



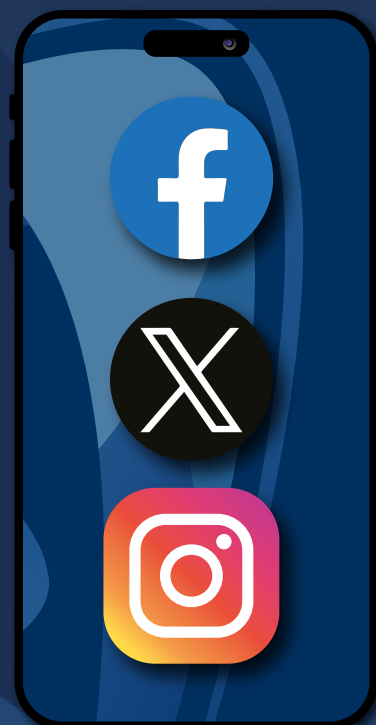
"Be The Best You Can Be"

Weekly Newsletter

2026/27

Issue Number: 1

Date: 04/09/2026



STARS OF THE WEEK

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



Bradley M
Year 7
10HP



Sena B
Year 7
19HP



Jessica H
Year 7
17HP



Vinny C
Year 7
21HP

#WAKE UP WEDNESDAY

CANTEEN MENU 2026/27

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



Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

- 1 START EARLY**
Gradually reintroduce school-day sleep, meal, and exercise routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition less abrupt and give children and young people the time they need to readjust to the transition of school life.
- 2 REBUILD ROUTINES TOGETHER**
Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and wellbeing together at the beginning of the school day.
- 3 ENCOURAGE RESPONSIBILITY**
Giving children and young people age-appropriate responsibilities can help build their autonomy and engagement. For younger children at home, this might include getting dressed independently or choosing what to wear. In education settings, children and young people could manage their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These responsibilities can help them feel more involved in the school day while developing useful skills.
- 4 RECONNECT WITH PEERS**
Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to spend time with school friends, while educators can use group activities, buddy systems, or collaborative tasks to help rebuild classroom connections.
- 5 SUPPORT HEALTHY NUTRITION**
Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families and educators can establish similar daily routines, while education settings can reinforce healthy eating routines at the start of term and against breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.
- 6 COMMUNICATE OPENLY**
Talk to the children and young people in your care about how they feel about returning to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly around missing a friend or group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.
- 7 RECONNECT WITH LEARNING AND PEERS**
Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-stakes review activities and informal tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and accessible can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.
- 8 PRIORITISE SLEEP**
Ensure the children and young people in your care get age-appropriate sleep and begin waking to their usual bedtime before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.
- 9 PREPARE AHEAD**
Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classroom, playground, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make it easier for them to feel more familiar and help build up their confidence and independence.
- 10 BE PATIENT AND FLEXIBLE**
Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adjust to their morning, classroom expectations, or busy schedules. Parents and educators can support this by maintaining consistent routines, all the while recognising that children's concentration, behaviour, or confidence may temporarily look different for them.

Meet Our Expert
Adam Elliott is Associate Vice Principal for Personal Development at Forster's Grammar School and the lead personal development teacher for Middle Ahead, which works with schools to improve their mental health provision.

The National College

See full reference list on our website

Use this guide as is or at their own discretion. No liability is entered into. Current as of the date of release: 26.08.2026

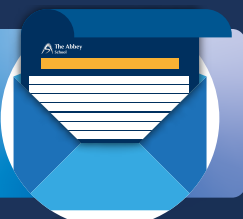
Twitter: @wake_up_weds Facebook: /www.thenationalcollege Instagram: @wakeupwednesday TikTok: @wakeupwednesday

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!



It is a real pleasure to welcome all of our students, families and staff back to The Abbey School for the start of the new academic year. I hope everyone has had an enjoyable and restful summer.

A new school year always brings a renewed sense of energy and opportunity. We are particularly pleased to welcome our new Year 7 students, as well as those joining us in the Sixth Form and elsewhere across the school.

Our focus this year remains straightforward: ensuring that every student attends well, feels safe and supported, receives consistently high-quality teaching, and is encouraged to achieve the very best of which they are capable. Alongside academic success, we want our students to enjoy school, take advantage of the many opportunities available to them and make a positive contribution to our community.

There is much to look forward to over the year ahead, and I look forward to working in partnership with parents, carers, students and staff.

I wish everyone a successful and enjoyable 2026/27 academic year.



Dr R Speller
Principal





**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





KENYA TRIP!

Over the summer holidays, 21 of our students, accompanied by Miss Harris and Mrs Kamara, embarked on an incredible four-week expedition to Kenya.

This amazing opportunity was the result of two years of hard work, commitment and fundraising. Each student worked incredibly hard to raise the money needed for their place, with the trip costing close to £4,400. After months of preparation, the excitement finally became real as the group said an emotional goodbye to their families at the airport and began their adventure.

During their four weeks in Kenya, students had the opportunity to experience a different culture, embrace camp life and take part in a range of new and exciting experiences. Being away from home for such a long period also gave students the chance to develop their independence, confidence, resilience and teamwork.

The trip provided plenty of challenges along the way, but our students embraced every opportunity and supported one another throughout their journey. They returned home with incredible memories, new experiences and stories that they will be able to share for years to come.

We are incredibly proud of all 21 students and the way they represented The Abbey School throughout their time in Kenya. Their determination and willingness to step outside their comfort zones truly reflected our school motto: Be The Best You Can Be.

A huge thank you to Miss Harris and Mrs Kamara for accompanying the students and supporting them throughout this unforgettable experience.

What an adventure and what a fantastic achievement for everyone involved!





GCSE RESULTS DAY!

The Abbey School celebrates GCSE success as more pupils secure key English and Mathematics qualifications.

Students and staff at The Abbey School are celebrating today as Year 11 pupils receive their GCSE and vocational qualification results.

The school's provisional 2026 results show an encouraging improvement in overall attainment. 57.1% of pupils achieved Grade 4 or above in both English and Mathematics, compared with 50.5% in 2025. This is the highest proportion recorded in the school's historic results series since 2017.

Overall Attainment 8 has also increased, from 35.6 in 2025 to a provisional 37.2 in 2026, while 28.1% of pupils achieved Grade 5 or above in both English and Mathematics.

Behind the headline figures are some exceptional individual achievements across the year group. One pupil achieved four Grade 9s, including Grade 9s in English Literature, Geography, History and Religious Education, alongside two Grade 8s and three Grade 7s. Another achieved three Grade 9s, in Mathematics, Spanish and Religious Education, together with Grade 8s in English Literature and History and Grade 7s across English Language and the three separate sciences.

The results also include examples of exceptional progress. One pupil who entered secondary school as a middle prior attainer achieved Grade 7s in Mathematics, English Language, English Literature, History and French, alongside a Grade 8 in Religious Education, demonstrating the progress made during their time at The Abbey School.

Dr Speller, Headteacher at The Abbey School, said:

"Today is about celebrating our Year 11 pupils and recognising the commitment they have shown throughout their time at The Abbey School.

"We are delighted to see so many individual successes across the year group. It is particularly pleasing that a greater proportion of our pupils have secured Grade 4 or above in both English and Mathematics, giving more young people the qualifications they need as they move on to the next stage of their education and training.

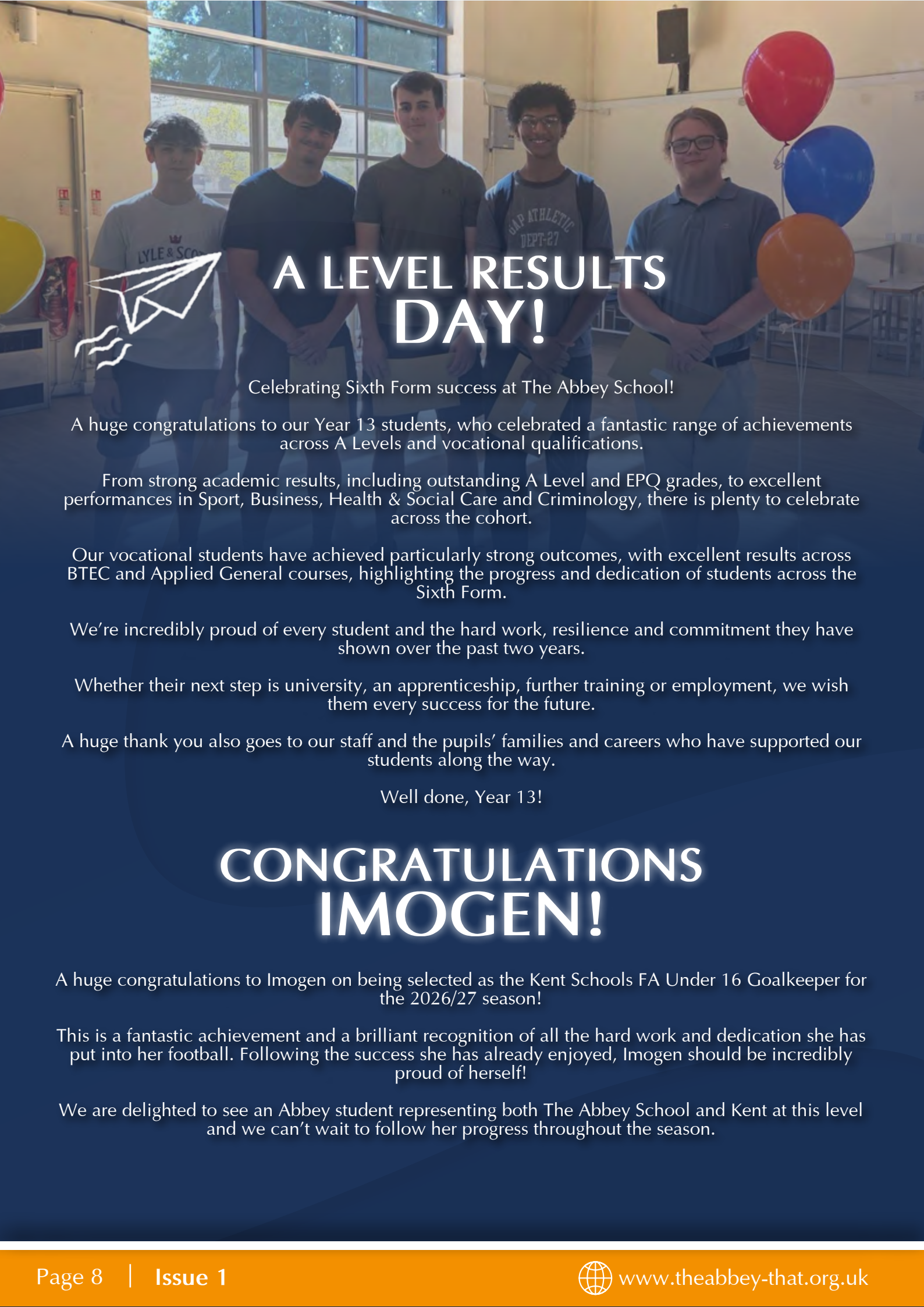
"While some of our pupils have achieved exceptional top grades, success looks different for every young person. We are equally proud of those whose results represent significant progress from their individual starting points and reflect determination and sustained effort over a number of years.

"I would like to thank our staff for their hard work, expertise and commitment to our pupils, and our parents and carers for the support they have provided throughout their children's time with us.

"Most importantly, I congratulate the Class of 2026. We are immensely proud of what they have achieved and wish them every success as they take their next steps."

The school will now undertake its detailed analysis of the 2026 results as part of its continuing work to build upon areas of strength and identify priorities for further improvement.





A LEVEL RESULTS DAY!

Celebrating Sixth Form success at The Abbey School!

A huge congratulations to our Year 13 students, who celebrated a fantastic range of achievements across A Levels and vocational qualifications.

From strong academic results, including outstanding A Level and EPQ grades, to excellent performances in Sport, Business, Health & Social Care and Criminology, there is plenty to celebrate across the cohort.

Our vocational students have achieved particularly strong outcomes, with excellent results across BTEC and Applied General courses, highlighting the progress and dedication of students across the Sixth Form.

We're incredibly proud of every student and the hard work, resilience and commitment they have shown over the past two years.

Whether their next step is university, an apprenticeship, further training or employment, we wish them every success for the future.

A huge thank you also goes to our staff and the pupils' families and careers who have supported our students along the way.

Well done, Year 13!

CONGRATULATIONS IMOGEN!

A huge congratulations to Imogen on being selected as the Kent Schools FA Under 16 Goalkeeper for the 2026/27 season!

This is a fantastic achievement and a brilliant recognition of all the hard work and dedication she has put into her football. Following the success she has already enjoyed, Imogen should be incredibly proud of herself!

We are delighted to see an Abbey student representing both The Abbey School and Kent at this level and we can't wait to follow her progress throughout the season.

SUMMER WORKS!

While our students have been enjoying their summer break, there has been plenty happening around The Abbey School!

We've been busy making improvements across the school, including:

- A full refurbishment of B3
- Updates to our school gates
- A major upgrade to the Main School Hall, including a new sound system, projector and lighting – with work still ongoing
- Improvements to the outdoor boys' toilets
- A refresh of the Sixth Form patio area



WELL DONE YEAR 7!

What a first week it's been! We hope all of our amazing Year 7 students have had the BEST first week at secondary school!

From finding your way around, meeting new friends, getting to know your teachers and experiencing your first lessons, you've packed a lot into just one week!

You should all be incredibly proud of yourselves for the fantastic start you've made.

Now it's time to enjoy your weekend, recharge and get ready for another great week!

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!





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!

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.

SUPPORT INFORMATION



It is okay not to be okay



Everyone responds differently to difficult situations and emotions.

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

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



ONLINE SUPPORT



Kooth

www.kooth.com

Free online mental health and wellbeing support for young people.



YoungMinds

www.youngminds.org.uk

Information, advice and support for young people.



Child Bereavement UK

www.childbereavementuk.org/Listing/Category/teenagers

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



TELEPHONE HELPLINES



Cruse Bereavement Support

0808 808 1677

Support for anyone experiencing bereavement.



TEXT SUPPORT



SHOUT

Text 85258

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



SUPPORT IN SCHOOL

Support is available through:

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



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



IN AN EMERGENCY

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



Call 999



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



Tell a trusted adult

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



REMEMBER



You are not alone.



Support is available.



There are people who care and want to help.



Please reach out if you need support.

The Abbey School ♥



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 you make the toilets better?"

We did.....
*"All toilets have been refurbished and now have floor to ceiling doors.
Staff supervise toilets at lunchtime and also in C block between lessons to line students up.
You asked for single sex toilets which we have provided, and more blocks of toilets are available at busy times.
The cleaners check and clean the toilets between every lesson and during the lunch breaks."*



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**

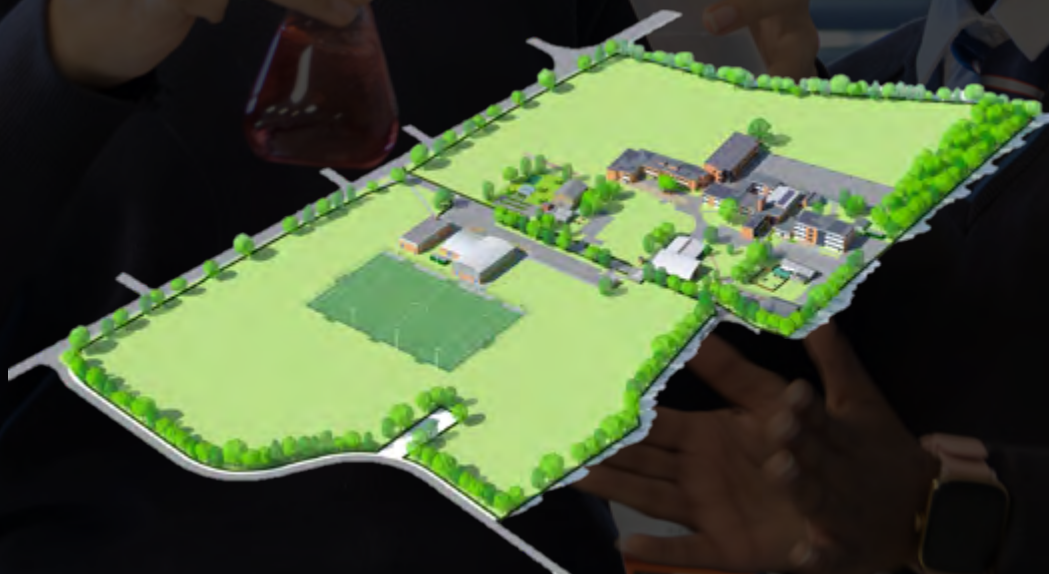
A handwritten signature in black ink, appearing to read 'Jo Walker'.

Jo Walker
STEER Founder



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"BE THE BEST YOU CAN BE"



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