

Fulston Manor School Weekly Newsletter



#FulstonFamily

Friday 11th September



[Homework
Landing Page](#)



I am sure that your children are tired after the end of the first full week of school, it has been great to see them working so hard in lessons this week. This morning I spoke to the whole school about the idea that real progress comes from small, everyday choices rather than one big dramatic moment.

I talked to the students about effort and consistency — turning up on time, having a go even when something feels hard, treating each other with kindness and respect, and taking pride in the little things like uniform and how we speak to one another in the corridors. We talked about how these small habits, repeated day after day, are what actually shape both a person and a school over time.

I also touched briefly on our recent Ofsted outcome, reassuring the children that it reflects areas the school needs to develop, not a judgement on them as individuals, and that our staff remain as committed as ever to supporting them. But the heart of the assembly was really about what is within their control: showing up, trying hard, being kind, and taking pride in their work and their community. Those things matter and will help to build to great success. Thank you for all of your support this week. I hope that you all have a good weekend.

Mrs S Burden
Executive Headteacher

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



Upcoming events

Tuesday 22nd September	Year 7 Settling In interviews (details will be sent home)
Thursday 24th September	Year 10 interviews (details will be sent home)
Wednesday 7th and Thursday 8th October	Open Days
Tuesday 20th October	End of Term

Parent communications

For our new parents, it may be helpful to know that you can always access our previous letters and newsletters in our Parent Drive. You can access this using the link at the top of the newsletter or via the school website.

Year 8-13 homework now live!
Please see ClassCharts for details!



Unifrog events

Unifrog is our Careers Platform which can be accessed from home and school. It has incredible resources to allow students to plan their future pathways. All students now have an account on Unifrog- they will have a welcome email, if they have not already logged on, in their email inbox.

Parent Accounts! If you would like one go to unifrog.org/sign-in and select 'sign in as a parent' and register using the email address you have registered with us.

Natural sciences taster: why one science isn't always enough

Mon 14 Sep 16:30-17:15

Law taster: does prison work? Exploring overcrowding and the early release scheme

Mon 14 Sep 17:30-18:15

Psychology taster: what makes faces so special?

Tue 15 Sep 16:30-17:15

Becoming a doctor

Tue 15 Sep 17:30-18:15

Designing the medicines of tomorrow: a pharmaceutical science taster

Tue 15 Sep 18:30-19:15

Psychology taster: why smart people make bad decisions

Wed 16 Sep 16:30-17:15

Sports science taster: why can't everyone run fast marathons?

Wed 16 Sep 17:30-18:15

What makes an entrepreneur? And can you learn how to be one?

Thu 17 Sep 16:30-17:15

Criminology taster: can you spot a liar?

Thu 17 Sep 17:30-18:15

From electrical to mechanical: which engineering course is right for you?

Thu 17 Sep 18:30-19:15



PARKING / ROAD SAFETY



When dropping your child/children off and/or picking them up, please be considerate of the school's neighbours and the local community regarding inconsiderate and illegal parking when accessing school site in the mornings and afternoons.

✗ This includes parking on the yellow lines outside of the school.



✗ Parking across private driveways.



✗ Blocking paths.



Parents/ carers can drop-off and pick-up their child/children via Gate C. We politely ask parents/carers not to pull into Gate A or B to drop off or collect as this causes congestion and risks the safety of children arriving and leaving our school site.



If you do need to drive to drop off or collect your child, please park considerately, and without blocking Gate C when closed, or arrange a drop-off/pick-up point away from the school site.



We speak to the students regularly about road safety and keeping safe when crossing the road. You can help us to ensure that your son/daughter has a safe journey into school each morning by considering one of the following:



WALKING WHEREVER POSSIBLE

Not only is this a healthy way to get some exercise, but it supports the local community with congestion. In addition, it is much better for the environment.



CYCLING TO SCHOOL

We have plenty of spaces to lock student's bicycles inside our bike shed, located next to Gate A.



CAR SHARING

Does anybody else live near you? Could you take it in turns to drive to ease the congestion outside the school at key times during the day?



Many thanks for your continued support.



Workshops are back!

Great news: Year 11 Workshops begin on Monday!

This is an opportunity for your child to enrich their learning across the curriculum and make those marginal gains that are essential to maximise their performance in the GCSE examinations. Attendance will be closely monitored and I will be in touch if there are any concerns in this regard.

Your support is greatly appreciated.

Mr C Hadler
Assistant Headteacher

TIME to STUDY





YEAR 11 WORKSHOPS TIMETABLE

A TWO-WEEK SCHEDULE OF TARGETED SUPPORT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK A	HISTORY RS	ART TEXTILES PHOTOGRAPHY	PHYSICS iMEDIA COMPUTING	PSYCHOLOGY GEOGRAPHY FRENCH 3D DESIGN	BIOLOGY SPANISH
WEEK B	MATHS	CHEMISTRY DRAMA	BUSINESS MUSIC CITIZENSHIP	ENGLISH	FOOD DANCE SPORT H&S



If not now.....when? If not you.....who?



YEAR 13 WORKSHOP ROTA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MATHS LUNCHTIME CLINIC N5- YEAR 12 WELCOME BIOLOGY G8 MATHS (WEEK B) N5 ART Y8 PSYCHOLOGY S3 COMPUTING B11	MATHS LUNCHTIME CLINIC N5- YEAR 12 WELCOME SOCIOLOGY S2 TEXTILES Y4 ENGLISH LITERATURE (WEEK A) N11/M7- YEAR 12 WELCOME GEOGRAPHY E2 POLITICS B7 HISTORY (WEEK B) I6 IT B8	BUSINESS (WEEK A) B6 RS T4/T6	CHEMISTRY R1 LAW S6 HEALTH AND SOCIAL CARE S4 PHOTOGRAPHY T2 FILM STUDIES (WEEK A) N9/N10	3D DESIGN Y2 UCAS APPLICATIONS S9



Lunch menu for next week

					
Dishes marked with any of the following numbers contain the matching allergen 1 – Celery 2 – Cereals 3 – Crustaceans 4 – Eggs 5 – Fish 6 – Lupin 7 – Milk 8 – Molluscs 9 – Mustard 10 – Nuts 11 – Peanuts 12 – Sesame Seeds 13 – Soya 14 – Sulphur Dioxide - VG – Vegan - V – Vegetarian Every day there is a selection of: Baguettes 2 £2.75 Sandwiches 2 £2.35 Soft Rolls 2 £2.10 Salads £2.50 Wraps 2 £2.75					
Lunch Menu Week 3 14th September & 5th October					
Monday		Tuesday		Wednesday	
		Tagliatelle Carbonara (V) 2 7 £1.70 Chicken curry and rice with naan bread 2 7 £2.50 Pasta King 2 £2.10 Jacket Potato 60p Baked Beans 50p Vegetable of the Day 50p Biscuits 2 75p Fresh Fruit 30p Fruit Salad V 60p Yoghurt 7 40p		Chicken pie 2 7 £1.70 Pizza 7 2 £1.70 Pasta King 2 £2.10 Chips 70p Jacket Potato 60p Baked Beans 50p Vegetable of the Day 50p Chocolate Brownie 2 4 75p Fresh Fruit 30p Fruit Salad V 60p Yoghurt 7 40p	
Thursday		Friday			

NHS vaccination

If your child is due to be in Year 7-11 in the 2026/2027 academic year please access the NHS vaccine consent form by visiting <https://www.kentimmunisations.co.uk/> and select Seasonal Flu to complete the consent form. Please complete this to accept or decline the vaccine.

Our school code is: KT136324 and the deadline to submit consent forms for your school's immunisation session is 4PM on 21/09/2026

Prefix of the fortnight

Prefix of the fortnight:

bi / di

Two



NHS

flu: 5 reasons to have the vaccine

1. Protect yourself

The vaccine will help protect you against flu and serious complications such as bronchitis and pneumonia

2. Protect your family and friends

Having the vaccine will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions worldwide and has an excellent safety record

5. Avoid lost opportunities

If you get flu, you may be unwell for several days and not be able to do the things you enjoy

For more information visit www.nhs.uk/child-flu



Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

Flu i mmunisation
Helping to protect you against flu

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Emma is a business superstar

We are incredibly proud to celebrate the entrepreneurial journey of one of our A Level Business students, Emma, who has taken her passion for Business beyond the classroom and turned it into her very own enterprise.

Emma studied Business at GCSE, and when she chose to continue the subject at A Level, the Business Department was delighted to see her continue her journey with us. However, Emma has already shown us that her interest in Business extends far beyond achieving an academic qualification.

Just a few days after completing her GCSE examinations, Emma decided to put her knowledge, creativity and passion into practice by starting her own handmade cookie business. She contacted the department to tell us about her exciting new venture, explaining that her love of baking – and particularly cookies – had inspired her to take the leap and become a young entrepreneur. Today, Emma didn't simply attend her A Level Business lesson as a student; she attended as a business owner.

Emma introduced her business to her peers, explaining how she developed her idea and began producing and selling her handmade cookies. She even brought some of her products into the lesson for students to sample, including Oreo, Chocolate Chip, Biscoff, M&M and Kinder Bueno cookies.

What impressed us most was not simply the quality of her products, but the qualities Emma has already demonstrated as a young entrepreneur. Starting a business requires confidence, ambition, creativity, resilience, self-motivation and determination. It means being prepared to take an idea, accept an element of risk and have the courage to turn that idea into something real. Emma is already demonstrating these qualities in abundance.

She is also beginning to experience first-hand many of the concepts she will explore throughout her A Level Business course – from identifying customer needs and developing a product range to marketing, pricing, managing costs and building a brand. Emma is currently using Instagram to promote and sell her products, giving her valuable experience of how social media can help a small business reach and engage with its customers.

It is wonderful to see a student not only study Business but have the confidence and determination to bring Business to life. Mrs Bennett and I are incredibly proud of what Emma has already achieved, and we cannot wait to see how she develops over the next two years – both academically as an A Level Business student and personally as an entrepreneur developing her own enterprise.

Emma, continue to be ambitious, believe in your ideas and never be afraid to take opportunities. Your determination, enthusiasm and entrepreneurial spirit are qualities that will take you far.

We are super proud of you, Emma, and wish you every success with your new enterprise. We cannot wait to see where your business journey takes you next

Mrs Franks
Assistant Headteacher



Message from Kent School Health

Parents, carers and loved ones can find support and answers to common questions on the [Kent Family website](https://www.kentfamily.nhs.uk). It brings together trusted information and advice for families before and after birth, through childhood and up to age 19.





FULSTON MANOR
SCHOOL

Personal Development Curriculum Parent Newsletter

Kind People
Confident Learners
Brighter Futures

Welcome

As part of our Personal Development Curriculum, students explore important aspects of Relationships, Sex and Health Education (RSHE), alongside wider topics that support their personal, social and emotional development.

Personal Development is delivered through a dedicated lesson once a fortnight. At the beginning of each module, you will receive a newsletter outlining the key content taught during that term.

Our First Unit:

Wellbeing

This unit will be taught until 27th November

Helping our students build the knowledge, skills and confidence to lead healthy, happy and fulfilling lives.



What will students be learning?



Mental Health & Wellbeing

- What mental health is and how to look after it
- The link between physical and mental health
- Challenging misconceptions and prejudice
- Strategies to support wellbeing and help others
- Managing change, loss and bereavement



Staying Healthy

- How germs can make us poorly
- How germs spread and how to prevent infection
- Differences between viruses and bacteria
- Some bacteria can be healthy as well as harmful



Dental Health

- Good oral hygiene practices
- Impact of diet and substance use on dental health
- Health and cosmetic dentistry
- Accessing NHS dental services and regular check-ups



Healthy Lifestyles

- What a balanced meal looks like
- The importance of healthy eating
- An age-appropriate introduction to eating disorders
- Links between mental and physical health



First Aid & Personal Safety

- Basic first aid and life-saving skills
- Cardiopulmonary resuscitation (CPR)
- How to respond in an emergency
- Road safety and personal responsibility

Why are we teaching this?

Relationships, Sex and Health

Education is compulsory in all schools and forms part of the national framework. The guidance sets out the knowledge and understanding that young people should develop to help them lead safe, healthy and fulfilling lives.

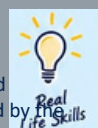
"Empowering young people to make informed choices today for a brighter tomorrow"

Read the statutory guidance here:

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education – Statutory guidance](#)

How have the lessons been planned?

Lessons have been carefully planned to ensure content is age-appropriate, relevant and supportive of students' needs. Resources and curriculum materials have been informed by the PSHE Association and Unifrog, alongside statutory guidance.

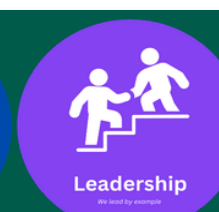
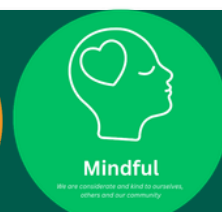


Teachers will create a safe and respectful classroom environment where students can explore these important topics and ask appropriate questions.

Any questions or concerns?

Please contact your child's Head of House or:

Mrs Karen Franks
Assistant Headteacher
KFranks@fulstonmanor.kent.sch.uk



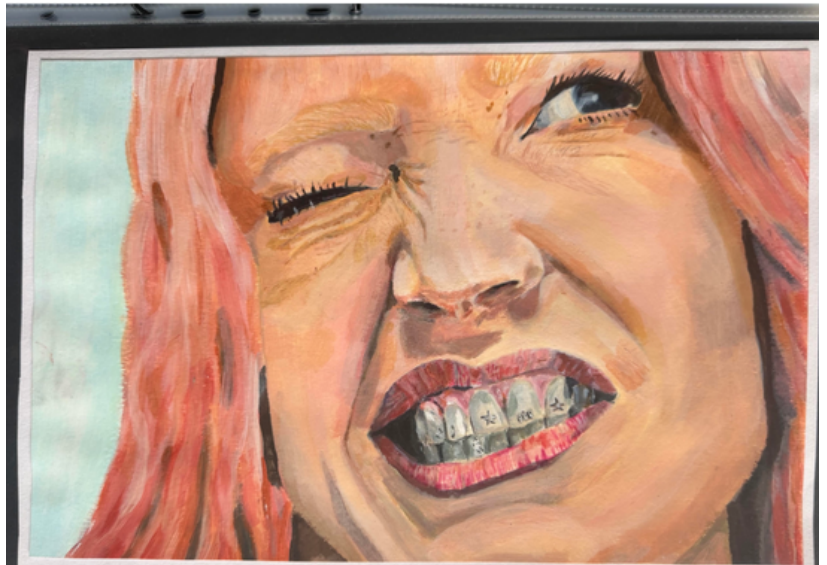
Fulston Family Celebrations

Tutor Group of the Week:

S-LBI



Work of the Week: Art by Amelia F (Year 13)



Sixth Form Tutor Group of the Week:

13-GMU



Student of the week

Year 7: Elsie K

Year 8: Lena K

Year 9: Ayse A

Year 10: Emmanuella O

Year 11: Milley F

Year 12: Zac M

Year 13: Imogen C



CONGRATS!

Total positives so far this year...



43,703



47,432



34,904



19,937



13,394



26,177



Borden Grammar School

FUTURES FAIR

In Year 9-13 at Highsted Grammar or Fulston Manor?

Don't miss the chance to attend our annual Careers Fair at Borden where you can meet with a range of local, national and international employers, as well representatives from Universities from around the UK, to discuss your future.



DATE

Tuesday 15th September 2026



TIME

16:30 - 18:15



LOCATION

Borden Grammar School, Avenue of
Remembrance, Sittingbourne, ME10 4DB





Sunday 4 October

INVICTA GRAMMAR SCHOOL

10am-5.30pm

**A WHOLE DAY OF STORIES,
CREATIVITY AND FUN**

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www.maidstonelitfest.org



LUCY STRANGE

ONJALI Q RAUF

MAZ EVANS

TOLÁ OKOGWU

JAMIE LITTLER



14+



*Everything was perfect
in the small town of
Maple Lakes...until the
cheerleaders started
screaming.*

Sunday 4 October | 4.30-5.30pm


**MAIDSTONE
LIT Fest**