

Fulston Manor School Weekly Newsletter



#FulstonFamily

Friday 2nd October



[Homework
Landing Page](#)



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



Welcome to this edition of our school newsletter.

As we begin another busy term, I would like to focus on one of the things that makes our school community special: **making the most of opportunities**.

Every day, our students have opportunities to try something new, develop their skills, take on responsibility and step outside their comfort zones. From sports, music, art and technology clubs to school trips, leadership roles, the School Council and becoming a prefect, there are countless ways for students to get involved and grow in confidence.

Taking an opportunity can sometimes feel daunting, particularly when we are worried about making mistakes or what others might think. However, some of the most valuable experiences come from challenging ourselves, learning from setbacks and being willing to have a go.

We are particularly proud of the wide range of opportunities available at Fulston Manor. Last year, more than 600 students took part in clubs, while over 900 students attended one of our many school trips and activities. As we approach our Open Days, we also have an opportunity to showcase our school and demonstrate our values: **Everybody Matters, Everybody Succeeds, Everybody Helps**.

Fulston Manor has a proud history dating back to 1977, with generations of families having been part of our community. We look forward to continuing that story and giving our students every opportunity to succeed.

Mr S Bendon
Assistant Headteacher

Upcoming events

Wednesday 7th and Thursday 8th October	Open Days
Tuesday 20th October	End of Term

Sports Results!

Year 9 Netball Competition

TSS 4-1 FMS
Highsted 2- 1 FMS



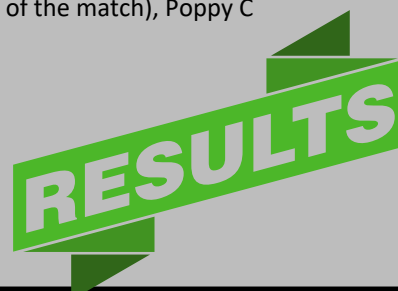
Team: Serine B (Best Attack), Daisy H, Harriett S (Best Defence), Amelia H (Star Player). Bonnie Z, Maddison M, Paige B-M, Grace D, Lyla C

U13 Girls Football

Fort Pitt 3-0 FMS



Squad: Lola K, Alivia R, Avah G, Eliana M, Evie J, Ava H, Keira S-J, Ella D, Grace B, Brooke C, Demi M (Player of the match), Poppy C



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.

On the frontline: unlocking your career in healthcare
Mon 5th Oct, 16:30-17:15

Turn your passion for the planet into a career
Mon 5th Oct, 17:30-18:15

Can your creativity become a career?
Tues 6th Oct, 16:30-17:15

Decoding finance careers; real routes, real careers, real advice
Tues 6th Oct, 17:30-18:15

Engineering careers: build the future and solve real world problems
Wed 7th Oct, 16:30-17:15

What parents and caregivers need to know about apprenticeships
Wed 7th Oct, 15:30-18:15

Unlock your potential: find where you belong in the British Army
Thu 8th Oct, 16:30-17:15

Exploire your pathways: where could studying psychology take you?
Thu 8th Oct, 17:30-18:15

Parents and caregivers: support your young person's journey to higher education
Thu 8th Oct, 18:30-19:15



Prefix of the fortnight

Prefix of the fortnight:

tri

Three



Parent Workshop

Understanding the Amazing Teenage Brain

29/09/2026 18:00pm—20:00pm

[Understanding the amazing teenage brain](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Less Stress Guide to Exams

11/11/2026 17:00pm—18:00pm

[Less Stress Guide to Exams](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Co-regulation in Conversations and Conflict

25/11/2026 17:30pm—19:30pm

[Co-regulation in Conversations and Conflict](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Parent Workshop

Me & My Child: Understanding Resilience

08/10/2026 10:30am—12:30pm

[Me & My Child: Understanding Resilience](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Understanding Your Child's Behaviour

12/10/2026 10:30am—12:30pm

[Understanding Your Child's Behaviour](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Supporting Your Child with Worries & Fears

18/11/2026 12:30pm—14:30pm

[Supporting Your Child with Worries & Fears](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Me & My Child: Understanding Resilience

30/11/2026 12:30pm—14:30pm

[Me & My Child: Understanding Resilience](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Understanding Neurodiversity

07/12/2026 12:30pm—14:30pm

[Understanding Neurodiversity \(Primary\)](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



The Mind, The body and You

15/12/2026 10:30am—12:30pm

[The Mind, The Body and You](#) | [Join meeting in Teams](#) | [Microsoft Teams](#)



Please call for more information 0300 300 1955

Shout out to Sixth Form Stars!

Our Sixth Formers have had a fantastic week, first we hear from Lauren S, who has been interviewing the stars at the recent water protest in Sheerness...

It was an absolute pleasure to interview singer /songwriter Becky Hill! Also to meet presenter Danny Dyer plus Strictly Come Dancing star Dani Dyer last weekend at their stop the sewage campaign protest hosted by SOS Whitstable. I am a presenter outside of Sixth Form and was looking to go along to the event to gain some insight into these appearances. However, I came home with an interview with Becky and had long chat to the Dyers. It was such a surreal experience talking to them all they were all so accommodating to me during my time there and Becky created one of the best interviews I've done yet, we both got on so well and she really appreciated me being there and was so impressed by my work and confidence. You can find this in the link below alongside some photos I would love to have so more of the Fulston family supporting my media journey.

You can check out Lauren's [interviews here](#)

We also have an amazing achievement from Amilia D!

Since April, Amilia has taken part in archery competitions that were part of the Southern Counties Archery Youth Tour Championships. The final took place last weekend in Essex, and saw Amilia come away not only with a gold medal for last weekend's shoot but also the Lady Compound under 21 Southern Counties Archery Youth tour champion 2026.

Congratulations Amilia- what a star!

Finally, Seth D Seth Terrell is competing in a Quad Biking British championship league at the weekend, the races take place all over Great Britain. Best of luck, Seth!

As well as this, he is also building trading software with the use of AI, what a superstar.

Mrs G Davies
Head of Sixth Form



University of Kent Privacy Notice

As part of our commitment to helping students to achieve their intended pathway, we work with Universities so that students have access to visits and talks from experts. We will have the University of Kent visiting throughout the year and may also be offer trips to the University later in the year. As part of the outreach that the University do, they also collect data on the students they interact with, so that they can track the impact of their work. A leaflet about this can [be found here](#), for your awareness. There is also instructions there if you would not like your child's data to be collected.

Mrs E Mason
Assistant Headteacher

University of
Kent

Dyslexia East Kent Support Group Free Monthly Drop-Ins

Dyslexia East Kent Support (DEKS) is a local support group dedicated to providing information and support to people with dyslexia and other related reading difficulties.

At the free Drop-In meetings, information and resources are available for children, their parents, and adults with dyslexia.

Now based at the Reculver and Beltinge Memorial Hall, 149 Reculver Road, Beltinge, CT6 6PL. The Drop-Ins are held from 2pm-4pm, on the first Saturday of each month, except August.

There is a warm welcome for all and no charge for Drop-In sessions. Visitors can talk to dyslexia specialists and teachers about any issues related to dyslexia, relax, and enjoy the refreshments and browse through the library of specialist books, learning games, and resources. The resources are available to borrow upon joining as a member for £25 per year.

The October 3rd Drop-In will feature news of Dyslexia Awareness Week, which aims to raise awareness of dyslexia and to challenge common misconceptions, running from 5th to 11th October 2026. It will highlight the BDA's new strategy, 'Unlocking dyslexic potential', to improve early identification, education, and workplace inclusion.

www.bdadyslexia.org.uk

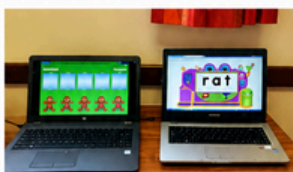
The DEKS telephone helpline, **0845 0038 979** is on Tuesdays and Thursdays from 8am - 9pm (Calls cost 7p per minute plus network access charge). Email: dyslexiaeastkent@gmail.com

Further information is available on the DEKS website: www.dyslexia-east-kent.org.uk

There are daily posts on the DEKS Facebook pages at Dyslexia East Kent Support Group, with information and news items relating to dyslexia.

The Dyslexia Support Group covers the south-east area from Faversham, Canterbury, Whitstable, all the way down to Thanet.

Dyslexia
East Kent Support





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



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 Sept 5th Oct

Monday

Tuesday

Wednesday

Thursday

Friday

Tagliatelle
Carbonara (V) 2 7
£1.70

Chicken curry with
rice & 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

Meatball Sub Rolls 2 £1.80

Chicken Melt 7 £1.70

Pasta King 2
£2.10

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

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

Lasagne 2 7 £1.70

Sausage Rolls 2 7 £1.70

Pasta King 2
£2.10

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

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

Battered Cod 2 5
£1.70

Southern Fried
Chicken 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

Most Haunted Theatres by Yvette Fielding

Brought to life by Yvette and the Most Haunted team's investigations, prepare to be spooked by 'the father of clowns', the ghost of the killer thespian Charles Macklin, and the lingering spirit of a ballerina who tragically took her own life.

AR 6.9

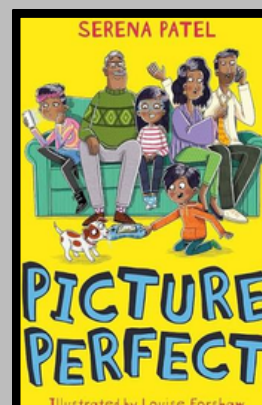


Shorter Read

Picture Perfect by Serena Patel

Sonal needs to capture a great family picture for her school photography project but it's impossible when everyone's always so busy! Luckily they're heading off on a family camping trip which should provide lots of great photo opportunities ... shouldn't it? Faced with an enforced digital detox, will Sonal's family come together and have fun ... or will the trip end in complete disaster?

AR 4.0 Dyslexia Friendly



Fulston Family Celebrations

Tutor group of the week:

M-SRA



Sixth form tutor group of the week:

12-LSM

A circular logo with a purple and blue splatter background. The text "6th Form" is written in a white, stylized font in the center.

Student of the week

Year 7: Isla H

Year 8: Jazmin B

Year 9: Michael Z

Year 10: Daniel R

Year 11: Eleanor P

Year 12: Oscar C

Year 13: Kacper P

Year 13: Kacper P

Work of the week: History by Jayden O (Year 8)

Henry VIII was considered a star and a good king to some historians as he made a lot of smart changes which further developed England. for example he reformed England's religion and government instead of being under the Romans, he opened schools and all the things he did went through parliament, helping to develop democracy. Although he had his bad side, from my own knowledge, when he was younger, he was really athletic, he encouraged people to do sports and was a greater scholar and musician who generously patronized the arts. Therefore he was considered a star and a charismatic reformer, also given the title "Defender of the faith" by the pope in 1521.

But other historians dissagree. They believed he was a bullying tyrant, because he was cruel, impulsive and and extravagant king. He was also a bad king, because he closed down hospitals and libraries. Just to make money and this made him less greedy. He wasn't only a menace to his people but also to his 6 wives as he divorced or executed them, whenever he pleased. people may argue that he did good things like helping to develop democracy but no one dared to argue with Henry, especial because he had a



CONGRATULATIONS

Total positives so far this year...





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
	Library Helpers	3:15pm – 4:15pm	Library	Mrs Silver	All
TUESDAY	Homework Club	3:15pm – 4:15pm	Library	Mrs Spillett & Mrs Reeves	All
	Library Helpers	3:15pm – 4:15pm	Library	Mrs Silver	All
WEDNESDAY	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
	Homework Club	3:15pm – 4:15pm	Library	Mrs Spillett, Mrs Wisson & Mrs Pitts	All
THURSDAY	Netball	3:10pm – 4pm	Sports Hall / Tennis Courts	Miss Smith	All
	Musical Production Club	3:15pm – 4:30pm	P3	PA Staff	All
FRIDAY	No after school clubs this term.				



Fortitude



Ambition



Mindful



Integrity



Leadership



Young Citizens



Fulston Family Values Weekly Update

STAFF • STUDENTS • PARENTS All



A KINDER
BRIGHTER
STRONGER
FULSTON

1 Week Reflection – Mindful through Safety

Last week's focus was **Mindful through Safety**. Pupils explored how being mindful helps us make safer choices — noticing risks, thinking before acting, moving calmly, and taking responsibility for shared spaces and the wellbeing of others. It was encouraging to see pupils showing mindfulness through their conduct, awareness and positive choices across the school community.



Noticing
Thinking
Choosing
Caring

2 This Week's Results

RECOGNISING POSITIVE CHOICES



Mindful Points

5:2



Whole School Total:
2,665



Top House:
Hales – 774



Top Year Group:
Year 10 – 576



Top Tutor Groups:
KS3: H-SJT (304)
KS4: M-SRA (186)
KS5: 12-LSM (28)



Total Values Points



Whole School Total:
19,068



Top House:
Morrison House – 5,482



Top Year Group:
Year 7 – 4,294



Top Tutor Groups:
KS3: H-SJT (663)
KS4: M-SRA (1,095)
KS5: 12-ADO (131)



Challenge Outcome

No year group won the Mindful year group competition this week.



Overall Points Challenge Winners:

Year 7 – 4,294
Year 8 – 3,212
Year 10 – 3,992
Year 11 – 4,104

These year groups beat the weekly target for overall points and have each been awarded 10 bonus points.

3 Looking Ahead – Integrity through Respect

Next week's focus will be **Integrity through Respect**. Pupils will explore how respect is strengthened when we choose honesty, fairness and responsibility, even when no one is watching. Integrity means doing the right thing quietly: telling the truth, admitting mistakes, giving fair credit, and treating others with consistency and care.



Honesty
Fairness
Responsibility
Consistency
Care

4 This Week's Challenge: Integrity + Respect

A HIGHER STANDARD EVERY DAY



500+

Integrity Points per year group



3,500+

Total Values Points per year group



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



5 Reminder



Mindfulness helps us notice what is happening around us. Integrity helps us act on it in the right way. As we move into this next focus, we want pupils to continue making thoughtful, respectful choices that strengthen our whole school community.



Notice
Understand
Choose
Do the right thing

READY • RESPECTFUL • SAFE



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

