

Dates for the Diary

Progress Information Event

Monday 16th October 2023: 4pm - 5pm

Half Term

Monday 23rd - Friday 27th October 2023

Parent Forum Meeting

Tuesday 31st October 2023: 4.30-5.30pm

Armistice Day

Saturday 11th November 2023

Anti-Bullying Week

Monday 13th - Friday 17th November 2023

Student Value of the Term

BLACK LIVES MATTER

House Points - Week Ending 6th October



3,118
AUSTEN



3,066
ALI



3,012
HAWKING



2,815
SEACOLE

Leadership Message

I am excited to share with you information about our dedicated Wellbeing Centre; A safe haven, designed to provide comprehensive mental health support for our students. We offer a range of interventions and programmes aimed at fostering emotional wellness, personal growth and academic success.

Students have access to a diverse set of resources, including organisations such as Catch 22, Bar'N'Bus, Child and Adolescent Mental Health Services, mentoring services, the School Nurse, Kids Inspire and art therapy. These organisations work collectively to ensure students receive the tailored support they need.

We also access outside agency support for the following;

Healthy Relationships: Nurturing positive and respectful connections with others.

Teenage Relationship Abuse Programme: Educating students on recognising and addressing unhealthy relationship dynamics.

Online Safety and Risky Behaviours: Empowering students to navigate the digital world safely.

Anger Management: Equipping students with tools to manage and express their emotions constructively.

Anxieties and Worries: Providing techniques to cope with stress and anxiety.

Emotional Wellbeing: Fostering a sense of balance and resilience.

Drugs and Alcohol Awareness: Offering education and support regarding substance use.

Break the Vape: Addressing vaping-related concerns.

Exam Stress: Providing strategies to manage the pressures of academic assessments.

Gangs and County Lines: Raising awareness about potential risks.

LGBTQ+ Support: Ensuring inclusivity and support for LGBTQ+ students.

C.A.R.E: Offering one-to-one support through the C.A.R.E programme.



The Upper Academy Wellbeing Centre

Through these initiatives, we strive to create a nurturing environment where every student feels valued, supported and empowered. Our Wellbeing Centre is testament to our commitment to the holistic development of each individual.

If you or your child would like to explore the resources available at our Wellbeing Centre, please don't hesitate to reach out. Together, we can work towards a happier, healthier and successful academic journey.



Mr S. Knowles
Assistant Headteacher

Sixth Form Open Evening

On Thursday 5th October, the Upper Academy welcomed prospective Sixth Form students and their families to our annual Open Evening.

Throughout the evening, our subject specialist teachers and staff were available, presenting and discussing details of our A Level, BTEC and Intermediate Vocational courses.

To view detailed information on all of the courses available please visit:

www.basildonupperacademy.org.uk/course-information

To apply to join our Sixth Form in September 2024, please visit: [The Basildon Upper Academy Sixth Form Apply to Join](#)



Parent Forum - Tuesday 31st October 2023: 4.30pm - 5.30pm

Our next Parent Forum meeting will take place at the Lower Academy on Tuesday 31st October from 4.30-5.30pm. All parents & carers are invited to attend.



EXTRA-CURRICULAR SPORTS CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime <ul style="list-style-type: none"> Basketball – Year 11 	Lunchtime	Lunchtime <ul style="list-style-type: none"> Basketball – Year 10 	Lunchtime <ul style="list-style-type: none"> Football – Year 11 	
After School: 3.30 - 4.30pm <ul style="list-style-type: none"> Girls Netball Boys Basketball Boys Fitness 	After School: 3.30 - 4.30pm <ul style="list-style-type: none"> Boys Rugby 		After School: 3.30 - 4.30pm <ul style="list-style-type: none"> Boys Football Girls Basketball 	After School: 3.30 - 4.30pm <ul style="list-style-type: none"> Girls Fitness

Progress Information Event

Monday 16th October 2023: 4pm - 5pm

Year 10, 11, 12 & 13 parents & carers are invited to the Upper Academy to meet with our Senior Leadership Team, as they provide information on GCSE, BTEC and A Level Assessments.

This will include how to support students at home with revision timetables, what to expect regarding examinations, both at mock stage and final summer assessments, collect resources to support revision for the first assessment point, and tips for how students can support their wellbeing during this time.

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 Wednesday
Breaktime

Location:
The Wellbeing Centre



Free Online Counselling Service

www.kooth.com is a free, confidential, safe and anonymous way for young people, aged 11-26, 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).

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 blazers, 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.

Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 2nd October 2023.

- ★ Year 10 - Gracie.W (R10Y1)
- ★ Year 11 - Lilie Mae.C (R11Z2)
- ★ Sixth Form - Sabreen.H (R1213)

Spotlight on: A Level Photography



If you are interested in the world around you and your place within it, enjoy picture taking and would like to learn how to take better photographs that translate into creative and meaningful imagery then you would be very suited to the Photography course.

Studying Photography will give you a greater understanding of the world we live in, and your place within it. You will be encouraged to explore subject themes with a personal interest to ensure that you are always on a meaningful creative journey.

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

Year 11 students wishing to join our Sixth Form can apply via the following link: [Apply to join](#)

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

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 should 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.
- Parents/carers must provide medical evidence to support all absences due to illness or medical appointments.
- Wherever possible parents/carers should make appointments outside of school hours but if this is unavoidable students should attend school before and after the appointment.
- If no appropriate medical evidence is provided then the Academies cannot authorise an absence. (ie. medical appointment card, prescription, doctor's letter.)

For further information and guidance regarding attendance and absence please visit our website:
www.basildonupperacademy.org.uk/attendance



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



**To celebrate Black History Month, each Wednesday in October
we will be serving authentic dishes in the Dining Hall**

Dishes for Wednesday 11th October:



**Jerk Halloumi
Burger**



**Honey & Turmeric
Chicken**



**Double Chocolate
Bread Pudding &
Cream**

Aspire - Believe - Achieve