



Believe

Respect

Determination

Newsletter

Issue 49 | 05 - Sept - 2025



A Message from Ms Williams

Dear Parent/Carer

It has been so **fantastic** to see our **wonderful students** back and **welcome** our new **fabulous Year 7's** over the last couple of days. **What an amazing** start we have had!

We have also been **sharing** lots of things to be **excited** about as we start a new school year. Next week we have an **information evening** about our **Year 8 Norfolk** trip (**Monday 6.30pm**) **Year 9 visit to India** (**Tuesday 6pm**) the year ahead for **Year 11** (**Wednesday 6pm**) and our **Duke of Edinburgh** silver award students will head off for an **expedition** to the **Isle of Wight** (**Friday 12th September**).

Forthcoming dates of all of our school **events and activities** can be found on our **school website**.

Parents and carers, thank you so much for everything you have done to ensure they are ready. They are ready!

Have a wonderful weekend.

With very best wishes,

Clare



A particular welcome to our new Year 7

From the whole school community at Applemore

Welcome to Applemore, Year 7!

A warm and heartfelt welcome to each of you as you begin your journey with us. This week marks the start of something truly special — a new chapter filled with opportunity, growth, and discovery. At Applemore, we believe in your potential, we respect your individuality, and we are determined to help you thrive. Our vision — Believe, Respect, Determination — is more than just words. It's a promise that we will walk beside you, support you, and celebrate every step of your success. You are not alone. You are part of a community that cares deeply about your future. Together, we are Forging Futures — and yours starts now.

Let's make it extraordinary.



Extra Curricular

Duke of Edinburgh's Awards

Next week we see 2 Silver **D of E** Silver **Expeditions** to the **Isle of Wight**. (**Friday 12th September**). Lets hope for **good** weather! More on these **expeditions** coming soon.



English

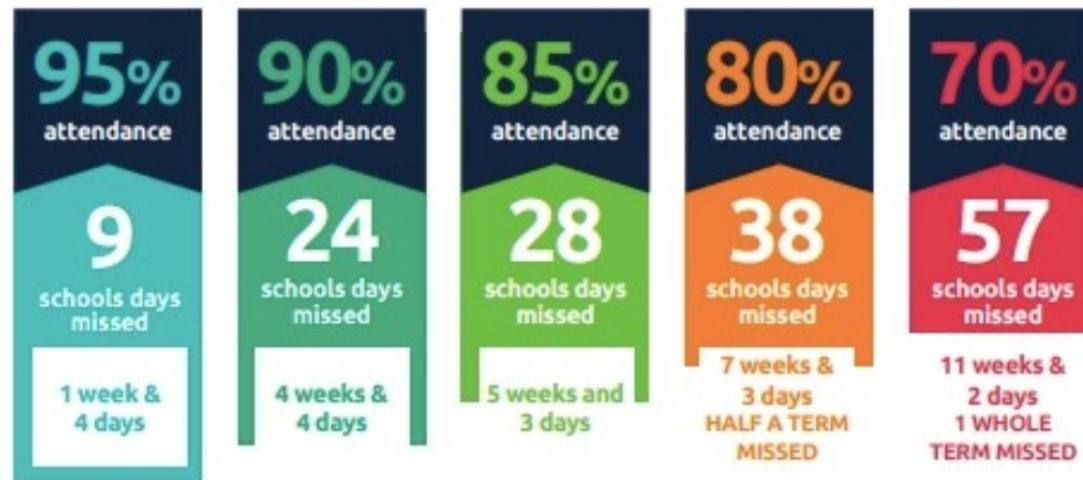
Summer Reading Success!

This **summer**, Mrs Lowe set a **fantastic Summer Reading Challenge** — and we're **thrilled** to **celebrate two students** who rose to the occasion! **Congratulations** to **Bethan M** and **Alfie B** for **successfully** completing the challenge. What an **amazing achievement**, **well done** to both of you!



Attendance

Every day in school counts...



and every minute counts...



Careers

Coming soon

After-school Careers Club – Supporting Your Next Steps

Careers Club sessions, where we'll be focusing on:

- **CV Writing** – Craft a standout CV that showcases your strengths.
- **Personal Statements** – Learn how to write compelling statements for college, sixth form, or university applications.
- **Unifrog** – Make the most of this powerful careers platform to explore opportunities and track your progress.
- **Work Experience Placements** – Get support in finding and applying for meaningful placements.

Whether you're **planning your next move** or just starting to **explore your options**, this is a great chance to get ahead!

Future Fridays

Kicking off with a BANG!

We're **thrilled** to announce that our first **guest** will be none other than **Dan Snow** renowned **historian and popular TV personality**. Dan will be **delivering a special talk** to our **GCSE History students**, along with **selected students** who have a **keen interest** in **media production and television**.

Stay tuned for more details it's going to be an **inspiring start** to **Future Fridays**!

FF ***FUTURE FRIDAYS***

A 20 minute presentation will happen at least twice per term.

Presentations will be delivered by professionals, who will inspire you for your future

TWICE PER TERM
8.30 - 8.50

Forging your future together

Please see or email Ms Charreth for more information

Applemore Careers Guidance

Careers Update

Careers Fair - Save the Date

I'm delighted to invite you to the **Applemore Careers Fair** on **Wednesday, 12th November 2025**, from 2:00pm to 5:30pm.

This year, we're expanding the event to **include the entire school**, giving **Years 7 and 8** the opportunity to **explore future pathways** and engage with a **wide range of career options** (2-3pm). **From 3:00pm to 5:30pm**, we welcome **Years 9-11** and we'll also be welcoming their parents and carers, making it a truly collaborative and inspiring experience for our whole school community.

Last year's fair was a huge success, with overwhelmingly positive feedback from students, families, and exhibitors alike we look forward to seeing you.

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!

pplemore

CAREERS FAIR 2025

Wednesday 12th November

**We are inviting local employers,
colleges and universities to join us.**

Lesson 5 - Years 7 and 8

Years 9, 10, and 11 plus Parents and Carers from 3:00 pm - 5:30pm

Mental Health & Wellbeing

Self-Care September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together

Extra-Curricular Clubs



Rugby Club

Rugby Club starts from next week.

Girls Rugby Monday ... all years 3 - 4 pm - Mr Lopez

Boys Rugby Tuesdays ... all years 3 - 4 pm. - Mr Robinson

All levels **welcome** no need to have played before. For more **information** please see Mr Lopez or Mr Robinson.

Fantasy Gaming Club

Mr Mills is excited to launch a **brand-new Fantasy Gaming Club** for students in **Years 7 to 11**, starting on the 18th of **September**. Building on the **success** of the former **Warhammer Club**, which saw **fantastic engagement and creativity**, this new club aims to expand the horizons of tabletop and fantasy gaming. With a growing gaming community already thriving within the school, interest is at an **all-time high**. The club is **open to everyone** who's curious about fantasy worlds, strategy games, and collaborative storytelling—**no experience needed**, just imagination and enthusiasm!

Warhammer 40k
Necromunda
HeroQuest
Dungeons & Dragons

These are just some of the games that can be explored.

Mr Mills experience as a keen **miniature painter**, expands over **40 years!** So get your brushes, glue, and paints at the ready. Prepare your men for battle, or explore the **unknown** depths in search of **glory and treasures** alike.

It would be an advantage to have your own kit, (paints, brushes, models etc.) although this is not a requirement, as we do have club items that can be used, although limited.



#WakeUpWednesday

Worry & Anxiety

At times, growing up can be a stressful experience. It's not unheard of for young people to fret about things that could potentially go wrong in their lives – and what implications this would have for their life. In some situations, this can go beyond feeling uneasy about the

future and become full-blown anxiety, which affects their mental, emotional and even physical wellbeing.

While worry and anxiety can originate from many different places, it's immensely important for parents and educators to understand the effect this can have on youngsters – and how best to support them if they're going through a difficult time. This guide provides insight into the ramifications of worry and anxiety, and how you can help children manage – and hopefully overcome – these challenges.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gilllett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

#WakeUpWednesday

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School Calendar

For all the latest events coming up, visit our calendar

[Click Here](#)







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