

Fulston Manor School Weekly Newsletter



#FulstonFamily

Friday 25th September



[Homework
Landing Page](#)



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school communication](#)



Where Do I Fit In?

This week, my assembly encouraged students to think about an important question: "Where do I fit in?"

Growing up can sometimes feel as though everyone else has already discovered who they are, what they are good at and where they belong. My assembly reminded students that they do not need to fit into somebody else's box. They are still discovering their strengths, developing their confidence and becoming the person they want to be.

Through the stories of Michael Jordan, Daniel Radcliffe and Simone Biles, we explored how even highly successful people have experienced setbacks, uncertainty, pressure and moments when they have needed support. A particularly important message was the power of the word "yet", you may not have found your talent, your confidence or your future direction yet, but that does not mean you won't.

We connected this message to our FAMILY Values: Fortitude, Ambition, Mindful, Integrity, Leadership and Young Citizens. Students were encouraged to show fortitude when things are difficult, have ambition for their future, be mindful of others, act with integrity and recognise that leadership can be as simple as including someone, offering support or having the courage to do the right thing.

Most importantly, I reminded our students that there is no single way to be a Fulston student. Our community is stronger because our students bring different personalities, talents, experiences and ideas.

Rather than simply asking "Where do I fit in?", I challenged students to consider: "How can I help create a place where everyone fits?"

My final message to every student was simple:

You belong here. You matter. You have something to contribute.

Together, we continue to build a Fulston Family where everybody matters, everybody succeeds and everybody helps.

Mrs K Franks
Assistant Headteacher

Upcoming events

Tuesday 29th September	Year 12 Interviews
Wednesday 7th and Thursday 8th October	Open Days
Tuesday 20th October	End of Term

Sports Results!

Year 10 and 11 Netball Competition



Year 10:
Fulston 2 - 10 Highsted
Fulston 4 - 0 TSS

Year 11
Fulston 7 - 2 TSS
Fulston 0 - 6 Highsted

Year 10 team: Ava S (player of the match), Erin C, Ella O, Joanna M, Megan F, Nicole K, Nada B, Michelle K.

Year 11 team: Annabelle J (player of the match), Amelia M, Phoebe D, Evie S, Eleanor P, Emily U, Lauren M, Poppy D

Year 10 Football



Full-Time: Fulston Manor 2-2 St John Fisher
Penalties: Fulston Manor 9-8 St John Fisher

Squad: Max T-B, Charlie B, William G, Callum W, Reuben A, Farhan F, Logan B, Michael M, Dylan H, Edward B-B

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.

Insider tips to make your personal statement unbeatable
Mon 28 Sep 16:30-17:15

Could you get a lower university offer? Funding, support, and hidden opportunities
Mon 28 Sep 17:30-18:15

Build a creative portfolio that gets you noticed
Tue 29 Sep 16:30-17:15

Medicine and dentistry applications: beat your competition
Tue 29 Sep 17:30-18:15

UCAS unlocked: complete guide to UK university admissions
Wed 30 Sep 16:30-17:15

Step into the Met Police: unlock your future in policing, PCSO, and specialist staff roles
Thu 1 Oct 16:30-17:15



Prefix of the fortnight

Prefix of the fortnight:

bi / di

Two



FREE talk for parents

22 October 7-8pm

If you don't have time to listen

Just book online and receive a link to the recording available for 48 hours



ADHD & Homework

info@facefamilyadvice.co.uk



Year 11 historians head to London

Over two days, 87 Year 11 students had the opportunity to bring their History learning to life with a trip to London, visiting Whitechapel for a Jack the Ripper walking tour, the London Dungeons and Spitalfields Market.

The students had a wonderful time and were incredibly engaged throughout the trip. They particularly enjoyed seeing the real locations and places that we have discussed in lessons, helping to bring the historical events they have studied to life.

During the Jack the Ripper tour, students were keen to answer questions and share with the tour guides what they had learned in class. One tour guide was so impressed with their participation and knowledge that he commented:

"It was an absolute joy to show your group around, they were so well informed!"

Sophie and Ellie said "the trip was extremely fun and gave a lot of facts, especially on the Whitechapel tour where our guide was getting everyone to take part, especially when asked questions by Jeremy and gaining 'fisty bumbies'!"

It was fantastic to see the students applying their classroom knowledge in real-world settings, asking questions, engaging with the activities and thoroughly enjoying the experience. A brilliant couple of days for Year 11, and a trip they will hopefully remember for a long time to come!

Miss C Hubbard
Head of History



Mr Box is an award winner!

You may have noticed this week that our very own Mr Box made a star appearance of the One Show!

Mr Box's running club had been nominated for the 'Active Award' in the BBC's Make a Difference Awards. The One Show showed the live ceremony, with Mr Box receiving the award in front of the nation.

Mr Box said, "I feel completely blown away with what the club has achieved, not only being nominated by one of our runners for the 'BBC make a difference award', but winning it AND being interviewed live on The One Show - it's utterly amazing. We never expected this sort of response - we can't do it without our runners, and the supportive people behind us. "

What an achievement Mr Box- congratulations!





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 2

7th Sept 28th Sept 19th Oct

Monday

Tuesday

Wednesday

Thursday

Friday

Macaroni Cheese
(V) 2 7 **£1.70**

Chicken curry with
Rice & Naan Bread
2 £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 **VG 60p**
Yoghurt **7 40p**

Sweet Chilli Chicken
Tacos 2 **£1.70**

Steak slice 2
£1.70

Pasta king 2
£2.10

Chips **70p**
Jacket Potato **60p**
Baked Beans **50p**
Vegetable of the Day
50p

Flapjack
2 4 75p
Fresh Fruit **30p**
Fruit Salad **V 60p**
Yoghurt **7 40p**

Tomato and Basil Pasta 2
£1.70

Shepherds pie **£1.70**

Pasta King 2
£2.10

Roast Potatoes **70p**
Jacket Potato **60p**
Baked Beans **50p**
Vegetable of the Day **50p**

Biscoff Cake 2 7 **75p**
Fresh Fruit **30p**
Fruit Salad **V 60p**
Yoghurt **7 40p**

Southern Fried Chicken
2 **£1.70**

Lasagne 2 7 **£1.70**

Pasta King 2
£2.10

Potato Spirals 2 **70p**
Jacket Potato **60p**
Baked Beans **50p**
Vegetable of the Day
50p

Fudge Cake 2 4 **75p**
Fresh Fruit **30p**
Fruit Salad **V 60p**
Yoghurt **7 40p**

Battered Cod 2 5
£1.70

Sausages 2 **£1.70**

Pasta King 2
£2.10

Chips **70p**
Jacket Potato **60p**
Baked Beans **50p**
Vegetable of the Day
50p

Iced Bun 2 4 **75p**
Fresh Fruit **30p**
Fruit Salad **V 60p**
Yoghurt **7 40p**

Mrs Silver's reading recommendations...

Longer Read

Explodapedia: The Brain by Ben Martynoga

Every human brain is utterly unique, with 180 billion brain cells which keep us safe, curious and creative, whilst gifting us incredible powers of memory and bamboozling brilliant imaginations. Maximise your understanding of our miraculous minds!

AR 6.9

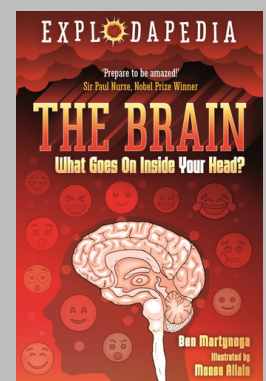
Shorter Read

Fear Street: The Confession by R.L. Stine

When their classmate Al dies, Julie and her friends aren't exactly broken up about it. They couldn't stand him and even found themselves wishing he were dead more than once. But no matter what everyone else seems to suspect, Julie knows her friends, and there's no way any of them actually killed him.

But then one of them confesses to the group. Julie and the others aren't going to turn on one of their own just like that—Al was terrible, after all. They make a pact to keep the killer's secret. It had to have been a one-time thing...right?

AR 3.4





Fulston Manor School

TERM 1 CLUBS



BEFORE SCHOOL CLUBS

DAY	NAME OF CLUB	TIME	VENUE	STAFF MEMBER	YEAR GROUP(S)
WEDNESDAY	Choir	8:30am – 9:10am	P3	Mrs Hadok-Quadrio	All



LUNCHTIME CLUBS

DAY	NAME OF CLUB	TIME	VENUE	STAFF MEMBER	YEAR GROUP(S)
MONDAY	History Club	1:30pm – 2pm	E5	Ms Shayler	All
	Latin Club	1:30pm – 2pm	S6	Mr Milne	All
	Prayer Club	1:30pm – 2pm	T5	Miss Miah	All
	Dungeons and Dragons	1:30pm – 2pm	B2 and G4	Miss Ewing-Patterson and Mr Mason	All
TUESDAY	KS4 Art Club	1:30pm – 2pm	Y6	Miss Hales	Year 10 & 11
	Prayer Club	1:30pm – 2pm	T5	Miss Miah	All
	Year 7 Table Tennis	1:30pm – 2pm	Gym	Miss Smith	Year 7
	Year 8 Table Tennis	1:30pm – 2pm	Gym	Mr Meades	Year 8
WEDNESDAY	Board Games and Book Club	1:30pm – 2pm	S2	Miss Muir	Year 12 & 13
	Crochet Club	1:30pm – 2pm	N3	Ms Karrim	All
	Duke of Edinburgh	1:30pm – 2pm	E1	Miss Finn	Year 9, 10, 11, 12 & 13
	KS3 Art Club	1:30pm – 2pm	Y6	Miss Hales	Year 7, 8 & 9
	KS4 Maths Clinic	1:30pm – 2pm	N8	Miss Onaiyekan	Year 10 & 11
	Prayer Club	1:30pm – 2pm	T5	Miss Miah	All
THURSDAY	The Invitationals	1:35pm – 2pm	P1	Mrs Hadok-Quadrio	All
	Craft Club	1:30pm – 2pm	E1	Miss Finn	All
	Prayer Club	1:30pm – 2pm	T5	Miss Miah	All
FRIDAY	Alphabet Club (LGBTQ+ Support or Social Group)	1:30pm – 2pm	Y5	Mr Rayfield and Ms Taylor	All
	Prayer Club	1:30pm – 2pm	T5	Miss Miah	All
	Dungeons and Dragons	1:30pm – 2pm	B2 and G4	Miss Ewing-Patterson and Mr Mason	All



AFTER SCHOOL CLUBS

DAY	NAME OF CLUB	TIME	VENUE	STAFF MEMBER	YEAR GROUP(S)
MONDAY	Dance	3:15pm – 4:15pm	P3	Miss Walsh	All
	Girls Football	3:10pm – 4pm	Field	Miss Smith	All
	Homework Club	3:15pm – 4:15pm	Library	Mrs Spillett & Mrs Reeves	All
	Year 7 Football	3:10pm – 4pm	Field	Mr Meades	Year 7
TUESDAY	Library Helpers	3:15pm – 4:15pm	Library	Mrs Silver	All
	Homework Club	3:15pm – 4:15pm	Library	Mrs Spillett & Mrs Reeves	All
WEDNESDAY	Library Helpers	3:15pm – 4:15pm	Library	Mrs Silver	All
	Tech Club	3:15pm – 4pm	T3	Mr Bendon	All
	Careers Club	3:15pm – 4:15pm	Careers Office	Miss Jones	Year 7, 8 & 9
	Creative Writing	3:15pm – 4:15pm	S1	Mrs Silver	All
THURSDAY	Homework Club	3:15pm – 4:15pm	Library	Mrs Spillett, Mrs Wisson & Mrs Pitts	All
	Netball	3:10pm – 4pm	Sports Hall / Tennis Courts	Miss Smith	All
FRIDAY	Musical Production Club	3:15pm – 4:30pm	P3	PA Staff	All

No after school clubs this term.



Fortitude



Ambition



Mindful



Integrity



Leadership



Young Citizens



Ambition

we strive to be the best we can be

FULSTON

FAMILY VALUES

Weekly Update



KIND
HARDWORKING
AMBITIOUS
RESPECTFUL
TOGETHER

Fulston Manor School
everybody matters, everybody succeeds, everybody helps

A Stronger
Brighter
Kinder
FAMILY

1

WEEKLY REFLECTION – AMBITION THROUGH READINESS



Last week's focus was **Ambition through Readiness**. Pupils explored how ambition is shown through preparation, organisation and effort. Being ready is one of the clearest ways to show ambition: arriving equipped, starting calmly, staying focused, and making the most of every learning opportunity.

It has been encouraging to see pupils building positive routines and showing ambition through their effort and readiness across the school.

Small steps.
big progress.

2

THIS WEEK'S RESULTS

POSITIVE PEOPLE

POSITIVE CHOICES

BRIGHTER FUTURES



AMBITION POINTS

Whole School Total:

6,541

Top House:

Cromer – 1,709

Top Year Group:

Year 7 – 1,591

Top Tutor Groups:

KS3: C-OTA (282)

KS4: C-NRO (233)

KS5: 13-GMU (50)

SMALL
STEPS
BIGGER
FUTURES



TOTAL VALUES POINTS

Whole School Total:

16,210

Top House:

Cromer – 4,091

Top Year Group:

Year 7 – 4,097

Top Tutor Groups:

KS3: C-OTA (694)

KS4: S-LBI (499)

KS5: 13-GMU (93)

RECOGNISE
CELEBRATE
INSPIRE



CHALLENGE OUTCOME

Last week's targets:

700+ Ambition Points per year group
5,500+ Total Values Points per year group

Ambition Challenge Winners:

Year 7 – **1,591**

Year 8 – **1,541**

Year 9 – **1,036**

Year 10 – **1,078**

Year 11 – **875**

No year group met the overall
Total Values challenge this week.

Years 7, 8, 9, 10 and 11 will each
receive 10 bonus points per pupil.

3

LOOKING AHEAD – MINDFUL THROUGH SAFETY



Next week's focus is **Mindful through Safety**. Pupils will explore how safe choices begin with awareness – noticing others, thinking before acting, moving calmly, and taking responsibility in shared spaces and online.

Mindfulness helps pupils pause, assess situations and make choices that protect themselves and the wider school community.

Calmer
choices.
Safer
tomorrows.

4

THIS WEEK'S CHALLENGE: MINDFUL + SAFE



800+

Mindful Points
per year group

3,000+

Total Values Points
per year group

Challenge
yourself.
Make a
difference.

Any year group that meets both targets will earn 10 bonus points per pupil.

5

REMINDER



Small mindful choices make a big difference – walking calmly, noticing hazards, respecting personal space, and thinking before speaking or posting online. Let's keep building strong habits across our school community.

Positive choices.
brighter futures.



READY

PREPARED FOR TOMORROW



RESPECTFUL

KIND PEOPLE STRONGER TOGETHER



SAFE

LOOK OUT SPEAK OUT
SUPPORT EACH OTHER



FULSTON MANOR
SCHOOL

Personal Development Curriculum

Parent Newsletter

Brighter Futures
Kind People
Confident Learners

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

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](#)



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

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.

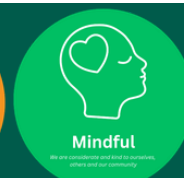


Teachers will create a safe and respectful classroom environment where students can explore these important topics and ask appropriate questions.

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: Science by Anna R (Year 10)

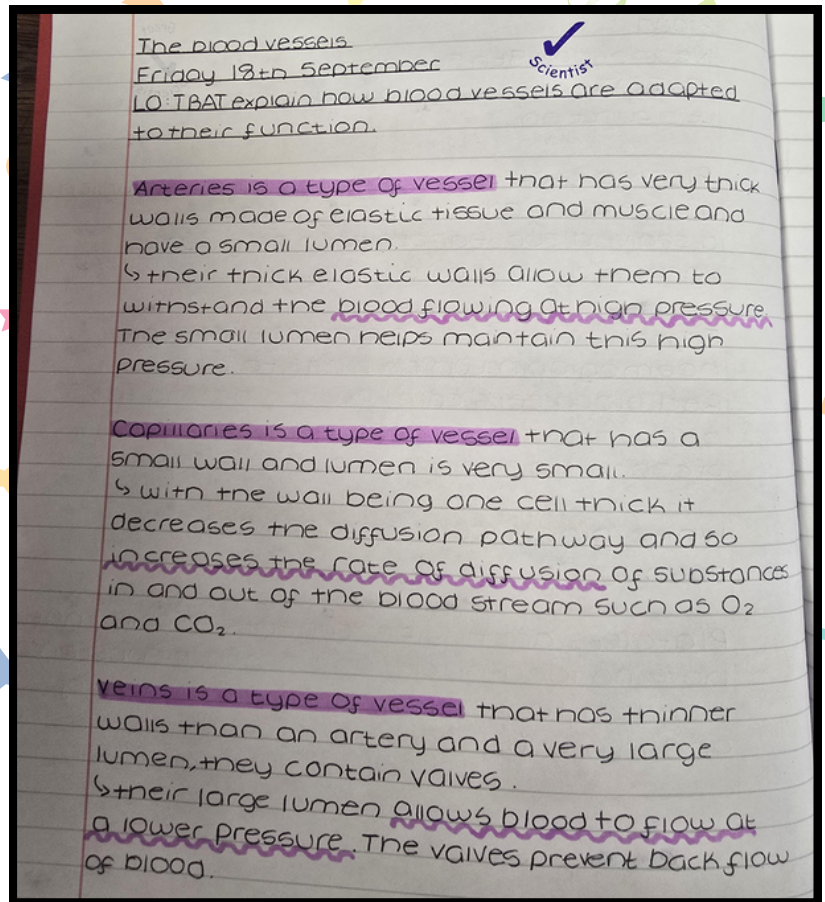
Sixth form tutor group of the week:

12-KRE



Student of the week

Year 7: Indiana K
Year 8: Lena K
Year 9: Ayse A
Year 10: Sophia K
Year 11: Lily J
Year 12: Molly C
Year 13: Lily C



CONGRATULATIONS

Total positives so far this year...



19,380



22,164



8012



3724



1952



4097



Sunday 4 October

INVICTA GRAMMAR SCHOOL

10am-5.30pm

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

BOOK NOW!

www.maidstonelitfest.org



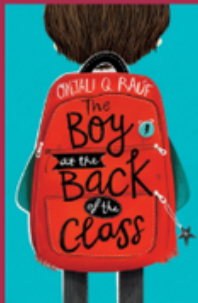
LUCY STRANGE

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**