

Fulston Manor School

Weekly Newsletter



#FulstonFamily

Tuesday 21st July 2026



[Homework
Landing Page](#)



Important updates in this weeks newsletter:

- Fulston Family Values Week
- 2025/26 roll of honour

UPDATE



As we end another extraordinary academic year, I want to write to thank everyone who has supported the school. We have had wonderful experiences throughout the year and countless reasons to be proud of our young people.

To our parents and carers, thank you for your unwavering partnership. Educating a child is a team effort, and your continuous support, attendance at school events, and encouragement at home make all of the difference to our young people.

I would also like to pay tribute to the amazing and dedicated staff, thank you for your tireless energy, passion, and commitment. Day in and day out, you go above and beyond to ensure our students feel safe, inspired, and valued. With the end of the year, we also bid a fond farewell to some colleagues who are moving on to new chapters, to Miss Morris, Miss Canfield and Mr Vigeon. We thank you all and wish you every success in your new roles. Additionally, sadly we also say goodbye to Mrs Crawford who is leaving us after a wonderful 24 years of service. Mrs Crawford, from all of us: thank you for your wisdom, your warmth, and your unwavering dedication. You leave behind a legacy that will not be forgotten, and we wish you the very best in your well-deserved next chapter.

As we head into the summer break, I hope all of our families take the time to rest, recharge, and enjoy special moments together. We look forward to welcoming returning students back in September, refreshed and ready for a brand-new year.

Wishing you all a wonderful, safe, and sunny summer holiday!
Warmest regards,

Mrs S Burden
Executive Headteacher

Happy Summer

[Click here to see previous
newsletters and other school
communication](#)



Upcoming events

Tuesday 21st July	End of Term 6
Thursday 13th August	A-level Results Day (8am in the Sixth Form Centre)
Thursday 20th August	GCSE Results Day (9am from the Sixth Form Centre)
Wednesday 2nd September	Start of term for Year 7 and Year 12 Enrolment
Thursday 3rd September	Start of Term 1 for all other year groups

School Office Hours

The School office will be open every day during the
Summer break - 9am - 1pm.

OPEN



Fulston Family Values Week

Monday 13-17th July saw our annual Family Values Week take place.

For Year 7 and 8 we had a fantastic week with students competing in Taskmaster challenges, Parkour, Egg Drop Engineering (with very few broken eggs!), languages sessions and much, much more. Year 7 also enjoyed a trip to Leeds Castle where they got to experience the beautiful scenery and find out more about the history of the incredible castle. Year 8 took part in a 'Headline Hustle' session, a competition to write an article for the newsletter, the winning article being written by Zina E, you can find the winning article later in this newsletter!

A great week was had by all, it was fantastic to see students throw themselves into working with different staff, completing different sessions and absolutely thriving!

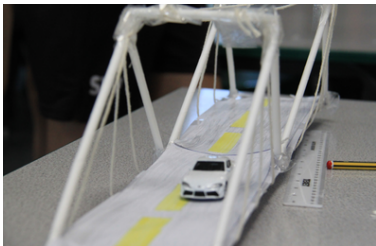
Year 9 enjoyed a fantastic week at camp, blessed with blazing sunshine from start to finish. Students threw themselves into a wide range of activities, including swimming, climbing, the zip line, bushcraft and the giant swing, demonstrating enthusiasm, resilience and teamwork throughout. Their behaviour was impeccable and they were a real credit to the school, with the centre commenting on what a pleasure they were to host and already looking forward to welcoming next year's Year 9 cohort.

For Year 10 and 12, Work Experience beckoned! A fantastic opportunity for them to get out into the working world and they made us incredibly proud. We visited a number of placements and were so proud of how well the students represented the school. We have had such positive feedback from the employers. 20 Year 10 students also headed to Canterbury Christ Church University for the week to complete the 'Inspiring Minds' Programme. They made projects on topics such as 'What would a zero-waste society look like?' and 'What responsibility do those in the public eye have in promoting sustainable fashion?'.

We hope everybody had a fantastic week, all of our students truly demonstrated our values and made the school proud.

Mrs E Mason

Assistant Headteacher



Life beyond the textbooks by Zina E

I am deeply passionate about incorporating real-life skills into the standard school curriculum.

Ever since I was young, I've loved reading—especially romance novels during my final year of primary school, such as *To All the Boys I've Loved Before* by Jenny Han and books by Lynn Painter. In Year 6, I stepped into the Kent Library and a Waterstones for the first time, and that is where I felt all my dreams had come true. My mum loved the fact that I read, but she had a strong dislike for the romance genre. Last Christmas, she had had enough and decided to start buying me self-help books, starting with *How to Win Friends and Influence People* by Dale Carnegie. It improved my communication skills in so many ways.

After some time, my mum noticed the change and bought me another book: *Money Skills for Teens* by Ferne Bowe. I have a strong impulse to splurge whenever I get the chance, but by giving me that book, she helped me immensely. It not only taught me how to save effectively, but also how mortgages and credit work, as well as what kinds of loans are available. Recently, my mum bought me *Atomic Habits* by James Clear, which taught me how to build lasting habits through the "Four Laws of Behavioural Change"—four simple steps: make it obvious, make it attractive, make it easy, and make it satisfying.

The more self-help books my mum gave me, the more I realised that I would never have learned any of these vital life skills without them. I began to ponder why these subjects aren't taught in school. After all, school is supposed to provide the building blocks of life, yet it fails to teach us the basic practical skills we all need.

I realised that if my mum had never given me those books, I might never have learned these valuable skills. That realization is what sparked my passion for advocating for real-life skills in the classroom, leading me to write my graded English speech on the topic, titled *Life Lessons 101*.

Think about how frustrating it is to leave school knowing how to solve a complex maths equation, but having absolutely no clue how to read a payslip or manage a bank account. We are setting young people up to struggle; in fact, about 6 out of 10 graduates say they feel completely lost when it comes to basic money tasks like credit, taxes, and insurance, and 76% of teachers say students graduate without financial skills. It is not just about money, either. Nearly half of all employers report that new hires seriously struggle with basic life skills, like handling workplace stress or communicating clearly during a disagreement. We spend years preparing kids to pass exams, but almost no time preparing them for actual survival.

To fix this, classrooms need to start teaching the practical, everyday skills that keep adults afloat. We need hands-on lessons on how to build a budget, how interest rates work, and how to deal with real-world stress and setbacks without burning out. Learning how to navigate a difficult conversation, advocate for yourself, or recover when things go wrong is what actually determines your happiness and success. While school subjects are great for training the mind, knowing how to manage your finances and your mental health is what keeps you stable, secure, and confident when you step out into the real world.

It is also time to admit that the way we teach computing in schools is completely out of date. We spend hours forcing students to memorise lines of complex code, even though almost no one pays attention or remembers any of it after the exam is over. Instead of preparing a generation for jobs most of them will never do, we should be teaching students how to use Artificial Intelligence (AI) correctly, critically, and safely. With half of kids already using generative AI tools in their daily lives, they don't need to know how to build a neural network from scratch; they need to know how to spot AI-generated misinformation, protect their personal data, and avoid the trap of letting a chatbot think for them. Learning how to prompt an AI responsibly, fact-check its answers, and understand its biases is the digital literacy we actually need to survive in the modern world.

Thankfully, we don't need to completely rebuild the school system to make this happen; we can easily swap out outdated, abstract lessons for real-life skills within the subjects we already take. In maths, we could substitute highly complex, theoretical calculus equations with practical financial algebra, like calculating how credit card interest builds up or how to budget for rent. In English, we could spend less time analysing centuries-old poetry and more time on professional communication, like writing a persuasive email, drafting a CV, or practising job interview skills. Even in science, we could swap out memorising obscure chemical structures to focus on basic nutrition, food safety, and understanding how different foods actually affect our physical and mental health. By weaving these practical life lessons directly into our core subjects, school would immediately feel more relevant, engaging, and genuinely useful for our futures.

We can no longer afford to treat life literacy as an elective extra. In a rapidly evolving world where information is instantly searchable but wisdom must be lived, our education systems must evolve from institutions of rote memorisation into launchpads for real-world execution. Preparing the next generation for the future does not mean discarding traditional academics—it means grounding them in reality. When we teach a student how to manage a budget, navigate a lease, and care for their mental health, we are not just helping them pass a test. We are giving them the tools to build a stable, successful life.

Zina E (Year 8)

The importance of balance

As the summer holidays approach, we want all students to enjoy a well-earned opportunity to rest, relax and spend time with family and friends. Taking a proper break is important, and the holidays should provide time to recharge after a busy school year.

At the same time, completely stepping away from learning for several weeks can make the return to school more challenging. A small amount of regular study will help students retain important knowledge, maintain positive routines and return in September feeling confident and prepared. This does not need to dominate the holidays; short, focused periods of reading, revision or completion of set work can make a significant difference.

This is particularly important for students who will be beginning Year 11. The year ahead will be demanding but also full of opportunities, and strong preparation over the summer will provide the best possible start. Students should therefore ensure that they carefully review and complete the summer work posted on the "Year 11 (2026–2027)" Google Classroom.

We encourage students to find a sensible balance: enjoy the break, take time to rest and have fun, but also remain connected to their studies. A little effort throughout the summer will help ensure that they return ready to meet the challenges ahead and fulfil their potential.

Mr C Hadler
Assistant Headteacher

Message from the Department for Education

Rising prices can make life's little treats harder to afford, especially during the school holidays when costs build up for families. This Government is determined to help, and that is why last month the Chancellor announced the Great British Summer Savings scheme.

From 25 June to 1 September 2026, the Government is temporarily cutting VAT from 20% to 5% on children's meals in restaurants, children and family tickets to cinemas, theatres, concerts and exhibitions, and admission to a wide range of attractions. Combined with free bus travel during August for children aged 5 to 15 in England, families and young people will be able to enjoy experiences that make summer special, including visits to the kinds of cultural and educational attractions that enrich children's lives outside the classroom.

The public are ready to get behind the scheme and are keen to take advantage of the discounts available. As trusted pillars of their communities, schools play a vital role in connecting families with important information.

Summer Festival is a big hit!

On Friday 10th July, the Performing Arts team hosted their annual Summer Festival. What can we say, except "you had to be there"! Thanks to all the families who came out to enjoy an evening of performances, food trucks, and face painting. Special thanks must go to Ms Greenstreet, and students Summer and Penny, for staffing the face painting which was an amazing success for the second year running. We were fundraising for Orchestras for All, a charity who support those with disabilities to access music tuition. Our tech team battled the heat to put on a truly unforgettable performance.

Ms H-Q, Ms Wheeler, and Ms Walsh.



We need you to help spread the word. So please share details of the Great British Summer Savings scheme through your newsletters, school apps, and other communications to parents and carers, so that the families in your school community know about the experiences they can enjoy this summer for less.

This forms part of a broader effort by the Government to ease financial pressures on families. From ending the two-child limit and expanding free school meals, to rolling out free breakfast clubs and delivering 30 hours of free childcare, this Government is taking action to put more money back into parents' pockets and give every child the best possible start in life.

As part of this campaign, we have launched an attraction finder website which allows families to type in their postcode and find participating venues near them to make the most of summer savings.

To use the attraction finder, please visit <https://summersavings.gov.uk>.

Can you help?

We are looking to replenish our stock of board games for the House areas. If you have any that you would be happy to donate, please could you ask your child to give them to Mrs Franks in September.

Thank you for your help.

Free summer gym pass

This summer, with support from Kent County Council (KCC), SALUS are launching a targeted FREE Summer Gym Pass Programme, providing four-week gym memberships for young people aged 14–16 who are eligible for Free School Meals (FSM) and can provide their HAF voucher details.

Providing access to local gyms offers young people the opportunity to:

- Increase physical activity
- Improve confidence and resilience
- Encourage positive use of free time
- Create opportunities for social engagement
- Develop healthy habits that can continue beyond the summer holidays

Eligible families can apply throughout July and August by completing an online form and uploading evidence of their HAF voucher.

For more information families can email SALUS at summerympasses@salusgroup.org.uk



Have a fun and fit Summer

With a free 4 week gym membership for young people in Kent, who are 14-16 years old and eligible for free school meals.

Contact us for more information at summerympasses@salusgroup.org.uk

SALUS Kent County Council

River and water safety during the Summer break



Stay River Safe: Your Essential Swimming Checklist

The Essential Safety Checklist

- Check Weather and Flow**
Avoid fast-flowing water and swimming immediately after heavy storms or high winds.
- Test Depth and Temperature**
Check for sudden drops and cold water to avoid dangerous physical shock.
- Swim with a Buddy**
Never swim alone; always have an exit plan and a mobile phone nearby.

Is the Water Clean?

- Avoid Water After Heavy Rain**
Heavy rain causes sewers to overflow, discharging untreated sewage into the river.
- Identify Algae and Stagnant Water**
Stay out of stagnant water or areas with blue-green algae blooms.
- Cover Cuts and Wounds**
Use waterproof plasters to reduce the risk of contracting Weil's Disease.

Fulston Family celebrations

Tutor group of the week:

M-SAL



Sixth form tutor group of the week:

12-RUR



2025/26 roll of honour

Tutor group of the year: H-SJT

Sixth form tutor group of the year: 12-LSM

Sixth form stars for term 5 & 6:

Art- Max J

Photography- Levi L & Kacper P

Textiles- Roxy S

Biology- Maddie A & Sharvesh R

Business Studies- Oscar B

Applied Business- Issabelle Y

Chemistry- Sharvesh R

Computing- Archie C

English Literature- Grace W

Film- Shauna-Rose K

Geography- Riley K

Health and Social Care- Maisie C

History- Amelia F

IT- Rhys P

Law- Nino H

Maths- Luke C

Politics- Ethan U

Psychology- Jenaba B-G

Religious Studies- Emma H

Sociology- Lauren S

Sport- Luke M-G

3D Design- Nigel B

Duke of Edinburgh Awards:

Full Bronze:

Rose B

Joseph C

Samuel N

George R

Jagoda T



Bronze volunteering, physical, skills, expedition:

Vienna B

Lexi D

Florence M-B

Jacob N

Evie B

Sascha P

Caitlin R

Silver volunteering:

Alexander A

Amelia C



Antony Sutcliffe Award

Scarlett B

Best Academic Commitment

Stanhope



Inter-house Goodwin Shield

Morrison



Family Values Champions

Year 7: Finley B

Year 8: Ayse A

Year 9: George R

Year 10: Kai V-H

Year 12: Katherine H

House Trophy Champions

Cromer



Total positives for 2025/26



Fortitude

136,142



Ambition

158,725



Mindful

78,589



Integrity

41,529



Leadership

26,445



Young Citizens

54,223



FULSTON MANOR SCHOOL

A GUIDE FOR PARENTS & STUDENTS

MOBILE PHONES AT FULSTON MANOR



A Distraction-Free Environment

In line with national government legislation, Fulston Manor will be a completely mobile free zone during the school day from September. Its to ensure a calm, safe space focused on learning and face-to-face socialisation.



1

THE POLICY: "NOT SEEN, NOT HEARD"





- **The Rule:** Phones (and smartwatches with phone capabilities) must be switched off and stored out of sight in bags which are in lockers. Mobile phones must not be carried around the school site during the day.
- **When:** From the moment students enter the school gates until the end of the school day—including lessons, changeovers, breaks and lunch.
- **Travel:** Students may bring phones for safe travel to and from school, but they must be turned off and locked away upon arrival.

Note: Whilst the "Not Seen, Not Heard" rule is not new, our enforcement and deterrents will be significantly firmer from September to ensure total compliance.

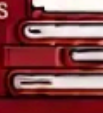


2

COMMUNICATION & MEDICAL EXEMPTIONS



- **Contacting Your Child:** Under no circumstances should parent(s), carer(s) or students use mobile phones to contact each other during the school day. For urgent messages, you must contact your child's House Team or the main office, who will pass the message on.
- **Medical Exemptions:** In very rare cases, a phone may be permitted for essential medical monitoring (e.g., diabetes). This must be arranged and approved by the House Team prior to September.



3

CLEARER DETERRENTS



To maintain a consistent environment for everyone, we are introducing firmer consequences for phone use from September. Detailed information on these deterrents will follow shortly.



Thank you for your cooperation in keeping our classrooms focused and our community safe.

www.fulstonmanorschool.com

Free School Uniform HERE

24th - 28th July 2026

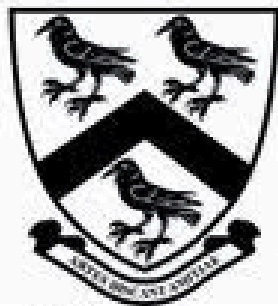
Logoed and plain
uniform –

**For most
Sittingbourne
schools primary
and secondary**

Friday July 24th 10am - 4pm
Saturday July 25th 10am - 4pm
Monday July 27th 2pm - 6pm
Tuesday July 28th 10am - 1pm



The Sittingbourne
School



Fulston Manor



Back to School Uniform Checklist



Borden
Grammar



Highsted



Westlands

Free Preloved School Uniform Hub -
Sittingbourne Methodists

High Street · Sittingbourne · Find us on [Facebook](#)