

## Dates for the Diary

### Year 8 AP1 Assessments

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

### Presentation Event - Invitation Only

Monday 8<sup>th</sup> December 2025: 3.30pm-4.30pm

### 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 - *Students finish at 12:30pm*

## Student Value of the Term

**NO HUMAN  
IS ILLEGAL**

## House Points - Week Ending 21<sup>st</sup> November



80,633  
ALI



77,318  
SEACOLE



66,412  
AUSTEN



60,858  
HAWKING

## Leadership Message

### Read on for your chance to win a £20 Amazon voucher

Dear Parent/Carer

I would like to take this opportunity to thank you for your continued support with our behaviour expectations and our drive to further strengthen the culture across our school. Your partnership has been invaluable in helping us create a calm, safe and focused learning environment where every student can thrive. We have already seen improvements in how students conduct themselves, support one another and take pride in their school community.

We are grateful for your encouragement around attendance. Being in school every day, on time, makes a significant difference to both well-being and long term progress. Thank you for working with us to promote positive routines and helping your child understand the importance of excellent attendance.

As we enter the winter months, please ensure that your child arrives at school with appropriate warm clothing. If you require support with any uniform items, please do not hesitate to contact us to see what support we can offer. A reminder that hoodies are not permitted on the school site and students seen wearing them will be asked to remove them.



If you are able to complete the below survey you could be the lucky winner, selected at random, of a £20 Amazon voucher. Your feedback is vital to us so please do take the time to respond; it will only take a few minutes.

Visit the following link to complete the survey: [Parent Survey November 2025](#)

Thank you again for your ongoing support.

**E. Huet - Deputy Headteacher - Pastoral, Personal Development and Safeguarding**

## 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.



## 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

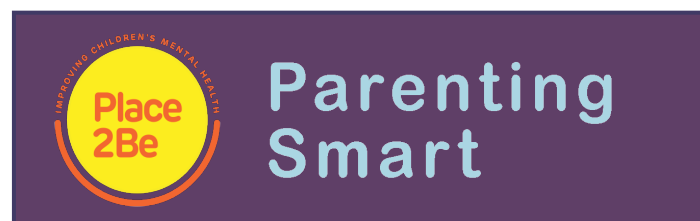
Safeguarding our students is at the forefront of everything we do. Parents and carers can access information via the following link [www.escb.co.uk](http://www.escb.co.uk) which offers guidance and signposts to resources on various safeguarding issues. Please contact our safeguarding officers if you have any concerns about your own child or another student at the Academies.

[www.basildonloweracademy.org.uk/safeguarding](http://www.basildonloweracademy.org.uk/safeguarding)

## Supporting Your Child's Wellbeing with Parenting Smart

Parenting Smart, created by the children's mental health charity Place2Be, offers practical tips and guidance to support your child's wellbeing.

From managing screen time to handling big emotions, the website provides short, easy-to-follow articles and videos designed to help parents navigate everyday challenges with confidence.



Explore helpful resources here: <https://parentingsmart.place2be.org.uk/>

## 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



## Free Fruit at Breaktime



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

## Online Safety Hub: The ABC Model for Digital Safety and Wellbeing

Discover the ABC Model for Digital Safety and Wellbeing, a practical framework designed to help parents support their children in navigating the online world safely and responsibly. Learn how Awareness, Balance, and Communication can promote healthier digital habits. Read more here: <https://basildonacademies.onlinesafetyhub.uk/parent/articles/the-abc-model-for-digital-safety-and-wellbeing>

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](#)



## Free Online Counselling Service

[www.kooth.com](http://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).





## Year 8 Students Champion Men's Mental Health for Movember

This month, our Year 8 students at the Lower Academy have been taking part in Movember awareness activities, focusing on the importance of men's mental and physical health. Students used the Movember Schools resources to learn about key health issues affecting men and boys, and to encourage open conversations within the school community.

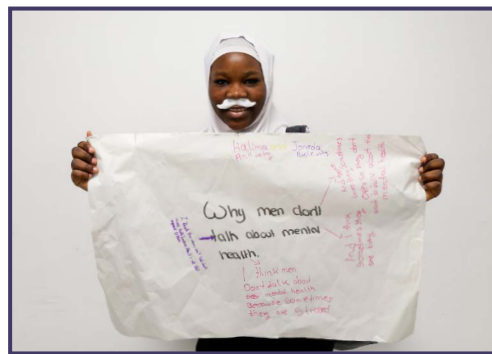
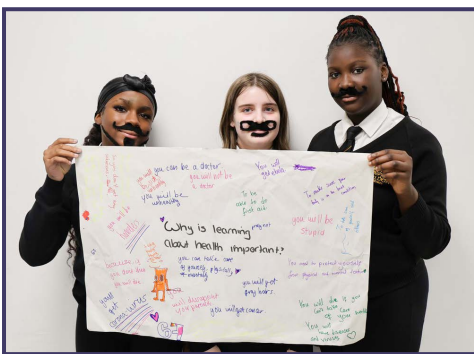
As part of the session, students designed thoughtful and eye-catching posters to display around the school. Their aim was to promote awareness, challenge stigma, and remind others that speaking up about health concerns, both mental and physical, is an important step in staying well.

Through their posters and discussions, Year 8 have helped spread a powerful message: talking about how you feel is a strength, and looking after your wellbeing should always be a priority.

"If you don't talk about any health concerns you have, they could get worse – it's important to speak to someone you trust." Ollie A.

"Mental health is important because it helps so many young people build the confidence to talk about their emotions." Ayesah.T

"Men's mental health matters, and we need to know about it." Vlad.D





## Candy Cane Lane Christmas Fayre - Thursday 18<sup>th</sup> December

Get ready to step into the festive spirit at The Lower Academy's Candy Cane Lane Christmas Fayre, taking place on Thursday 18<sup>th</sup> December from 3pm-5pm. Families are warmly invited to join us for an afternoon of festive fun and community spirit.

Preparations are already in full swing, with students hard at work creating exciting games and imaginative stalls, all in friendly competition to raise the most funds! Every penny raised will go towards supporting our chosen charity, the Fairtrade Foundation.

There will also be a dedicated, student-run Fairtrade stall alongside a sweet treats stand, so don't forget to bring cash, as this will be a cash-only event.

Enjoy live performances from The Lower Academy Choir throughout the event, while you tuck into BBQ hot dogs and hot chocolate, and take part in our fantastic raffle with prizes to be won. Don't miss our 'Photo Corner', a great spot to snap some festive photos and capture the Christmas magic!

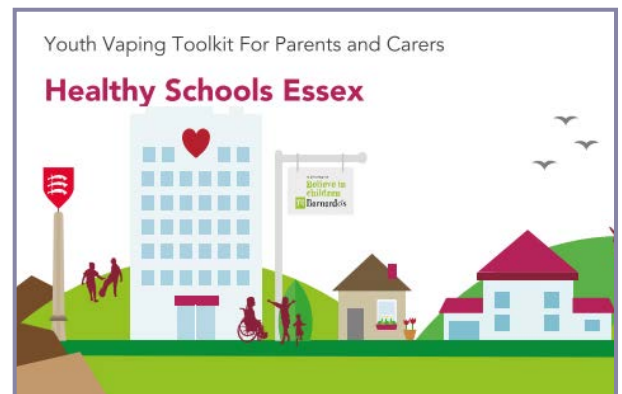


## Youth Vaping – Information for Parents & Carers

There is growing national concern around youth vaping, and it is important that parents and carers have access to clear, reliable guidance. The Essex Safeguarding Children Board (ESCB) has produced helpful information explaining the signs to look out for, the health implications, and ways to talk to young people about vaping.

Further details can be found on the ESCB's youth vaping information page: [www.escb.co.uk/safeguarding-topics/youth-vaping/](http://www.escb.co.uk/safeguarding-topics/youth-vaping/)

A dedicated Youth Vaping Toolkit for parents, offering practical advice and conversation prompts, is also available here: [www.escb.co.uk/media/3658/youth-vaping-toolkit-for-parents.pdf](http://www.escb.co.uk/media/3658/youth-vaping-toolkit-for-parents.pdf)



Parents and carers are encouraged to review this guidance and use it to support conversations at home.



## English Breakfast Day Tuesday 2<sup>nd</sup> December

To celebrate English Breakfast Day  
the Dining Hall will be serving  
All Day Breakfasts as the main meal  
option on Tuesday 2<sup>nd</sup> December



Vegetarian option

# Music Instrument lesson sign-ups now open for 2026

As our award-winning Music Department continues to grow, we are delighted to announce that sign-ups are now open for instrumental lessons beginning after the Christmas break.

Earlier this year, The Lower Academy proudly received the Music Mark of Recognition for Dedication & Improvement, awarded by the UK Association for Music Education in partnership with Essex Music Service. This honour reflects our commitment to high-quality, inclusive, and creative music education—something made possible by our incredible students, staff, and visiting tutors.

## Peripatetic 1-to-1 Music Lessons (All Year Groups)

We are pleased to offer individual music lessons for all year groups during the school day, delivered by specialist tutors from Essex Music Service.

### How to Apply:

- Register your child by 3rd December 2025 to be added to the waiting list.
- When a lesson slot becomes available, Essex Music Service will invoice you. Payment must be made before lessons start.

**Register here:** <https://ukessex.speedadmin.dk/registration?signupSchoolID=1836#/courselist/25>

### Lesson Costs:

- 10 × 15-minute lessons per term – £97.50
- 10 × 30-minute lessons per term – £195

### Financial Support:

- Families with household income under £24,000 can apply for a 50% discount
- Looked After Children, Adopted Children, and those supported by Social Care can receive 10 free 15-minute lessons per term

### Instruments:

- Students need their own instrument (except for piano or drums).
- Low-cost instrument hire is available through Essex Music Service.

**Apply for financial assistance:** [Tuition Discount](#)

**Apply for instrument hire:** [Instrument Hire](#)

## NEW! Free Trumpet & Trombone Lessons for Year 7 & Year 8

We are excited to introduce a brand-new opportunity: two full terms of FREE trumpet or trombone lessons for Year 7 and Year 8 students.

These small-group sessions provide an excellent introduction to brass playing and help students develop confidence, musicianship, and ensemble skills. Places are limited and will be allocated on a first-come, first-served basis.

**Sign up here for free Brass Instrument:** [Sign up form](#)

## Join Our Choir

Our Academy Choir continues to grow in confidence and performance excellence. This term, the choir will be performing:

- Monday 1<sup>st</sup> December at The Brentwood Centre
- Thursday 18<sup>th</sup> December The Lower Academy Christmas Fayre

If your child would like to join, please check your emails for the sign-up form or contact the Music Department for details.

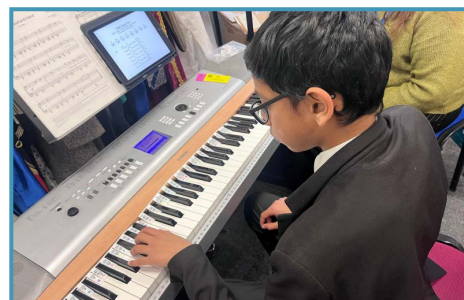
Whether it's personalised 1-to-1 tuition, learning a new instrument, joining our vibrant choir, or taking part in exciting performance opportunities, we are committed to helping every student find their voice and thrive through music.

If you have any questions, please don't hesitate to get in touch.

Warm regards,

**Miss Stoddard**

**Performing Arts & Creative Arts Lead**





# EXTRA-CURRICULAR TRAINING PROGRAMME

Winter Term 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b> <b>7.30am-8.20am</b> *Gates open and close at 7.30am sharp. Please manage your timekeeping accordingly	<b>Year 7, 8, 9 Boys Rugby</b>  <b>Year 7, 8, 9 Girls Netball</b>	<b>Year 7, 8, 9 Girls Basketball</b>	<b>Year 7, 8, 9 Boys Football</b>  <b>Year 7, 8, 9 Girls Football</b>		<b>Year 7, 8, 9 Boys Football</b>
<b>After School</b>	<b>Fixtures *</b>	<b>Fixtures *</b>	<b>Fixtures *</b>	<b>Fixtures *</b>	<b>Fixtures *</b>

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



## Do you like learning about animals, plants and ecology?

You could be a/an...

### Ecologist



Jen studies the biodiversity in habitats and helps companies to protect habitats and so be more sustainable.

**Career route** Degree  
**Salary range** £18,000 - £45,000

### Oceanographer



Cheng studies the oceans' chemical and biological formations to learn about the ecosystems of the seas and how to protect them.

**Career route** Degree  
**Salary range** £18,000 - £68,000

### Food microbiologist



Hannah tests food samples for microorganisms that can make people ill, and finds new ways to keep our food safe.

**Career route** Degree  
**Salary range** £35,000 - £50,000

### Conservation officer



Jim uses his expertise in conservation to preserve habitats. He works outdoors in forests, on beaches and in grasslands.

**Career route** Apprenticeship or on the job training  
**Salary range** £32,000 - £75,000



You don't need a degree to be a scientist!

You can take a different career route including an apprenticeship, degree apprenticeship or by training on the job.

## Which job would you like to do?



www.energisingfutures.co.uk



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](mailto:admin@basildonacademies.org.uk) with the updated information.

# BASILDON ACADEMIES

## WORD OF THE DAY

24<sup>th</sup> - 28<sup>th</sup> November 2025

Monday:	<b>Laudable (adjective)</b> louvável in Portuguese – deserving praise and commendation. <i>His laudable efforts improved attendance across the school.</i>	
Tuesday:	<b>Conspicuous (adjective)</b> ਸਖਸ਼ਟ in Punjabi – standing out so as to be clearly visible. <i>The conspicuous error in her essay was quickly spotted.</i>	
Wednesday:	<b>Indomitable (adjective)</b> îndărătnic in Romanian – impossible to defeat or subdue. <i>Her indomitable spirit carried her through adversity.</i>	
Thursday:	<b>Prerogative (noun)</b> прерогатива in Russian – a right or privilege exclusive to a group or person. <i>It was the headteacher's prerogative to decide on uniform changes.</i>	
Friday:	<b>Epiphany (noun)</b> epifani in Samoan – a sudden realisation or insight. <i>During revision, he had an epiphany about the poem's meaning.</i>	

## Job of the Week: Racing driver

### What does a Racing driver do?

A racing driver (also known as a professional race car driver) competes in motor racing events such as Formula 1, rally, touring car, endurance, or karting competitions. They drive high-performance vehicles at high speeds, requiring exceptional skill, concentration, and physical fitness.

#### Key Responsibilities

- Driving competitively in races, time trials, and qualifying sessions.
- Working with engineers and mechanics to improve car performance.
- Testing and practising regularly to refine driving techniques and consistency.
- Studying track layouts and racing strategies to optimise performance.
- Participating in media and sponsorship events, including interviews and promotional appearances.
- Maintaining peak physical and mental fitness to handle extreme conditions such as heat, G-forces, and long races.

### Labour Market Information

- UK jobs: 399,700
- 4,000 in your local area of Essex
- -2.26 % 30,919 jobs
- -3.2% in your region of East of England, an decrease of 2,890 jobs



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

#### Typical Entry Requirements

- Start with karting (often from a young age) to build experience.
- Progress to junior racing categories (e.g., Formula 4, Formula Ford, or rally series).
- Obtain a racing licence from a recognised motorsport authority (such as the FIA).
- Experience in motorsport academies or driver development programs can be helpful.

### Let's Talk Money

UK annual median:  
£37,500 to £26 million (for top level F1 drivers)



As staff have felt empowered and confident to come forward with their own ideas new developments have flourished. A great example of this is the school play currently taking place which is the first for many years and has been a great opportunity for students and the school to showcase their talents to their school community and the wider community.



Excellence in Pupil  
Development Award

2023-202

Follow The Basildon Lower Academy on our social media channels





## 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)

**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.**

## Good attendance means:

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

**Target 97%+**



**175**

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

\* Plenty of time for shopping, holidays & appointments.

**143**

Days of education

**75%**

47 days absent

**152**

Days of education

**80%**

38 days absent

**162**

Days of education

**85%**

28 days absent

**171**

Days of education

**90%**

19 days absent

**184**

Days of education

**97%**

6 days absent

**190**

Days of education

**100%**

0 days absent

### **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.



# FREE STUDENT WEBINARS

for supporting you with your  
mental health and wellbeing

Provided by your Mental Health Support Team

@set\_camhs\_nhs

SIGN-UP & FIND  
OUT MORE



Do you need help with your mental health and wellbeing? We offer a variety of online workshops to help you on the following topics:

- ✓ Understanding anxiety
- ✓ Understanding my low mood
- ✓ Exam stress
- ✓ Strategies to manage distress
- ✓ Support for neurodiversity:
  - Meltdowns and shutdowns
  - Energy accounting & burnout
  - Communication
  - Sensory needs

Sessions will be held online and will last between 20 and 30 minutes. Use the QR code above to find out the different dates and times!

