



**The Abbey  
School**

“Be The Best You Can Be”

# Weekly Newsletter

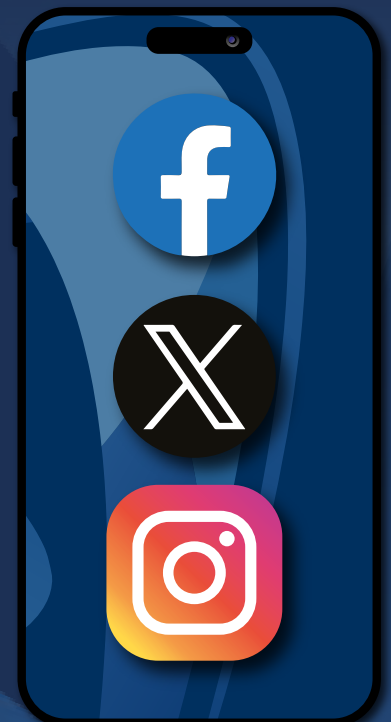
**2025/26**

Issue Number: 30

Date: 15/05/26



THE HOWARD  
Academy Trust



# STARS OF THE WEEK

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



**Michael S**  
Year 9  
45HP



**Frederick B**  
Year 8  
50HP



**Neryah J**  
Year 9  
47HP



**Dylan C**  
Year 9  
62HP

## #WAKE UP WEDNESDAY

## CANTEEN MENU 2025/26

Click the images below to view the canteen menu for Term 5!



## SENECA CHAMPIONS

Year Group	Learning Time	Average Score	Time Champion	Score Champion
12 & 13	2h 30min	94%	Oliver S	Oliver S
11	96h 7min	68%	Charlie L-W	Florence A
10	No data - Revision for English Literature Exam			
9	34h 59min	61%	Zeze L	Daniel Ma
8	3h 36min	69%	Charlie H	Ellie M
7	6h 9min	56%	Ava R	Emma P

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



*“supported”*

*“motivated to  
succeed”*

*“safe”*

*“calm”*

*“inclusive  
culture”*

**Ofsted**

*“meaningful  
opportunities”*

*“broad range  
of enrichment”*

*“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.

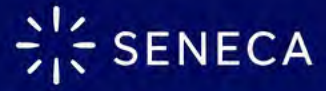
Inspectors recognised that pupils are learning well, feel safe, and are prepared for their next stage, including strong sixth-form retention and positive destinations. Our priority now is to continue strengthening key stage 4 outcomes so they fully reflect the learning and progress we see across the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



# YOU'RE DOING AMAZING! KEEP IT UP!



Learn more.  
Know more.  
Be more.

Your hard work on Seneca is building knowledge, confidence and brighter futures!

**554**  
Active students  
Getting stuck in and learning!

**997h 49m**  
Study time  
That's time well spent on your future!

**66%**  
Average score  
Great work! Keep aiming higher every day!

**EVERY QUIZ. EVERY ANSWER. EVERY STEP COUNTS!**

## WHERE YOU'RE ACTIVE



## TIME WELL INVESTED



## PROGRESS ACROSS YEAR GROUPS

### ACTIVE STUDENTS



### STUDY TIME

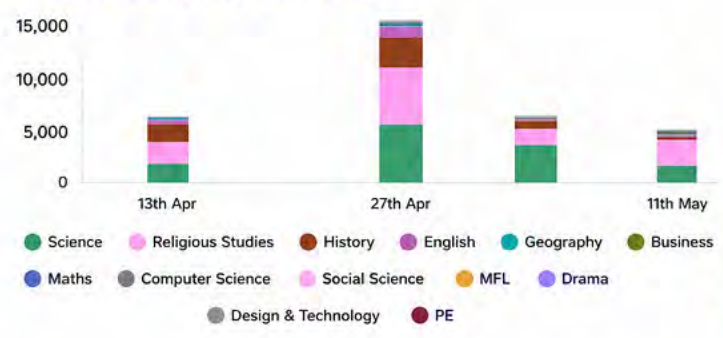


### AVERAGE SCORE



**TOP PERFORMER**  
Well done to Year 13 for the highest average score of 92%!  
Excellent work - keep leading the way!

## WEEKLY LEARNING SESSIONS



**REVISION THAT WORKS FOR YOU**

- Curriculum aligned content for all GCSE subjects
- Quick, engaging videos you can watch anytime
- Personalised feedback to improve based on your answers

Anywhere, anytime, on any device!

## SIMPLE STEPS. BIG IMPACT.

- Set a goal**  
Pick a topic and go for it!
- Study little and often**  
Regular sessions make a big difference.
- Check your feedback**  
Learn from every answer and improve.
- Keep going**  
Every Pod, every quiz, every day moves you closer to your goals!

You've got the tools.  
You've got the support.  
Now **keep believing in yourself!**

**KEEP LEARNING. KEEP IMPROVING. KEEP ACHIEVING!**

LOG IN TO SENECA TODAY AND MAKE EVERY MINUTE COUNT!

[senecalearning.com](https://senecalearning.com)

# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p><b>ASK FOR HELP</b> You are not alone, so reach out and ask for help</p>	 <p><b>BREATHE</b> Focus on your breath to find a sense of calm</p>	 <p><b>CONNECT</b> Connect with friends, family and trusted adults</p>	 <p><b>DETOX</b> Unplug from social media and other distractions</p>	 <p><b>EMOTIONS</b> Observe how you feel and label your emotions</p>	 <p><b>FIND SAFE PLACE</b> Go to a place where you feel safe and at ease</p>
 <p><b>GRATITUDE</b> Focus on the things you're grateful for</p>	 <p><b>HEALTHY HABITS</b> Create a balanced routine with healthy habits</p>	 <p><b>INQUIRE</b> Pause and ask yourself, 'how do I feel right now?'</p>	 <p><b>JOURNAL</b> Use a journal to express your thoughts and feelings</p>	 <p><b>KINDNESS</b> Be kind and compassionate to yourself and others</p>	 <p><b>LET GO!</b> Feel more energised, by moving your body</p>
 <p><b>MEMORIES</b> Visualise three things you are proud of</p>	 <p><b>NATURE</b> Improve your mood by exploring the great outdoors</p>	 <p><b>OPENNESS</b> Be open to new activities and notice what happens</p>	 <p><b>PATIENCE</b> It's okay to not be okay, so give yourself time</p>	 <p><b>QUIET</b> Take quiet moments every day to reflect</p>	 <p><b>REST</b> Be mindful, rest often and get plenty of sleep</p>
 <p><b>SUPERHERO</b> Stand in the Superhero Pose for two minutes every day</p>	 <p><b>THOUGHTS</b> Track your thoughts in a journal, and notice any themes</p>	 <p><b>UNIQUE</b> You are unique, and so is your mental health</p>	 <p><b>VOLUNTEER</b> Boost your self-esteem by giving back to others</p>	 <p><b>WORRY TIME</b> Schedule 'worry time' to help solve practical worries</p>	 <p><b>EXCITEMENT</b> Do more of the things that bring you joy and excitement</p>
 <p><b>YOU MATTER!</b> You are important and your feelings matter</p>	 <p><b>ZEN</b> Practise calming activities like yoga and meditation</p>	 <b>OPTIMUS EDUCATION</b>			

As it is Children's Mental Health Week this week, we wanted to share a free wellbeing resource that schools may find useful

Supporting children's mental health is so important, as positive wellbeing helps children feel safe, confident, and ready to learn both in and out of the classroom.

We also want to remind students that they can talk to any member of staff if they have any worries or problems — there is always someone ready to listen and help!

# MENTAL HEALTH AWARENESS WEEK!

## Mrs C Blythe – Specialist Intervention Practitioner

In my role at school, I am dedicated to supporting children's mental health and wellbeing through a range of gentle, therapeutic interventions. These approaches provide safe spaces where students can feel heard, understood and supported.

### Drawing and Talking

Drawing and Talking is a key intervention I deliver, allowing students to explore their feelings through creativity. For many, drawing is a natural way to express emotions they may find difficult to put into words. This helps students feel calmer, build confidence and begin to make sense of their experiences.

### Sand Tray Work

Sand tray work offers another supportive, non-verbal approach. Using small objects and sand, students can create scenes that reflect their inner world. This can be particularly powerful in helping them process emotions, develop self-awareness and feel a sense of control.

### Talk Time

Talk Time is also an important part of my work, providing regular opportunities for students to speak with a trusted adult. These moments allow students to share worries, feel listened to and know that their voice matters.

Through these approaches, I aim to help students feel safe, valued and equipped with the skills they need to manage their emotions and thrive.

Alongside my work with pupils, I am also a Mental Health First Aider for staff. This means I can offer a confidential, non-judgemental space to talk if you are feeling overwhelmed, stressed or simply need a listening ear.

**Everyone deserves to feel heard — and sometimes, small conversations can make a big difference.**

# FORSTERS DISCOUNT!

Just a reminder that we're offering parents a 10% discount on all orders over £20 until 30th June.

To redeem the offer, simply enter the code FORSTERS10 at the online checkout or visit us in store.





# D OF E TRIP!

On Thursday and Friday last week, some of our Year 9 students went out on their practise Duke of Edinburgh Expedition.

Students completed walks for six hours across both days, carrying all of their kit and equipment along the way. The expedition also included an overnight camp and students were required to cook their own meals.

The practise expedition is all about building skills, and practising navigation. Students showed a great level of teamwork, resilience and perseverance throughout and now have two months to fine tune their skills ready for their qualifying expedition in July!

Miss Harris would like to thank Miss Muckian, Miss Rubio-Gavilan, Mr Oyewole, Mrs Legrand and Mr Keating for all of the help and support they showed students throughout the two days!

# YEAR 10 PERIOD 6 LAUNCH EVENT

A reminder that our Year 10 Period 6 Launch Event will take place on:

Thursday 21st May  
4:00pm  
School Canteen

This event is a great opportunity to learn more about how Period 6 will support students as they move into Year 11, helping them prepare for mocks, exams and future success.

You will hear from leaders in **English, Maths and Science**, who will explain the support, structure and rewards in place to help students achieve their best.

If you would like to attend, please sign up using the link already sent out to parents. We look forward to seeing you there and working together to support your child's success.



# VAWG CHAMPIONS APPLICATIONS OPEN

Following the overwhelming response to our first VAWG meeting and the recent assembly delivered by Kent Police, where more than 150 students expressed an interest in getting involved, we are now looking to establish a core team of 15 VAWG Champions to help lead this important work across the school community.

VAWG stands for Violence Against Women and Girls. As a school, we are committed to raising awareness and challenging harmful attitudes and behaviours linked to sexism, harassment, misogyny and violence. Over the next 24 months, we will be working closely with Kent Police to develop student-led initiatives, campaigns and awareness events designed to create positive change within our school and wider community.

You can find out more about the national work around VAWG here:

[UK Government - Tackling Violence Against Women and Girls](#)

We were incredibly proud of the number of students who wanted to get involved in our first session. As this project continues into next year, we now need to create a smaller working group representing different year groups across the school who will help shape and lead the project moving forward.

Importantly, it does not matter if you were unable to attend the first meeting - you are still very welcome to apply. If you are passionate about the issue and want to make a difference, we would strongly encourage you to submit an application.

All 15 successful VAWG Champions will receive a special pin badge to wear proudly on their blazer as a symbol of leadership and commitment to helping create a safer and more respectful school community.

If you would like to be considered as a VAWG Champion, please submit a written statement of between 200–250 words explaining:

- why you are passionate about this issue
- why you would like to become a VAWG Champion
- what qualities or ideas you could bring to the project

Statements should be emailed to:  
[alebrunn-healey@abbey-school-faversham.co.uk](mailto:alebrunn-healey@abbey-school-faversham.co.uk)

## NON-UNIFORM FINAL DAY OF TERM!

On the final day of term next Friday (22nd), staff and students will be able to take in a non uniform day. As usual, the normal rules apply for non uniform days. If anyone turns up in inappropriate clothing, they will be in reflection and we don't want that on the last day!

- You must have Abbey School bag and equipment (no other bags acceptable)
- No short/low-cut or strappy/vest tops
- No hot pants/short skirts
- No offensive logos
- No tummies on show!
- No open-toed shoes/crocs
- You can wear football shirts
- Nothing that would be dangerous for walking around the school
- Same rules for jewellery and make up

Let's have a great last day!



# SWALE COMMUNITY DAY

## Sunday 7 June 2026

**FREE**  
entry

### Come along to learn all about services and support available in Swale!

- Bike marking available
- Domestic abuse support
- Housing support
- Hands-on animal encounters
- Fire safety, rail safety and water safety advice
- Health and other advice services
- Sateda Community Share wear clothing scheme
- Community Projects
- Face painting
- Youth engagement
- Come have a go at archery, football, climbing wall and more
- Music by Sheppey FM and Kent Police Band

### APPLEYARD SPORTS GROUND

GORE COURT RD,  
SITTINGBOURNE,  
ME10 1QN

10AM-3PM

Food, drinks, ice cream and activities available on site. Displays to watch throughout the day



**Kent  
Police**



# STAYING CALM AND PREPARED: EXAM SEASON TIPS!

As exam season approaches, it's completely normal to feel a mix of pressure, nerves, and anticipation. Whether you're sitting your GCSEs or A-levels, these next few weeks are important, but how you approach them can make a big difference to both your performance and your well-being.

One of the most valuable things you can do is stay calm. Stress can build up quickly, especially when exams feel high-stakes, but keeping a clear head helps you think more effectively and avoid burnout. Simple habits like getting enough sleep, taking short breaks, and stepping away from your desk when needed can really improve your focus.

Equally important is having a good revision schedule. Instead of cramming everything at once, try to plan your time across the weeks ahead. Break subjects into smaller topics, set realistic goals for each session, and rotate subjects to keep things fresh. A structured plan not only helps you cover everything you need, but also gives you a sense of control and progress.

Finally, don't forget that exams are just one part of your journey. Do your best, stay organised, and look after yourself along the way. Good luck to everyone, you've got this!

Please see the link below which will take you to the exam timetable.

[Exam Timetable 2025/26](#)

From the 5<sup>th</sup> May, we will be putting daily reminders about the exams that will be happening taking place the next school day!

## ATTENDANCE REWARDS TERM 5!

This term's attendance rewards are here!

Sony headphones – 1 winner per year group  
100% attendance this term to be in with a chance

Attendance Golden Tickets  
Attend 1 full week = 1 golden ticket  
Attend 2 full weeks = 2 golden tickets (and so on!)

Golden tickets place students' names into the draw, with 50 students selected to take part in our end-of-term quiz.

It's a short term, so every single day matters.

Turn up. Take part. Be the best you can be.

Students with long-term medical conditions who need time off for hospital or medical appointments will still be included in our attendance rewards.

# EARLY BIRD



# REVISION

ENGLISH LITERATURE

YEAR 10

DATES:



11th MAY

19th MAY



TIME:

**8am**

LOCATION:

ENGLISH  
DEPARTMENT



GET AHEAD. BUILD CONFIDENCE. DO YOUR BEST.  
WE'LL SEE YOU THERE!



**GCSE ENGLISH LANGUAGE**

**REVISION  
REMINDER!**

*Don't Miss These Sessions!*



**Wednesday 20.05.26**  
**15:30 – 16:30**



**Thursday 21.05.26**  
**08:00 AM**



**Thursday 04.06.26**  
**15:30 – 16:30**



**Friday 05.06.26**  
**08:00 AM**



**Be Prepared! ★ Ace Your Exams!**



**DICE** and The School of Natural Sciences invites you to...  
University of Kent

# BioBlitz

University of  
**Kent**



2025



24 hours of recording and exploring local wildlife through hands-on workshops, surveys, activities and nature trails.

SATURDAY

30  
MAY



Colyer-Fergusson Hall,  
University of Kent, Canterbury,  
CT1 7NB



8:00am-9:30pm  
(Come and go as you please)

**Free Event - Open to all ages**

Scan the QR code to register  
for wildlife surveys.

## More Details

Any questions or accessibility requirements? **Contact us!**

@uokbioblitz

@UoKBioBlitz

BioBlitzUoK@outlook.com

Check out our instagram for more info on this year's BioBlitz and photos from previous years!



# EXAM READY!

We're all set and ready for the upcoming GCSE and A-Level exams taking place over the next few weeks.

Wishing every student the very best of luck, stay focused, believe in your hard work and give it your all. You've got this!

As GCSE examinations begin next week, we would like to remind families about the extensive additional support available for Year 10 & 11 students both before and after school.

Please note, Year 10 support is for the early entry English Literature exam only.

These revision sessions form an extremely important part of students' final preparation, and we strongly encourage all pupils to attend every session relevant to their subjects.

Experience consistently shows that students who take full advantage of these final support opportunities often enter the exam hall feeling more confident, focused and well prepared. The sessions are carefully designed to provide final revision of key topics and concepts, essential guidance on exam technique and timing, clarification of common misconceptions, opportunities for students to ask questions and gain reassurance, and valuable last-minute advice from subject specialists on how to maximise marks.

In particular, the "before exam" breakfast sessions are highly beneficial. During the final hour before an exam, teachers are able to reinforce the most important content, remind students of successful strategies and help them approach the paper calmly and confidently. These sessions can make a real difference to students' performance.

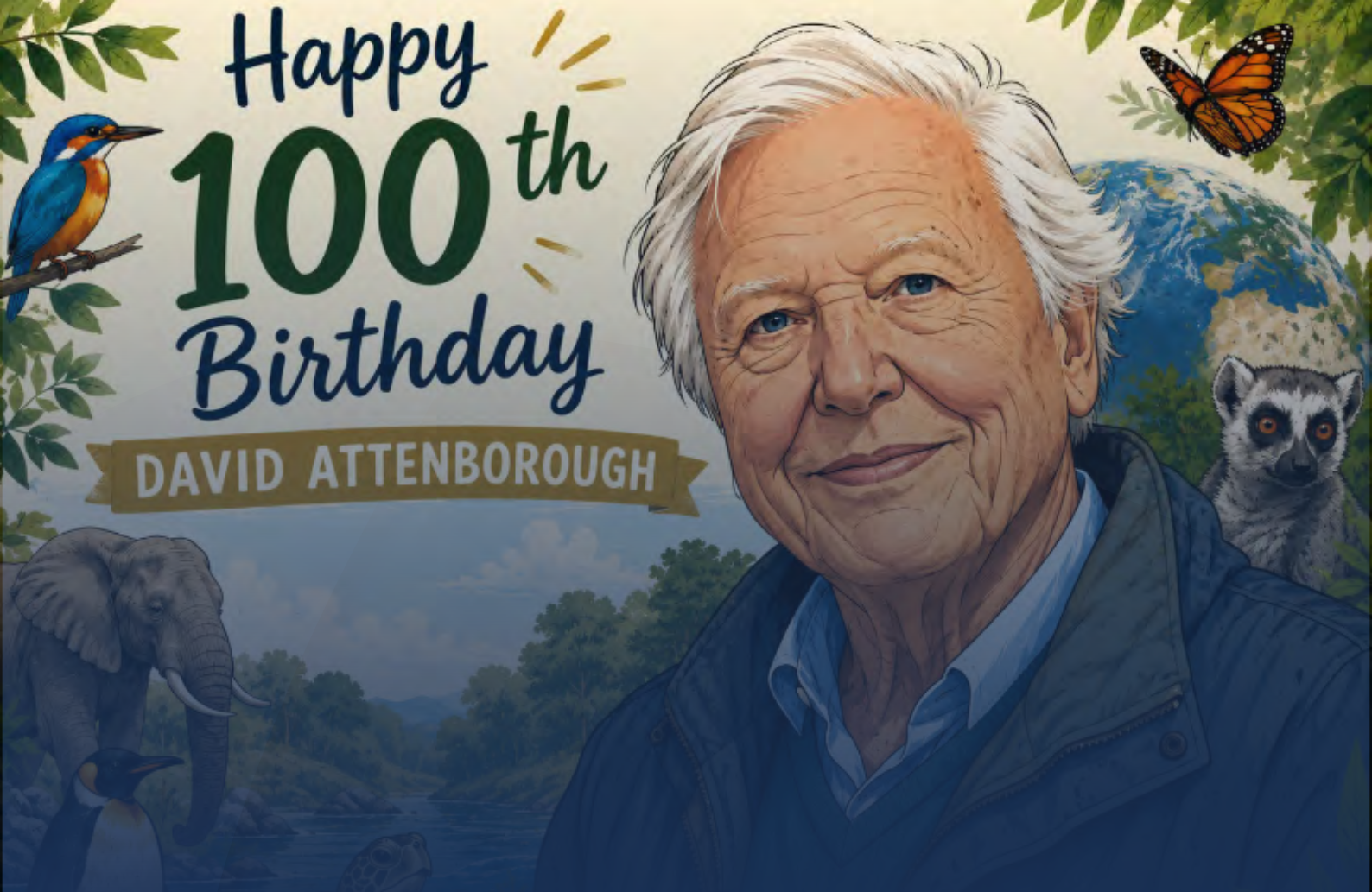
Support sessions for next week are available as outlined below.

[Timetable](#)

# SPRING NOW IN FLOW!

PEC has been out and about at Maytree Nursery, Boughton, putting in plenty of hard work to spruce up our flowerbeds. From clearing and preparing the beds to planting, tidying, weeding, and making the whole area look bright and welcoming.

A huge well done to everyone at PEC for all the effort, dedication, and care they've been putting in!



# Happy 100<sup>th</sup> Birthday

DAVID ATTENBOROUGH

This year marks the 100th birthday of David Attenborough - a true legend whose documentaries have inspired generations to care more deeply about the natural world. It was brilliant to see posters around the school celebrating this milestone and even better to hear students talking so passionately about his work and the importance of protecting our planet.

There are lots of simple ways families can celebrate at home too. Why not watch a David Attenborough documentary together, take a local nature walk, create a wildlife-friendly space in your garden, or spend an evening spotting birds and insects outdoors? Even small actions like reducing plastic use, planting flowers for pollinators or learning more about endangered animals can make a real difference.

David Attenborough's message has always been one of hope — that people, especially young people, have the power to protect the world around them. At The Abbey School, this links perfectly to our message of "Be the Best You Can Be" by showing students that curiosity, compassion and small positive actions can have a lasting impact on the wider world.



Save The Date!

# DANCE SHOWCASE

A celebration of students' class work which will be performed at  
**The Gulbenkian Theatre!**

Friday 26<sup>th</sup> June 2026



## STUDENT SHOUTOUT!

Busy over the Easter Break? We'd love to know what you get up to.

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](mailto:info@abbey-school-faversham.co.uk)

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



# PERSONAL DEVELOPMENT TERM 5 UPDATE!

A huge thank you to all of the students at The Abbey School, who make the delivery of Personal Development so inspiring. Week in, week out, we are blown away by the questions that are asked, the discussions that take place, the way students support each other, and the thoughtful, ongoing debate we see across the school.

We are incredibly proud of the continued strength of Personal Development, and we were particularly pleased with the positive feedback received in our recent Ofsted inspection.

Inspectors recognised that we provide a “well-planned, coherent personal development programme”, alongside “rich opportunities for all pupils.” It was also noted that “pastoral support is a strength” and that pupils “show great care for each other.”

These comments reflect what we strive for every day: a thoughtful, responsive and inclusive Personal Development curriculum that supports every student to grow into confident, respectful and informed young people.

What Students Will Be Learning:

This term, students across all year groups will explore a wide range of important themes:

## Year 7 – Relationships & Sex Education

- Different types of families
  - Positive parenting
- The changing adolescent body
  - Body changes during puberty
    - Sexual consent
- Building healthy relationships

## Year 8 – Relationships & Sex Education

- Understanding consent
  - Power dynamics & consent
  - Contraceptive essentials
- Discussing pornography (age-appropriate, safeguarding focus)
  - Assessing the trustworthiness of others
    - Introduction to FGM

## Year 9 – Health & Wellbeing

- The positivity mindset
- Healthy food choices
- Evaluating eating habits
- Character strengths in focus
- Understanding eating disorders
  - Organ donation



## Year 10 – Health & Wellbeing

- Unrealistic online world
  - Online radicalisation
    - Extremism
- Violence and exploitation by gangs
- Fake news & misinformation
  - R.E.S.P.E.C.T



## Year 11 – Exams Focus

- Exam preparation and support

## Year 12 – Health & Wellbeing

- Values in action
- Problem-solving framework
- Building agency & finding purpose
- Moving towards your ideal self
  - Impulse control
- Organisation & efficiency

## Year 13 – Exams Focus

- Exam preparation and support

## Additional Assemblies & Events

As part of our wider Personal Development offer, we are also hosting impactful external speakers and partnerships:

### Charlie's Promise (Knife Crime Awareness)

Monday 18th May  
All of Year 8 and Year 9

A poignant and impactful assembly, helping students to understand the real-life consequences of knife crime and the importance of making safe, informed choices.

### Violence Against Women and Girls (VAWG) Student Leadership Project

Tuesday 28th April  
Student representatives

We are pleased to be welcoming Kent Police – PS Carli Deakin and PC Amy Tyler back into school to lead our second VAWG session. This work continues to empower our students to engage with important societal issues, develop their understanding, and contribute to meaningful change within our community.



## Building the “Personal Development Backpack”

At The Abbey School, we talk to students about their “Personal Development Backpack.” Every lesson, assembly and experience adds something to this knowledge, skills and values that students can carry with them throughout their lives.

We remain committed to ensuring that all content is:

- Clear
- Broad
- Balanced
- Relevant to the world our young people are growing up in

## Support for Students

We consistently remind students that support is always available.

If anything covered raises questions or concerns, students are encouraged to:

- Speak to a trusted adult in school
  - Access the pastoral team
- Use external services such as Kooth or Childline (0800 1111)
  - Talk to parents or carers at home

## Working in Partnership with Parents & Carers

We understand that some topics may prompt important conversations at home.

If you would like further information, guidance, or support regarding any of the content in Term 5, please do get in touch:

[alebrunn-healey@abbeyschoolfaversham.co.uk](mailto:alebrunn-healey@abbeyschoolfaversham.co.uk)

Together, we will continue to ensure that every student develops the knowledge, confidence and character they need—not just for school, but for life.

Be the best you can be.

# YEAR 11 TERM 5&6 ARRANGEMENTS

Please see the attached letter, by clicking the arrow below, that has been sent home to all Year 11 Parents/ Carers explaining the arrangements that will be happening this term!

It is a lengthy letter, so please persevere to the end to get all the information.



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



**You asked.....**

*"Can we wear PE kit on PE lesson days so we can spend more time in the lesson and less getting changed?"*

**We did.....**

*"You can wear your PE kit on PE days all year round."*



# THE WORRY BOX

Checked daily during school hours

[www.theabbey-that.org.uk/worrybox](http://www.theabbey-that.org.uk/worrybox)

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



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





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**The Abbey**  
School