



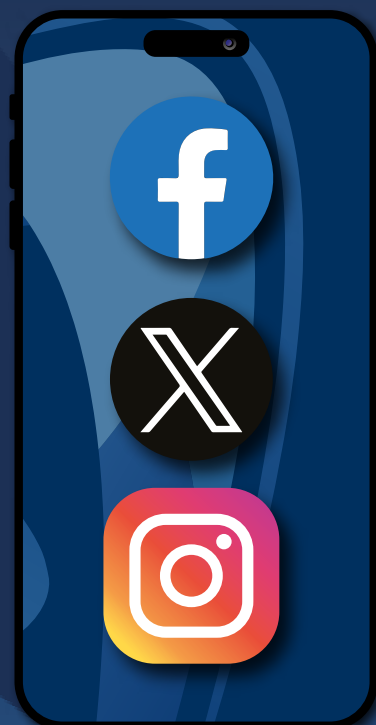
"Be The Best You Can Be"

Weekly Newsletter

2026/27

Issue Number: 5

Date: 02/10/2026



STARS OF THE WEEK

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



Jayden G
Year 9
99HP



Emily C
Year 9
93HP



Sophie B
Year 9
90HP



Imogen G
Year 9
96HP

#WAKE UP WEDNESDAY

CANTEEN MENU 2026/27

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



SENECA CHAMPIONS

What Parents & Educators Need to Know about LOOKSMAXXING

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At its mildest end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also target women and young people. It encourages them to improve their appearance and dating success. Forums offer support and sometimes advice, advice on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "tweaking", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that forcing teeth into positions could contribute to tooth alignment problems, bite issues and increased orthodontic costs.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "looksmaxxing" - which involves trying to alter the cheekbones using blunt objects for a more "masculine" appearance - may sometimes be overplayed in the media, other advice can do more harm, including use of electrolysis and dermal fillers, taking substances or medication without appropriate medical guidance, and overusing skin care products that can have potentially harmful consequences.

Body Image Issues

The pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to fix their appearance to their value and self-worth, as well as making body and eating habits feel more tied to being a perfectly normal aspect of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

Mental Health Problems

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, self-harm, body dysmorphic disorder, and psychological distress. They can cause persistent low self-esteem and self-harm, with children and young people potentially avoiding social situations because they feel their appearance will be negatively judged by others.

A Pathway to Extremes

Looksmaxxing has its roots in online "lifestyle" communities but has since become more mainstream or popular based on TikTok algorithms. Social media may drive users to extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogyny, racism, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or signs of extreme dieting, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Use many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "tweaking", mentioned above, you might hear terms such as "cheek" (an attractive male), "tuck" (a masculine term for a woman), and "rogging" (looking more attractive than someone else). Other examples include "glazing" (trying to make your body up "perfectmaxxing"), using humour to attract women, and "staremaxxing" (extreme dieting).

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influences and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from promoting of extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be a painful pain, while making it easier for them to seek openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechCrunch, The Telegraph, The Evening Standard, The Guardian and The New Statesman.

The National College

See full reference list on our website

[@wake-up_weds](https://www.wake-up-weds.com) [/www.thenationalcollege](https://www.thenationalcollege.org.uk) [@wake-up-wednesday](https://www.wake-up-wednesday.com) [@wake-up-wednesday](https://www.wake-up-wednesday.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2026

Year Group	Learning Time	Average Score	Time Champion	Score Champion
12 & 13	14h 18m	78%	Freddie C	Grace H
11	160h 46m	62%	Liam C	Ashley B
10	123h 55m	64%	Summer W	Jaden K
9	206h 28m	63%	Sophie H	Rubie B
8	16h 37m	63%	Austen C	Jack D, Nelson H
7	87h 15m	61%	Ava P	Lottie B

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



"supported"

*"motivated to
succeed"*

"safe"

*"inclusive
culture"*

"calm"

*"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!





A HUGE THANK YOU FOR A FANTASTIC OPEN EVENING!

A huge thank you to everyone who joined us for our Open Evening. We were delighted to welcome more than 750 visitors through our doors, making it potentially one of our biggest Open Evenings yet!

It was a fantastic evening and one that everyone at The Abbey can feel incredibly proud of. Across the school, our staff and students worked incredibly hard to create a welcoming, engaging and memorable experience for visiting families.

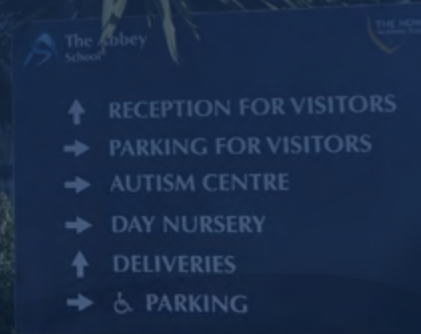
There was a real sense of spectacle and excitement as families explored the school, with staff and students throwing themselves into activities and creating a real "wow factor". From immersive English and History experiences to an impressive Geography volcano, dance in our new studio and activities in the Sports Centre, there was plenty to see and do.

Our students were also fantastic ambassadors for the school. Our Year 7 students and sixth formers spoke confidently to families, while our performing arts students and musicians helped set the tone for the evening with some brilliant performances.

Most importantly, the evening gave families a real sense of what The Abbey is about. The thought, energy, creativity and care shown throughout the school demonstrated our values exceptionally well.

Thank you to everyone who helped make the evening such a success, and to all the families who came along and supported us.

Well done everyone!





GEOGRAPHY FIELDTRIP!

On Tuesday 22nd and Wednesday 23rd, Miss Hutchins, Mrs Keating and Mr Cracknell took groups to Herne Bay to study a human geography issue and a physical issue. The purpose was to prepare our students for the paper 3 exam where they are required to discuss fieldwork methods, presentation as well two studies undertaken by them.

The students performed magnificently, from catching the train in the morning illustrating how well they conduct themselves to many showing how much of the prior knowledge they retain. One thing that was a real source of pride was the way so many people interacted with us, not just us but going directly to our students. This began early, with an elderly couple asking what we were doing while organising tickets. They were delighted to hear we were on a trip to study the geography of our local area. Personally, Mr Cracknell was delighted to tell them we were from the Abbey, as they were showcasing some of the things that make our school outstanding.

After a significant walk from Herne Bay station, we got to our first location. Again, students appeared to understand, on both days what we would find when we studied the beach. The purpose was to investigate whether human management affects natural processes and it was clear that many students knew it did before any data was collected.

The first part of the day passed quickly, with locals often caught listening intently, sometimes interjecting when Mr Cracknell or Miss Hutchins led a discussion. It got a laugh from our students. Once the physical geography section was done, we moved towards our base for lunch, by the Herne Bay clocktower. Students going on both days had been expressing their intention to get fish and chips but given the really good work done with both groups, Mr Cracknell took a small number to Subway. This was only noteworthy because on day 2, an especially devious seagull flew in from behind and stole Mr Cracknell's just as it was being unwrapped. Clearly, this was nature's way of saying he really shouldn't have bought it.

The second section of work focussed on the question of whether decline is evident on Herne Bay's secondary high street [Mortimer St]. We did Environmental Quality Surveys, discussed the limitations of this kind of data with a significant number of locals walking up and down the street around us. Both days were unseasonably warm and despite this, the fact they were tiring after lots of walking, we still managed to get a detailed land use map to help evidence our findings from earlier. This was a challenging task, especially to do at the end of this long day, but students on both days were up to it.

It was really valuable, as students were able to see first-hand the area we expect them to talk about in their upcoming mock exams and terminal exams in May/June. The data collected is now being analysed and presented with a refined conclusion drawn for both studies.

An excellent couple of days had by all.

Good People
Brighter
Futures

Weekly Extracurricular Clubs

MAKE TODAY COUNT

LEARN
GROW
BELONG

MONDAY

History

The Historical Society

Years 7 - 10
3:30pm - 4:30pm
Canteen
OSR
Bring film snacks



Raising Standards

Homework Club

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



PE

Mixed Football Club Yrs 7-9

PE Staff
3:30pm - 4:30pm
Sports Hall



TUESDAY

Science

Animal Club

Year 7 and 8
3:30pm - 4:15pm
B6
AOH
WEEK A ONLY



Performing Arts

Dance Club

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



Raising Standards

Homework Club

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



Creative Arts

Gardening and Craft

All years welcome
SBA
C11
3:30pm - 4:30pm



WEDNESDAY

Performing Arts

School Production Rehearsals

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



Business

Future CEO

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



Recreational

D&D Club (invite only)

All Year Groups
3:30pm - 4:30pm
B18
DEA



Raising Standards

Homework Club

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

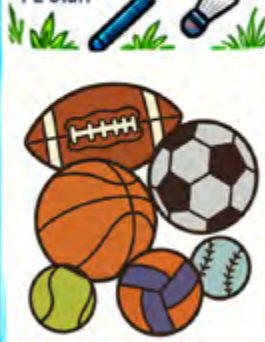


THURSDAY

PE

Mixed Badminton

Yrs 7-9
3:30pm - 4:30pm
Sports Hall
PE Staff



Reading

Book Club

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



Raising Standards

Homework Club

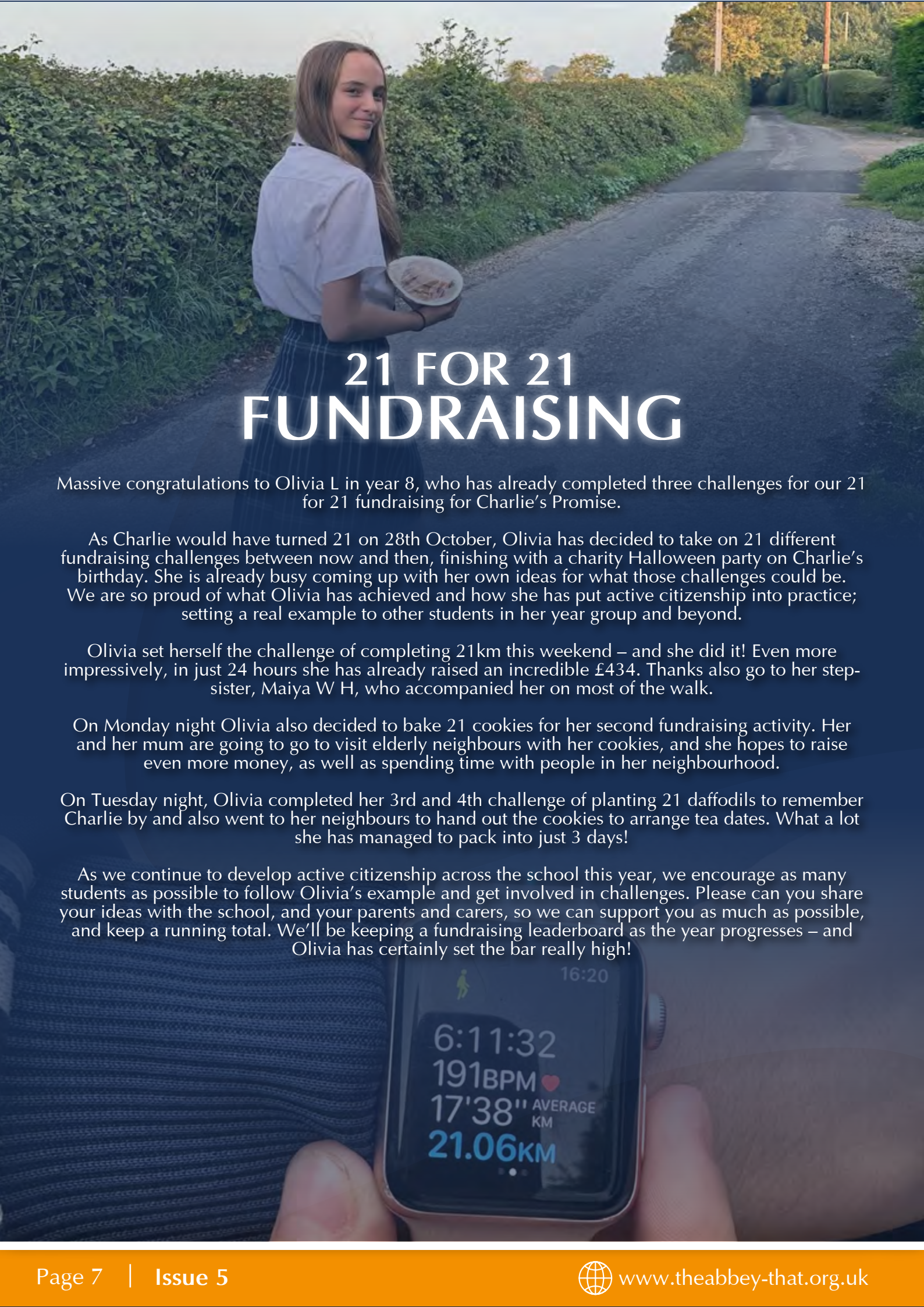
All Year Groups
3:30pm - 4:30pm
B13
Miss Marsh and Mrs Earls



Respect
Kindness
Opportunity

Keep going - you've got this!

A stronger
brighter
future together



21 FOR 21 FUNDRAISING

Massive congratulations to Olivia L in year 8, who has already completed three challenges for our 21 for 21 fundraising for Charlie's Promise.

As Charlie would have turned 21 on 28th October, Olivia has decided to take on 21 different fundraising challenges between now and then, finishing with a charity Halloween party on Charlie's birthday. She is already busy coming up with her own ideas for what those challenges could be. We are so proud of what Olivia has achieved and how she has put active citizenship into practice; setting a real example to other students in her year group and beyond.

Olivia set herself the challenge of completing 21km this weekend – and she did it! Even more impressively, in just 24 hours she has already raised an incredible £434. Thanks also go to her step-sister, Maiya W H, who accompanied her on most of the walk.

On Monday night Olivia also decided to bake 21 cookies for her second fundraising activity. Her and her mum are going to go to visit elderly neighbours with her cookies, and she hopes to raise even more money, as well as spending time with people in her neighbourhood.

On Tuesday night, Olivia completed her 3rd and 4th challenge of planting 21 daffodils to remember Charlie by and also went to her neighbours to hand out the cookies to arrange tea dates. What a lot she has managed to pack into just 3 days!

As we continue to develop active citizenship across the school this year, we encourage as many students as possible to follow Olivia's example and get involved in challenges. Please can you share your ideas with the school, and your parents and carers, so we can support you as much as possible, and keep a running total. We'll be keeping a fundraising leaderboard as the year progresses – and Olivia has certainly set the bar really high!



KIDENZA ORCHESTRA

Last week, we were delighted to welcome the Kidenza Orchestra to school for a special live performance enjoyed by all Year 7 and Year 8 students, alongside our Key Stage 4 Music students.

We were also pleased to welcome visitors from Leigh Academy Minster, Bysing Wood Primary School, Selling Primary School, Boughton under Blean and Dunkirk Primary School, Lynsted and Norton Primary School, Ospringe C of E Primary School and Hernhill C of E Primary School.

In total, more than 600 students and staff experienced the excitement and power of a live orchestral concert performed by world-class musicians. As well as enjoying a varied musical programme, students were treated to demonstrations of individual orchestral instruments and learned fascinating facts about the different sections of the orchestra.

The event provided a memorable and inspiring opportunity for young people to engage with live music and develop their understanding of orchestral performance. We are incredibly grateful to the Kidenza Orchestra for sharing their talent and enthusiasm with our school community.

We would like to thank the Tesco Community Grant Scheme and the Queenborough Fishery Trust for their generous support in helping us provide this wonderful opportunity for our students. Their funding played a vital role in bringing this inspiring musical experience to over 600 children and staff.

DOVER ATHLETIC ACADEMY

Good luck to our Dover Athletic Academy squad for the 2026/27 season!

2026/27



The Abbey
School





SAFEGUARDING CONCERNS

We want to remind you about how to seek help if you have a safeguarding concern about a child, particularly outside of school hours.

Our Safeguarding and Pastoral Team are available from 8.30am to 4.30pm, Monday to Thursday & Friday until 3.30pm, during term time. We are always happy to listen, support families and respond to concerns raised with us during these hours.

Please be aware that school email inboxes are not monitored outside of these hours, particularly during evenings and weekends. If you email the school with a safeguarding concern after 4.30pm or over the weekend, your message may not be seen until the next working day. This means that emailing the school should not be relied upon where a child may need immediate help or protection. If you are worried about a child's immediate safety or welfare, please contact the appropriate service directly:

If a child is in immediate danger or there is an immediate risk of serious harm: please call 999 and ask for the Police.

For a non-emergency concern requiring Police assistance: please call Kent Police on 101.
For concerns about a child's safety or welfare: contact Kent Children's Services (The Front Door) on 03000 41 11 11.

Outside normal hours, including evenings and weekends: Kent Children's Services can be contacted on 03000 41 91 91.

We appreciate that knowing who to contact can sometimes feel difficult, particularly when you are worried about a child. Our priority is to make sure that concerns reach the right professionals as quickly as possible, so please use the appropriate service rather than waiting for the school to respond to an email.

Of course, if your concern is not urgent and you would like to speak to a member of our Safeguarding or Pastoral Team, please contact us during our normal school hours. We are here to listen and support you.

Thank you for working with us to help keep our children and young people safe.

Safeguarding and Pastoral Team

8.30am to 4.30pm, Monday to Thursday & Friday until 3.30pm, during term time only

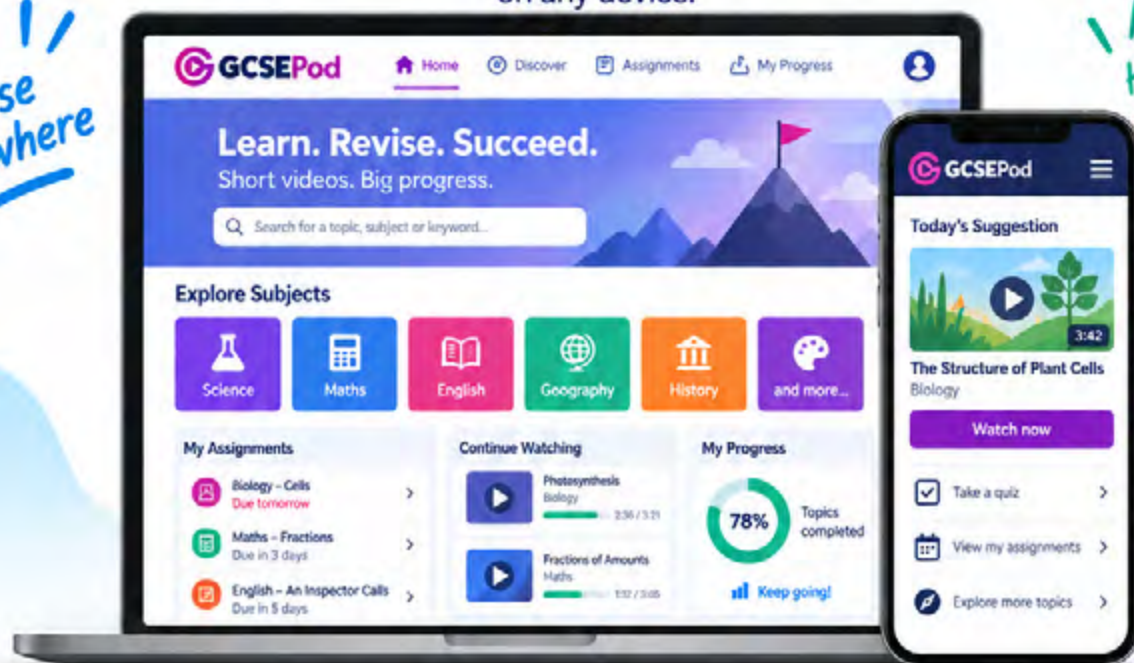


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PERSONAL DEVELOPMENT UPDATE: KENT FIRE & RESCUE

What a way to get our Year 10s thinking about choices, consequences and their futures. On Thursday 24th September, we had the pleasure of welcoming Matthew Clayton from Kent Fire & Rescue Service to The Abbey.

Matthew spoke candidly about the dangers of fire and deliberate fire-setting, where seemingly small decisions can go very wrong, and the very real consequences our actions can have for ourselves and others.

The session was about much more than fire safety. Matthew also shared his own journey into the Fire and Rescue Service and the different paths that can lead into a career like his. It was fantastic for our students to hear first-hand about where a career in the service could take them.

Matthew will be back with us on Tuesday 29th September for his next sessions, speaking to our Year 8 students and then our Year 12 and 13 students.

He will then join us again as part of our Year 9 Personal Safety Roadshow on Thursday 8th October, with our Year 7 students getting their opportunity in early 2027.

We are incredibly lucky to have such an engaging speaker based just around the corner from us at Faversham Fire Station.

A huge thank you to Matthew and Kent Fire & Rescue Service for giving our students such an honest and memorable session.

PERIOD SUPPORT

We understand the issues that our students can have when they are having their periods.

We are here to help.

We can help with practical matters, and emotional support.

Here in pastoral, we have a range of sanitary products including tampax and pads. We have underwear and period pants, and navy blue leggings which we are happy to lend out. If your child is having their period, we do recommend that you send them with a change of clothing. We are happy to keep this for them in pastoral in a named bag if this is preferred. You can also send your child with one dose of paracetamol if they require a painkiller during the day.

What happens if my child has an accident during the day?

The most important thing is that your child knows we can help. If they come to pastoral, we offer a safe and supportive space to help. We will offer wipes, spare clothing and a sympathetic ear.

Your child will be given the chance to go and change.

If, for some reason, we cannot manage this situation within school, we will call home. We may ask if there is anyone who could bring in spare clothing. We realise that many parents work and that this is not always possible – please do send in spare clothing and we will happily store this for your child.

We are here to help – periods can be challenging.

The Pastoral Team

ART THERAPY INTERVENTION

We are delighted to introduce Healing through Art, a new therapeutic intervention facilitated by Mrs Blythe, Specialist Intervention practitioner. This programme offers students a safe and creative space to explore emotions, build self-awareness, and develop resilience through artistic expression.

What is Art Therapy?

It is based on the understanding that creativity can be a powerful tool for emotional wellbeing. Through a range of art-based activities, students are encouraged to express thoughts and feelings that may sometimes be difficult to put into words. The focus is not on artistic ability but on personal reflection, self-discovery, and emotional growth.

- The intervention provides opportunities for students to:
 - Explore and express emotions safely.
 - Build confidence and self-esteem.
- Develop coping strategies for stress and anxiety.
- Improve self-awareness and emotional regulation.
- Foster a sense of connection and belonging.

The Influence of Jungian Theory

The programme draws inspiration from the work of psychologist Carl Jung. Jung believed that art can act as a bridge between conscious thoughts and deeper emotional experiences. Through images, colours, and symbols, individuals can gain insight into feelings that may otherwise remain hidden. By engaging with creative processes, students are encouraged to explore their personal strengths, challenges, hopes, and aspirations.

Supporting Wellbeing Through Creativity

At the heart of this intervention is the belief that every young person has the capacity for growth, healing, and self-expression. The programme complements our wider commitment to supporting students' mental health and wellbeing by providing an additional avenue for reflection and emotional support.

Through guided creative activities, discussion, and reflection, students can develop a stronger sense of self while building the confidence and resilience needed to navigate life's challenges. We are excited to offer this new intervention and look forward to seeing the positive impact it has on our students' wellbeing and personal development.

"Art enables us to find ourselves and lose ourselves at the same time."

This philosophy sits at the heart of Art Through Healing, where creativity becomes a pathway to understanding, healing, and growth.

HISTORICAL SOCIETY

The first film of the year for Historical Society is none other than Jurassic Park!

But that's not all... students have also been challenged to design a poster for the History Society.

If you would like to join The Historical Society, the club runs Monday after school, 3.30 till 4.30 with Mr Roberts!

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



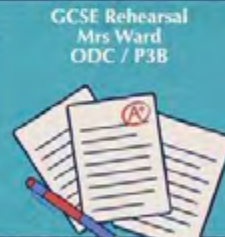
Sparx Drop-in
Mr McCormack
Week B only
B15 / P3A



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



THE ABBEY SCHOOL'S

£21,000 CHALLENGE

THIS YEAR, WE'RE STANDING BEHIND
CHARLIE'S PROMISE

Chosen by our students and staff ♥

FIND OUT MORE ON OUR
JUST GIVING PAGE



Charlie's Promise

*A safer tomorrow
for young people.*



TAKE ON A
CHALLENGE



RAISE
MONEY



MAKE A
DIFFERENCE



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

*All for you
Cheeks*



**Be The Best You Can Be
by being an Active Citizen**

Charlie's Promise Charity Number: 1207246



**The Abbey
School**

Year 11 STEP UP EVENING

**Wednesday 14th October
5.30 - 6.35pm**

Join us for our Year 11 Step Up Evening, where every student who attends will receive a bundle of English, Maths and Science revision guides worth at least £30.

Students and parents will rotate through three practical workshops, learning how to use the guides effectively and prepare successfully for the November mock examinations.

Complete all three workshops to enter our prize draw, with four £50 Love2Shop vouchers to be won!

Year 11 students should attend with a parent or carer.

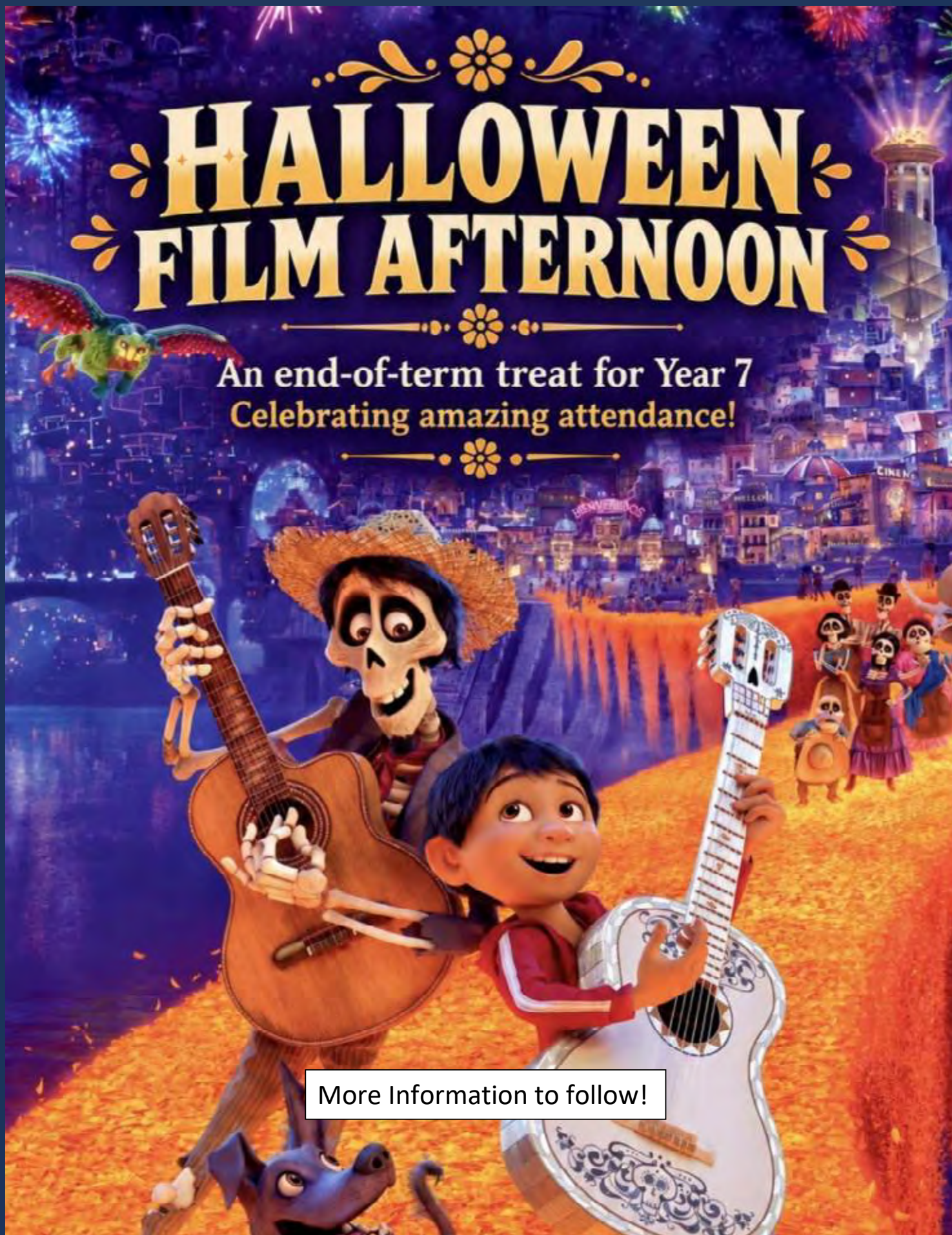


Scan the QR Code to book your place!
We look forward to welcoming you.

☎ 01795 532633

✉ info@abbeyschoolfaversham.co.uk

London Road, Faversham, Kent ME13 8RZ



More Information to follow!

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





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



Simon Walker
STEER Founder



**The Abbey
School**



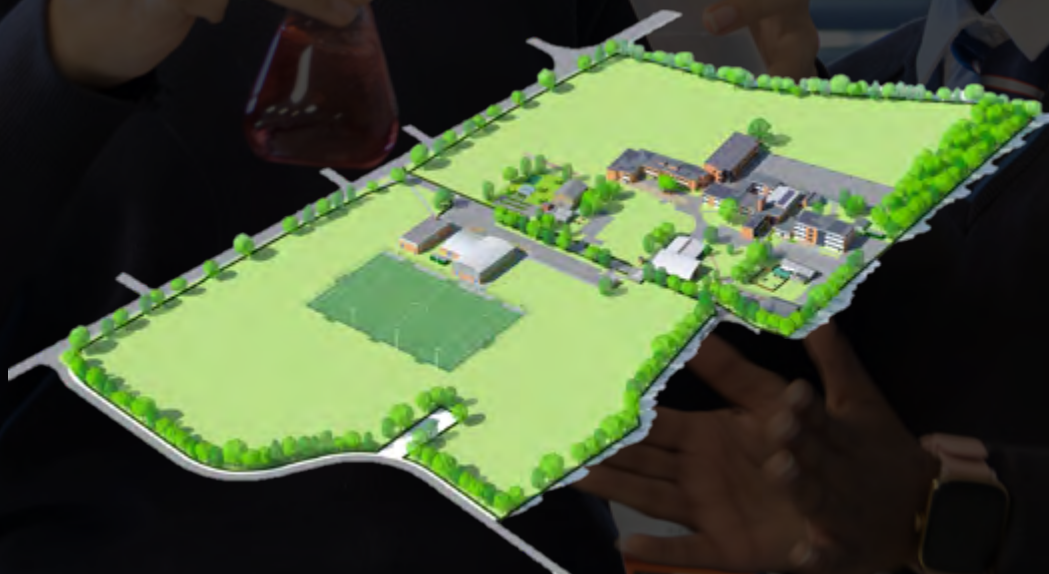
Jo Walker
STEER Founder





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"BE THE BEST YOU CAN BE"



The Abbey
School