



Believe

Respect

Determination

Newsletter

Issue 46 | 04 July 2025



"I'm living proof that your past doesn't define your potential - your choices do."

Omar Sharif

A Message from Ms Williams

Dear Parent/Carer

This week we had several exciting opportunities. On Wednesday **girls in Years 8-10**, all came together to take part in '**Project Power**', building self-esteem and positivity in body image. In the evening we then welcomed our **new Year 7 cohort** on Wednesday evening, and they spent all day with us on Thursday and Friday. What a fantastic year group they are going to be! Thank you to Mr Saunders and our wonderful Year 10 prefects for showing them the Applemore way.

On Thursday we welcomed another exciting visitor, **Omar Sharif**. Omar spoke to all students in special assemblies across the day and was incredibly motivating. He was Nationally recognized for his work in helping young people overcome adversity and make positive changes in their lives, winning a **Pride of Britain award in 2018**. We all learnt lots about how to make great decisions, navigate challenges and achieve success. A fantastic week!

New House Identities

Eagles | Sharks | Tigers | Wolves

After months of **proposals**, **presentations**, and **deliberation**, we are delighted to announce our new houses!!!







10 Downing Street

Year 10

Today, a **wonderful group** of Year 10s had the honour of visiting 10 Downing Street to meet some **senior civil servants** that work directly with the **Prime minister!** They also had the opportunity to see some of **London's attractions** including here, outside a rather famous building during their time in London earlier. The trip was made possible through **Gwenda Martin** and the kind generosity of the **Ambitious for All Foundation**.



Year 6 Induction Days

What an awesome couple of days meeting our **new Year 7 pupils for September!** The students have experienced various **assemblies**, **lessons** (Food, English, Languages, Maths, English, History, Music, Science) and a **PE afternoon!**

It was also a **pleasure meeting parents** on Wednesday night; we can't wait to see the students flourish at Applemore.



Pride of Britain Award-Winner coming to Applemore!

Omar Sharif

Best-selling Author of Breakthrough: From the Streets to Success, and **Pride of Britain Award-Winner Omar Sharif** visited us earlier in the week and delivered his **powerful message on life choices** - inspiring for so many of our students!



Applemore Poets

Poetry Slam

Each week we will share extracts from the poems written by our **poetry slam finalists**. Today **Matilda K** shares some reflections on inequality, and **Lucia S** explores the secrets of nature.

From 'Footprints' by Lucia S...

Ask me how fast the trees move when wind rushes through leaves.
Ask me what secrets roots have up their sleeves.
Ask me how often these leaves fall beneath the trunk.
Ask me how far down the river has the fallen twig sunk.
Ask me what language trees speak to the birds.
Ask me all about the rhythm of their words.
Ask me the direction trees point in the breeze.
Whether or not they follow their seeds.
Ask me about the trodden-on grass,
How people view the trees when they pass.
Ask me how time makes it mark on a tree
They lose their leaves, and they don't weep or plea.

So I'll ask you, as your footprint marks the earth.

Do you see what I see?



From 'Inequality' by Matilda K

Inequality: a soul-crushing warrior trained to bring misery into people's lives.

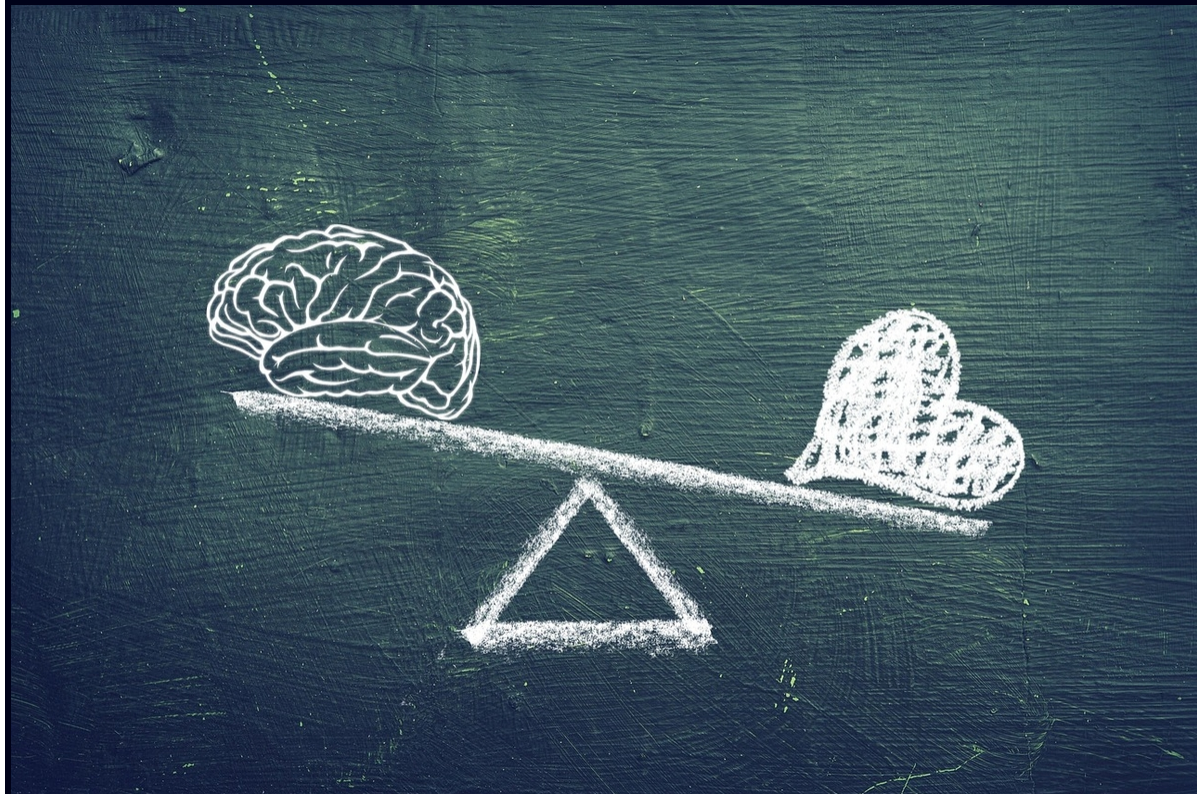
Inequality: fighting in an unjust war, stabbing through the souls of the rejected.

Inequality: after the battle, in the remains, the feeling of depression and loneliness still linger.

What's the point of picking a fight if at the end there has been no right?

What's the point of being in the battle if the survivors are still alone in a fright?

What's the point in fighting the war if it doesn't make anyone feel better at all?

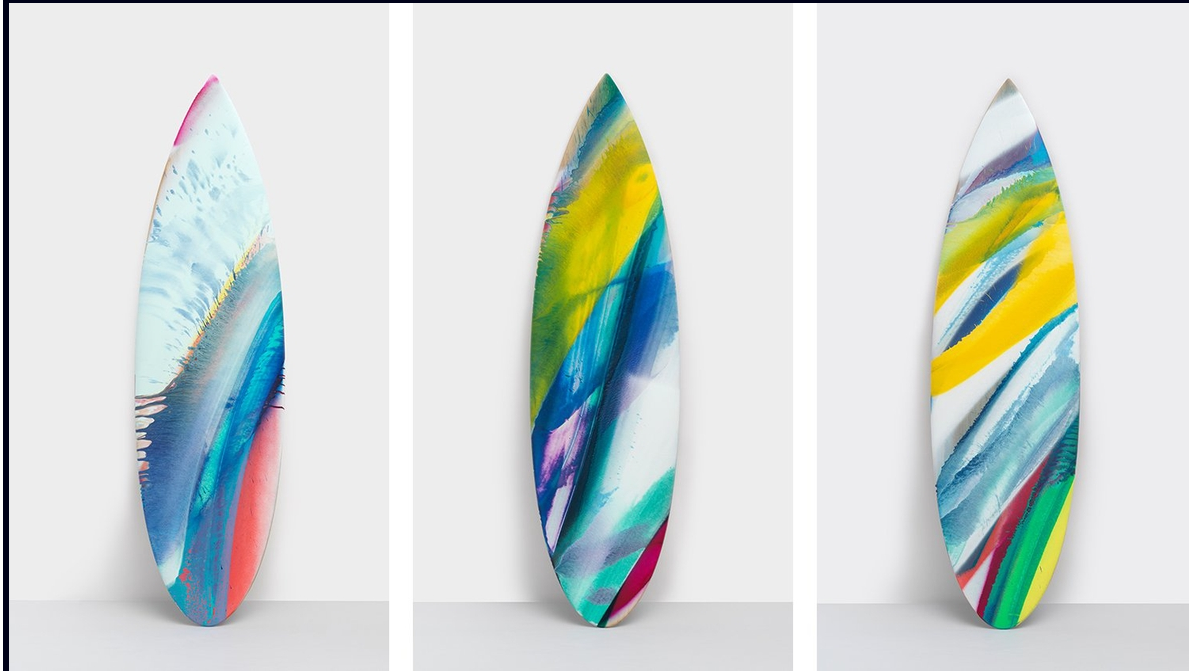


Art is Everywhere!

Arty News

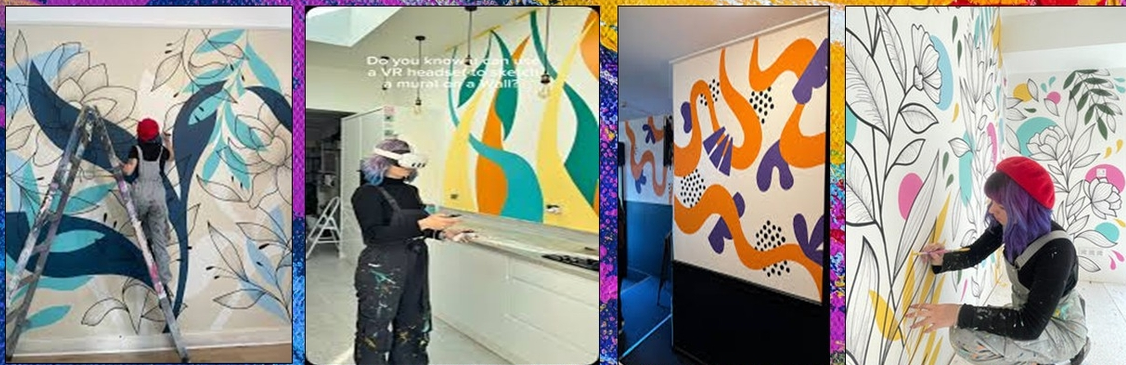
Another 'scorchio' this week, and, in spite of the heat, some great art learning has been taking place. **Year 7s** have been making **bookmarks out of their beautiful sunset landscape pieces**, **year 8's** have been fully embracing the summer vibes, by creating **surfboard designs**, based on the art of Kandinsky and beach culture. **Year 9's** have been making **pencil scrolls** from their lovely hand-printed textile pieces, responding to the work of William and Mae Morris, and **year 10's** in art and photography have been completing **phase one of their coursework**, ready for the summer break. When they return in September, they will be working more independently on their own choices of topic.

Thank you! Have a fab weekend! **Mr Wheatley - Head of Art & Photography**



Artist of the Week

Artist of the Week: Kathleen Dieux



This week's Artist of the Week is Kathleen Dieux. I love a good mural, and this week's AotW produces such lovely ones. One thing I find interesting about her work, is that she designs it on the computer and then uses a virtual reality headset to map it out on the wall before she paints it. Is it cheating, or using technology to create art? Have a lovely week and discover the inner artist in yourself or go search out some art of your own.

Attendance

WHY ARE YOU MISSING SCHOOL?



*I don't
feel safe*



*I am
being
bullied*



*I am
unwell*



*What's the
point in
coming
every day?*

We want to see you in school every day.

If something is stopping you from
being here - come and talk to a member
of staff as we want to help.

PE Update

Project Power

It was a brilliant afternoon and we had **over 140 girls taking part in physical activity**. The company 'Project Power' contacted us a few months ago to organise this workshop. They provided all the girls with **free activewear; a sports bra, leggings and t shirt**. They participated in a **45 minute workout, had a presentation from one of the athletes and then a Q&A session after**. It was lovely to see so many girls active and become **inspired by the athletes** that led the workshop!

Following this workshop, we have been sent **active programmes that the girls can follow**

at home and grow in confidence doing sport and activity. If parents would like to see what the company does, and how they can get more involved in fitness and activity, they can visit our Instagram page and also look at the Project Power websites and socials!



Open Mornings

Years 4 and 5

There are still spaces available for prospective **year 4s and 5s!** If you are a parent/carer of a current year 4 or 5 child and would like to see our lovely **community school in action**, please **click the image below** to book your slot.

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BELIEVE RESPECT DETERMINATION

**OPEN MORNING
TOURS AVAILABLE**
for current years 4 - 5
Monday 7th July
and
Thursday 10th July

TOUR TIMES: 9AM, 9.30AM, 10AM

Careers Update

Southampton Head Groundsman - Mr Hall

Wow, what a turnout!

This week's Future Friday was a huge success, with an incredible number of students attending. A big thank you to Mr Hall, who delivered a **fantastic and insightful talk** about the pathway to becoming Head Groundsman at Southampton FC. His presentation gave students a brilliant look into a **unique and exciting career in sports turf management**. We're already looking forward to next year's Future Fridays! This year has been such a success here at Applemore, and we're keen to keep it going.

If you have a career story or experience you'd be happy to share with our eager students, **please get in touch with Ms Charrett** at k.charrett@applemore.hants.sch.uk.

Let's keep inspiring futures — one Friday at a time!



Other Notices

Future Fridays: 11-July = Military

Taunton's College: We are pleased to inform you that next week, a selected group of our Year 10 students will be attending a Taster Day at Taunton's College. This is a fantastic opportunity for students to experience college life, explore a range of subject areas, and gain valuable insight into post-16 education options.

For more information about our Careers Guidance, click the button below.

[Applemore Careers Guidance](#)

Mental Health & Wellbeing

Healthy Mind Platter

This week, an interesting **short YouTube clip** explaining Dr Dan Siegal Healthy Mind Platter - **seven daily mental activities** to help support **brain power and wellbeing**. Click the image below to head to the video.



SEND

Hampshire Parent Carer Network

Below are a series of flyers about some upcoming workshops and parent get-togethers. All the workshops are completely free to book, and parents are also very welcome to drop into any of their informal Get Togethers taking place across the county. These sessions offer:
A chance to connect with other parent carers

- Peer support and shared experiences
- Light refreshments provided
- Opportunities to give feedback that we will use to represent parent carers' voices in strategic meetings with the Local Authority, Health, and Social Care.









Understanding Autism: A Lived Experience Perspective

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join Us For a **free** online session on: **1st July 12-1pm**



What does it really mean to be autistic? In this honest and session we explore the lived experience, This session will explore:

- What Autism looks like from the inside
- Misunderstood traits and common myths
- The emotional impact of a late diagnosis
- Practical insights and strategies that helped Ellie thrive
- How you, as a parent carer, can better understand and support your young person

To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>



Executive Functioning & the Neurodivergent Brain For Parent Carers | With Guest Speaker Ellie – Lived Experience Trainer

Join Us For a **free** online session on: **18th July - 4pm**



In this session, Ellie will: Break down what executive functioning really means in everyday life. Share real-life challenges and strategies from her own journey. Offer compassionate insight into why it can be especially tough for neurodivergent young people. Provide a safe, non-judgmental space for parent carers to talk, ask questions, and feel understood.

To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>




Understanding Self-Harm in Neurodivergent Individuals: A Presentation for Parent carers

With guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

Join For a **free** online session on: **11th July 10am**

'A Safe Space for Parents'



Ellie's Journey Overcoming Mental Health Challenges. Ellie, who received her diagnosis of autism and ADHD in adulthood, will share her personal story of triumph over years of mental health struggles, including self-harm and hospitalization.

What the Session Will Cover:

- The prevalence of self-harm among neurodivergent individuals
- The emotional realities behind this behaviour—approached without judgment
- Empowering understanding and support rather than "fixing" or "helping"
- Creating a safe, welcoming space for parent caregivers to engage, listen, and feel a sense of community.

To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>









July 2025

Mindfulness & Wellbeing Workshop for Parent Carers and Young People (16+) with Special Needs

Take a moment to pause, breathe, and reconnect in a gentle, inclusive mindfulness session designed especially for parent carers and young people aged 16+ with special educational needs or disabilities.

Led by a qualified Mental Health & Wellbeing Practitioner, this calming session will include:

- Guided Breathwork to ease tension
- Grounding Techniques to help you feel steady and supported
- Spoken Visualization to relax the mind and encourage inner peace

Online sessions 7-8pm

- **3rd July - Breathwork and grounding tools**
- **10th July - Mindfulness and Visualisation**




Please book your **free** tickets here <https://www.tickettailor.com/events/hpcn>



- **1st July , 12-1pm: Online Bridging the Gap -Autism with Ellie** - Book via Ticket tailor
- **3rd July , 10 -12pm: Fleet Get Together-** Fleet Town Football Club, Crookham Road, Fleet Hampshire GU51 5FA -
- **3rd July 7-8pm: Online Bridging the Gap -Breath work & Grounding Tools-** Book via Ticket tailor
- **9th July , 10am : Basingstoke Get Together** - The Viables Craft Centre, 19 The Harrow Way, Basingstoke RG22 4BJ - **with Healthwatch**
- **10th July , 10am :Alton Get Together** - Alton community Centre GU34 1HN - **with SENDIASS**
- **10th July , 7-8pm: Online Bridging the Gap -Mindfulness and Visualisation** - Book via Ticket tailor
- **11th July , 10-11am : Online Bridging the Gap - Understanding Self-harmnwith Ellie** - Book via Ticket tailor
- **16th July , 10-12pm: Winchester Get Together** - Badger Farm Community centre , SO22 4QB
- **17th July , 12-1pm :Online Lunchtime Get Together** - Zoom Meeting ID: 835 1332 0196, Passcode: GT
- **18th July 10-12pm: - Alresford** - The Swan Hotel, 11 West Street, SO24 9AD
- **18th July , 4-5pm: Bridging the Gap -Executive Functioning with Ellie** - Book via Ticket tailor
- **21st July , 12-1pm : - Bridging the Gap -Sunshine support** - EHCP, Yearly reviews, Section 19 - Book via Ticket tailor

To book onto the Bridging the Gap sessions use our Ticket Tailor link : <https://www.tickettailor.com/events/hpcn>



Extra-Curricular Clubs



#WakeUpWednesday

Tablets have transformed the way children learn and play, **but are they always a safe choice?** This #WakeUpWednesday guide focuses on the ever-popular iPad and how to use it responsibly with younger users. We explore key concerns such as **exposure to harmful content**, **data collection by apps** and the possibility of **screen addiction**.

This guide also offers **practical advice** on using Apple's own tools to **limit screen time**, **filter content** and **prevent unwanted purchases**. With expert **insights and clear recommendations**, it's essential reading for parents and educators keen to make **iPad use safer and smarter**.

What Parents & Educators Need to Know about APPLE IPADS

WHAT ARE THE RISKS?

COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling. Its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.



BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer text-based commands introduced through Apple Intelligence. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioural development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

Advice for Parents & Educators

ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device overuse. Downtime allows you to block access during key times – such as before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including WIRED, Forbes, TechRadar, and Tes. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.



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School Calendar

For all the latest events coming up, visit our calendar

Click Here







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