

Dates for the Diary

Academic Progress Information Event

Monday 20th October 2025: 3.30pm-4.30pm

Half Term

Monday 27th - Friday 31st October 2025

Year 11 AP1 Assessments

Monday 17th November - Friday 5th December 2025

Year 13 AP1 Assessments

Monday 17th - Friday 28th November 2025

Last Day of Autumn Term

Friday 19th December 2025

Student Value of the Term

**BLACK LIVES
MATTER**

House Points - Week Ending 10th October



24,039
AUSTEN



23,805
SEACOLE



19,827
ALI



19,436
HAWKING

Leadership Message - Reflecting on World Mental Health Day

Last week in assemblies, we marked World Mental Health Day by encouraging students to reflect on how we can support both ourselves and one another. Through thoughtful discussion, we explored the importance of kindness, empathy, and checking in with those around us. Students were invited to consider simple but powerful ways to care for their own wellbeing—such as taking breaks, talking to someone they trust, and little acts of kindness such as greeting someone with a good morning or paying a compliment.

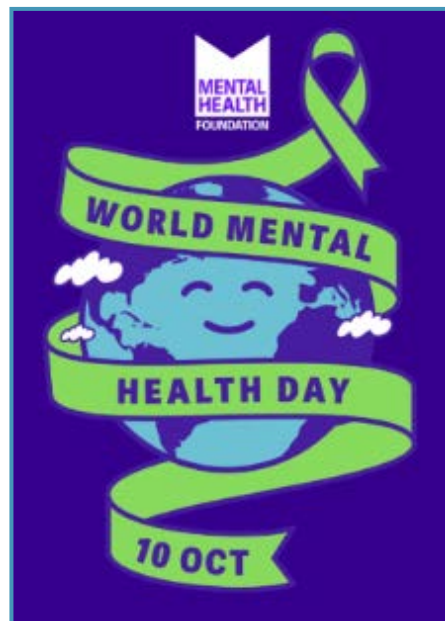
We also highlighted the value of community and connection, reminding everyone that mental health is something we all share responsibility for. By fostering a culture of openness and support, we can help ensure that every student feels seen, heard, and valued. You can view the assembly presentation shown to students [here](#).

For those seeking further support, our school website contains a number of helpful resources and links to external organisations:

www.basildonupperacademy.org.uk/wellbeing-advice-for-parents-carers

In addition, we have a school counsellor and school nurse available for face-to-face support, and referrals can be made through the Wellbeing Team.

S.O'Neill - Senior Student Development Lead and Designated Safeguarding Lead



Mind - Mental Health Charity

If you or someone you know needs support with mental health, the charity Mind provides helpful information, advice, and practical tips for looking after your wellbeing. For more information please visit: www.mind.org.uk



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.

Students of the Week

Congratulations to the following students who have been awarded Student of the Week for week commencing 6th October 2025.

★ Year 10 - Olivia.G (R10E1)

★ Year 11 - Sydney.S (R11S2)

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

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 Home Learning/Homework.

Spotlight on: BTEC Level 3 Esports



Do you enjoy gaming? Do you love the idea of competitive gaming and the challenge of difficult games? Would you like an understanding of how the professional Esports industry works? Perhaps you'd like a career as a professional gamer or to study Esports at university? Endorsed by The British Esports Association, the Level 3 National Extended Certificate in Esports will give you a solid foundation in understanding how the Esports industry works.

Equivalent to one A Level, and as part of our Esports pathway, this qualification can only be studied alongside two other qualifications worth 1.5 A Levels each, such IT or Computing.

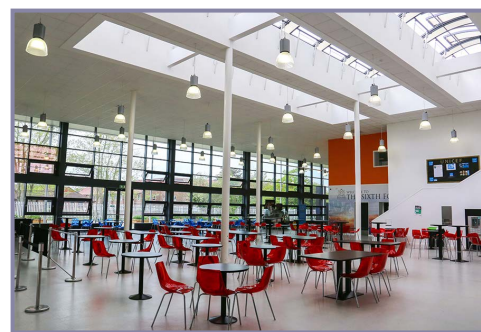
Full course information can be found by visiting the following link on our website: [BTEC Level 3 Esports](#)

Aspire - Believe - Achieve

Parent Drop In - Friday 17th October

This week's Parent Drop In will be on Friday 17th October between 12pm and 1pm.

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. Please note, if your matter is of a confidential nature, we kindly ask that you call the school to arrange a separate appointment, as parent drop-in sessions are not intended for one-to-one discussions.



Online Safety Hub: Is Your Teen Using Tech to Cover Their Tracks?

From the simple act of deleting browser history or minimising a window to more sophisticated techniques like decoy apps and VPNs, young people who want to keep their online activity hidden will continue to look for innovative ways. [Click here](#) to access information and support relating to teens using technology to cover their tracks online.

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](#)



Students Achieve Early Success in Hair & Beauty Studies

Congratulations to Lilly.S (Year 10), Ava.C and Lexi.F (Year 11), who have successfully completed the first unit of their VTCT Level 1 Certificate in an Introduction to the Hair and Beauty Sector qualification.

This is an impressive accomplishment, particularly as the students have only been enrolled on the course since September, achieving this milestone within just four weeks. Their commitment, focus, and enthusiasm towards their studies have been exemplary and reflect their determination to succeed in this vocational pathway.

Well done to all three students on this excellent achievement.



Business Students Explore Local Enterprises

Recently, our Sixth Form Level 1 and 2 Business Studies students took a walk into Pitsea town centre to explore the range of shops and services available and to consider how they meet customer needs.

The visit supported their B5 unit, which focuses on understanding local businesses in preparation for creating their own business plans later in the course.

Students discussed the variety of businesses in the area, took notes on what customers look for, and considered potential new business ideas that could benefit the local community.



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.



Essex Sexual Health Service Webpages Dedicated to Secondary Parents & Carers

The Essex Sexual Health Service has a website dedicated to parents and carers. Parents can find a wealth of resources, including FAQs, insights into RSE, and advice on how to have those important conversations.

www.essexsexualhealthservice.org.uk/parents-and-carers/



Literacy Competition: The Haunting Story Contest

This October, students are invited to take part in the Basildon Upper Academy Literacy Competition, a celebration of imagination and storytelling through our annual Haunting Story Contest.

The challenge is to craft an **original short story** of between **400 and 4000 words**, inspired by the mysterious, the eerie, and the otherworldly. Whether exploring haunted places, cursed secrets, or unsettling dreams, students are encouraged to use language to create atmosphere, tension, and depth — demonstrating the power of words to both captivate and unsettle.

Entries should be submitted to **Ms Harris (B9)** or **Mr Kirk (A13)** by **Monday 20th October 2025 at 3pm**.

Prizes will be **awarded in the final week of half-term**, with recognition for creativity, linguistic flair, and the ability to evoke emotion through vivid, original writing.

We look forward to reading the haunting tales our talented students will create as they embrace the art of storytelling this autumn.



Sixth Form Students Inspired by London Art Galleries Visit

Sixth Form Art and Photography students recently enjoyed an inspiring visit to the National Portrait Gallery and the National Gallery in London.

The trip offered students the chance to explore a diverse collection of artworks spanning centuries, providing a unique opportunity to study artistic techniques, composition, and visual storytelling firsthand. Engaging directly with masterpieces from different eras, helped enrich their understanding of art's evolution and its lasting impact on culture and history.

Students returned with fresh creative ideas and a deeper appreciation for the role of art in culture and history, making it a truly memorable and educational experience.

"I really enjoyed the journey to the gallery—the architecture along the way was stunning and added to the experience. It was incredibly inspiring to see such a wide range of paintings from different eras and to witness how Art has transformed over time." Erika.E – Year 13

"I had a wonderful experience—I was especially moved by the painting Dutch Boats in a Gale by Joseph Mallord William Turner, created in 1801. It's been a favourite of mine since childhood, so seeing it in person again was truly special and inspiring." Ani.G – Year 12



The admin team on both sites are welcoming to visitors and parents and have access to the new EAL translator tools which enable them to speak to each parent or child in their own language when needed.



Leading Parent
Partnership Award

2023-2026

EXTRA-CURRICULAR SPORTS CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7.30am-8.20am *Gates open and close at 7.30am sharp. Please manage your timekeeping accordingly.	Year 10 & 11 Boys Basketball Year 10 & 11 Girls Football Year 10-13 Boys/Girls Fitness Suite	Year 10 & 11 Boys/Girls Cross Country	Year 10-13 Boys/Girls Fitness Suite	Year 10 & 11 Boys Cross Country Year 10 & 11 Girls Netball Year 10 & 11 Boys Rugby Year 10 & 11 Girls Dance	Year 10 & 11 Boys Football Year 10 & 11 Girls Basketball
Break Time 11.00am-11.30am		Year 10 & 11 Girls Basketball/Open Gym	Year 10 & 11 Boys Basketball/Open Gym		
Lunch Time 1.00pm-1.30pm	SA Programme Seminar *Admission via application	Year 10 & 11 Girls Fitness Suite	SA Programme *Admission via application		Year 10 & 11 Boys/Girls Badminton Year 10 & 11 Boys Fitness Suite
After School *Fixtures & House Sports Season times will vary	Fixtures	Fixtures	Fixtures	Fixtures	House Sports Season

Educational Psychology Parent Helpline

Essex County Council are pleased to announce the launch of their new support offer for families.

The EP Parent Helpline offers advice, support, and signposting for parents and carers. It is a confidential, safe, and private service, and no referral is needed — just book an appointment in advance.



Easy to Access: The booking is designed to provide an easier and more convenient experience.

- Available on alternating Mondays and Tuesdays
- 1:00pm – 5:00pm
- 25-minute appointments bookable via MS Teams
- No more waiting – instant booking confirmation

For booking details and further information, please visit: [EP-Parent-Helpline](#)

Further information is available on the Essex County Council Local Offer pages: <https://schools.essex.gov.uk/special-educational-needs-and-disabilities-send/send-services-and-support/essex-local-offer-website>

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



CELEBRATING

BLACK HISTORY MONTH

OCTOBER 2025

TO CELEBRATE BLACK HISTORY MONTH, EACH WEDNESDAY IN OCTOBER WE WILL BE SERVING AUTHENTIC DISHES IN THE DINING HALL

DISHES FOR WEDNESDAY 15TH OCTOBER



JERK PORK BURGER



CARIBBEAN
VEGETABLE CURRY



MANGO FRUIT COCKTAIL

CELEBRATING

BLACK HISTORY MONTH

OCTOBER 2025

TO CELEBRATE BLACK HISTORY MONTH, EACH WEDNESDAY IN OCTOBER WE WILL BE SERVING AUTHENTIC DISHES IN THE DINING HALL

DISHES FOR WEDNESDAY 22ND OCTOBER



JAMAICAN JERK CHICKEN



CHICKEN YASSA



COCONUT CAKE
WITH LIME GLAZE

Free Online Counselling Service

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).

Aged 11-18?

Need someone to talk to?

kooth

How are you feeling today?

I'm feeling stressed...

Free, safe and anonymous online chat, advice and support for young people.

kooth.com



School Nurse Drop-in

**Basildon Upper Academy Drop-in:
Friday Breaks & Lunchtimes Medical Room Next to A7**

Awkward Topics...

**Sexual Health & Sex
Relationships
Drugs & Alcohol
Smoking
Sexuality**

Confidentiality

**You can talk to me in confidence
at drop-in about things you're
worried about, but maybe don't
want to talk about with other
adults**

Support with

- **Emotional & Physical health**
- **Exam Stress**
- **Friendship issues**



Just Drop-in at break or lunchtime



**School nurse door is open
at break and lunchtimes
for pupils to drop in**

School Nurse Info...

**Lauren
Collins**

**NMC
Registered
Nurse**

**Safeguarding
Support**

**Allan
Ersser**

**Child and
Young Person
Practitioner**

BASILDON ACADEMIES

WORD OF THE DAY

13th - 17th October 25
Black History Month

Monday:	Inevitable (adjective) kadargata in Kanuri – certain to happen; unavoidable. <i>Exams may be stressful, but they are inevitable in school life.</i>	
Tuesday:	Candid (adjective) mnyiam in Tiv – truthful and straightforward. <i>His candid response earned the respect of his peers.</i>	
Wednesday:	Ingenuous (adjective) ጥላህ in Amharic – innocent and unsuspecting. <i>The child's ingenious question made the class laugh warmly.</i>	
Thursday:	Sustenance (noun) ምፍብር in Tigrinya – food and drink regarded as a source of strength. <i>Bread and water were their only sustenance on the long march.</i>	
Friday:	Assiduous (adjective) assidué in Wolof – showing great care and perseverance. <i>Her assiduous work ethic impressed her teachers.</i>	

Job of the Week: Horologist

What does a Horologist do?

You'll service and repair clocks or watches. Your day-to-day tasks may include:

- Inspecting and taking apart watches or clocks to identify faults
- Replacing batteries
- Cleaning and oiling parts
- Making new parts to replace worn ones
- Checking for accuracy
- Fitting new watch straps
- Etching or engraving designs onto a watch face

Labour Market Information

- UK jobs: 205,159
- Essex jobs: 5,416
- Growth: -6.8% 74,461 jobs

What Qualifications do you need to do this job?

You could start by doing a beginner's course in watch and clock repair. You could then move on to a foundation degree or degree. Courses are offered by a small number of colleges and training providers including:

- British Horological Institute
- British School of Watchmaking
- Birmingham City University
- West Dean College

You could also apply for a trainee position with a repair company.

Let's Talk Money

UK annual median:
£33,180



There are a wide range of clubs and opportunities for pupils to contribute to the school and local community, for instance as charity ambassadors. This develops pupils' self-confidence. Well-chosen visitors help pupils learn how to keep themselves safe and healthy.

Follow The Basildon Upper Academy on our social media channels



Basildon School Age Community Drop-in

The School Age team at Essex Child and Family Wellbeing Services will provide drop-ins for parents/carers and school aged young people across South East Essex. The drop-ins are available for all young people including those who may be home educated or unable to access the support they require in the school environment.

Support offered:

- Emotional health and wellbeing
- Improving sleep
- Nutrition support
- Physical and sexual health
- Personal hygiene
- Managing health conditions
- Signposting, advice and support.

**Signpot Basildon
The Unity Centre**
(opposite the food court)
86 Eastgate Centre
Basildon
SS14 1AF
16:00 - 17:00
2nd and 4th
Tuesday
of the month
Commencing
23rd September

**No need to book,
just come along**

**For more information
Tel: 0300 247 0013
(Mon-Fri 9am-5pm)**