



"Be The Best You Can Be"

Weekly Newsletter

2025/26

Issue Number: 21

Date: 27/02/26



STARS OF THE WEEK

Well done to the following students for collecting the most house points this week!
KEEP UP THE AMAZING WORK!



Oliver S
Year 8
44HP



Jacob F
Year 9
46HP



Katie R
Year 7
44HP



Aden H
Year 10
49HP

#WAKE UP WEDNESDAY

SENECA CHAMPIONS

At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. **Formally delivered by National Online Safety**, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.org.uk.

What Parents & Educators Need to Know about WHATSAPP

WhatsApp is a free messaging app owned by Meta, allowing users to send text and voice messages, share multimedia, make video calls, and chat in groups. With end-to-end encryption, only the sender and receiver can view messages. This may offer privacy, but it also comes with risks that parents and educators need to be aware of.

WHAT ARE THE RISKS?

- GROUP CHAT PRESSURES**
Group chats provide multiple users to message in the same space, but this can also make it harder for young people to feel confident or overwhelmed. Negative comments can escalate quickly and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.
- SCAMS TARGETING YOUNG USERS**
Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include influencers posing as family members in an emergency or linking users to revealing security codes. These can lead to identity theft or access to private conversations.
- DISAPPEARING AND HIDDEN MESSAGES**
WhatsApp offers features like disappearing messages and 'Chat Lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.
- EXPOSURE THROUGH CHANNELS**
Channels are an optional feature that allows users to follow updates from public figures or organisations. However, there is no way to block the feature or filter its content by age. Young users may be exposed to inappropriate content, including misinformation and harmful messages.
- UNWANTED CONTACT AND LOCATION SHARING**
WhatsApp users can share their live location, and if not managed carefully this can show others in real time to individual groups or through someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.
- COMMERCIAL AND AI CONTENT**
WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant, 'Meta AI', across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

Advice for Parents & Educators

- REVIEW PRIVACY SETTINGS TOGETHER**
Help young users check who can see their profile photo, status, and location. Activate the 'Strongest Privacy' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...'. For added safety.
- TEACH HOW TO SPOT SCAMS**
Encourage caution around unusual and unexpected messages, especially if they request money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.
- BE OPEN ABOUT HIDDEN CHATS**
Discuss why children and young people might use features like disappearing messages or 'Chat Lock'. Encourage them to share if something made them uncomfortable, even if the message is gone. Let them know that privacy doesn't mean secrecy.
- TALK ABOUT ADVERTISING AND AI**
Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

Meet Our Expert
Dr Claire Sulfield is an online safety consultant, educator and researcher who has developed and delivered anti-bullying and cyber safety programmes for schools. She has worked with the Australian Government eSafety Commissioner and is a frequent speaker at national and international events.

WakeUpWednesday | The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.wednesday

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| Year Group | Learning Time | Average Score | Time Champion | Score Champion |
|------------|---------------|---------------|-----------------|----------------|
| 12 & 13 | 7h 43min | 84% | Oliver S | Oliver S |
| 11 | 78h 32min | 67% | Reuben M | Charlie L-W |
| 10 | 23h 53min | 64% | Liam C | Scott W |
| 9 | 61h 44min | 58% | Hayden T | Jacob Fl |
| 8 | 7h 30min | 71% | Maxwell Saint F | Ellie M |
| 7 | 15h 16min | 62% | Joshua Al | Elsie H-G |

CANTEEN MENU

2025/26

Click the images below to view the canteen menu for Term 4!

IN CASE YOU MISSED IT,
CLICK HERE TO SEE OUR PREVIOUS
NEWSLETTER!



Dear Parents/Carers

I hope you and your families had an enjoyable and restful half-term break. It has been a positive start to the term, and it has been a pleasure to welcome students back into school. It has been particularly pleasing to see the positive attitude with which students have returned.

As we move through this important part of the academic year, our focus remains firmly on high-quality teaching, strong attendance and ensuring every student is fully engaged in their learning. A strong start to the day makes a significant difference, and we are grateful to families for their continued support in ensuring students attend regularly, arrive punctually and are ready to learn.

Over the coming weeks, you may hear your child talk about our renewed emphasis on pace and participation in lessons. This work is designed to ensure that all students are actively involved in their learning and making the strong progress we expect.

You may also be aware that, over the holiday, the school moved to a new internet provider. In a complex school environment this involves a number of technical changes across the site, and a small number of systems are still being finalised. Safeguarding and filtering remain fully in place, and our IT team is continuing to resolve the remaining issues as quickly as possible. Teaching and learning continue as normal while this work is completed.

We are also very pleased to welcome several new members of staff to The Abbey School this term, and I know our community will join me in making them feel part of the Abbey family.

Our Year 11 students are now entering a crucial final phase before the summer examinations. Over the coming weeks they will receive structured revision guidance, wellbeing support and subject-specific intervention to help them finish strongly.

Alongside this, the wider life of the school continues to be busy, with options preparations, enrichment activities and curriculum work all progressing well.

Thank you, as always, for your continued support. Working together makes a significant difference to the success and wellbeing of our students.



Dr R Speller
Principal



YEAR 11 MOCK RESULT MORNING!

On Thursday, Year 11 had their mock results morning, designed to mirror what they'll experience in August when they collect their actual GCSE results. Events like this are usually set up to:

- Help students understand how results day works
- Give them experience opening results envelopes
- Prepare them emotionally for the real day
- Allow time to speak with teachers about next steps

Mock results mornings can feel nerve-wracking, but they're also really useful. They give students a chance to reflect on what's going well and where they might need to improve before the final exams.



VAWG MEETING!

Yesterday, we were incredibly proud to welcome over 100 students who have put themselves forward to become our VAWG (Violence Against Women and Girls) Champions to their first meeting alongside DC Deacon and PC Tyler.

During this initial session, students began discussing practical ways to help women and girls feel safer, both in school and across the local community. We will meet again next month to continue developing these ideas into meaningful, student-led action.

Suggestions included improving lighting in darker spaces, creating recognised Safe Zones across Faversham, increasing awareness of support routes, exploring self-defence opportunities, and designing a bright pink personal safety kit featuring alarms, torches and other safety tools.

This work also represents our first steps towards achieving White Ribbon status, empowering young people to challenge harmful behaviours and promote respect and safety for all.

An inspiring start to what promises to be meaningful change.

#VAWGChampions #WhiteRibbon #StudentLeadership #SaferCommunities

ONLINE SAFETY UPDATE: DEEPPAKES, AI AND SUPPORTING OUR YOUNG PEOPLE

As part of our ongoing commitment to safeguarding and personal development, I wanted to share some important information with parents and carers about an emerging online safety concern that schools nationally, including ours, are increasingly seeing: AI-generated images and videos, often referred to as "deepfakes."

For many of us as adults, this feels like unfamiliar territory. We grew up without social media, smartphones or artificial intelligence tools capable of creating highly realistic images in seconds. However, these technologies are now easily accessible to young people through apps and online platforms and are becoming a permanent part of the digital world our children are navigating.

One of the most concerning developments is the rise of AI-generated or digitally manipulated imagery created or shared without a person's consent. Nationally, women and girls are disproportionately affected, which is why this issue forms part of the Government's Violence Against Women and Girls (VAWG) strategy - a campaign we passionately support as we work towards White Ribbon accreditation.

The Law and Legal Consequences

It is important for families and young people to understand that creating, possessing or sharing manipulated or AI-generated images of another person without consent is not harmless or a joke, it can constitute a criminal offence.

Under UK law, including the Online Safety Act 2023, the Sexual Offences Act 2003, and legislation relating to image-based abuse:

- Creating or sharing sexually explicit images of someone without their consent (including AI-generated or edited images) may be treated as image-based abuse.
- If the image involves a person under 18, this may legally be classified as the creation or distribution of indecent images of a child, even where artificial intelligence has been used.
 - Simply forwarding, saving or reposting such content can also constitute an offence.

Consequences may include:

- Police involvement and criminal investigation
 - Confiscation of digital devices
 - School sanctions, including suspension or exclusion
 - A criminal record, which may impact future education, employment and travel opportunities
- We are clear with students that anonymity online does not remove accountability, and digital actions can have serious and lasting real-world consequences.

Education in School

With support from the Home Office, schools have recently been provided with new RSHE lesson materials designed to help young people understand the risks, responsibilities and legal implications linked to deepfake technology.

From September 2026, teaching about AI-generated imagery and deepfakes will become a statutory requirement within RSHE at Key Stages 3 and 4. At The Abbey School, we have already begun implementing this learning within our curriculum, supported by Wellio, our accredited RSHE resource bank, to ensure students are equipped with the knowledge and understanding needed to navigate these emerging online risks safely.

Through this learning, students explore:

- How AI images and videos can be created and misused
- The law surrounding the creation and sharing of manipulated images
 - Consent, respect and healthy online relationships
 - How to seek help or report concerns safely
- Strategies to pause, question and think critically online

Supporting Conversations at Home

We recognise that this is a rapidly changing area and may feel challenging for families to keep up with. Parents and carers do not need to have all the answers - open conversations remain the most important protective factor.

You may wish to:

- Talk about the fact that images and videos online are not always real
- Reinforce that sharing images of others without permission is never acceptable
- Encourage children to speak to a trusted adult if something online worries them
- Regularly check privacy settings and discuss responsible online behaviour

Signs to Look Out For

As with many online issues, changes in behaviour can sometimes be the first indicator that a young person is worried. These may include:

- Anxiety linked to phone or social media use
- Sudden withdrawal from friendships or school
 - Distress after being online
- Concerns about rumours, edited images or online embarrassment

Technology continues to evolve quickly and while these developments can feel daunting, education and partnership between school and home remain key. We will continue to work proactively with students to help them navigate online spaces safely, responsibly and respectfully. If you have any concerns or would like further guidance, please do not hesitate to contact the school safeguarding team at nkamara@abbey-school-faversham.co.uk.

Thank you for your continued support.



EXTRA CURRICULAR PROGRAMME

TERM 4

This term, our extracurricular programme is full of exciting opportunities, with something to suit everyone's interests. There are sports, creative clubs and new activities to try out. Joining in is not just about fun, it's also a chance to discover new talents, meet different people, and grow in confidence.

Trying new things is especially valuable because it helps you step outside your comfort zone. You may uncover hidden skills you didn't know you had, or find a passion that could shape your future. It also teaches resilience, problem-solving, and teamwork skills that are useful both in and out of school.

Most importantly, extracurricular activities bring balance to your life. They give you a break from classroom learning while still helping you develop in meaningful ways. Whether you continue with something familiar or try something completely new, you'll gain experiences and memories that will last well beyond this term.

Click the image below to see what is happening this term!



STUDENT SHOUTOUT!

We love celebrating our amazing students and their achievements! Parents and carers, we'd love to hear from you! If your child has achieved something they're proud of (big or small!), send it in and we will share this with our school community.

Achievements could include:

- Academic successes
- Sporting achievements
- Creative talents
- Personal milestones
- Acts of kindness or resilience

To take part, simply email us with:

Your child's achievement
Their name
A photo (optional)

info@abbey-school-faversham.co.uk

Let's work together to celebrate our students and recognise their hard work!

#BeTheBestYouCanBe



SUPPORT ISLA'S 2ND DAN JOURNEY!

Isla is currently a 1st Dan Black Belt and is now grading for her 2nd Dan! As part of her journey, she's raising money for Young Lives vs Cancer.

On 12th April, she'll complete:

3 hours of intense training, 40 minutes of sparring, 1,500 punches and 1,500 kicks! If you'd like to support Isla and this amazing cause, any donation would be hugely appreciated.

https://www.justgiving.com/page/micha-stevenson-3?utm_medium=FR&utm_source=CL&utm_

SPOTLIGHT ON ENGLISH



At the end of last term, Year 10 students, along with some Year 9 students, had the exciting opportunity to attend the GCSE Poetry Live tour at The Apollo Theatre in London. The event brought poetry to life as students met and listened to a range of popular and well-established poets, including Carol Ann Duffy, Simon Armitage, Daljit Nagra, Liz Berry, Imtiaz Dharker and the great John Agard.

Students were able to hear first-hand about the poets' thoughts and feelings behind their work, gaining valuable insight into their inspirations and creative processes. This provided a meaningful and memorable experience to support their preparation for the Literature exam.

The session was introduced by Chief Examiner Tony Childs, who offered excellent advice and top tips on how to achieve the highest marks in the Unseen Poetry section. His guidance on what examiners are looking for proved incredibly beneficial and reassuring for students.

Later in the morning, Simon Armitage captivated the audience by opening his performance with a dramatic and energetic rap. Students were on the edge of their seats, tapping along as his delivery became faster and more intense. Daljit Nagra further inspired students with engaging comparisons, including links to popular culture such as Stranger Things, demonstrating how poetry can connect to modern audiences. His expressive tone and vivid language thrilled listeners.

Imtiaz Dharker and Carol Ann Duffy captivated students through their exploration of symbolism and layered imagery, deepening students' understanding of poetic techniques. Finally, John Agard received rapturous applause as he took to the stage, wowing the audience with his charisma, humour and powerful performance style.

Throughout the event, students were given opportunities to ask questions and were provided with booklets to record key advice and insights from the poets. Overall, it was an inspiring experience that allowed students to see poetry come alive and provided a powerful way to reinforce key knowledge in preparation for their exams.

SPOTLIGHT ON DANCE

It's been an incredibly exciting and successful year so far for Dance – and we're only just getting started!

What We've Achieved So Far

Dancaethon – A Huge Success! Our Dancaethon was an absolute triumph! The energy, enthusiasm and teamwork on display were amazing, and students have already asked if we can run another one this year – watch this space!

Dance Bake Sale A fantastic effort from our students who organised and supported our dance bake sale to raise funds for the department. Thank you to everyone who baked, bought and supported!
Trip to the West End – Wicked We took 100 students to London's West End to see the spectacular musical Wicked. The trip was truly inspiring, giving students the opportunity to experience high-quality live theatre and professional performance at its very best.

Primary School Workshops We were proud to deliver dance workshops to local primary schools, sharing our passion for dance with younger students and building strong community links.

Dance Leaders 2025 Our Dance Leaders for the year have now been selected. We are so proud of the responsibility, maturity and enthusiasm they are already showing in their roles.

Supporting Year 11 Examination Work Over half term, rehearsals were in full swing to support our Year 11 students with their examination pieces. It has been wonderful to see students from all year groups coming together to support one another – a true reflection of the supportive and inclusive spirit within Dance.



Special Mentions & Praise

A huge shoutout to our Year 7 & 8 Dance Club – you are absolute superstars! Your commitment, talent and positivity bring so much joy to every session. The progress you're making each week is fantastic to see.

Our Year 9–11 students continue to work incredibly hard in lessons, developing both their performance and choreographic skills. The focus and creativity being shown in practical work has been outstanding.

Year 11 Update: Students have successfully completed their solo and duet examinations – an amazing achievement. The choreography examination is coming up in April, with a dedicated drop-down day on Tuesday 3rd March to support preparations. Students involved in exam work will be off timetable for the full day and are permitted to wear their dance kit to school.

We are so proud of the resilience, professionalism and dedication our Year 11 cohort continues to demonstrate.

What's Coming Up

- Year 8 Dance Taster Sessions (in preparation for options)
- Year 7 Dance Development Day Workshop
- Primary School Dance Event
- And much more!
- Annual Dance Show – details coming very soon...

Our New Space

We are absolutely loving our new space to dance in! It has already had such a positive impact on lessons, rehearsals and clubs, and we can't wait to continue creating amazing work in it.

Thank you to all students, staff and families for your continued support of Dance – the energy, commitment and passion across the department makes it such a special place to be. Here's to an even bigger and better rest of the year!

Why Choose Dance as a Subject?

Choosing Dance is about so much more than learning routines. It is a subject that develops confident, creative, resilient young people with skills that last a lifetime.

Career Pathways in Dance

Studying Dance can open doors to a wide range of exciting careers, including:

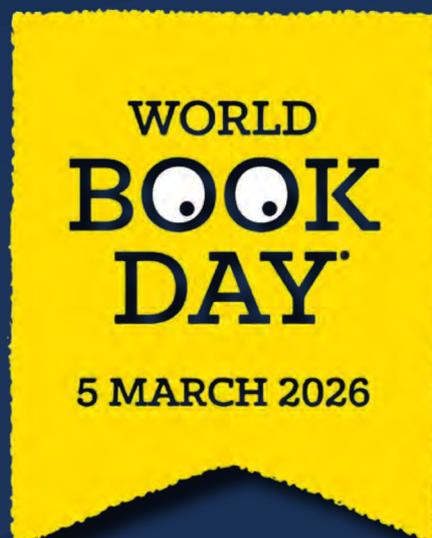
- Professional dancer (stage, touring, cruise ships, music artists)
 - Choreographer
 - Dance teacher or lecturer
 - Musical theatre performer
 - Arts therapist
 - Community arts practitioner
 - Creative director
 - Event producer
 - Fitness instructor or personal trainer
 - Sports coach
- Physiotherapist or sports rehabilitation specialist
- Arts management and production roles

Dance also links strongly with careers in theatre, television, film, fitness, education and the wider creative industries.

WORLD BOOK DAY

Thursday March 5th is World Book Day and each student in Years 7 and 8 will receive a voucher entitling them to either one free World Book Day book (these are shown on the back of the vouchers) or £1 off a book or audiobook costing £2.99 or more, in participating booksellers only and subject to availability.

A link to participating booksellers also appears on the back of the vouchers.



Ramadan and Lent

Supporting Our Students and Staff

A Quiet Room is Available
in the Centre at Lunchtimes.



Some may not be eating or drinking



Energy levels might be lower



Quiet reflection & prayer may be happening

Ramadan 2026

18 Feb — 19 Mar

Lent 2026

18 Feb – 29 Mar

Thank you for being mindful & respectful

RAMADAN AND LENT SUPPORTING OUR STUDENTS AND STAFF

Some of our students and staff are currently observing Ramadan and Lent, periods which may involve fasting, prayer, reflection, and adjustments to daily routines.

To support those observing, a quiet and comfortable room is available in the Centre during lunchtimes. Any student wishing to use this space is welcome to do so. Please ask them to contact Mrs Le Brunn-Healey, who will arrange access.

We kindly ask all members of our school community to remain mindful and respectful during this time:

- Some students and staff will not be eating or drinking during the day
 - Energy levels may be lower than usual
 - Quiet reflection or prayer may be taking place

Thank you for helping us maintain a considerate and supportive environment for everyone at The Abbey School.

Ramadan 2026: approximately 18 February – 19 March
Lent 2026: 18 February – 29 March



We have worked with you
listened to your ideas and made lots of changes
over the last few years.



You asked.....

*"Can we sit with our friends in the canteen
at lunchtime?"*

We did.....

*"You are allowed to sit with your friends in
the canteen – we hope this makes lunch
enjoyable for you."*



THE WORRY BOX

Checked daily during school hours

www.theabbey-that.org.uk/worrybox

Not checked at the weekends or evenings. For urgent help, contact
NSPCC, Action for Children or Childline



Faversham Golf
Academy



The Abbey
School



GOLF *Day*

Fundraising for Faversham Golf Academy

@Faversham Golf Club

Wednesday 6th May - 2pm Shotgun Start

Cost: £30 Members / £70 Non Members

- Prizes for: Top 4, Nearest to the Pins & Longest Drive
- Sponsorship opportunities (£50 per hole)
- Meal provided (burger and chips)

Register today!



Further information, please contact:
golfacademy@abbeyschoolfaversham.co.uk



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CHARTERED ACCOUNTANTS
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SchoolHire 



The Abbey
School

HIRE OUR FACILITIES

CLICK THE QR CODE TO BOOK NOW!



NO EXCUSE FOR ABUSE



At The Abbey School, we strive to create a **safe and secure** environment for the school community. Our school is a **welcoming and inclusive place** where we all show one another respect and look out for each other.

We will not tolerate any **threatening, abusive or violent** behaviour and action will be taken when necessary.



Secondary School of the Year

Recognising the exemplary use of STEER to proactively safeguard children and young people, and your role in supporting proactive safeguarding across your sector.

2025

A handwritten signature in black ink, appearing to read 'S Walker'.

Simon Walker
STEER Founder

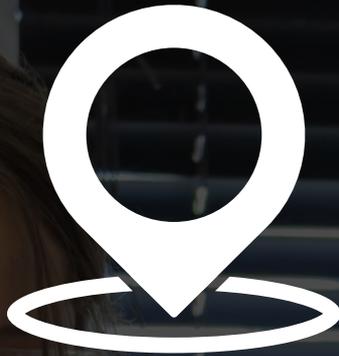


**The Abbey
School**

A handwritten signature in black ink, appearing to read 'J Walker'.

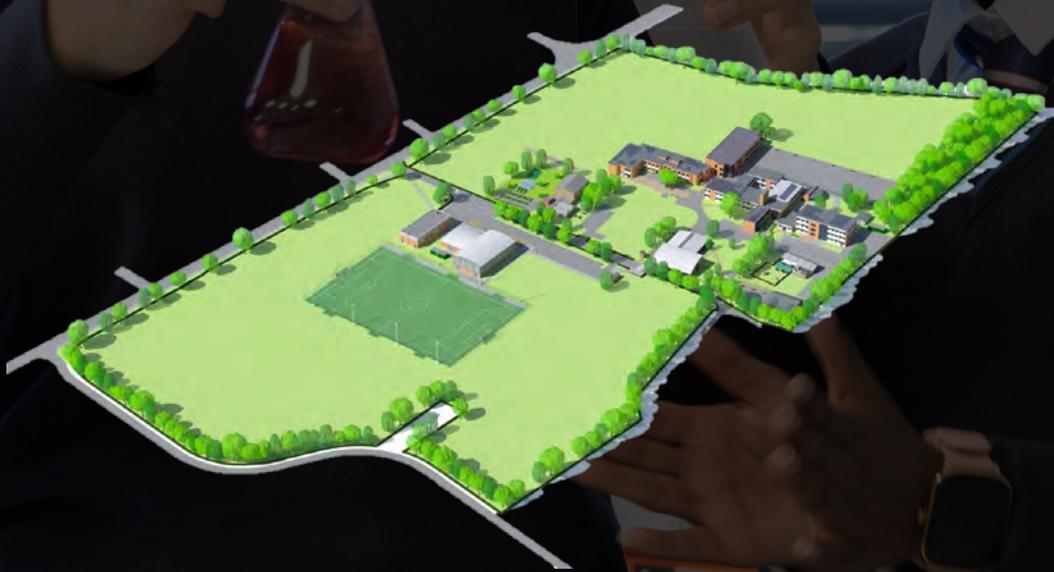
Jo Walker
STEER Founder





The Abbey School
Faversham
Kent
ME13 8RZ

www.theabbey-that.org.uk
info@abbey-school-faversham.co.uk
01795 532633



Attendance Office
01795 542477
attendance@abbey-school-faversham.co.uk



The Abbey
School