

Fulston Manor School

Weekly Newsletter



#FulstonFamily

Friday 9th October



[Homework
Landing Page](#)



It has been an exciting week at Fulston Manor School as we opened our doors for our two Open Days, welcoming over 1,500 prospective students and their parents to discover what makes our school such a special place to learn, grow and succeed. It was a real pleasure to meet so many families, showcase our fantastic facilities and give visitors the opportunity to experience first-hand the welcoming atmosphere, strong sense of community and wide range of opportunities available to our students.

Throughout both days, our visitors enjoyed exploring the school on tours led by our brilliant prefects, who were outstanding ambassadors for Fulston Manor. Our students were a real credit to the school, demonstrating excellent behaviour, courtesy and enthusiasm at every turn. We are incredibly proud of the way they represented our school and helped our visitors gain an insight into what life at Fulston Manor is really like.

We have been thrilled with the positive feedback received from our visitors, who took the time to share their impressions of the school. Comments included:

"Very impressed with the community feel and the SEND/inclusion support in place."

"Very well-behaved students and informative, welcoming teachers."

"School looked good. Small classrooms and the sensory room was a bonus."

"We were fairly set on another local school, but we have been so pleasantly surprised by Fulston. Your students are an absolute credit to the school."

"We really liked the community aspect of the school."

A huge thank you goes to our staff, prefects and students who helped make both Open Days such a success. Their hard work, enthusiasm and pride in our school ensured that our visitors received a warm welcome and a genuine insight into life at Fulston Manor. Most importantly, it was a pleasure to meet so many families and begin to share in the next stage of their children's educational journeys.

If you were unable to attend our Open Days, we would still love the opportunity to welcome you to Fulston Manor and show you what we have to offer. Please contact the school office for details of our catch-up visits.

Mr G Bowden
Deputy Headteacher



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



Upcoming events

Monday 12th October	Year 11 Ethical Debate
Wednesday 14th October	Year 11 Mock Interviews
Wednesday 14th October	Year 13 Progress Review
Tuesday 20th October	End of Term

Sports Results!

Year 8 Netball Competition

Fulston 2-0 TSS
Fulston 2-1 Highsted



Team: Gracie B, Clara B, Eliana M, Daisy T, Emilie P, Emmie C, Isabella H, Ava J & Jayden O.

Girls Football U14 Kent Cup

FMS 2 - 8 Highsted Grammar School

Squad: Scarlett B, Lola K, Daisy H, Yasmin J, Serine B, Grace D, Amelia J-B, Alivia R & Avah G.

Boys under 13s Kent Cup

Thomas Aveling School 1-2 FMS



Squad: Harry G, Riley D, Preston T, Joseph L-L, Oscar H, Rhys K, Jacob N, Kayne M, William C, Isaiah B, Joshua D, Jack G & Harry H.

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.

Beyond ChatGPT: exploring the science and society of artificial intelligence

Mon 12 Oct 16:30-17:15

Packed cells, broken systems: exploring prison overcrowding

Mon 12 Oct 17:30-18:15

Physics taster: why is reaching Mercury so difficult?

Mon 12 Oct 17:30-18:15

Can data make elite athletes better?

Tue 13 Oct 16:30-17:15

Unifrog UK University Fair

Wed 14 Oct 16:00-18:30

How scientists reconstruct the lives of dinosaurs

Thu 15 Oct 16:30-17:15

Clinical psychology taster: can our thoughts really change how we feel?

Thu 15 Oct 17:30-18:15



Prefix of the fortnight

Prefix of the fortnight:

tri

Three




Parent Kind

We are excited to inform you that we now have a partnership with Parent Kind. Parent Kind are a charity who focus on strengthening relationships with schools and parents and we are so pleased to be working with them.

As part of this partnership with Parent Kind, we are inviting you to complete an anonymous survey which will help us to understand how parents feel about the school. This is separate from our regular parent survey, as it will also produce resources for yourself and it will also give you access to helpful webinars. Our regular parent survey will launch in term 2 as normal.

The survey will launch on Monday and full details can be [found here](#). There is also a chance to win a voucher upon completion.

Thank you for your support and please let me know if you have any questions.

Mrs E Mason
Assistant Headteacher



YEAR 7 HISTORY TRIP TO CANTERBURY

14/15TH DECEMBER 2026

EXPLORE HISTORY BRINGING THE PAST TO LIFE

FAMOUS HISTORICAL SITES

REAL-WORLD LEARNING

A GREAT OPPORTUNITY FOR YEAR 7

FULL DETAILS CAN BE FOUND IN THE EMAIL SENT TO PARENTS.

DEADLINE FOR SIGNING UP: 6TH NOVEMBER 2026

The poster features a background image of Canterbury Cathedral. It includes a red location pin icon, a calendar icon, and three icons representing historical sites, real-world learning, and a group of people. There are also two small inset photos: one of a cathedral interior and one of a street sign for Canterbury.

Parentkind

Free 4 week Gym Pass in October!

We are very pleased to offer our 4 week Gym Pass again to Young People who are **14-16** and **receive Holiday Activities and Food Programme vouchers (HAF Vouchers)**

Apply now if that is you.



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 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 V 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

The Tree That Sang to Me by Serena Molloy

Jen leaves the family home, Kai knows it's all his fault. His secret burns, but he tells no one, just keeps pulling at tufts of his hair. But in the broad branches of a wasteland sycamore tree, Kai feels safe and free from his worries.

Up there he feels he can be whoever he wants to be. And when a girl called Sky starts climbing Kai's tree, a friendship blossoms... a friendship with the power to heal.

AR 5.1 Dyslexia Friendly

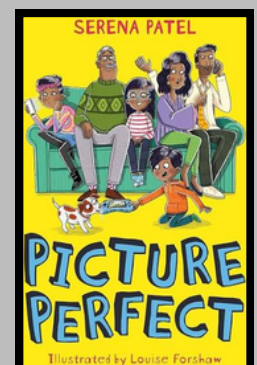
Shorter Read

The History of Gaming by Heather Schwartz

In the 1970s, Atari became the world leader in home video gaming with the Atari 2600. But were Atari the first? And how did video games evolve into the revolutionary, cutting-edge products of today?

Find out the answers to these questions and more in this fascinating history of gaming.

AR 4.0 Dyslexia Friendly



Fulston Family Celebrations

Tutor group of the week:

C-NRO



Work of the week: Performing Arts by
Ruby-Mae F (Year 10)

Sixth form tutor group of the week:

13-GMU



Students of the week

Year 7: Lacie S
Year 8: Jazmin B
Year 9: Ayse A
Year 10: Daniel R
Year 11: Miley F
Year 12: Kezia A
Year 13: Riley K

Hot Chocolate Friday

Serif B
Loulabelle D-G
Ella G
Lois G
Kathryn H
Kurtis O
Austin S
Daisy T



ALL ABOUT Directors

what does the job involve?
the director role is very important in making things work, their vision, designing the style, the atmosphere and gets to choose everything they decide how scenes will go, what the actors will be doing and how everything should be presented to the audience.

where can they work?
directors can work in theaters, dance companies, opera companies, film and television, schools, colleges, arts centres and freelance.

what skills do you need to do the job?
To be a performing arts director you need lots of creativity and imagination, directors decide and decorate everything and want it to be as extravagant as can be, you need to be very confident and have lots of leadership, directors are in charge of basically everything, if they don't have good leadership, things wouldn't get done.

who can they work with?
directors work with Actors and performers, Dancers and choreographers, Musicians and composers, Set and costume designers, Lighting designers and technicians, Sound technicians, Producers, Writers, Stage managers and crew.

what's the salary?
Starting out: around £25,000-£35,000 a year
Experienced director: around £35,000-£50,000+
Senior/established directors: £50,000-£70,000+

what training do you need?
in order to be a director, you don't actually need specific qualifications but training includes: performing arts, directing, movement and choreography etc

ALL ABOUT Choreographers

what does the job involve?
the role of a choreographer is very vital, they decide how all of the dances will go and decide each individual movement. they are very important because they are the ones that have to be telling the story through dance, having to make it look beautiful and also come up with each move symbolising something.

where can they work?
a choreographer can work in many different places, for example; theatres, dance companies, tv shows, musicals, education etc.

what skills do you need to do the job?
as a choreographer, the skills you need are very similar to a directors. you also need lots of creativity and imagination as you have to come up with each individual move in the dance and make everything flow while telling a story, you need lots of patience as practice takes time and also need to be a good leader/teacher so the dancers can understand fully and produce your dance to their best ability.

who can they work with?
the choreographers work with so many different people, such as set designers, dancers, casting directors, actors, managers, producers etc.

what's the salary?
there isn't one fixed salary for choreographers in the uk because they usually pay by piece or by week, but it's roughly: starting out - £20,000-£25,000 per year, experienced - £30,000-45,000 per year, established £50,000+

what training do you need?
for a choreographer, you need your gcse to be either; dance, drama, pe or perf arts as that can be very useful, you can either go to a university or a perf arts/dance college

CONGRATULATIONS

Total positives so far this year...



27,819



33,346



13,624



8300



3741



6678



Fulston Family Values Weekly Update

Staff • Students • Parents

Fulston Manor School



Week Reflection – Integrity through Respect



Last week's focus was **Integrity through Respect**. Pupils explored 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, giving fair credit, taking responsibility for mistakes, and treating others with consistency and care. It was encouraging to see pupils showing these values across the school community.

This Week's Results



Integrity Points



Whole School Total:
3,095



Top House:
Morrison House – 1,158



Top Year Group:
Year 10 – 878



Top Tutor Groups:
KS3: **M-THP (163)**
KS4: **C-NRO (355)**
KS5: **12-LSM (43)**



Total Values Points



Whole School Total:
18,423



Top House:
Cromer – 4,780



Top Year Group:
Year 7 – 4,416



Top Tutor Groups:
KS3: **H-SJT (706)**
KS4: **C-NRO (863)**
KS5: **12-LSM (171)**



Challenge Outcome

Integrity Challenge Winners:



Year 7 – **752**
Year 10 – **878**
Year 11 – **714**

Total Values Challenge Winners:



Year 10 – **4,018**
Year 7 – **4,416**



Year 7 and Year 10 met both challenge targets this week.



Leadership
Be kind. Be yourself.

Looking Ahead – Leadership through Readiness

Next week's focus will be **Leadership through Readiness**. Pupils will explore how leadership is shown through being organised, prepared and ready to learn. Strong leaders set the tone, arrive equipped, start promptly, stay focused, and help others to be ready too. Leadership is not only about titles — it is about leading by example in everyday routines.



This Week's Challenge: Leadership + Ready



650+
Leadership Points
per year group



4,000+
Total Values Points
per year group



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



Reminder

Leadership starts with daily habits — being prepared, staying calm, helping others and making a strong start. We look forward to seeing pupils lead by example and build on this week's positive momentum.

READY • RESPECTFUL • SAFE



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
	The Invitationals	1:35pm – 2pm	P1	Mrs Hadok-Quadrio	All
THURSDAY	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