled with Christmas cheer.

Tickets are subsidised and available from **£5–£30**.

Please note: **this performance is not open to the general public**, making it a unique opportunity exclusively for selected schools and their communities.

[Click here](#) to book your place.



## EXTRA-CURRICULAR TRAINING PROGRAMME

Winter Term 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b> 7.30am-8.20am <small>*Gates open and close at 7.30am sharp. Please manage your timekeeping accordingly.</small>	Year 8 & 9 Boys Rugby  Year 7 Boys Rugby  Year 7,8,9 Girls Netball	Year 7,8,9 Boys/Girls Cross Country   Year 7,8,9 Girls Basketball	Year 8 & 9 Boys Basketball  Year 7 Boys Football  Year 7,8,9 Girls Football	Year 7,8,9 Boys/Girls Cross Country	Year 8 & 9 Boys Football  Year 7 Boys Basketball
<b>Year 8 &amp; 9 Break</b> 10.30am-11.00am				Boys/Girls Basketball Open Gym*	
<b>Year 7 Break</b> 11.00am-11.30am			Boys/Girls Basketball Open Gym*		Year 10 & 11 Boys/Girls Badminton  Year 10 & 11 Boys Fitness Suite
<b>After School</b>	Fixtures **	Fixtures **	Fixtures **	Fixtures **	Fixtures **

\* You must have attended at least one before-school basketball training session to attend Open Gym. You must also have a clean pair of indoor trainers.

\*\* Fixtures will vary week-by-week. To be eligible for selection, you must attend before-school training.

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



## 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](https://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).



**ENERGISING FUTURES**

**Feed our future!**

Scientists all over the world are working on ways of producing food so that in the future, our food is **good for people and the planet.**

**Careers connection**

**Food Scientists** are developing new foods and drinks with healthy ingredients that are less harmful to our planet. They have discovered a process to make **protein from air**. Microorganisms can take carbon dioxide from the air and turn it into protein for drinks and snack bars. **Top essential skill**

**Robot engineers** are designing and making the robots that care for crops on farms. They have created **robot farmers** that can kill weeds without harmful chemicals. **Top essential skill**

**Food tasters** are tasting and smelling foods and recommending how they might be changed so more customers will eat them. They have helped to create **'meat' from plants**. These veggie burgers taste, smell and feel just like meat! **Top essential skill**

**Microbiologists** are testing cells growing in the lab, to make sure they don't contain harmful microorganisms. These cells are then used to 'build' **lab-grown meat**, fish and fruit. **Top essential skill**

**Entomologists** are looking after the insects on insect farms. **Edible insects** are safe to eat, tasty and rich in protein. **Top essential skill**

**1** Which job would you like to do?

**2** What new way of producing food will you come up with?

For more about essential skills see [skillsbuilder.org](https://skillsbuilder.org)






**energisingfutures.co.uk**



# BASILDON ACADEMIES

## WORD OF THE DAY

17<sup>th</sup> - 21<sup>st</sup> November 2025

Monday:	<b>Empathy (noun)</b> aroha in Maori – the ability to understand and share another's feelings. <i>The school promoted empathy to encourage kindness among students.</i>	
Tuesday:	<b>Harmony (noun)</b> эв нэгдэл in Mongolian – agreement or a pleasing arrangement of parts. <i>The choir sang in perfect harmony.</i>	
Wednesday:	<b>Austere (adjective)</b> streng in Norwegian – severe or strict in manner, or plain in appearance. <i>The austere classroom had bare walls and simple desks.</i>	
Thursday:	<b>Nurture (verb)</b> پرورش دادن in Persian – to care for and encourage growth or development. <i>Teachers must nurture curiosity as well as discipline.</i>	
Friday:	<b>Pensive (adjective)</b> zamyśloný in Polish – deeply thoughtful, often with a hint of sadness. <i>She sat in a pensive mood, staring out the window.</i>	

### Job of the Week: Lifeguard

#### What does a Lifeguard do?

Both pool and beach lifeguards supervise swimming areas and help people in trouble. Their main tasks include:

- Making sure swimmers follow safety rules
- Making sure people stay in safe areas
- Rescuing swimmers in danger
- Giving first aid

Pool lifeguards will also spend time:

- Advising swimmers on how to use diving boards and slides
- Checking pool water temperature and chemicals
- Cleaning the pool area and setting up/putting away equipment

#### Labour Market Information

- UK jobs: 113,350
- 2,599 in your local area of Essex
- 4.2% 30,919 jobs
- 3.2% in your region of East of England, an decrease of 2,360 jobs

#### What Qualifications do you need to do this job?

- Working as a swimming pool attendant and completing lifeguard training on the job completing a recognised qualification.
- Meet a minimum age requirement, usually between 15 and 18 depending on which country you live in complete a first aid qualification and/or CPR certificate.
- Pass a criminal records background check, which your employer will usually arrange for you.

#### Let's Talk Money

UK annual median:  
£25,672

Leadership and management of TAs is well organised and they play a very important role within Basildon Academy. Teaching and non-teaching staff work closely together on a day-to-day basis, "It is teamwork, we do it together" a teacher commented.



Best Practice with  
Teaching Assistants Award

2023-2026

Follow The Basildon Lower Academy on our social media channels



# 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)**