# The Basildon Upper Academy Newsletter • 19th October 2026

## Dates for the Diary

**Half Term**
Monday 26th - Friday 30th October 2026

**Year 13 AP1 Assessments**
Monday 9th - Friday 20th November 2026

**Christmas Showcase**
Thursday 10th December 2026

**Last Day of Autumn Term**
Friday 18th December 2026

**First Day of Spring Term**
Tuesday 5th January 2027

## Student Value of the Term

## Black Lives Matter

## House Points - Week Ending 16th October

| Seacole | Hawking | Ali | Austen |
|---|---|---|---|
| 51,653 | 48,846 | 48,144 | 45,009 |

# A Positive Start and Looking Ahead

As we approach the end of our first half term, I would like to thank our students and families for the positive start they have made to the academic year. The support shown by parents and carers, alongside students' commitment to their learning, has helped create a strong foundation for success in the months ahead.

For our Year 11 students, assessments are currently taking place and provide an invaluable opportunity to showcase the knowledge, skills and understanding they have developed so far. We know that assessment periods can bring additional pressure, but we encourage every student to approach them with confidence, determination and a positive mindset. The most important thing we ask is that students give their very best effort and take pride in all that they achieve.

Our Year 10 students have recently completed their assessment point, and we have been incredibly pleased with the commitment they have shown throughout the process.



Once results have been analysed, we will begin a programme of targeted intervention and support to ensure that every student receives the guidance they need to continue making strong progress and fulfil their potential.

We firmly believe that success is built through consistent effort, resilience and the willingness to keep improving. Assessments are not simply about grades; they are an opportunity for students to recognise how far they have come and identify the next steps on their journey. By working together, we can continue to encourage high aspirations, strong attendance, and the commitment needed for every student to succeed.

**E.Cahill - Deputy Headteacher**

# Parent Drop In - Focus on Enhanced Provision

Our next Parent Drop In will be on Friday 23rd October between 9am and 10am.

Each Parent Drop In will now have a specific focus, giving parents an opportunity to find out more, ask questions and speak to staff about the topic.

There is no need to book an appointment, simply sign in at reception and a member of staff will be happy to show you to the venue. If we are unable to answer any questions on the day, we will follow up with you afterwards and share feedback.



# Showing Our Support for Show Racism the Red Card

On Friday 16th October, students and staff were invited to wear red to show their support for Show Racism the Red Card and its work to tackle racism.

Some students and staff also featured in a montage video shared on our social media channels, holding up red cards to demonstrate their support for standing against racism.

















# Free October Half Term Clubs with Essex ActivAte

Essex ActivAte half term programmes provide free, fun and engaging activities for eligible children and young people during the October half term break. From sports and crafts to outdoor adventures and more, there are plenty of opportunities to stay active, make friends and try something new, alongside receiving nutritious meals and snacks.




Spaces are limited and can be booked directly with local clubs when they go live, with no Holiday Activities voucher code or referral required.

To find a club near you, visit the Find Your Active Activity Finder on the Active Essex website. Simply select 'Programmes' to view the upcoming half term activities, enter your local area, and book directly with the club using the contact details provided.

# Navigating Social Media and Gaming Apps Safely

With so many social media and gaming apps available, it's important for parents to understand potential risks and how to keep children safe online. This guide provides practical tips on privacy settings, screen time, online interactions, and age appropriate content to help you support your child's digital wellbeing. Click here to access information promoting healthy digital habits at home.



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

# House Bake Off Winners

A huge thank you to everyone who entered this year's House Bake Off! The competition showcased some fantastic creativity, impressive baking skills and delicious-looking treats.

All entries impressed our judges, and every participant has been awarded House points in recognition of their effort.



**1st Place - Seacole**
**Sea Salted Caramel Bake**



**2nd Place - Hawking**
**Strawberry Mini Victoria Sponges**



**3rd Place - Austen**
**Lemon Drizzle Cake**

Well done to all our bakers for taking part and producing such a wonderful selection of bakes. Thank you for making this year's competition such a success!









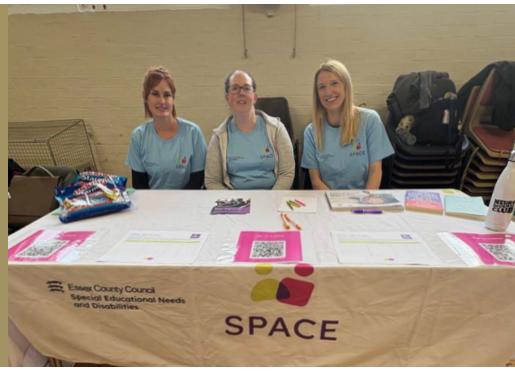




# SPACE (Support for Parents and Carers Essex)

SPACE is part of the Essex SEND Local Offer, providing support from trained Peer Educators with lived experience of raising a child with SEND. They offer parents/carers workshops, online learning opportunities, community events, and a chance to speak with someone who understands.

For more information please visit: SPACE - Supporting Parents and Carers in Essex



# Year 10 Work Experience 2027

Information regarding the Year 10 Work Experience programme in April 2027, including guidance on finding a placement and the next steps for students and parents/carers, is available on our website: www.basildonupperacademy.org.uk/year-10-work-experience-2027




## Safeguarding

At the Basildon Academies, keeping children safe and helping them to thrive is at the heart of everything we do.

The Essex Safeguarding Children Board (ESCB) provides information and guidance for parents and carers on a range of safeguarding issues. Their website includes advice and signposts to useful resources to help families understand and respond to concerns relating to children and young people. Parents and carers can access this information at www.escb.co.uk

ESSEX Safeguarding Children BOARD

Please contact our safeguarding team if you have any concerns about your own child or another student at the Academies: www.basildonupperacademy.org.uk/safeguarding

## 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.

# Extra-Curricular Sports Timetable

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Before School**<br>7.30am-8.20am | | | | | Cross Country<br><br>Netball<br>Year 10 & 11 |
| **Lunch Time**<br>12.15pm-12.50pm | Table Tennis | GCSE Badminton | | GCSE Badminton | |
| **After School**<br>3pm-4pm | | Basketball | | Tag Rugby /Rugby Core Skills<br><br>Football | GCSE Netball |

Must Have Full PE Kit - Football Training Requires Shinpads




ASPIRE - BELIEVE - ACHIEVE










## 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.

YOUNGMiNDS

Aspire - Believe - Achieve

# Absence Procedures

Please let us know as soon as possible if your child is unable to attend school, ideally by 8am, by email to upperattendance@basildonacademies.org.uk or by calling **01268 498882.**




- 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

ARRIVE BE HERE ATTEND

IN TIME TO — TO — TO

ASPIRE BELIEVE ACHIEVE

**Attendance percentages as Number of days and lessons missed from school. Students are required to attend school for 190 days each year.**

| Attendance during one school year | Equals days absent | Which is approximately weeks absent | Which means this number of lessons missed | Absence over 5 years |
|---|---|---|---|---|
| 95% | 9 days | 2 weeks | 50 lessons | ¼ year |
| 90% | 19 days | 4 weeks | 100 lessons | ½ year |
| 80% | 38 days | 8 weeks | 200 lessons | 1 year |
| 70% | 59 days | 12 weeks | 300 lessons | 1½ years |
| 60% | 80 days | 16 weeks | 400 lessons | 2 years |
| 50% | 100 days | 20 weeks | 500 lessons | 2 ½ years |

Government (DfE) research suggests that **16 days** absence or 92% attendance in any one year equals a **full GCSE drop** in attainment
**How does your attendance compare with this target?**

**Daily rewards -** Daily text messages for 100% attendance are send via text message or through the MCAS app.

**Weekly Rewards -** Weekly Student briefings held on Mondays highlight the students who have received 100% attendance and 0 late marks. These students will receive a raffle entry for a £5 lifestyle voucher

**Half Termly rewards -** Each Half-term 100% attendance postcards are given to students based on the attendance for that half term.

**Termly rewards -** Students receive a badge and certificate during a celebration event for their term attendance which can be pinned to their tie.




# Attendance: Advice on Childhood Illnesses

If your child is absent due to illness, we will assess the reason given against current NHS guidance. Absences that fall outside of this guidance may not be authorised. For example, common colds and minor illnesses do not usually require children to stay at home and will not normally be authorised as an illness absence.

If your child is absent for a significant length of time or has repeated illness absences, we may ask you to provide medical evidence to support the absence. This could include appointment letters, prescription information, hospital documentation, or evidence from a healthcare professional. Where medical evidence is not provided, the absence may remain unauthorised.

We are committed to supporting families and understand that attendance difficulties can happen for many reasons. If your child's attendance falls below 90%, you may be invited to attend an Early Help Support Meeting. This meeting gives us the opportunity to discuss any barriers to attendance and identify support that may help your child attend school more regularly.

Please remember that a build-up of unauthorised absences can lead to schools following the necessary legal attendance procedures. We want to avoid this wherever possible by working together with families to ensure every student has the best possible access to their education.

# What to do

## Advice on childhood illnesses

**Go to school; if needed, get treatment as required**

**Some restrictions for school attendance**

**Don't go to school and see the GP**

| What it's called? | What it's like | Going to school | Getting treatment | More advice |
|---|---|---|---|---|
| **Asthma flare up** | Worsening of usual symptoms | | Follow your care plan | Stay off school if feeling too unwell |
| **Chicken pox** | Rash begins as small, red, flat spots that develop into itchy fluid-filled blisters | | Pharmacy | Back to school five days after on-set of the rash, or when all lesions are crusted over |
| **Common cold** | Runny nose, sneezing, sore throat | | Pharmacy | Ensure good hand hygiene |
| **Conjunctivitis** | Teary, red, itchy, painful eye(s) | | Pharmacy | Try not to touch eye to avoid spreading* |
| **Flu** | Fever, cough, sneezing, runny nose, headache body aches and pain, exhaustion, sore throat | | Pharmacy | Ensure good hand hygiene* |
| **German measles/ Rubella** | Fever, tiredness. Raised, red, rash that starts on the face and spreads downwards | | GP | Back to school four days after the rash has started, if feeling well enough. Please let the school know, as pregnant members of staff may be affected. |
| **Glandular fever** | High temperature, swollen glands, sore throat; usually more painful than any before | | GP | * |
| **Hand, foot & mouth disease** | Fever, sore throat, headache, small painful blisters inside the mouth on tongue and gums (may appear on hands and feet) | | GP | Attend school while monitoring symptoms |
| **Head lice** | Itchy scalp (may be worse at night) | | Pharmacy | |
| **Impetigo** | Clusters of red bumps or blisters surrounded by area of redness | | GP | Back to school when lesions crust or 48 hours after start of antibiotics |
| **Measles** | Fever, cough, runny nose, watery inflamed eyes, rash | | GP | Back to school four days from on-set of rash, and if feeling well enough |
| **Ringworm** | Red ring shaped rash, may be itchy, rash may be dry and scaly or wet and crusty | | Pharmacy | |
| **Scabies** | Itching rash, commonly between fingers, wrists, elbows, arm | | GP | Back to school after first treatment |
| **Scarlet fever** | Fever, unwell, red tongue, sandpaper rash | | GP | Exclusion period during first 24 hours of antibiotics* |
| **Shingles** | Pain, itching, or tingling along the affected nerve pathway. Blister-type rash | | GP | Only stay off school if rash is weeping and cannot be covered |
| **Sickness bug/ diarrhoea** | Stomach cramps, nausea, vomiting and diarrhoea | | Pharmacy | Contact GP if symptoms persist after 48 hours |
| **Threadworms** | Intense itchiness around anus | | Pharmacy | Ensure good hand hygiene |
| **Tonsilitis/ Strep throat** | Intense sore throat for more than 1 day | | Pharmacy | See GP if temperature lasts more than 48 hours or cannot swallow . Only need to stay off school if feeling too unwell |
| **Whooping cough** | Violent coughing, with a 'whoop' | | GP | Exclusion period during first five days of antibiotics |
| **Covid** | | | | Visit www.nhs.uk for latest guidance |

*Attend school while monitoring symptoms.

This information is a guide and has been checked by health professionals. If you are unsure about your child's wellbeing, we recommend you contact your pharmacy or GP to check.

**Should my child go to school/nursery today?**
**Hertfordshire and West Essex Healthier Together for further information**
**https://www.hwehealthiertogether.nhs.uk/parentscarers**

Working in partnership with

NHS

Essex County Council

# Job of the Week: Meteorologist




## What does a Meteorologist do?

**Meteorologists collect and study data to make weather forecasts.**

**Key Responsibilities:**

- Collect data from satellite images, radar, remote sensors and weather stations
- Measure air pressure, wind, temperature and humidity
- Predict the weather by analysing information and using computer programmes
- Give weather information and reports to customers
- Study weather patterns and climate change
- Improve computer predictions
- Use research to predict floods
- Study how the weather affects the spread of pollution or disease

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

- You'll usually need a degree in a related subject like:
- physics
- maths
- environmental studies
- geography
- computer science
- You might also need a postgraduate qualification.



## Labour Market Information

- +41.4% 897,801 jobs
- +40.8% in your region of East of England, an increase of 89,463 jobs

## Let's Talk Money

**UK annual median: £55,518**




# BASILDON ACADEMIES WORD OF THE DAY

**19th - 23rd October 2026**
***Black History Month***

| | | |
|---|---|---|
| Monday: | **Liminality (noun) liminarité in French.**<br>Definition:The state of existing between two different worlds, places or stages.<br>Example: Samhain represented a period of liminality, when the boundary between the living and the dead was believed to weaken. |  |
| Tuesday: | **Superstition (noun) Aberglaube in German**<br>Definition: A belief that supernatural forces or particular actions can influence events.<br>Example: Ancient Celtic communities developed superstitions about spirits returning to the world of the living. |  |
| Wednesday: | **Paganism (noun) Paganisme in Norwegian**<br>Definition: A broad term describing religious beliefs and practices outside major world religions, including ancient Celtic traditions.<br>Example: The festival of Samhain has its roots in paganism, reflecting ancient beliefs about nature and the changing seasons. |  |
| Thursday: | **Malevolent (adjective) Злобный in Russian**<br>Definition: Having evil intentions or deliberately wishing to cause harm.<br>Example: Some people feared that malevolent spirits would wander among the living during Samhain. |  |
| Friday: | **Propitiation (noun) Propitiation in Danish**<br>Definition: The act of attempting to gain the favour of a deity or spirit, often through offerings or rituals.<br>Example: Propitiation was an important concept in ancient religious practices, as communities sought protection from supernatural forces. |  |

FOLLOW US

# Free courses for parents & carers

19th - 30th October 2026

Gain practical **tips and techniques** you can use straight away.

Be around others that 'get it' in our **supportive and friendly** sessions.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 19th October | 20th October | 21st October | 22nd October | 23rd October |
| **Managing Anger in Young People**<br>Online Live<br>7:00 - 9:00pm | **Separtation Anxiety (Primary)**<br>Online Live<br>7:00 - 9:00pm | **Separation Anxiety (Early Years)**<br>Online Live<br>7:00 - 9:00pm | **Managing Conflict at Home**<br>Online Live<br>7:00 - 9:00pm | **Building Better Routines**<br>Online Live<br>9:30 - 11:30am |
| 26th October | 27th October | 28th October | 29th October | 30th October |

**Half Term Week!** Visit aclessex.com to see what's starting soon.

To book, please visit **aclessex.com** and search the course name or give us a call on **0345 603 7635**.

Essex County Council