



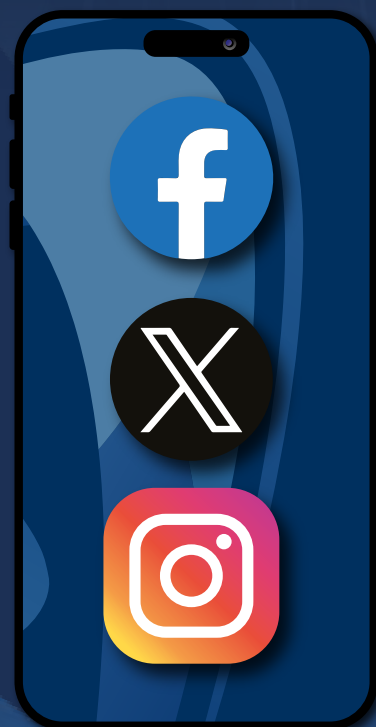
"Be The Best You Can Be"

Weekly Newsletter

2025/26

Issue Number: 16

Date: 16/01/26



STARS OF THE WEEK

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



Deylan N
Year 9
32HP



Marlow W
Year 9
36HP



Sophie B
Year 8
38HP



Emily E
Year 7
36HP

#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 Centre for Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- ONLINE PEER PRESSURE**
Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and shared content can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- CYBERBULLYING EXPOSURE**
Children may encounter bullying through messaging, group chats, or social media. This can be painful and embarrassing, making it harder for them to speak up. Teachers often have limited and reluctant to report incidents.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and increased cardiovascular health.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- PRIVACY AND SAFETY RISKS**
Children may unknowingly share personal information or interact with strangers online without parental consent. They may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-free times and device-free zones, e.g. bedrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Try a visual schedule or timer app to help children understand and stick to limits.
- MODEL HEALTHY HABITS**
Children mirror adult behaviour. Demonstrate balanced device use. Take regular screen breaks and practice face-to-face interactions or reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and openness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practice spotting fake information.

Meet Our Expert
Adam Gillett is Associate Vice Principal for Personal Development at The Abbey School and works on recruitment and day-to-day work for mental health, which works with schools on improving their mental health provision.

#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	5h 12min	87%	Oliver S	Oliver S
11	70h 32min	62%	Ryker D	Logan W
10	42h 35min	65%	Henry A	Ashley B
9	49h 46min	63%	Corbin C-F	Darcie G
8	19h 28min	68%	Mitchell Jones	Ava B
7	14h 3min	59%	Grace B	Janet Z

CANTEEN MENU 2025/26

Click the images below to view the canteen menu for Term 3!

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





**The Abbey
School**

Year 10 **PARENTS' EVENING**

**Thursday 22nd January
4.30 - 7.00pm**

This is a critical year for our students, and the evening offers a valuable opportunity to:

- See your child's progression
- Target advice
- Discuss future pathways

You may also choose to speak with:

- The Head of Year 10
- The Attendance Team
- The Safeguarding Team
- Senior Leaders

We look forward to welcoming you.

 **01795 532633**

 **info@abbeyschoolfaversham.co.uk**

London Road, Faversham, Kent ME13 8RZ

SCHOOL **CLOUD**

We are pleased to announce that for future parents' evenings, we will be using a new system called School Cloud.

This system will allow you to book all your appointments with your child's teacher online, rather than your child booking them in person. This should make the process much easier and more convenient for everyone.

Further info will follow!

 **schoolcloud**



PUPIL PARLIAMENT

Sophie and Olivia went to UTC Waterfront school for this term's pupil parliament trip.

Pupils were initially asked to rank the school on how well students get to decide things and what the process is for doing it. Sophie and Olivia voiced the idea that at Abbey students and teachers work well together to help improve the school.

One of the main issues was about technology and Sophie and Olivia were able to talk eloquently about how we use the robot in lesson, so that those in another area can also follow the lesson.

The students discussed how technology was used in the school, such as One note, which allows students to interact in the lesson and supports with live marking. They also discussed Whiterose education, which helps you catch up with your learning by generating powerpoints.

They discussed AI and the advantages, such as teacher using it to help them plan effective powerpoints and students using it to generate ideas and improve their writing.

Students were then asked to design an ideal digital classroom. Features they would like to see in this are: touch screen electronic whiteboards; audio-books; ipad and computers in classrooms to use for work.

During our termly student voice meeting, we will discuss how we can enhance these ideas further.

Well done girls!

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

WICKED TRIP

On Wednesday 14th January, students enjoyed an amazing opportunity to take a short break from their lessons and travel to London's West End to watch the spectacular musical Wicked.

The trip was a memorable experience and a fantastic chance for students to enjoy live theatre!

Massive thanks to all staff members for organising this brilliant trip.



100% Attendance = Big Rewards

3x Brand new 32" TV's to be won!

From Monday 12th January, every lesson counts! Students with 100% attendance until the end of term will be entered into an exclusive prize draw.

One TV will be won per key stage!

Turn Up. Stay In. Tune Into a New TV!

*Students who have on going medical conditions which require appointments or Year 11 students who are attending post 16 interviews will still eligible

 **The Abbey
School**

THE ABBEY LESSON

THE ABBEY CLOCK: HOW WE HELP STUDENTS LEARN WITH PURPOSE

At The Abbey School, every lesson follows a clear rhythm designed to help students remember more, understand deeply and make strong progress. This structure, known as The Abbey Clock, ensures the learning journey is consistent, ambitious and supportive for all students.

Starter Slide

At the start of each lesson, students connect previous learning to the new knowledge they will explore.

This moment helps them understand:

- What they are learning
 - Why it matters
- How today's learning builds on earlier content

Students are expected to:

- Write the date and Big Question/title
- Open their Knowledge Organiser on the correct page
- Listen carefully to understand "why this, why now"
 - Make links to prior learning

End Slide

The End Slide brings the lesson full circle.

Students:

- Reflect on what they've learned
- Check their understanding against the success criteria
 - Identify strengths
- Notice what they need to revisit or revise

This supports long-term progress and helps teachers respond quickly to learning needs.

Knowledge Organisers (KOs)
Knowledge Organisers sit at the heart of learning at The Abbey School. Students must have them on their desks every lesson.

KOs help students retrieve key facts and vocabulary, complete home learning and prepare for assessments.

Every KO includes RAG boxes so students can traffic-light their confidence:

Red – I don't understand yet
Amber – I understand some parts
Green – I'm confident

Students use these RAG ratings to track what they know and what they need to revise or ask about. This builds independence and a clear sense of progress.

Stamps & House Points

During lessons, teachers circulate to check work and give quick, targeted feedback. Students receive stamps when:

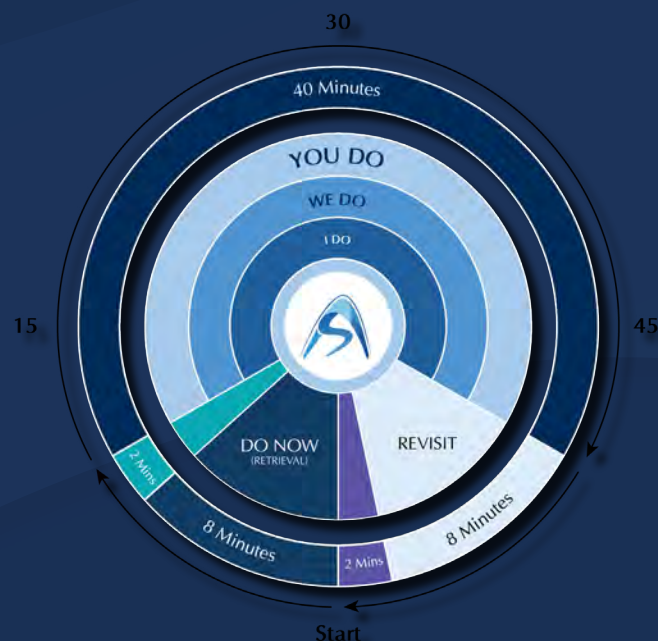
Work has been checked
Effort is strong
Learning is accurate
Misconceptions have been addressed

To reward consistency:

3 stamps on a page = 1 House Point (KS3/4)
Stamps encourage effort, pride and progress, and help students build a clear record of their learning.

Together, these routines help every student learn with purpose, clarity and ambition, preparing them for life, not just exams.

THE ABBEY CLOCK



Shape



At The Abbey School we speak in full Sentences.



Our Hands are away from our faces when we speak.



We Articulate. We never speak too quickly or mumble.



We Project. We speak clearly and audibly to the whole class using our university voices.



We look people in the Eye to show confidence and respect.



Steps



Sir, Miss or Dr every time. We call this the Abbey full stop. It should end every sentence



Thank you, every time someone does something for us



Excuse me, every time you need to enquire or get attention. Then we wait and never interrupt



Please, every time that you request something



Style - the way we present ourselves matter, think about your body language, expression, tone and words



CALLING ALL POTENTIAL COMMUNITY OFFICERS



**DO YOU WANT TO MAKE A DIFFERENCE TO YOUR SCHOOL? DO YOU HAVE SOME GREAT IDEAS ABOUT HOW TO
BRING POSITIVE CHANGE?**

THEN APPLY NOW – WE WANT YOU!

Due to the retirement of some of our year 11 house officers, we are going to have a few spaces on the house council team. This is a team that does the following activities:

- Organises community events in the school, such as charity days
- Meets with Mrs LeBrunn-Healey and Mrs Lucas re positive change
- Gets involved in projects, such as Onion space and the White ribbon campaign
- Supports the school in fund-raising
- Collects and distributes documents and golden tickets
- Feedback to year groups in assemblies
- Helps organise trips and events, such as to Swale Council chambers
- Eco-projects – tree-planting and litter-picking

If you are interested in applying, you must do the following:

- 1) Let Dr Moseley know by **Friday 16th January**
- 2) Write a speech of no more than 2 minutes on the topic of: ***“One community project that I would like to propose and help run for the Abbey school is...”***

You will have 2 minutes to stand up in all house assemblies in week 6 of this term and give your speech to all year groups. Your speech will be judged on the following criteria:

- How well you outline your idea – is it clear how it would work?
- Why this idea is important and how it links to the community
- How well you present it – are you clear and concise?
- How can you get the school on board?

Successful candidates will then be informed and be in position for term 4. I will also be sending the list of potential candidates to your tutors and heads of year, so they can keep me informed of anything brilliant you do for the school/community before week 6 of this term. If you have any questions either email or see Dr Moseley –

amoseley@abbeyschoolfaversham.co.uk



DOVER ATHLETIC FOOTBALL ACADEMY

IN PARTNERSHIP WITH THE ABBEY SCHOOL SIXTH FORM

FOOTBALL ACADEMY TRIALS

TUESDAY 17TH FEBRUARY 2026

IF YOU ARE INTERESTED IN ATTENDING THE TRIAL OR WANT TO FIND OUT MORE INFORMATION, PLEASE SCAN THE QR CODE BELOW AND FILL OUT THE FORM.



- Excellent coaching from UEFA A Licence Coaches
- Full time training whilst studying a full range of A Level or BTEC Courses
- Full Fixture Schedule played on Wednesday afternoons
- Represent Dover Athletic Football Club
- Play in the FA Youth Cup
- Compete in International Tournaments
- Excellent progression routes

If you have any questions, please contact Academy Manager Mike Sandmann
msandmann@abbey-school-faversham.co.uk

 The Abbey
School



Abbey School Sixth Form

Passionate about golf?

Join our Sixth Form and play alongside your studies!

Come and join our success story!



www.theabbey-that.org.uk

Faversham Golf
Academy

 The Abbey
School



Consideration In The Community

Most of you are wonderful ambassadors of the school through your kind and considerate actions towards others in our local community, especially when travelling to and from school.

Remember it is **not fair** for anyone to be allowed to deliberately make life miserable for others. **We will never tolerate nasty behaviour, thoughtless actions or bullying towards those in our school or in the local community.** In school always ask an adult for help if you are being treated unkindly or if you feel frustrated about the way others are treating you. In the community we need to show we are caring and considerate towards those who live and work near the school, so everyone feels safe and happy when they meet Abbey students.

DO

Move aside on the pavement to allow to use it.

Speak using appropriate tone and at a sensible level to those you are with, using language that is not offensive or swearing.

Cross roads safely, using the bridge to navigate the A3 and by looking up and checking the traffic for all other streets where there are no pedestrian crossing facilities

Respect residents' property by walking on the pavements, keeping away from cars, bin, doors and driveways. Be polite to those who live near our school.

DO NOT

Monopolise the whole pavement space by walking in a group forcing elderly, those with prams or indeed anyone from the community into the road.

Shriek, shout, threaten or swear to those around you, be they friends, members of the public or students who attend other schools - this is intimidating behaviour brings our school into disrepute and this will be followed up and dealt with.

Run across the A3, this is a busy road with TWO speed cameras on it for a reason - the number of accidents. **DO NOT** become a statistic (injured or worse). Do not walk out directly in front of cars and expect them to stop.

Trespass onto people's property or cause damage to their property, if this happens residents should report this to the police, and we will always help the police identify who has caused the problem so they can take the action they need to (this could include prosecution for criminal damage or harassment etc).

COLD WEATHER REMINDER

As the weather has turned colder and temperatures continue to drop, please ensure your child comes to school with a warm coat each day. We want all children to stay comfortable and safe during their time at school.

Thank you for your support and cooperation.



Choosing the right...



UCAS: Comparing undergraduate courses & unis

Course

Things to consider



Which subjects interest me?
What do I love?



What am I good at?



Do I need a particular subject to follow my preferred career?



Does the course suit my preferred learning style?

How can I decide?

Attend open days, subject talks & taster days

Speak to tutors & current students

Read the course & module content

Check if the course includes a placement – they're great!

Understand entry requirements

Ask about assessment methods



Near home or further away?



City, rural, or campus location?



Facilities: gym, library, student support, societies & clubs, food, accommodation, careers



Does it have a good student experience?

How can I decide?

Attend open days

Speak to current students

View student satisfaction ratings

Check out the uni facilities (including for your course)

Visit the accommodation

Explore the local area

Work out how you can afford to live there

University

Things to consider

log in to learn more at www.morrisby.com



EXTRA CURRICULAR PROGRAMME

TERM 3

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!



YOU SAID WE DID!

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

You asked.....

*"We don't like folding our arms in STAR,
do we really need to do this?"*

We did.....

*"We want you to feel comfortable when
listening to your teachers, so we took away
folded arms in STAR. Some of you asked if
you could still fold your arms as it helps
you to concentrate – of course you may if
you prefer to do this."*



 **The Abbey
School**





Work Experience Programme for Year 10 Students 2026

We are pleased to announce that our Work Experience Programme for Year 10 students, taking place from Monday 29th June to Friday 4th July 2026. This compulsory, week-long placement gives students the opportunity to step away from their usual school timetable and gain invaluable first-hand experience in the world of work.

To introduce the programme, we will be holding an assembly for all Year 10 students, where they will receive clear guidance on how to source, apply for, and follow up on work placements. This session will also offer practical advice on approaching employers and making the most of this experience.

Why Work Experience Matters

At this important stage of their education, work experience plays a vital role in helping students:

- Explore potential career paths and industries of interest
- Build independence and confidence through real-world experience
- Enhance CVs and future applications for sixth form, college, apprenticeships, or university
- Develop transferable skills, such as communication, teamwork, and problem-solving

Students are expected to arrange their own placement, ideally in a field that interests them. This process not only gives students a sense of ownership over their future, but also helps them develop essential skills for future job searches and applications.

Supporting Your Child

We ask for your support in encouraging your child to actively pursue a placement that aligns with their interests or future aspirations. Whether it's in healthcare, business, the arts, engineering, education, or another field, every experience will help broaden their understanding of the working world.

Students will be guided through the process in school, and I will be available to offer support and advice as needed.

This is a fantastic opportunity for our students to gain meaningful insight into the world beyond school, and we look forward to seeing the positive impact it will have on their confidence, motivation, and future goals.

Mrs Priestley
Careers Support Co-ordinator

SUPPORTING EXAM STRESS AND WELLBEING

As part of the Personal Development programme, our Year 11, 12 and 13 students have been provided with helpful resources from Kooth, an award-winning online mental health and wellbeing platform.

Kooth offers free, safe and anonymous support for young people, including:

- One-to-one chats with qualified counsellors,
- Helpful articles and wellbeing activities,
- Peer support through moderated discussion boards, and
- Tools to track mood and set personal goals.

With mock exams approaching next week, we know many students may be feeling more anxious. These resources are designed to help them manage stress, build resilience and maintain balance during the exam period.

How you can support at home:

- Encourage regular breaks, rest, and healthy routines.
- Listen without judgement — sometimes talking helps most.
- Remind them that effort and progress matter more than perfection.
- Visit www.kooth.com together to explore the support available.

We're incredibly proud of our students' dedication and will continue to provide both academic and emotional support throughout the exam season.

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.

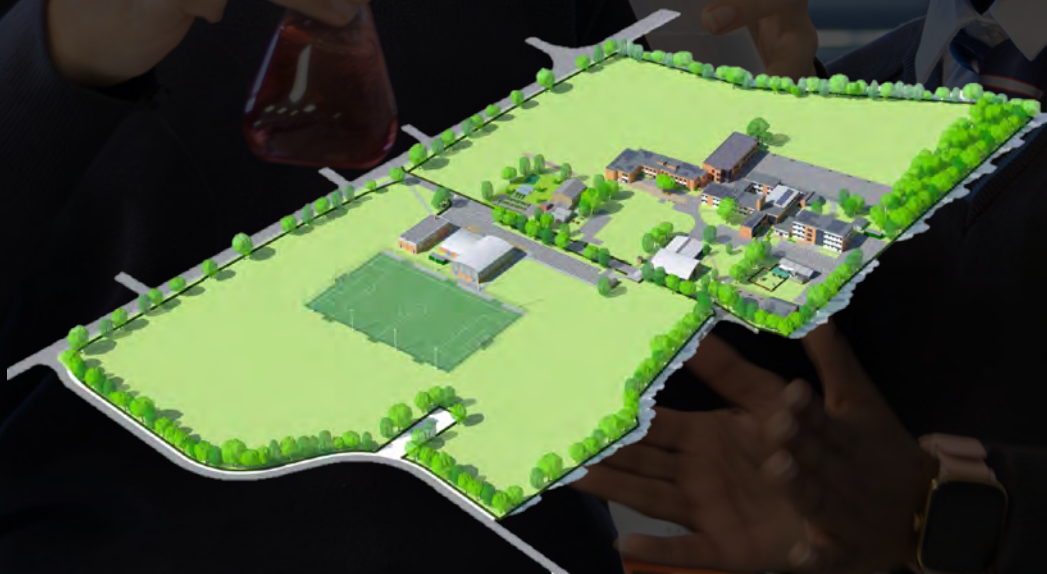
Jo Walker
STEER Founder





The Abbey School
Faversham
Kent
ME14 8RZ

www.theabbey-that.org.uk
info@abbeyschoolfaversham.co.uk
01795 532633



Attendance Office
01795 542477
attendance@abbeyschoolfaversham.co.uk



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