

## Dates for the Diary

### Year 10 AP1 Assessments

Monday 15<sup>th</sup> - Friday 26<sup>th</sup> January 2024

### Parent Drop In

Tuesday 16<sup>th</sup> January 2024: 11am - 12pm

### Holocaust Memorial Day

Saturday 27<sup>th</sup> January 2024

### Year 12 AP 1 Assessments

Monday 29<sup>th</sup> January - Friday 2<sup>nd</sup> February 2024

### Year 11 & 13 Progress Review

Wednesday 31<sup>st</sup> January 2024 - 3:30-6:30pm

## Student Value of the Term

**KINDNESS IS  
EVERYTHING**

## House Points - Week Ending 12<sup>th</sup> January



10,903  
ALI



9,348  
AUSTEN



8,770  
SEACOLE



8,117  
HAWKING

## Leadership Message

I want to take a moment to share some insights on how you can play a crucial role in supporting your child during this challenging period. Exams can be a stressful time for both students and parents, but with a collaborative effort, we can create an environment that fosters success and well-being.

**Encourage a Healthy Lifestyle:** Remind your child to prioritise their well-being by getting enough sleep, maintaining a balanced diet, and engaging in regular physical activity. A healthy lifestyle contributes significantly to cognitive function and emotional resilience, both of which are essential during exams.

**Establish a Consistent Study Routine:** Help your child create a study schedule that includes regular breaks. Establishing a routine not only enhances time management skills but also reduces anxiety by providing structure. Encourage them to focus on one subject at a time to enhance concentration.

**Create a Quiet and Supportive Study Environment:** Designate a quiet and comfortable space for your child to study. Minimise distractions and ensure they have all the necessary study materials. Offer your support by checking in on them periodically, providing snacks, and being available to answer questions or offer encouragement.

**Teach Stress Management Techniques:** Exam stress is a natural part of the process, but teaching your child effective stress management techniques can make a significant difference. Breathing exercises, mindfulness, and short breaks can help them stay calm and focused.

**Discuss Exam Strategies:** Share your own experiences and discuss effective exam strategies. Encourage your child to review the exam format, prioritise key topics, and practise time management during mock exams. These skills will not only benefit them during this exam season but will also serve them well in future academic endeavours.

**Provide Emotional Support:** Acknowledge your child's efforts and reassure them that doing their best is what matters most. Remind them that it's okay to ask for help when needed and that everyone faces challenges during exams. Be a listening ear and offer words of encouragement.

**Celebrate Achievements, Big or Small:** Celebrate milestones and accomplishments, no matter how small. Recognising achievements boosts confidence and motivation. This positive reinforcement can make the exam season more manageable and less daunting.



Remember, your involvement and encouragement can make a significant impact on your child's exam experience. By working together, we can create an environment that supports their academic success and well-being.

Thank you for your continued support.

**S. Knowles**  
Assistant Headteacher

## Parent Drop In - Tuesday 16<sup>th</sup> January

This week's Parent Drop In will be on Tuesday 16<sup>th</sup> January, between 11am and 12pm.

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.



## Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 8<sup>th</sup> January 2024.

- ★ Year 10 - Dejonae.L (R10U2)
- ★ Year 11 - Nayab.H (R11E1)
- ★ Sixth Form - Rio.J (R1213)

## Safeguarding

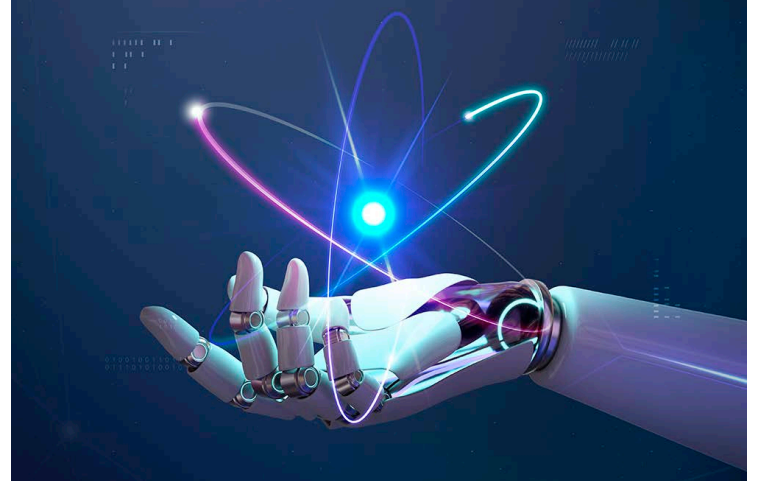
Safeguarding our students is at the forefront of everything we do. Parents and carers can access information via the following link [www.escb.co.uk](http://www.escb.co.uk) which offers guidance and signposts to resources on various safeguarding issues. Please contact our safeguarding officers if you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

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

## 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.

## Spotlight on: A Level Physics



The goal of physics is to understand how things work from first principles. It reveals the mathematical beauty of the universe at scales ranging from subatomic to cosmological.

Physics is an exciting and challenging subject that will help you to build up your problem solving, research and analytical skills. It is concerned with the nature and properties of matter and energy including: mechanics, heat, light and other radiation, sound, electricity, magnetism, the structure of the atom and the physical nature of the universe.

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

Applications for September 2024 admissions to our Sixth Form are now open. The online application form can be completed by visiting the following link:

[Sixth Form Apply to Join](#)

## Free Fruit at Breaktime



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

## 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 Medical Room



## 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 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.
- 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](http://www.basildonupperacademy.org.uk/attendance)

## Categorising attendance and learning hours lost

Descriptor	Threshold attendance	Actual attendance (days)	Whole days absent	Lost learning hours	Level of concern
<b>Excellent</b>	100%	190	0	0	<b>Green</b>
	99%	188	2	10	
<b>Good</b>	98%	186	4	20	<b>Green</b>
	97%	184	6	30	
	96%	182.5	7.5	37.5	
<b>Cause for concern</b>	95%	180.5	9.5	47.5	<b>Orange</b>
	94%	179	11	55	
	93%	177	13	65	
	92%	175	15	75	
	91%	173	17	85	
<b>Unsatisfactory</b>	90%	171	19	95	<b>Red</b>
	89%	169	21	105	
	88%	167	23	115	
	87%	165	25	125	
	86%	163	27	135	
<b>Critical</b>	85%	161.5	28.5	142.5	<b>Red</b>
	84%	159.5	30.5	152.5	
	83%	158	32	160	
	82%	156	34	170	
	81%	154	36	180	
	80%	152	38	190	



# THE BASILDON ACADEMIES WORD OF THE DAY

15<sup>th</sup> January - 19<sup>th</sup> January 2024

EAL VERSION

Monday: ( <i>Martin Luther King Day</i> )	<b>Democracy:</b> A form of government in which the supreme power is vested in the people and exercised directly by them or by their elected agents under a free electoral system.	democracia = Portuguese
Tuesday:	<b>Justice:</b> Rightfulness or lawfulness, as of a claim or title; justness of ground or reason.	Ìdájó = Yoruba
Wednesday:	<b>Republic:</b> A state in which the supreme power rests in the body of citizens entitled to vote and is exercised by representatives chosen directly or indirectly by them.	republik = Swedish
Thursday:	<b>Emancipation:</b> To be free from restraint.	émancipation = French
Friday:	<b>Egalitarianism:</b> Belief in the equality of all people, especially in political, social, or economic life.	egalitaryzm = Polish



## VEGANUARY MONTH

Throughout January the Dining Hall will be serving a Vegan Dish of the Day

Follow The Basildon Upper Academy on our social media channels



## Year 10 AP1 Assessments Week Commencing 15<sup>th</sup> January 2024

	AM (8:30am start)		PM (1:00pm start)	
Monday 15 <sup>th</sup> January	Biology	1 hr 15	English Language P1	1 hr 45
Tuesday 16 <sup>th</sup> January	ICT	1 hr 20	Maths P1	1 hr 30
Wednesday 17 <sup>th</sup> January	Chemistry	1 hr 15	Geography P1	1 hr 30
			History	2 hrs
Thursday 18 <sup>th</sup> January	English Literature	2 hr 15	Maths P2	1 hr 30
Friday 19 <sup>th</sup> January	Geography P2	1 hr 30	French Listening French Reading	35 mins 45 mins
Monday 22 <sup>nd</sup> January	Physics	1 hr 15	Statistics	1 hr 45
Tuesday 23 <sup>rd</sup> January	French Writing	1 hr	English Language P2	1 hr 45
Wednesday 24 <sup>th</sup> January	Hair & Beauty	1 hr 40	Maths P3	1 hr 30
Friday 26 <sup>th</sup> January	Performing Arts	All day	Performing Arts	All day

## Year 12 AP1 Assessments Week Commencing 29<sup>th</sup> January 2024

<b>Monday 29<sup>th</sup> January</b>		
8.30am	Biology	1hr 30mins
8.30am	Accounting	1hr 30mins
1.30pm	Sociology	2 hours
1.30pm	Hairdressing	1hr 20mins
<b>Tuesday 30<sup>th</sup> January</b>		
8.30am	A Level Maths P1	2 hours
1.30pm	English Lit	1hr 30mins
1.30pm	Engineering	1hr 30mins
<b>Wednesday 31<sup>st</sup> January</b>		
8.30am	Psychology	2 hours
1.30pm	A Level Maths P2	1 hour
<b>Thursday 1<sup>st</sup> February</b>		
8.30am	Media Studies	1 hour
8.30am	Chemistry	1hr 30mins
1.30pm	Criminology	1hr 30mins
<b>Friday 2<sup>nd</sup> February</b>		
8.30am	3D Design	ALL DAY
8.30am	Physics	1hr 30mins

### 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 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.