



**The Abbey  
School**

“Be The Best You Can Be”

# Weekly Newsletter

**2025/26**

Issue Number: 23

Date: 13/03/26



# STARS OF THE WEEK

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



Brooke C  
Year 7  
35HP



Tilee B  
Year 7  
61HP



Evelyn B  
Year 7  
44HP



Ronnie S  
Year 8  
54HP

## #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 digital change. [National Cyber Security](#), these guides now address wider topics and themes. For further guides, blogs and tips, please visit [nationalcollege.org.uk](#).

### What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

**WHAT ARE THE RISKS?**

- COSTLY**  
Subscription services can be costly. As the costs of content development, most households have at least one streaming platform, and some platforms have their own monthly subscription fees. Services are charging more for live events and special quality video. Many services have a free trial period, but with adults. Due to price increases, Netflix and Disney reported a sharp increase in cancellations in their first quarter of 2022.
- EXCESSIVE SCREEN TIME**  
Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 15th form-year-olds spend 2.5 hours per day watching television, with streaming platforms, not to mention gaming. The vast range of content available, including live events such as esports, makes it easy for children to watch for extended periods of time.
- ILLEGAL STREAMING**  
Sharing passwords or using modified IP addresses to access streaming content without paying for it is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.
- AGE-INAPPROPRIATE CONTENT**  
Most streaming platforms allow users to set up profiles for each family member, with the option of putting specific restrictions in place. These include setting a profile lock or PIN, disabling autoplay or parental controls, and limiting content based on age ratings, broadcast time, and geographic location. Content which is rated as suitable for an age group may still include themes, language, or images which children and teenagers find inappropriate.
- BINGE WATCHING**  
Features such as autoplay make it easy for viewers to accidentally binge watch content watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting, which can impact on a lack of social interaction, lack of physical exercise, and other behaviours which may impact on mental and physical wellbeing.
- HARMFUL STEREOTYPES**  
Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This leads to your child being in a 'loop' whereby they think the 'recommended' pages are all they should be watching, rather than thinking critically for themselves. This can limit their beliefs, values and understanding of the world from a young age without even realising it.

### Advice for Parents & Educators

- SET UP INDIVIDUAL PROFILES AND ADD PINS**  
Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Add a PIN for parental controls to prevent use of the PIN. Keep this private. Use the option of putting specific restrictions in place such as controlling number of profiles and their age ratings, and limiting content based on age ratings.
- TALK ABOUT ALGORITHMS**  
Talk to your child about how streaming services track what they watch, and how algorithms and recommendations show movies on previous viewing. Encourage them to think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and encourage them to think about what their avatar and how they link to their beliefs.
- MONITOR AND TALK OFTEN**  
Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a jiffy look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay adult or graphic content after a child's movie has been played. While some shows or movies may have a suitable age rating, your child may still find the content scary or if they explore themes you don't want to explore with your child yet.
- SET TIME RESTRICTIONS**  
Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as ad-free content. This can increase the amount of time young people spend sitting idle in front of the screen. Some platforms (e.g. Apple TV) allow you to set content restrictions. If the streaming service doesn't allow you to set screen time limits, set family PINs and vice versa.

Meet Our Expert  
Dr Claire Sulphind is an online safety consultant, educator and researcher who has developed and implemented digital literacy and cyber safety programmes for schools. She has been recognised by the National Cyber Security Centre for her work in the area of digital literacy, and has been named one of the top 100 most influential people in the UK, USA and Australia.

See full research report on [wakeupwednesday.org.uk](#)

Follow us on social media: [@wake\\_up\\_weds](#), [www.thenationalcollege.org.uk](#), [@wakeupwednesday](#), [@wakeupwednesday](#)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2025

Year Group	Learning Time	Average Score	Time Champion	Score Champion
12 & 13	6h 14min	85%	Oliver S	Oliver S
11	118h 58min	69%	Freya S	Ryker D
10	71h 52min	67%	Makayla O	Leighton G
9	40h 57min	69%	Zeze L-W	Roxie R
8	44h 0min	68%	Jaxon D	Rubie B
7	35h 51min	64%	Ikmat M	Harlen F

## 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!**





# SIXTH FORM TASTER DAYS!

Across Monday and Tuesday this week, all Year 11 students were invited to take part in our Sixth Form Taster Days. This valuable experience gave students the opportunity to explore what studying at Sixth Form level is really like at The Abbey School.

Prior to the event, students selected subjects that interested them, allowing them to attend a series of taster lessons across the two days. These sessions were designed to give a realistic insight into how A Level and Level 3 qualifications are delivered, including the style of teaching, the level of discussion, and the independent thinking expected at post-16 study.

The taster lessons allowed students to experience a wide range of subjects, meet Sixth Form teachers, and gain a clearer understanding of the academic pathways available to them. It also provided an opportunity for students to ask questions and begin thinking more seriously about their future study options.

We hope the experience has helped students feel more confident and excited about the possibilities that Sixth Form study at The Abbey School can offer.

#BeTheBestYouCanBe



# ROYAL NAVY WORKSHOP!

This week our Year 10 students took part in an exciting workshop delivered by the Royal Navy. Students were challenged with a series of hands-on STEM activities, including building a communications tower and designing transportation devices.

The workshop encouraged teamwork, creativity and problem-solving, and it was fantastic to see students fully engaged in tackling these practical challenges. Many students also asked thoughtful questions about apprenticeships and the wide range of career pathways available within the Royal Navy and the wider armed forces.

For families who would like to explore these pathways further, you can find more information about careers and apprenticeships through the following links:

- Royal Navy Careers: <https://www.royalnavy.mod.uk/careers>
- Royal Navy Apprenticeships: <https://www.royalnavy.mod.uk/careers/apprenticeships>
- National Careers Service – Armed Forces Careers: <https://nationalcareers.service.gov.uk/job-profiles/armed-forces>

Well done to all of our wonderful year 10 students, you made the Abbey school really proud with your participation and maturity throughout the two days.

Poppy H - I loved it so much, It was so fun and I am really wanting to go into the Royal Navy, it was so inspiring

Makayla O - I thought the workshop was amazing. I loved the activities we did, the team work was amazing, especially with Panda and Chris they made it really fun, now I think I want to join.

Evie. W - I loved it and I thought it was inspiring, fun and I learnt so much. It definitely made me think about a career in the Navy. One of the best workshops I have done!

# EASTER EGG DONATIONS!



With the Easter holidays just around the corner, many of us are looking forward to some rest and relaxation. However, for some members of our community, Easter can be a lonely time.

The Canterbury Care Home (next to Aldi) has asked if our school could help bring some joy to their residents this Easter. Many of the residents have no friends or family able to visit them over the holiday period, and some are living with Dementia. Donating an Easter egg would help make their Easter a little brighter.

We ran this initiative last year and were overwhelmed by the generosity of our students and families. Thanks to your support, we were able to donate Easter eggs to three care homes in the town.

If you would like to help again this year, students are welcome to donate an Easter egg by bringing it to the main reception.

All students who donate will receive a Charity Golden Ticket and 30 house points in recognition of their kindness and support for the community.

Closing date for donations: Wednesday 1st April

Delivery to care homes: Thursday 2nd April (depending on the number of donations received)

Please bring any donated eggs to main reception.

Thank you in advance for your kindness and generosity.

#BeTheBestYouCanBe

Massive thanks to the following students for donating this week!

Michael P - Y10  
Dylan C - Y9  
Liam M - Y10  
Kiera J - Y11  
Ellana J - Y11  
Tilly M - Y7

Everlyn B - Y7  
Jake B - Y9  
Janet Z - Y7  
Lottie B - Y8  
Riley M - Y8  
Delyan N - Y9

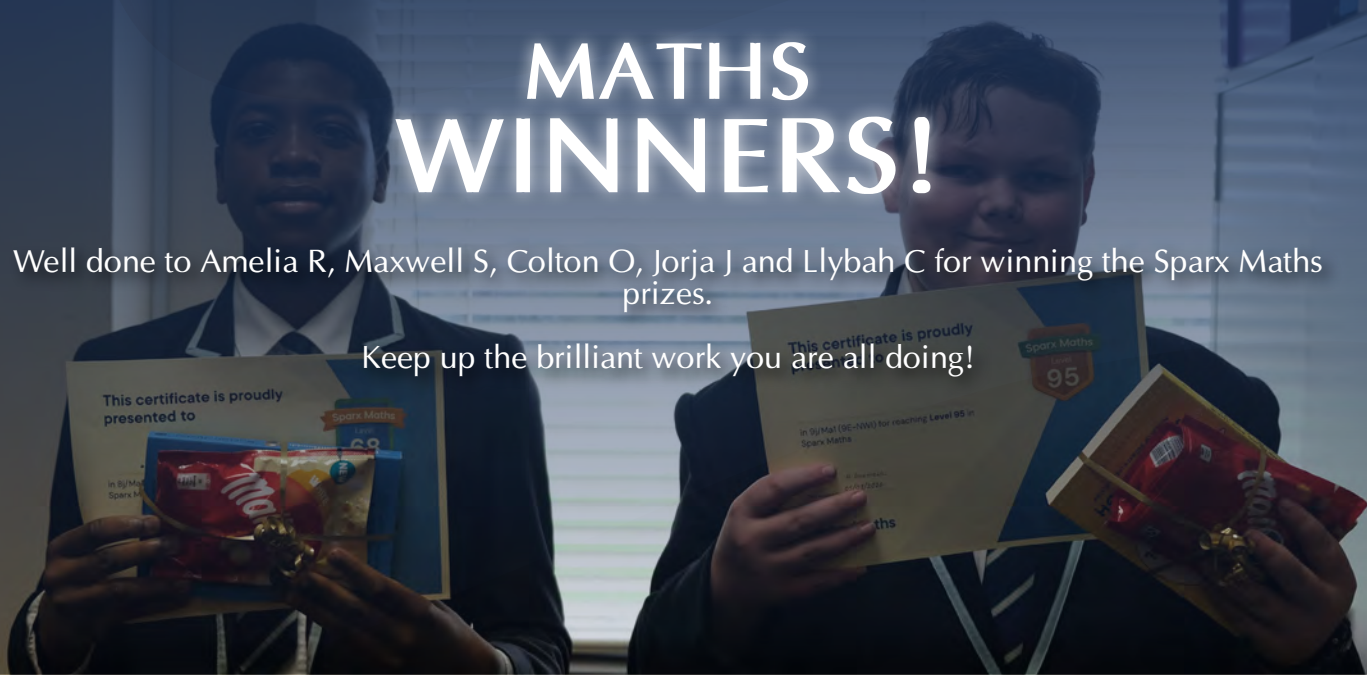
Ellie-May S - Y8  
Gvidas A - Y8  
Daisy T - Y11  
Zack B - Y7  
Joe T - Y8  
Kacie F - Y9

Henry B - Y7  
Sinead B - Y8  
Enya B - Y12  
Harry B - Y8  
Katherine P - Y11

## MATHS WINNERS!

Well done to Amelia R, Maxwell S, Colton O, Jorja J and Llybah C for winning the Sparx Maths prizes.

Keep up the brilliant work you are all doing!





# GEOGRAPHY NEWS

The Abbey School, Faversham



## CELEBRATING SUCCESS

### Year 13 NEA Investigation

**Congratulations** to our Year 13 students for completing their Non-Examined Assessment Fieldwork Projects!

- ✓ Design their own investigation
- ✓ Collect and analyse data
- ✓ Apply geographical theory
- ✓ Write a detailed report



**Well Done Year 13!**

- Paper 1 Physical Geography – 13 May (AM)
- Paper 2 Human Geography – 3 June (PM)
- Paper 3 Skills & Fieldwork – 11 June (AM)
- = All exams 1 hour 30 minutes

- Paper 1 Physical Geography – 12 May (AM)
- Paper 2 Human Geography – 21 May (PM)
- = All exams 2 hours 30 minutes)

## PREPARING FOR GEOGRAPHY EXAMS

### Revision Flashcards

- ✓ Key Terms & Definitions



- ✓ Key Terms & Definitions

### Fact File: Chile Earthquake

- ✓ Case Study Notes



- ✓ Case Study Notes

### Mind Maps: Rio Urbanisation

- ✓ Case Study Posters



- ✓ Case Study Posters

Geography Revision Sessions 📢 GCSE: Thurs Afterschool **510** | A-Level: Thurs Afterschool **511**

### WHY STUDY A-LEVEL GEOGRAPHY?

Understand Global Issues & Develop Skills for Careers

👤 Environmental Consultant

👤 Urban Planner

👤 Climate Scientist

👤 GIS Analyst



### WHY CHOOSE GCSE GEOGRAPHY?

Explore Earthquakes, Cities & the Environment



👤 Disaster Management

👤 Marine Biologist

👤 Sustainability Advisor

👤 Travel & Tourism



# SPOTLIGHT ON BUSINESS

## Preparing for Your A Level Business Exams

A Level Business is more than memorising definitions — it's about understanding how real businesses make decisions in a constantly changing world. Over the course of your studies, you've explored key concepts such as supply and demand, profit and revenue, market structures, business objectives, marketing strategy, finance, operations, and human resource management. You've also learned to analyse businesses using tools like SWOT analysis, decision trees, break-even analysis, and investment appraisal, helping you think like a real business leader.

As exams approach, remember that success comes from application, analysis, and evaluation. Examiners want to see that you can apply theory to real business contexts, explain the impact of decisions, and weigh up different options before reaching a justified judgement.

Top tips for success:

- Know your key terminology and use it confidently in your answers.
  - Practice applying concepts to real or case-study businesses.
- Structure longer answers clearly, especially 9-, 16-, and 20-mark questions.
  - Use data from the case study to support your arguments.

Always include evaluation — consider limitations, risks, or alternative strategies. Most importantly, believe in the skills you've developed. A Level Business has equipped you with the ability to think critically, solve problems, and evaluate complex decisions — exactly the skills successful managers and entrepreneurs use every day. Stay focused, keep practising exam questions, and approach the exam with confidence. Your hard work can pay off — now is the time to show what you know.



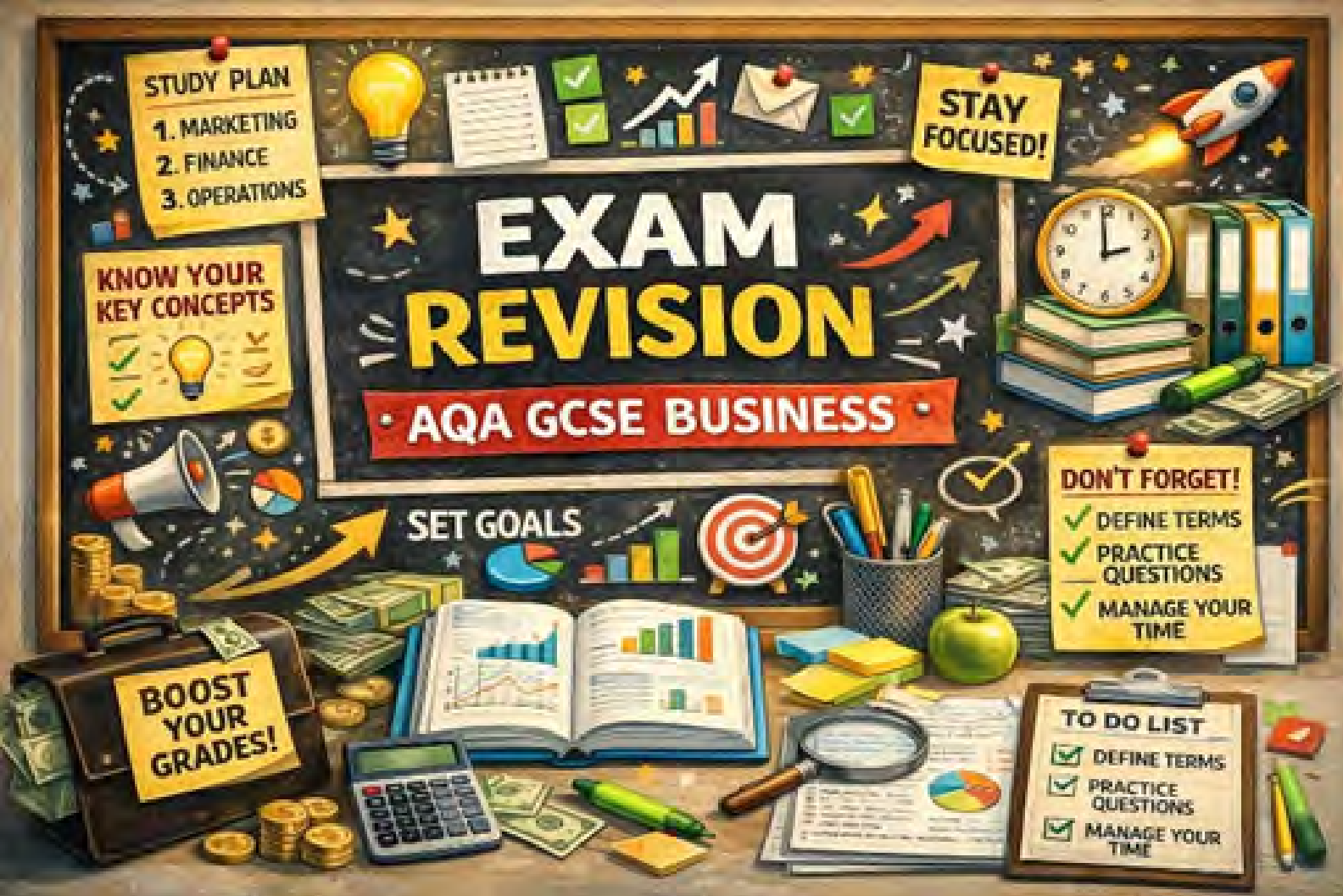
## Getting Ready for Your GCSE Business Exams

As you prepare for your GCSE Business exams, remember how much you've already learned about how businesses start, grow, and succeed. Throughout the course you've explored important ideas such as enterprise and entrepreneurship, business aims and objectives, marketing, finance, operations, and human resources. You've also developed the ability to understand how businesses respond to customers, competitors, and changes in the economy. GCSE Business is not just about remembering facts — it's about explaining how and why businesses make decisions. In the exam, you will often be asked to apply your knowledge to real business situations, analyse the effects of decisions, and sometimes make a judgement about what a business should do.

Top tips for success:

- Learn key terms and definitions so you can use correct business vocabulary in your answers.
  - Read the question carefully and make sure you answer exactly what it asks.
    - Use the information in the case study to support your points.
    - Explain your ideas clearly, not just what happens but why it happens.
- For longer questions, try to give balanced answers by considering more than one point.

You've built valuable skills during this course — understanding customers, analysing business decisions, and thinking logically about problems. Stay positive, keep practising exam questions, and go into the exam ready to show what you know. Your effort and preparation can make a real difference. Good luck!



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

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

#BeTheBestYouCanBe







**ALINA AND FREDDIE  
WISHES YOU ALL A GREAT WEEKEND!**


## *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*

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



**You asked.....**

*"Do detentions have to be so long? I don't like walking home on my own."*

**We did.....**

*"We have reduced detentions to 30 mins if you attend on the day it is set, unless it is a homework detention for KS4 – this is an hour."*



# 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



Faversham Golf  
*Academy*



The Abbey  
School



# GOLF *Day*

Fundraising for Faversham Golf Academy

@Faversham Golf Club

Wednesday 6<sup>th</sup> 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](mailto:golfacademy@abbeyschoolfaversham.co.uk)



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The Abbey  
School

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# 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 'Simon Walker'.

Simon Walker  
STEER Founder



**The Abbey  
School**

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

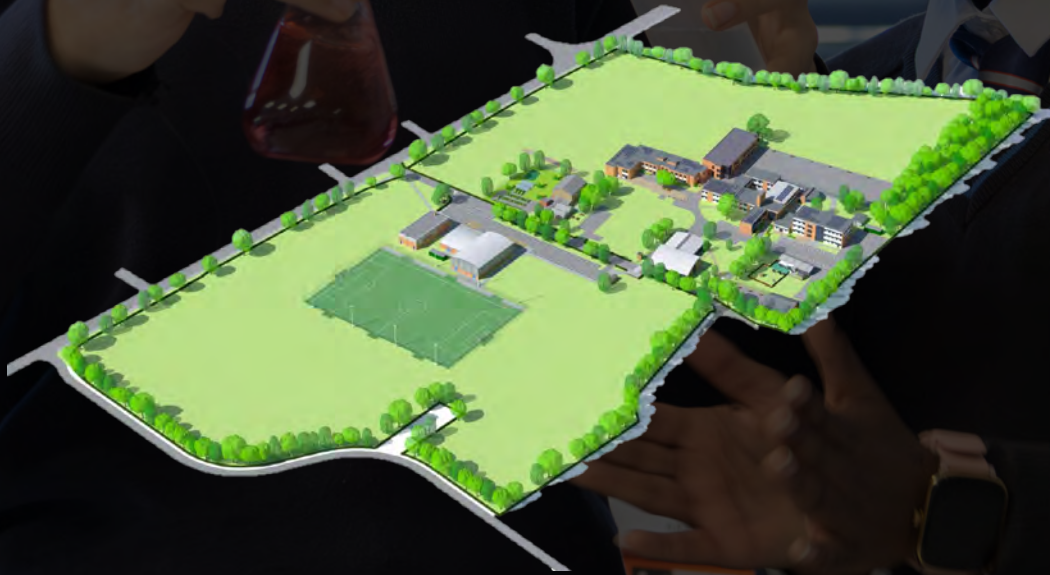
Jo Walker  
STEER Founder





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