



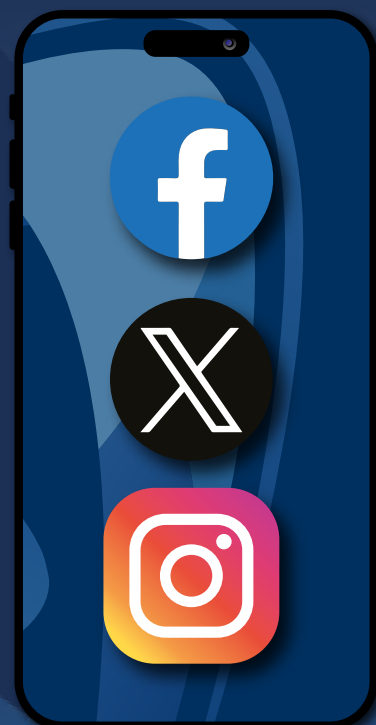
"Be The Best You Can Be"

Weekly Newsletter

2025/26

Issue Number: 37

Date: 10/07/26



STARS OF THE WEEK

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



Frankie G
Year 9
36HP



Frederick B
Year 8
34HP



Sophie B
Year 8
34HP



Mustaqeemah A
Year 9
23HP

#WAKE UP WEDNESDAY

CANTEEN MENU 2025/26

Click the images below to view the canteen menu for Term 6!

10 Top Tips for Parents and Educators
MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises limiting screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

- 1. ASK A GROWN-UP FIRST**
For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an age-appropriate 'first rule' early, whether at home or in an early years setting. Adults should choose age-appropriate content and understand that devices are tools to be guided, not toys to control.
- 2. PROTECT SLEEP BUFFERS**
Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast-paced. Aim for a screen-free time before and after bedtime, and keep screens out of bedrooms. Use this time for settling routines such as stories, bath time, quiet play, or outdoor, helping children recognise that bedtime is approaching.
- 3. CO-VIEW AND CHAT**
Screen time is safer and more meaningful when adults are involved. Sit with children, ask simple questions like 'what can you see?' or 'how does that character feel?' This time provides viewing in shared interaction, supports language development, and helps adults spot potentially unsuitable content, or confusing messages.
- 4. KEEP DEVICES HIDDEN**
Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider creating a 'no screens' rule in bedrooms. This reduces temptation and supports bedtime routines. The device should stay in a secure place, not be used as a reward, and adults stay in control of device support.
- 5. PLAN THE TRANSITION**
The hardest part of screen time is often stopping. Before the screen goes on, tell the child when it's time to stop and what they can do next, such as looking at a drawing. This provides a clear end to the activity. The device should be put away in a secure place, not be used as a reward, and adults stay in control of device support.
- 6. LEAD BY EXAMPLE**
Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home' such as a basket or bin, to show that technology has a place in daily life but does not need constant attention.
- 7. MAKE SCREENS PREDICTABLE**
Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same end-of-screen signals each time, such as a timer, goodbye song, or tidy-up routine, so children know what to expect next.
- 8. CREATE SCREEN ZONES**
Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtimes. Choose one agreed 'yes space', such as a shared living room area or a designated play area. This makes time feel less personal and more like a clear family or setting routine.
- 9. USE SIMPLE SCRIPTS**
Transitions are easier when children hear the same calm language each time. Use short, repeated phrases such as 'Time to tidy up now' or 'When the time comes, we stop the screen' to provide explanations during mealtimes. Simple, repeated phrases help children stay consistent, and give children clear expectations they can gradually understand and follow.
- 10. PRIORITISE SLOW CONTENT**
Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with longer scenes, gentle sounds, and natural pauses. Make digital content slow, with more calm, nourishing choices than fast-paced, digital 'sugar rush'.

Meet Our Expert
Neha Agrawal is the founder of Cyber Vet Kids, an innovative educational initiative that introduces computer cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as a expert panel member on national matters, Neha brings corporate-grade cybersecurity expertise to the early years world.

[@wake_up_weds](#) [/www.theabbeythat.org.uk](#) [@wakeupwednesday](#) [@wakeupweds](#)

Stars of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.07.2025



SCHOOL UNIFORM

As we come close to the end of another school year, please click on the linked image below, which will take you to Forster's School Outfitters price sheet.



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



"supported"

*"motivated to
succeed"*

"safe"

"calm"

*"inclusive
culture"*

*"broad range
of enrichment"*



*"meaningful
opportunities"*

*"significant
positive change"*

*"the curriculum
is ambitious"*

OFSTED RESULTS!

"Pupils feel part of a community that believes in them, challenges them and helps them to succeed."
The Abbey School is proud to share our latest Ofsted Report, following our January inspection, which took place under the new Ofsted framework.

Inspectors noted that "the school has been through significant positive change", judging Personal Development and Wellbeing and Post-16 Provision to be Strong Standard, and confirming that Curriculum and Teaching, Attendance and Behaviour, Inclusion, and Leadership and Governance are operating at the Expected Standard.

Particular praise was given to our Pastoral Support Team, with inspectors commenting that "Pastoral support is a strength. Pupils trust staff to help them manage worries, and... feel safe and supported".

"We are pleased that Ofsted recognised the strength of our work in personal development, safeguarding and sixth-form provision, which reflects the values and culture we work hard to build every day.

Inspectors recognised that pupils are learning well, feel safe, and are prepared for their next stage, including strong sixth-form retention and positive destinations. Our priority now is to continue strengthening key stage 4 outcomes so they fully reflect the learning and progress we see across the school." - Dr Speller, Principal

"I would like to recognise the commitment of the leadership team and staff who have led this work with determination and care. Together they have focused on ensuring that pupils feel safe, supported and that they truly belong within their school community." - Owen McColgan, Chief Executive of THAT

Read the full report by clicking the image below!



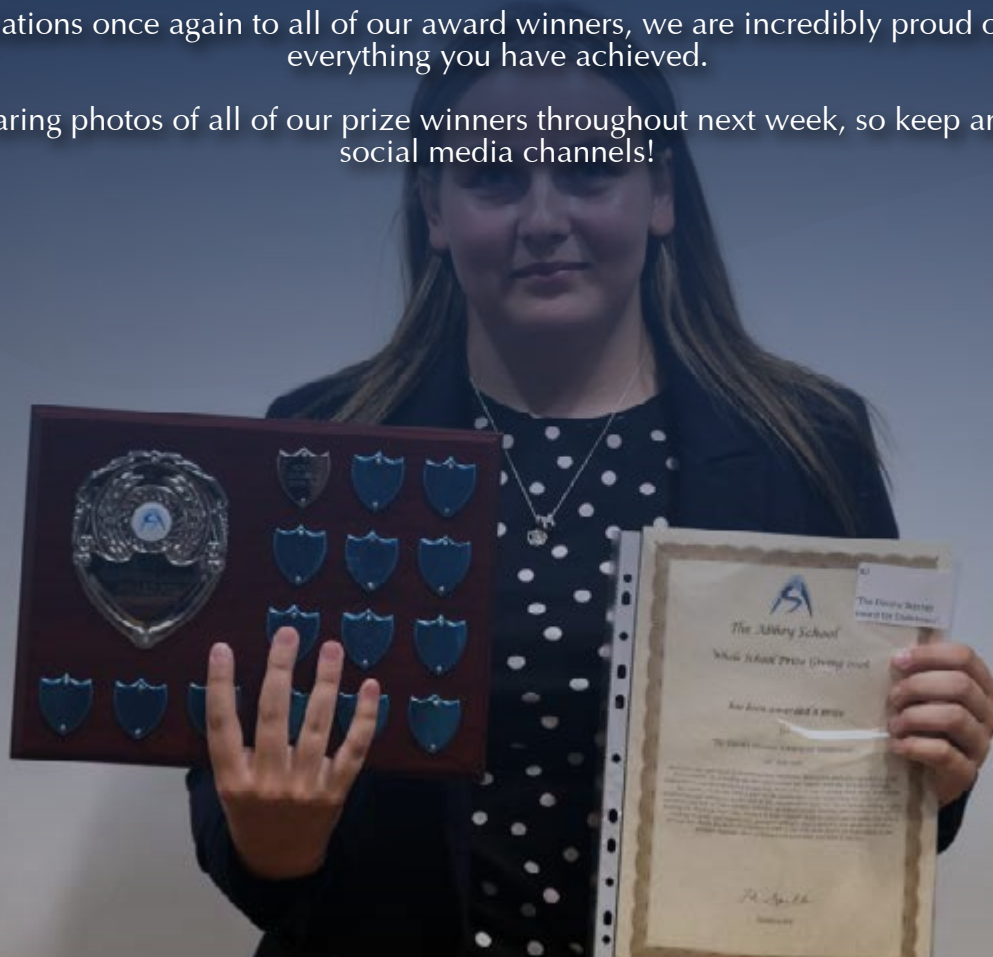
ANNUAL PRIZE GIVING!

A huge thank you to all of the families who joined us for our Annual Prize Giving yesterday evening.

It was a brilliant evening celebrating the incredible achievements of our students and recognising all of the hard work, dedication and perseverance they have shown throughout the year.

Congratulations once again to all of our award winners, we are incredibly proud of you and everything you have achieved.

We'll be sharing photos of all of our prize winners throughout next week, so keep an eye on our social media channels!





SPORTS DAY!

On Friday 3rd July, The Abbey School held its annual Sports Day for Years 7, 8 and 9. Once again, students were competing for their house in athletic events and tournaments in football, softball, rounders, dodgeball and benchball. Some students were aiming for school records, others just enjoying taking part.

The temperature was a perfect 23 degrees, with lovely sunshine and a light breeze. We saw a number of excellent performances from our students across all the different activities we had on offer, with record numbers of students taking part this year. The support from the students and staff was amazing all morning. The students loved having their faces painted in the colours of their houses and cheering as the competitors raced by.

It was brilliant to see the joy on the students' faces as they stood on the podium to receive their medals and the numerous displays of sportsmanship, teamwork, and encouragement were fantastic and a real credit to the school.

The teachers also played their part as the whole school cheered on the staff relay at the end of the day.

Overall, Voyager ran out clear winners with 554 points!



END OF TERM ARRANGEMENTS!

As we approach the end of another successful school year, we would like to remind everyone of the arrangements for the final day of term and the summer break.

The Abbey School will close to students and visitors at 12:30pm on Friday 17th July for the summer holidays.

If you need to contact the school during the break, please email info@abbey-school-faversham.co.uk. Please note that responses may be delayed until the school reopens on Tuesday 1st September.

The school will be open for students and parents/carers on the following results days:

Thursday 13th August – A Level Results Day
Thursday 20th August – GCSE Results Day

We would like to thank all of our students, families and staff for another fantastic year and wish everyone a safe, relaxing and enjoyable summer break.

SIXTH FORM INDUCTION DAY!

It was fantastic to welcome both familiar and new faces to our Sixth Form Induction Days on Monday and Tuesday this week!

It was great to see some of our Year 11 students returning, alongside students joining us from other schools, as they took their first steps into Sixth Form life.

Over the two days, students experienced taster lessons in their chosen subjects, met their teachers and future classmates, and took part in a range of team-building activities. We hope everyone had a brilliant introduction to Sixth Form, and we can't wait to welcome you all back in September!





STUDENT SHOUTOUTS!

What a weekend for Natalie!

Natalie proudly represented the South East at the Swim England Inter-Regional U16 Water Polo Championships!

After an incredible Saturday, the South East finished second in their group with fantastic wins over London and the West Midlands, securing a place in Sunday's semi-finals. They then powered past Scotland to book their place in the final!

Following a thrilling and hard-fought final, the South East came away with an amazing Silver medal, with Natalie and her fellow Faversham teammates all getting on the scoresheet during the tournament.

Even better, this is an improvement on the South East's Bronze medal finish at the U14 competition! Congratulations to Natalie and the whole South East squad on an outstanding weekend.

You should all be incredibly proud!

Shoutout to Alice B who has recently taken her Ballet exam and is waiting to hear the results!

We are wishing you all the best Alice!

Shoutout to Connor F who was recently awarded Managers Player of the season for Medway Rugby Club!

Amazing work Connor, we are very proud of you!



WORK EXPERIENCE SHOUTOUTS!



WORK EXPERIENCE SHOUTOUT!

Chloe - Rose M & Laci - Rose B

The girls have done very well during their work experience. They have been enthusiastic in every task they were given and have shown a genuine interest in the beauty industry. This placement has provided them with valuable experience of a working environment that closely reflects the type of career they may wish to pursue after leaving school.



They are both polite, friendly, and have demonstrated a positive attitude towards work throughout their placement. It has been a pleasure to have them with us, and we wish them every success in their future studies and careers.

Beautiful Nails



WORK EXPERIENCE SHOUTOUT!

Autumn

Autumn has been really helpful during her time with us this week. She is punctual, polite, appropriately dressed, interested, willing to help and willing to learn. She was more than happy to watch all the operations and did not faint, which is always good!! A pleasure to have around.

Bobbing Hill Veterinary Surgery



WORK EXPERIENCE SHOUTOUT!

Ella J

Ella is always punctual. She has been willing to help out with any task given to her.

During the week she has learned to ask her colleagues for help if she's unsure about anything.

She has bounced back from a negative experience with an impatient visitor and arrived for work the following day with a great attitude.

She has definitely grown in confidence during the course of the week.

We wish her all the very best in her future studies wherever that may lead her.



Huckleberry Woods - Micro Animal Adventures



WORK EXPERIENCE SHOUTOUT!

Phoebe B

We would like to say a huge thank you to Phoebe B for the dedication, enthusiasm, and commitment she showed throughout her work experience placement with Barretts.

During her time with us, Phoebe became a valued member of the team, supporting our colleagues and customers at the busy JLR Canterbury reception with confidence, professionalism, and a friendly smile. She also took the opportunity to experience different areas of the business, spending time with our Marketing and Sales team at BMW and MINI, as well as visiting our Bodyshop in Hernden to gain a wider understanding of the automotive industry.

Phoebe approached every task with a positive attitude and a genuine eagerness to learn, making a fantastic impression on everyone she met along the way.

It has been a pleasure to have Phoebe with us, and we are incredibly proud of everything she achieved during her placement. We wish her every success for the future.



Barretts Motor Group



YEAR 11 PROM!

What a night!

From the incredible outfits and smiles to the dancing, laughter, and memories made, it was the perfect way to mark the end of an important chapter. We are so proud of everything our Year 11 students have achieved and wish each and every one of them the very best for the future.

A huge thank you to everyone who helped make the evening so special.

Congratulations, Year 11! We can't wait to see where your next adventure takes you.



SUPPORT INFORMATION



It is okay not to be okay



Everyone responds differently to difficult situations and emotions.

Whatever you are feeling, support is available,
and you do not have to cope on your own.

Please reach out and access the support that feels right for you.



ONLINE SUPPORT



Kooth

www.kooth.com

Free online mental health and wellbeing support for young people.



YoungMinds

www.youngminds.org.uk

Information, advice and support for young people.



Child Bereavement UK

www.childbereavementuk.org/Listing/Category/teenagers

Specialist support and guidance for teenagers affected by bereavement and loss.



TELEPHONE HELPLINES



Cruse Bereavement Support

0808 808 1677

Support for anyone experiencing bereavement.



TEXT SUPPORT



SHOUT

Text 85258

Free, confidential support available 24 hours a day via text message.



SUPPORT IN SCHOOL

Support is available through:

- Form Tutors
- Heads of Year
- Pastoral Support Team
- Safeguarding Team
- any Trusted Adult



There will also be drop-in opportunities available if you would like to talk to someone informally.



IN AN EMERGENCY

If you feel unable to keep yourself safe, or are in immediate danger:



Call 999



Attend your nearest Accident & Emergency (A&E) Department



Tell a trusted adult

You do not need to manage a crisis on your own.



REMEMBER



You are not alone.



Support is available.



There are people who care and want to help.



Please reach out if you need support.

The Abbey School ♥





D OF E TRIP!

Our Year 9 students recently completed their Duke of Edinburgh Bronze Qualifying Expedition, demonstrating outstanding determination, teamwork and resilience throughout the challenge. The expedition took place during exceptionally hot weather, testing the students' endurance as they carried their equipment and navigated their routes across the countryside. Despite the high temperatures, students remained positive and supported one another, ensuring that everyone kept motivated and moving forward.

Navigation proved to be one of the most demanding aspects of the expedition. Students were required to work together to interpret maps, make decisions at key points and adapt when routes were more challenging than expected. Through effective communication and collaboration, teams successfully overcame these obstacles and built confidence in their navigation skills.

The expedition provided many opportunities for students to demonstrate resilience. Faced with tiredness, demanding terrain and the pressures of independent route-finding, students showed great perseverance and a willingness to keep going when things became difficult. Their ability to overcome setbacks and learn from challenges was truly impressive.

Most importantly, students worked exceptionally well as teams. They encouraged one another, shared responsibilities and celebrated their successes together. The expedition was a fantastic example of the qualities promoted by the Duke of Edinburgh Award, and all participants should be incredibly proud of what they achieved. We congratulate our Year 9 students on completing their Bronze Qualifying Expedition and look forward to seeing them continue to develop these valuable life skills in the future.

Miss Harris would like to thank Miss Rubio, Miss Muckian, Mr Oyewole, Mrs Legrand and Mr Keating for their invaluable support for the students throughout their expedition.





PRIZE GIVING!

We are incredibly proud to celebrate the achievements of all our students who received an award for attainment this term!

This kind of achievement is a vital part of school life because it builds a strong foundation for future learning, helps develop self-belief, and encourages a positive attitude towards education. It shows that when you set goals and work steadily towards them, success will follow.

Keep reaching high, setting new goals, and striving for excellence.

We are proud of each and every one of you

PEC SPORTS DAY!

With the annual Sports Day up and running at the Spors Field, PEC took the advantage of a clear school site and ran their very own PEC Sports Day. It was survival of the fitness, a test of skill, balance, endurance, humour and resilience. Students were against each other in races including, egg and spoon race, three legged race, limbo, catch and step, basketball hoop, the sack race, and wheelbarrow race (yes in actual wheel barrows)

Staff and students were in absolute hysterics throughout the colossal championship which saw many collide, eggs smashed, and interesting communication skills with their partners, but it was a fantastic way to spend a few hours out with the students. I strongly believe this will be a tradition that will happen every year. However, the big question is, will Miss Ranson hard boil the eggs next time!





WHATS HAPPENING IN TERM 6



19th
JUNE

**SIXTH FORM
PROM**



6th
JULY

**SIXTH FORM
INDUCTION DAY**



26th
JUNE

**DANCE
SHOWCASE**



6th - 8th
JULY

**YEARS 7, 8 & 9
REWARD TRIP**



29th - 3rd
JULY

**YEAR 6
TRANSITION WEEK**



9th
JULY

**END OF YEAR
PRIZEGIVING**



3rd
JULY

**SPORTS
DAY**



15th - 16th
JULY

**COMMUNITIES
DAYS**



3rd
JULY

**YEAR 11
PROM**



17th
JULY

**END OF TERM
SCHOOL FETE**



FETE DONATIONS!

We are planning to hold our Rewards Fete on the final day of the Summer Term. This is one of our main opportunities to reward students for their efforts and achievements throughout the academic year.

One of the stalls we will be running at this year's fete is a tombola, and we are looking for donations of prizes for our students. If you have any spare items that you would be willing to donate, it would be greatly appreciated.

Examples of suitable items include:

Toys and games
Clothes and fashion accessories
Toiletries

This is not an exhaustive list, and any items suitable for children aged 11–14 would be gratefully received. We kindly ask that all donations are clean and in good condition.

If you are able to donate, please place the items in a bag clearly marked "Fete" and send them in with your child for the attention of the Main Office. Alternatively, you are very welcome to drop them off at the Main Office yourself.

We would also love to hear from any local businesses that may be willing to support the fete through a prize donation. If so, please contact sdannell@abbey-school-faversham.co.uk.

Thank you very much for your continued support.



ALLERGY PENS!

From September 2026, all schools in England will be legally required to stock life-saving adrenaline auto-injectors (allergy pens) under Benedict's Law.

The new legislation also requires:

Staff to receive allergy awareness training
Comprehensive school allergy policies
Better protection for pupils with severe allergies

A positive change that will help schools respond quickly in an emergency and keep children safer.



COMMUNITIES DAYS 2026



COMMUNITIES DAYS 2026 ARE LOADING...

Something different is coming this July.

On Wednesday 15th and Thursday 16th July, students in Years 7–10 will step beyond their normal timetable and take part in two days packed with opportunities, experiences and challenges designed to inspire, surprise and maybe even change the way they see the world.

Expect new faces, new ideas and experiences you won't find in a classroom.

Over the two days, students will have the chance to:

- **Meet people with incredible stories to tell**
- **Discover organisations making a real difference in our communities**
- **Take on exciting challenges and projects**
- **Explore future opportunities, careers and interests**
- **Develop new skills, confidence and connections**
- **Try something new and step outside their comfort zone**
- **Have fun with friends and make new memories**

We're keeping some of the details under wraps for now, but trust us when we say...

THIS YEAR HITS DIFFERENT.

And the excitement doesn't stop there...

Communities Days will be followed by The Abbey School Fete on Friday 17th July, bringing our school community together for a fantastic celebration and a memorable way to round off the academic year.

Keep an eye out over the coming weeks as we reveal more about what's in store.

Communities Days 2026: Loading...

MORE INFORMATION COMING SOON...

ATTENDANCE REWARDS TERM 6!

We are excited to share the fantastic attendance rewards available for students in Term 6!
There are three amazing rewards up for grabs!

Wingham Wildlife Park Trip

Students who receive an Attendance Golden Ticket during Term 6 will be entered into a prize draw to attend a trip to Wingham Wildlife Park.

For every full week of attendance, students will receive an additional entry into the draw — so the more they attend, the greater their chance of winning!

VIP Access at the Summer Fete

All students who achieve 100% attendance during Term 6 will receive exclusive VIP access to one of our hired inflatables at the Summer Fete on the last day of term.

These students will enjoy the inflatable exclusively for the first 40 minutes of the fete!

100% Attendance Grand Prize Draw

Students who achieve 100% attendance for the entire school year will be entered into our grand prize draw, with the chance to win one of these

fantastic prizes:

A brand-new PS5

A 32" Smart TV

Two tablets

A laptop

Best of all, entry into all of these rewards is completely free — students simply need to attend to have the chance to win!

☀️ YOUNG CARERS GROUP ☀️

Do you help care for someone at home?

Why not come along to our Young Carers Group and meet other young carers from different year groups in school?

 17 Wednesdays

 Period 4 (1:30 pm)

Join Ms Bowden for:

 Friendly conversations

 Gentle activities

 A chance to connect with others who understand

No pressure, no expectations – just a relaxed space to chat, take part in activities, and spend time with other young carers.

 Drop-In Session

 17 Thursdays

 2:30 pm

If you'd prefer, you can also drop in and see Ms Punt for a chat.

Interested in either session?

Please speak to a member of the Pastoral Team for more information.

 You are always welcome.

YEAR 9 VACCINATION INFORMATION!

Recently, the Immunisation Service visited school to offer the TdIPV and MenACWY vaccinations to our Year 9 students. While many pupils received their vaccinations, overall uptake was 59%, which is below the national target of 90%.

We would like to remind parents and carers that appointments are still available through local community clinics.

Community Clinic Appointments Available

The Immunisation Service runs community clinics during weekends and school holidays to ensure that no child misses their routine immunisations.

If your child missed their TdIPV and MenACWY vaccinations during the recent school visit, you are encouraged to book an appointment at one of the community clinics.

Parents and carers who previously gave consent but whose child was not vaccinated should have received an automated email containing a booking link.

Alternatively, families can contact the Immunisation Service directly on 0300 123 5205 for more information about clinic availability and booking appointments.

Further information can also be found on the [Immunisation Service website](#)

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@abbeyschoolfaversham.co.uk

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

#BeTheBestYouCanBe



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

You asked.....

"Why do we have to wait outside the canteen before lunch for so long?"

We did.....

"We have now got some good walkie talkies, so your HOY only calls you over to the canteen when it is virtually time for you to go in, so you get more time outside"



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





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.

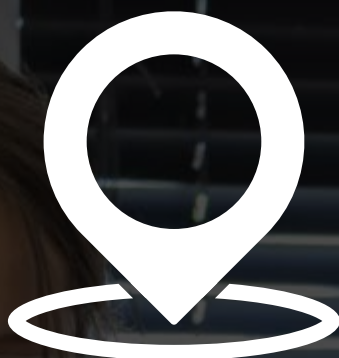
Simon Walker
STEER Founder



**The Abbey
School**

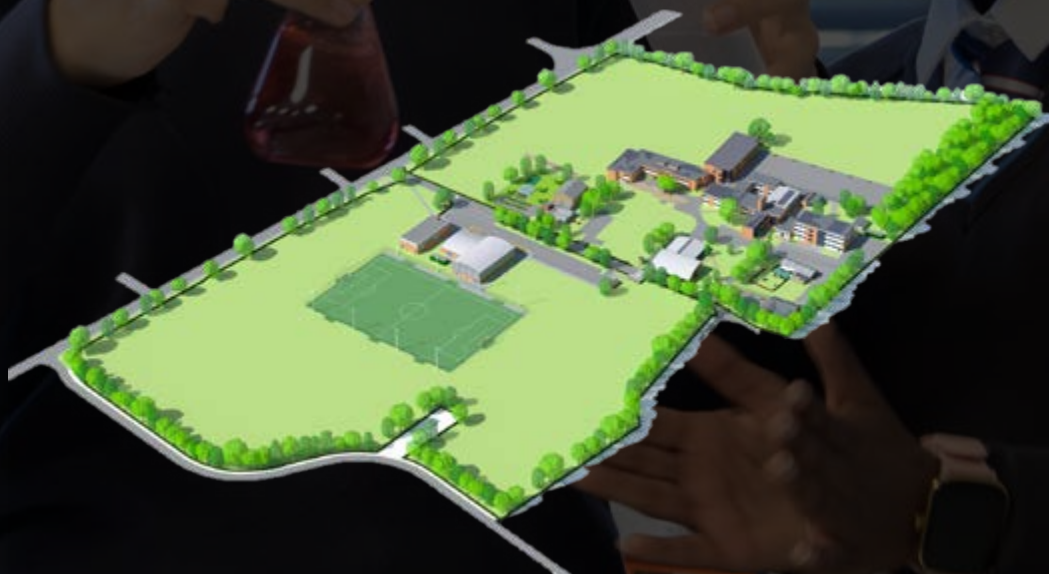
A handwritten signature in black ink.

Jo Walker
STEER Founder



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"BE THE BEST YOU CAN BE"



The Abbey
School