

Students Engage in UKHarvest Cooking Lesson

On Wednesday 22nd February, the Upper Academy welcomed guests from the food rescue charity UKHarvest and, UK Power Networks with a new environmental project aimed at reducing food waste.

Year 10 catering students spent the morning learning about 'Food & Fuel' and how nutritious meals can be produced efficiently and keeping the cost of food down whilst maintaining the delicious taste of healthy cooked food. Students had the opportunity to put this into practice as they were tasked with producing meals cooked in air fryers. Students excelled at the task and delivered delicious veggie burgers and fries.



The project, run between Cadent, UK Power Networks and UKHarvest, aims to reach up to 20,000 students and their families in 70 schools across the East of England. The project also aims to support the financial and physical wellbeing of young students and their families by offering workshops, lessons, web-based assemblies and online cook-alongs.

"This was a lot of fun, especially making a veggie burger because I had not done that before. It was interesting to discover the ingredients that are used, I didn't realise a small burger could contain so many nutrients. Sarah and Sian were really kind and helpful." Okolo.O

"This was such a great experience, so much so that I now have a passion for cooking! I learned many things including how to make delicious food in an air fryer." Flaviu.C

"It was the first time I had made a meal using a vegan recipe and it turned out a lot tastier than I thought it would. The UKHarvest team have a very clear message that cooking efficiently saves waste which saves money. They also encouraged us to try new foods like beans and fresh greens. I really enjoyed the cooking class and hope to do another one soon." Eluney B.F

"I enjoyed making a vegan burger it was fairly straight forward. The ingredients used are a lot healthier than using meat and the cost is a lot lower at just 22p. Sian and Sarah gave some really good advice about looking in your cupboards for alternative ingredients rather than heading straight to the shops. UKHarvest are a very important charity that saves unused food by distributing to others who need it." Leo.O

As part of the project, our guests very generously donated 15 air fryers and 15 slow cookers to the school's catering department to use for future lessons.



Strong, supportive, and mutually respectful relationships were evident throughout the visit and young people said that the increased emphasis on rights, respect and dignity has added to this, "If you respect people's rights, you respect them as a person." mentioned one student.

Unicef RRSA Accreditation Report Gold: Rights Aware - July 2022

The curriculum, student briefings and assemblies, the website, and the displays and messaging throughout the school all give mental health and wellbeing a high profile and promote its importance to all members of the school community as well as providing guidance to those seeking support.



Wellbeing Award
for Schools

2022-2025

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

School 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 Upper Academy Wellbeing Centre

House Points - Week Ending 24th February



22,475
HAWKING



22,335
AUSTEN



24,821
SEACOLE



24,809
ALI

Spotlight on: Hairdressing NQV Diploma



This qualification is based on the hairdressing National Occupational Standards (NOS) and is recognised by the UK's leading professional body (The Hairdressing Council) as being fit for purpose for preparing students for a career as a junior hairdresser/stylist. The aim of the course is to develop hairdressing skills and knowledge and it will also enable you to perform your own services and to assist others in the salon. Students will gather evidence for assessment through the study of mandatory and optional units, in a real working environment without the need for fee-paying clients.

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

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

Follow The Basildon Upper Academy on our social media channels



Dates for the Diary

World Book Day

Thursday 2nd March 2023

National Careers Week

Monday 6th - Sunday 12th March 2023

International Women's Day

Wednesday 8th March 2023

British Science Week

Friday 10th - Sunday 19th March 2023

Year 10 Progress Review Event

Wednesday 22nd March 2023 - 3:30-6:30pm

Student Value of the Term

WOMEN'S RIGHTS ARE HUMAN RIGHTS

Year 10 Work Experience

After 3 years of disruption due to the pandemic, we are excited to have Year 10 work experience planning well underway. Year 10 students will be off site from Monday 24th April – Friday 5th May 2023 on work experience placements. Please encourage conversations at home about where students would like to do their work placements. If you need advice on how and where to source appropriate placements, please visit the [Contact Us](#) page via the Basildon Upper Academy website and select the option for General Enquiries.



SEND Department Coffee Mornings

We are delighted to offer our parents/carers the opportunity to meet with members of our SEND Department to discuss your child's progress. Coffee mornings are held at the Upper Academy from 8.45am - 9.45am every Wednesday.



To book an appointment please visit the [Contact Us](#) page via the Basildon Upper Academy website and select the option for General Enquiries.

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).

The logo for Kooth, featuring the word 'kooth' in a bold, lowercase, sans-serif font. The letter 'o' is replaced by a stylized speech bubble icon with a white face and a small mouth.

Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 20th February 2023.

- ★ Year 10 - Ellie-Rose.E (R10E2)
- ★ Year 11 - Dejanira. M.D (R11X2)
- ★ Sixth Form - Mercy.A (R1213)

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 Upper Academy website and select the option for General Enquiries.

Aspire - Believe - Achieve

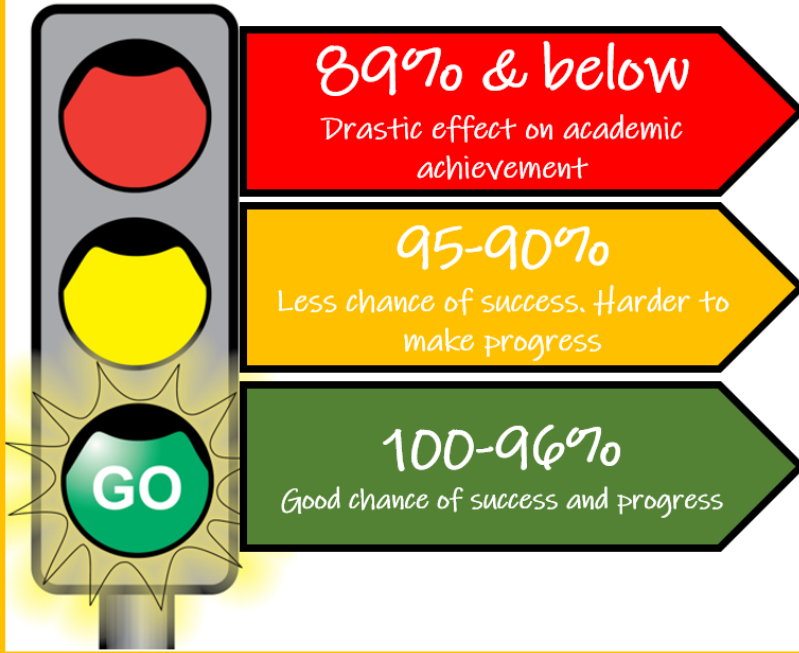
Attendance Expectations

There is a clear link between academic success and attendance and as such our expectations for attendance are that:

- Parents have a legal duty to ensure their child attends regularly.
 - Students should have 100% attendance each year.
- Students with attendance below 95% are of concern.

ATTENDANCE

Every Minute Counts!



Absence from school

Children are required by law to attend school 190 days per year. The government states that every child's attendance should be above 95%.

How do YOU measure up?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

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



Aspire - Believe - Achieve



Free school lunch for all students

We are delighted to announce that a free lunch
will be available to all students every Monday & Friday
between now & the Easter Holidays

A free school lunch is a hot meal or sandwich/baguette/roll and a dessert



6th - 12th March 2023

To celebrate British Pie Week The Dining Hall
will be serving a different choice of pie every day
in addition to the normal lunchtime menu.

Monday: **Cheese, Onion & Potato**

Tuesday: **Steak & Kidney**

Wednesday: **Chicken**

Thursday: **Minced Beef**

Friday: **Chicken & Vegetable**