



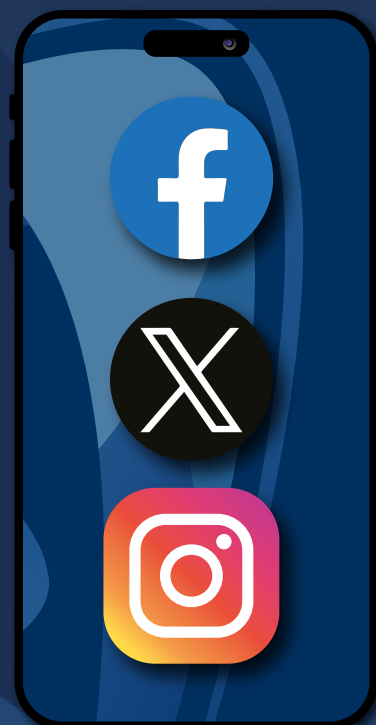
"Be The Best You Can Be"

Weekly Newsletter

2026/27

Issue Number: 2

Date: 11/09/2026



STARS OF THE WEEK

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



Liam M
Year 11
41HP



Ralph A
Year 7
39HP



Albie A
Year 7
30HP



Scarlett-Rose G
Year 9
38HP

#WAKE UP WEDNESDAY

CANTEEN MENU 2026/27

Click the image below to view the canteen menu for Term 1!



All 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. For further guides, tips and tips, please visit nationalcollege.co.uk.

What Parents & Educators Need to Know about CHARACTER.AI

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still involve sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a fictional name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. They're always smiling and happy to help, so they're not really aware of the boundaries between the simulation from genuine interaction. Because they play as a character that demands attention, loyalty, or secrecy could also be distracting young people's expectations about consent, disagreement, and the give-and-take involved in healthy human relationships.

UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of providing false or giving inappropriate advice while sounding completely confident. Characters may also act in a way that's extremely helpful instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

PRIVACY CONCERNS

Character.AI chats may feel private, especially when chat involves personal and dating, but they take place on a company's online systems. Users could unintentionally or deliberately reveal their name, school location, routines, images, or personal concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

UNHEALTHY ENGAGEMENT

In some of our early signs, such as social discounts, bypassing age restrictions, hiding phone use from adults, and being late at night, devices are connected to the platform or character stops, withdrawn from other people. If they're interested in seeing the character it connects, increased use may also signal that the young person is already lonely, anxious, or seeking help.

Advice for Parents & Educators

KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include: "Has it ever said something that felt wrong?" and "Have you said 'I don't have feelings'?" Avoid blaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Avoid them to share passwords, contact details, school information, location, or private images.

CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 18 in the UK, but open-ended companion chat is restricted to under-18s aged 16 or over. There's a legal 18+ if it involves a different experience built around guided, sexual and other creative or adult features. Check their current settings, report help or concerns as young people to give a false age, and apply the same safety rules to other chatbot apps.

NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the reporting safeguarding process. Educators should involve the designated safeguarding lead. If there's a risk of immediate danger, contact emergency services. Character.AI is available on 0800 111 and the NSPCC helpline on 0800 800 5000.

Meet Our Expert
Doreen Coonan is an educator with almost 30 years' experience across teaching, school leadership and governance. She works internationally supporting schools and colleges with AI leadership and governance and (Digital) VC Connect (Doreen Coonan).

wake_up_weds | www.thenationalcollege | [@wakeupwednesday](https://twitter.com/wakeupwednesday) | [@wakeupwednesday](https://www.facebook.com/wakeupwednesday)

Stars of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.09.2026

SCHOOL UNIFORM

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!



CHIRST CHURCH VISIT!

A huge thank you to Canterbury Christ Church University for visiting The Abbey School and speaking with our Year 13 students about student finance.

The session provided our students with valuable information and guidance as they begin preparing for life after Sixth Form. Understanding student finance is an important part of making informed decisions about university, and the visit helped to make the process clearer and more accessible.

Our students benefited from learning more about the financial support available to them and the key considerations they should keep in mind as they plan their next steps. The session also encouraged them to think positively and confidently about their future opportunities.

We are very grateful to Canterbury Christ Church University for taking the time to visit the school and support our students during this important stage in their education. Their guidance will help our Year 13 students feel better prepared as they consider university life and plan for their future beyond The Abbey School.

THERAPY WALKS!



Freddie got a little bit wet on his therapy walk with Mrs Blythe this week!

These walks provide students with a chance to spend some calm, relaxed time outdoors while enjoying Freddie's company. Whether they are walking around the school grounds, having a chat or simply enjoying a change of pace, the sessions offer a wonderful opportunity to support student wellbeing and mental health.

Freddie has become a much-loved member of The Abbey School community, and his friendly nature and gentle personality make him the perfect companion for these walks.

A big thank you to the staff who help organise and support the sessions, and to Freddie for continuing to bring plenty of smiles to our students!



**The Abbey
School**

OPEN EVENT

"Be the Best You Can Be"

Open Evening with Principal's Talk:
Thursday, 1st October 2026

5pm till 8pm

Book your place online

www.theabbey-that.org.uk



Good
People
Brighter
Futures

Weekly Extracurricular Clubs

LEARN
GROW
BELONG

MAKE TODAY COUNT

MONDAY

MAKE TODAY COUNT

History

The Historical Society
Years 7 - 10
3:30pm - 4:30pm -
Canteen
QSR
Bring film snacks

EXPLORE
DISCOVER
LEARN
HISTORY
SHAPES
TOMORROW

PAST
IDEAS
BRIGHTER
FUTURES

Raising Standards

Homework Club
All Year Groups
3:30pm - 4:30pm
B13
Miss Marsh and Mrs Earls

Small
steps...
Big results

BELIEVE
PRACTISE
IMPROVE
SUCCEED

YOU
GOT
THIS

✓ Plan
✓ Learn
✓ Achieve
✓ Repeat

RESPECT
KINDNESS
OPPORTUNITY

Keep going - you've got this!

A STRONGER
BRIGHTER
FUTURE TOGETHER

TUESDAY

MAKE TODAY COUNT

Science

Animal Club
Year 7 and 8
3:30pm - 4:15pm
B6
AQH
WEEK A ONLY

EXPLORE
DISCOVER
QUESTION
SCIENCE
CHANGES LIVES

Curiosity
Builds
Brighter
Futures

Performing Arts

Dance Club
Year 7, 8 and 9
3:30pm - 4:15pm
SRN

Move
Express
Belong

Raising Standards

Homework Club
All Year Groups
3:30pm - 4:30pm
B13
Miss Marsh and Mrs Earls

Small
Steps...
Big
Results

BELIEVE
PRACTISE
IMPROVE
SUCCEED

YOU
GOT
THIS

✓ Plan
✓ Learn
✓ Achieve
✓ Repeat

RESPECT
KINDNESS
OPPORTUNITY

Keep going - you've got this!

A STRONGER
BRIGHTER
FUTURE TOGETHER

WEDNESDAY

MAKE TODAY COUNT

Performing Arts

School Production Rehearsals
All Year Groups
3:30pm - 4:30pm
PA1
SRN / CWA / GLB

EXPRESS
CREATE
BELONG

Business

Future CEO
Year 8 and 9
3:30pm - 4:30pm
B3
EJU

IDEAS
PEOPLE
PLANS
PROGRESS!

LEAD
INNOVATE
SOLVE
SUCCEED

Recreational

D&D Club (invite only)
All Year Groups
3:30pm - 4:30pm
B18
DEA

GOOD
STORIES
GREAT
PEOPLE

EXPLORE
IMAGINE
ADVENTURE
TOGETHER

Raising Standards

Homework Club
All Year Groups
3:30pm - 4:30pm
B13
Miss Marsh and Mrs Earls

YOU
GOT
THIS

BELIEVE
PRACTISE
IMPROVE
SUCCEED

✓ Plan
✓ Learn
✓ Achieve
✓ Repeat

RESPECT
KINDNESS
OPPORTUNITY

Keep going - you've got this!

A STRONGER
BRIGHTER
FUTURE TOGETHER

PE

Girls Netball Club
Years 7/8/9
3:30pm - 4:30pm
Sports Hall
DM/MCH/ETU

Boys Football Club
Years 7/8/9
3:30pm - 4:30pm
Sports Hall
JWL/ALW/TB

PLAY
DEVELOP
BELONG

TEAMWORK
BUILDS
BRIGHTER
FUTURES

Reading

Book Club
All Year Groups
3:30pm - 4:15pm
Library
Mr Mitchell

READ
EXPLORE
DISCOVER
BELONG

BRIGHTER
YOU

Raising Standards

Homework Club
All Year Groups
3:30pm - 4:30pm
B13
Miss Marsh and Mrs Earls

Small
Steps...
Big
Results

BELIEVE
PRACTISE
IMPROVE
SUCCEED

YOU
GOT
THIS

✓ Plan
✓ Learn
✓ Achieve
✓ Repeat

RESPECT
KINDNESS
OPPORTUNITY

Keep going - you've got this!

A STRONGER
BRIGHTER
FUTURE TOGETHER

SCHOOL PHOTOS REMINDER!



Our annual school photography day will take place on Monday 21 September 2026, with our school photographer, Vancols, visiting to take photographs of all Year 7 and Year 10 students.

Although both year groups have PE scheduled on this day, students should attend school in their full school uniform and bring their PE kit with them to change into for their lesson.

Vancols uses a Photo Ticketing system, meaning proofs will no longer be sent home. Instead, each student will receive a unique photo ticket number, which parents and carers can use to access their child's photographs online. Photos are expected to be available within the next few weeks for families to view and purchase directly from Vancols, should they wish to do so.

We appreciate that students will want to look their best for their photograph, so please ensure they attend school in the correct full school uniform as usual.

If you have any questions regarding the school photographs, please contact ryoung@abbey-school-faversham.co.uk.

ARBOR REMINDER!

Please take a moment to check that all of your child's details are up to date on Arbor.

It's important that we have the correct information, including:

Contact details and email addresses

Home address

Emergency contacts

Medical conditions and important medical information

Any other relevant information that may have changed

Please also check the Consent section on Arbor.

Make sure all of your child's consent preferences are up to date, including permissions relating to photographs, social media, school trips and visits, internet access, first aid and other school activities.

If your circumstances or preferences have changed, please update the relevant information and consent on Arbor as soon as possible.

Keeping this information accurate helps us ensure we can support your child appropriately and contact you when needed.

Thank you for your support in helping us keep our records up to date.

LUNCHTIME CLUBS!



MONDAY



Sparx Drop-in
Mr McCormack
Week B only
B15 / P3A



David Attenborough /
Geography
Miss Hutchins
S11 / P3A

Dance Rehearsals
Miss Nunn
Dance Studio
P3A



Coding/Gaming
Mrs Kusi
C16 / P3B



Sparx Drop-in
Mr McCormack
Week A only
B15 / P3B

TUESDAY



Coding/Gaming
Mr Kusi
Week B
C16 / P3A



Games Club
Miss Wilson
B17 / P3A

Dance Rehearsals
Miss Nunn
Dance Studio / P3B



Creative Writing Workshop
Mr Crewe
A14 / P3B



Y7 Choir
Mrs Ward
ODC / P3B

WEDNESDAY



The Royal
Shakespeare
Company Y8
Mrs Ward & Mrs
Head-Rapson
A15 / P3A



Production Dance Rehearsals
Miss Nunn
Dance Studio / P3A

Games Club
Miss Wilson
B17 / P3B



Drama Club
Miss Bevan
PA1 / P3B

THURSDAY



Crochet
Miss East
B18 / P3A



Y7 Choir
Mrs Ward
ODC / P3A



Beyond Boundaries
Mrs Slack
C5 / P3A



Coding/Gaming
Mr Kusi
Week A
C16 / P3A



STEM Club
Mr Hollands
B6 / P3B



David Attenborough /
Geography
Miss Hutchins
S11 / P3B

FRIDAY



Sparx Drop-in
Mr McCormack
Week B only
B15 / P3A



Creative Writing Workshop
Mr Crewe
A14 / P3A



STEM Club
Mr Hollands
Week A Only
B6 / P3B



GCSE Rehearsal
Mrs Ward
ODC / P3B

Beyond Boundaries
Mrs Slack
C5 / P3B



Crochet
Miss East
Week A Only
B18 / P3B

EVERYDAY



Library -
Reading/
Homework
Mr Mitchell



Football (Weather
Dependent)
Playground Staff
Pitch next to C Block



Table Tennis
Playground Staff
Starting Term 2

Kent Family

is here for your child's growth,
happiness and health.

family.kentcht.nhs.uk

A message on behalf of Kent School Health

The Kent School Health Service would like to take this opportunity to remind you of two key resources available to support the health and wellbeing of pupils in your school.

ChatHealth: Confidential text support

ChatHealth is a confidential texting service available to all young people aged 11 to 19. It provides a safe and anonymous way for them to seek advice and support from a qualified member of our team on a wide range of physical and emotional health concerns.

Available: Monday to Friday, 9am–5pm
Text: 07520 618850

Health for Teens: Award-winning website

We would also like to highlight our award-winning Health for Teens website, co-designed with young people with young people. It has bite-sized information on a range of physical and emotional health topics including healthy eating, body image, managing stress, advice on relationships, puberty and sexual health alongside a directory of local services suitable for 11 to 19-year-olds.

Kent Family has a suite of resources for parents of 0 to 19-year olds to support their child's development and to help them be happy and healthy.

You can download assets to promote Chathealth to your pupils and their parents from our website.
Emotional health and wellbeing and resilience - Kent family

Health for Teens: www.healthforteens.co.uk
Kent Family: <https://family.kentcht.nhs.uk/>
Facebook: @kentcommunityhealth
Instagram: @nhskentchft



BACK TO SCHOOL CHALLENGE!

Want to win a £20 JD Sports voucher?

Simply achieve 100% attendance during the first two weeks of term and you'll be entered into our prize draw!

- Be in school every day
 - Be on time
- Be entered into the draw

There will be one £20 JD Sports voucher available for each year group, so everyone with 100% for the 2 weeks has a chance to win.

All you have to do is be in to win!

BREAKFAST CLUB!

Don't forget, our Breakfast Club is open to students from all year groups, Monday to Friday!

Running from 7.45am – 8.30am, it's a great way for students to start the school day with a relaxed and welcoming start.

The Breakfast Club is run by Miss Levitt, Mr Earls and Muckian, who are here to welcome students each morning.

We look forward to seeing you there!

DANCE CLUB!

Dance Club got off to a fantastic start this week, with an incredible 30 students attending on Tuesday! It was brilliant to see so many students getting involved and enjoying the session.

If you haven't joined yet, there's still time to get involved. Dance Club runs next Tuesday from 3:30–4:15pm. Remember to bring your PE kit and come along for another fun afternoon of dance!



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](http://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 ♥



FREE SCHOOL MEAL CHECKER!

Check if Your Child Could Receive Free School Meals

We encourage all parents and carers to take a few moments to see if their child is eligible for Free School Meals.

You can complete the quick online eligibility check here:

<https://fsm.lgfl.net/app>

The process only takes a couple of minutes, and you'll just need your National Insurance number. Recent changes to the eligibility criteria mean that some families who were not previously entitled to Free School Meals may now qualify. Even if you've applied before, it's worth checking again.

Registering for Free School Meals could provide valuable support for your family and also helps The Abbey School receive additional funding, allowing us to continue providing extra resources and opportunities for our students.

Thank you for taking the time to complete the check and for your continued support.

#BeTheBestYouCanBe

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.....

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

We did.....

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



THE WORRY BOX

Checked daily during school hours

www.theabbey-that.org.uk/worrybox

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





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 'Simon Walker'.

Simon Walker
STEER Founder



**The Abbey
School**

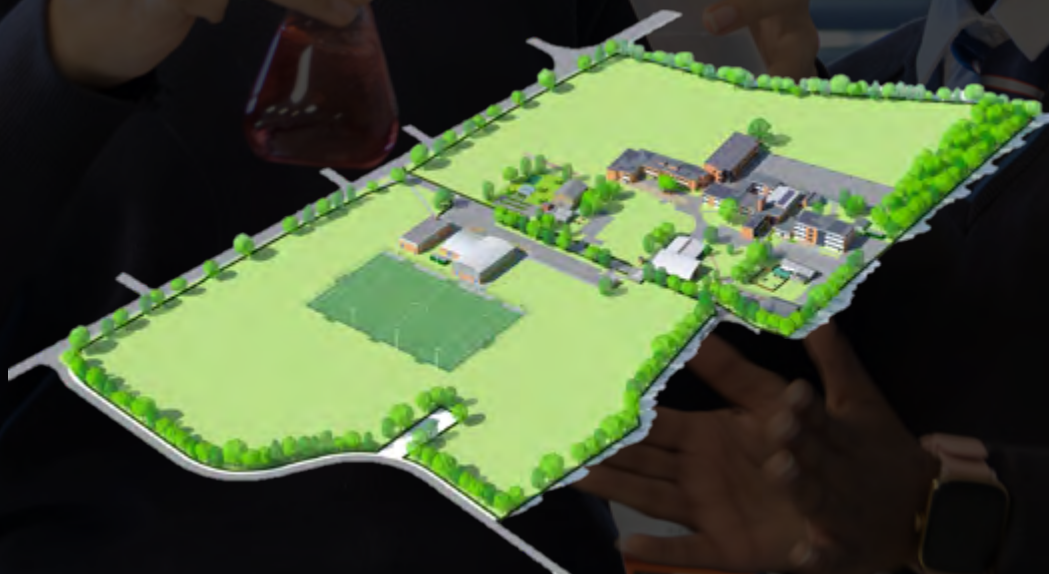
A handwritten signature in black ink, appearing to read 'Jo Walker'.

Jo Walker
STEER Founder



The Abbey School
Faversham
Kent
ME13 8RZ

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



Attendance Office
01795 542477
attendance@abbeyschoolfaversham.co.uk

"BE THE BEST YOU CAN BE"



The Abbey
School