



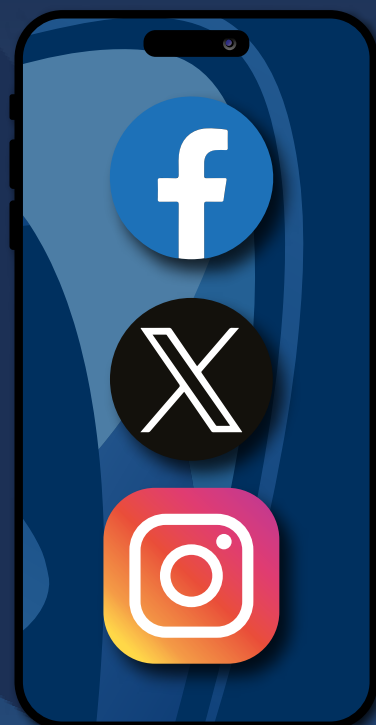
"Be The Best You Can Be"

Weekly Newsletter

2026/27

Issue Number: 4

Date: 25/09/2026



STARS OF THE WEEK

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



Phoebe C
Year 7
62HP



Emily C
Year 9
46HP



Molly C
Year 10
43HP



Trojan C
Year 7
33HP

#WAKE UP WEDNESDAY

CANTEEN MENU 2026/27

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

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 climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips please visit nationalcollege.com.

What Parents & Educators Need to Know about DISCORD

Launched in 2015, and with over 90 million daily active users, Discord has become one of the main ways gamers communicate – with text, voice, and video chat helping people connect around shared interests. For many young people, Discord can be a useful way to talk with friends, join communities, and explore hobbies. However, like any online platform built around communication, it also carries risks around strangers, inappropriate content, spending money, and time spent online. This guide looks at what parents and educators need to know.

WHAT ARE THE RISKS?

- A CHANNEL FOR EVERYTHING**
While Discord is strongly associated with video games, it also hosts communities for almost everything you can imagine, such as books, music, influencers, cooking and sport. Some large servers focus on popular games like Minecraft or Fortnite, but many are private, invite-only spaces where friends or communities with shared interests can chat across phones, computers, and gaming consoles.
- REAL-LIFE DISTRACTION**
Like many social platforms, Discord can become a real-time sink. Although it does not rely on endless scrolling in the same way as social apps, constant live streaming, group chats, and voice channels can keep young people engaged for long periods, especially in larger servers. As Discord is closely linked to gaming, it may also distract the time they spend playing games.
- STRANGER DANGER**
Users can choose to stay within private servers with only people they know, but joining public servers will mean they bring them into contact with strangers. Many users are just friendly enthusiasts, but others could have harmful intentions, including grooming, extortion, or blackmail. In some types of environments, anyone can claim to be another teenager, which can make it harder for young people to judge who is safe to talk to.
- A HARASSMENT RISK**
There is also a risk from people a young person already knows in the real world. Bullying in the real world can continue online, and Discord servers can make this feel more intimidating, especially if someone uses anonymous or multiple accounts to carry out threatening behaviour. Because Discord works across computers, phones, and gaming consoles, unwanted contacts can follow young people into online spaces that should feel safe and private.
- INAPPROPRIATE CONTENT**
This huge amount of choice can help young people "find their tribe", especially when they have niche interests. However, because users can create servers around almost any topic, younger users may encounter material, unrelated to discussing content. Even in spaces linked to child-friendly games, Discord cannot directly control every conversation, image, or video shared by other users.
- A MONEY DRAIN**
Discord is free to use, but users can still spend real-world money on it. This may include Discord "Nitro", a monthly subscription that unlocks custom features and larger media uploads, or purchases through the "Shop" for digital cosmetics and game-related items. Small purchases can add up quickly, especially if spending is done on impulse, and in-game purchases can be addictive.

Advice for Parents & Educators

- USE FAMILY CENTRE**
Parents and carers should make use of Discord's 'Family Centre', which gives an overview of a younger user's activity while respecting their privacy. Messages are not shared, but adults can view an activity feed and receive weekly email summaries. Discord also has a dedicated support team for reporting concerns about online behaviour, rather than being about constant monitoring.
- CHECK, TALK, REPORT**
Review Discord's privacy settings together, including who can send them friend requests or private messages. Use this as a chance to talk to them about strangers, privacy, and personal information, making sure young people know how to question suspicious behaviour, such as requests to keep conversations secret. Show them how to block and report harmful kinds of users and reassure them that asking for help will not get them into trouble.
- MANAGE TIME ONLINE**
Agree clear expectations around when and how Discord can be used, especially during homework, bedtime, and family time. Encourage young people to turn off unnecessary notifications and leave servers that feel overwhelming. If Discord is used for online gaming, discuss healthy limits for when activities such as schoolwork, sleep, and offline friendships are not affected.
- REVIEW SPENDING CONTROLS**
Talk openly about paid features such as Discord Nitro, profile cosmetics, and in-game purchases. Make sure the young person is clear on understanding that digital items still cost real money. Check payment settings on the device they use, avoid storing card details where possible, and consider setting age-appropriate requirements for purchases, particularly for younger or more impulsive users.

Meet Our Expert
Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, and The New Statesman.

See full references on our website
@wake_up_weds | www.thenationalcollege.com | @wakeup.wednesday | @wakeup.weds

This guide is so at their own discretion. No liability is entered into. Current as of the date of release: 23.09.2020



SENECA CHAMPIONS

Year Group	Learning Time	Average Score	Time Champion	Score Champion
12 & 13	7h 37m	80%	Henry H	Isabelle R
11	148h 9m	57%	Rufus V d R	Ellesse R-C
10	114h 22m	64%	Ben D	Roxie R
9	124h 56m	64%	Amira A	Maddison H, Izzy P
8	6h 43m	63%	Isabelle S, Imogen T-C	Ikmat M, Abiola O, Joshua A
7	47h 13m	66%	Poppy H	Grace H, Jake P

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!



YEAR 7 TUTOR EVENING!

A huge thank you to all of our Year 7 parents and carers who joined us for our Tutor Evening on Thursday.

It was fantastic to welcome so many families into school and have the opportunity to meet with tutors, discuss how students have settled into life at The Abbey School.

The transition from primary school to secondary school is a big step and we know that having strong communication between home and school plays an important part in helping our students feel happy, confident and ready to learn.

We would also like to thank our tutors and staff for giving their time and making the evening such a success. We look forward to continuing to work closely with our Year 7 families throughout the year and watching our newest Abbey students grow, develop and thrive.

Survey!

We'd love to hear how your child's first few weeks at The Abbey have been and how the transition to secondary school has been for you as a family too.

If you didn't get the chance to complete our Transition Survey at the Meet the Tutor Evening, there is still time!

As a little thank you, every student whose parent/carers completes the survey will receive a GOLDEN TICKET!

Please complete the survey by close of play on Monday 28th September.

Your feedback helps us understand what has worked well during transition, how our new Year 7s are settling in and, importantly, anything we can do even better for our students and families.

It only takes a few minutes to complete

[Complete the Year 7 Transition Survey here](#)

A huge thank you to everyone who has already completed it!

ATTENDANCE REWARD!

A Christmas Film in September?!

As a reward for their fantastic attendance, our Year 7 students enjoyed a well deserved morning off from lessons last week with a cinema morning!

They were given the choice of which film to watch and Home Alone was the clear winner. Nothing says September quite like watching a Christmas classic...

A fantastic reward for a fantastic start to the year.

Well done Year 7!

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

Curiosity
Builds
Brighter
Futures

EXPLORE
DISCOVER
QUESTION
SCIENCE
CHANGES LIVES

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

BELIEVE
PRACTISE
IMPROVE
SUCCEED

YOU
GOT
THIS

✓ Plan
✓ Learn
✓ Achieve
✓ Repeat

Small
Steps...
Big
Results

RESPECT
KINDNESS
OPPORTUNITY

Keep going - you've got this!

A STRONGER
BRIGHTER
FUTURE TOGETHER



SAEGUARDING 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

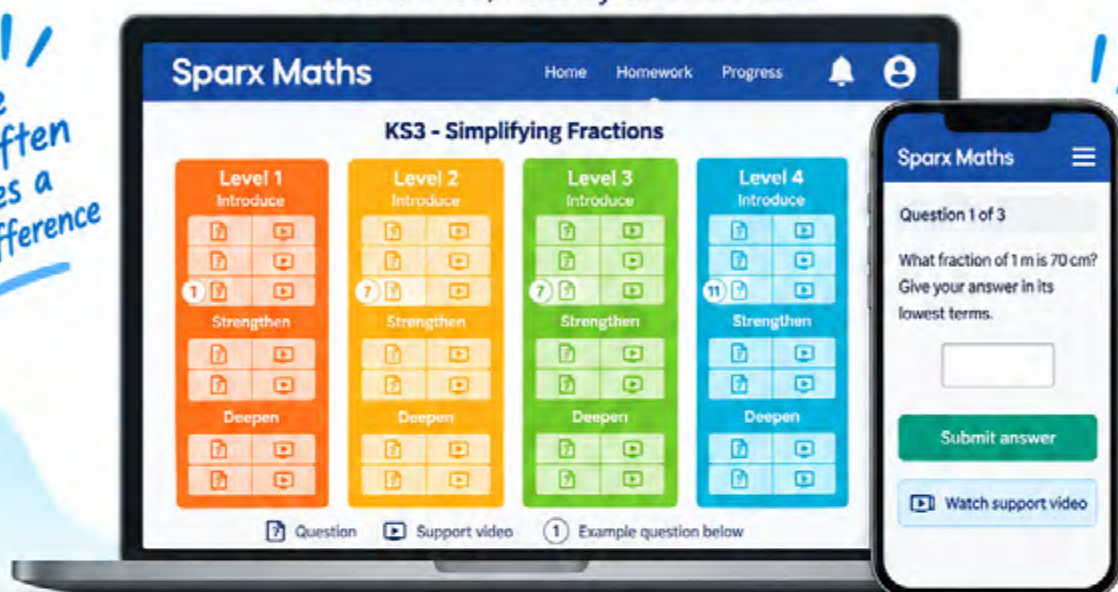
SPARX MATHS

Maths confidence grows

Personalised Maths Homework

Sparx Maths is an online platform for students aged 11–16 that sets personalised, challenging and attainable maths homework to help build confidence, fluency and success.

Little and often makes a big difference



Support every step

Why use Sparx Maths?



Personalised homework



Step-by-step support videos



Builds confidence and fluency



Automatic marking and progress tracking



Works on phone, tablet and laptop



Used by **2.2 million+** students



5 billion+ questions answered

Get Started

Scan the QR code or visit **sparxmaths.com**



Brighter futures with maths

Ask your teacher for details or log in to complete your homework.





**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





STUDENT SHOUTOUT!

Shout out to our year 12 recruit Jacob on winning the Junior Championship at Wrotham Heath Golf Club. No doubt this won't be his last win and we look forward to seeing his development over the next two years with us.



SCHOOL PHOTOS!

SCHOOL PHOTO DAY!

It was smiles all round on Monday as our Year 7 and Year 10 students had their school photographs taken on Monday.

We're looking forward to seeing all those school-photo smiles!

Parents and carers should be able to access their child's photograph very soon.

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



HONOUR
CHARLIE

**MAKE YOUR
£21 PLEDGE**
TO RAISE AT LEAST £21 EACH

Everyone will play a part.



Have an idea about
how you'd like to get involved?
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



PERSONAL DEVELOPMENT AT THE ABBEY: PREPARING STUDENTS FOR LIFE!

Personal Development at The Abbey has a simple but ambitious purpose: to prepare our students for life beyond the classroom.

From healthy relationships and wellbeing to careers, enrichment, financial education and active citizenship, Personal Development helps students develop the knowledge, skills and experiences they need for the wider world.

Our programme brings together Relationships, Sex and Health Education (RSHE), safeguarding, citizenship, careers, financial education, online safety, enrichment and preparation for adult life. We want students to be able to make informed decisions, build healthy relationships, recognise risk, know when and where to ask for help and understand the positive contribution they can make to their communities.

What's Changed This Year?

We have made some significant changes to strengthen Personal Development across the school.

Students in Years 7–10 now take part in extended 1.5-hour Personal Development sessions. The additional time allows us to do much more than simply deliver information. Students can discuss real-life scenarios, ask questions, challenge misconceptions, practise important skills and reflect on what they have learned.

Year 11 students continue their Personal Development through a planned programme of assemblies and targeted sessions, alongside careers education and wider Personal Development opportunities.

Our Sixth Form programme continues this journey into adulthood, with students receiving eight core Personal Development sessions across each two-week cycle, covering the knowledge and skills they need for relationships, wellbeing, citizenship, careers, finance, leadership and greater independence.

We are also changing the way we evaluate our work. Following sessions, students are given opportunities to

reflect on their learning so that we can identify what they have understood, remembered and can apply, as well as any misconceptions or areas that need revisiting.

Student voice is central to this work. We want students to tell us what has been useful, what they want to understand better and where they feel they need more support. This helps us continually review and develop our provision in response to the needs of our students.

For us, the important question isn't simply "Did we teach it?" but:

"What difference did it make?" Keeping Our Curriculum Current

The Department for Education's updated statutory guidance for Relationships, Sex and Health Education came into effect this September, and we have reviewed our curriculum and applied the relevant updates.

This includes strengthening learning around areas such as healthy and respectful relationships, consent and coercion, misogyny, sexual harassment and sexual violence, online safety, pornography and sexualised content, AI and deepfakes, misinformation, mental wellbeing and recognising unhealthy or abusive behaviour.

Our curriculum is carefully sequenced so that students encounter these issues in an age-appropriate way, with important knowledge revisited and developed as they mature.

Students also learn about the Equality Act 2010 and the nine protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.



Personal Development is also an important part of our wider safeguarding work, helping students recognise risk, understand when something may be wrong and know how to seek help for themselves or somebody else.

A message we reinforce throughout the curriculum is the importance of having a trusted adult. We want every

Abbey student to know who they can turn to, what makes someone a trusted adult, how to ask for help and that they should speak up when something doesn't feel right.

We also recognise the important role that parents and carers play in these conversations. We will continue to communicate about key areas of the curriculum and help families understand what is being taught and why.

What Are Students Learning This Term?

Our curriculum grows with our students. Topics become increasingly sophisticated as young people develop, while important messages around safety, relationships, respect, equality, wellbeing and seeking help are revisited and strengthened.

Year 7 – Belonging, friendships and staying safe

Connecting with Your Teachers • From Strangers to Friends • How to Have Healthy Relationships • Tackling Cyberbullying • Understanding Bullying • Safe & Healthy Relationships

Year 8 – Healthy relationships and making good choices

The Many Forms of Relationships • Managing Unhealthy Relationships • Repairing Relationships • Peer Pressure Survival Guide • Together Against Bullying • Online Relationships

Year 9 – Looking after ourselves and others

The Happiness Trap • Managing Anxiety • Combatting Negative Self-Talk • Expressing Gratitude • Character Strengths in Focus • Positive vs Negative Humour

Year 10 – Trust, respect and personal safety

Inclusivity & Belonging • Who Should You Trust? • Self-Esteem and Respect • R.E.S.P.E.C.T. • Safety Instincts • Managing Emergencies

Year 11 – Equality, rights and contemporary risks

Discrimination and the Equality Act • Stereotypes and Prejudice • Respecting Human Rights • Gender Biases • Criminal Exploitation • The Questions Around Deepfakes

Year 12 – Rights, democracy and society

Democracy v Autocracy • Gay Rights • Religious Freedom in the UK • Separation of Power • Gang Violence • Illegal and Imitation Weapons

Year 13 – Preparing for independence

The Advanced Economy • Mortgages • Financial Potholes • Taxation • Embracing the Present Moment • Flow & PERMA

Learning Beyond the Classroom

Our taught curriculum is complemented by opportunities to learn from specialist external organisations and speakers throughout the year.

These sessions allow students to hear from people with real expertise in areas such as road safety, healthy relationships, sexual health, fire safety, knife crime, gangs and exploitation. They provide another opportunity to reinforce key safeguarding messages and help students understand how their learning connects with situations they may encounter in the wider world.

Alongside this, our careers, enrichment and community action programmes give students opportunities to explore future pathways, discover new interests, develop skills, take on responsibility and contribute to school and community life.

A Little Extra for Year 7

Over the next few weeks, Year 7 students will also take part in additional age-appropriate sessions focusing on puberty, body changes, periods and menstrual health. These sessions are designed to provide clear and factual information, normalise conversations about growing up and give students the confidence to ask questions. Girls will also be able to take away a free pack of period products following the session. Parents and carers have already received further information about this additional provision.

Active Citizenship: Making a Difference

This year, we also want to challenge our students to think beyond themselves.

Active citizenship is a major focus for Personal Development. Whether through volunteering, fundraising, leadership, community action or simply choosing to help someone else, we want students to recognise that they have the ability to make a difference.

Our students and staff have chosen Charlie's Promise as our school charity for 2026/27, and we have set ourselves a rather ambitious challenge:
£21,000 in one school year.

Through our 21 for 21 Challenge, marking the year Charlie would have turned 21, students and staff will be encouraged to take on their own challenges, raise awareness, fundraise and give something back.

There will be plenty of whole-school opportunities throughout the year, but the message behind it is bigger than fundraising:

What can you do for someone else?
What can you give back?
What difference could you make?

We want active citizenship to be something Abbey students do, not simply something they learn about.

Families can follow our progress, support the challenge or set up their own fundraising page as part of The Abbey School team here:



Meet the Personal Development Team

Personal Development doesn't end when a lesson or assembly finishes. It is woven through the wider experiences and opportunities we provide for our students.

Mrs A. Le Brunn-Healey – Assistant Principal, Personal Development

Miss S. Nunn – Enrichment

Mrs G. Bevan – Careers Lead

Mrs S. Priestley – Careers Support Co-ordinator

Dr A. Moseley – Community Action Manager

Our Door Is Always Open

We want Personal Development to be a partnership with our students, parents and carers, and we welcome your involvement.

Whether you have a question about our Personal Development or RSHE curriculum, would like more information about something your child is learning, need advice or support, or have a suggestion or opportunity that you think our students could benefit from, please get in touch.

Our door is always open.

Contact A. Le Brunn-Healey, Assistant Principal – Personal Development:

alebrunn-healey@abbeyschoolfaversham.co.uk

Ultimately, our ambition is for every Abbey student to leave us prepared not only for their next exam or next destination, but for life – able to keep themselves safe, ask for help, build healthy relationships, respect and understand others, make informed choices, contribute to their community and recognise that their actions matter.

YEAR 11 COOKING!

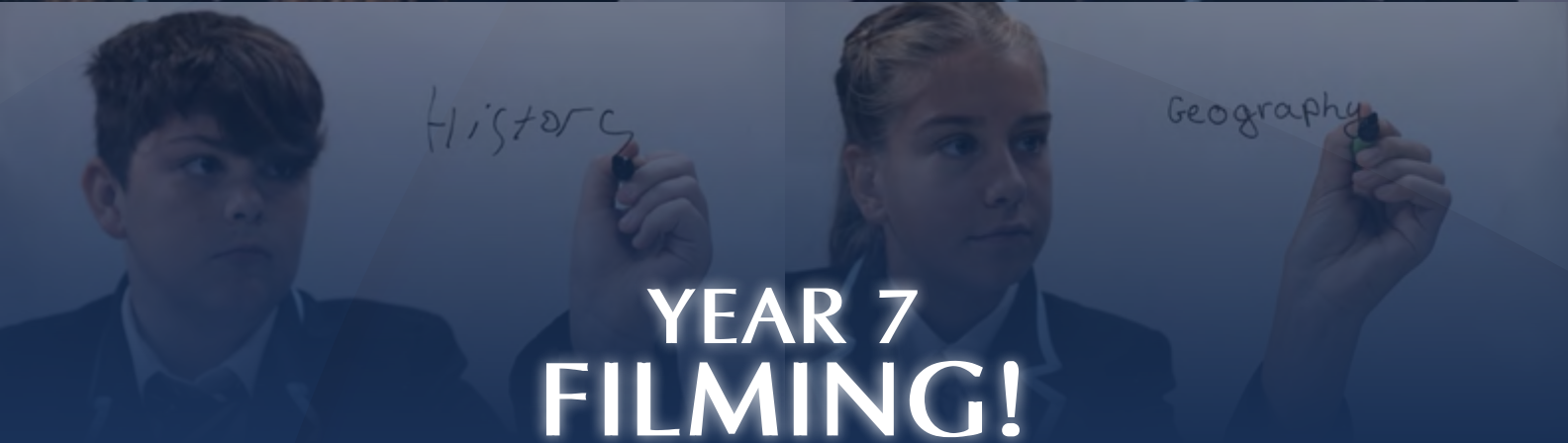
A Taste of Success in Year 11 Cooking!

Our Year 11 students have been busy in the kitchen, preparing for their upcoming exams and putting their culinary skills to the test.

Last week, they created some fantastic fruit tarts, showcasing creativity, precision and plenty of hard work. The results looked absolutely delicious!

#BeTheBestYouCanBe





YEAR 7 FILMING!

What's your favourite subject?

Our Year 7 students have been sharing their favourite subjects so far at The Abbey School!
But this isn't just for now...

We're going to keep their answers until they reach Year 11 in 2031!

Then we'll look back and see whether their favourite subjects have stayed the same!

ACADEMY SUCCESS!

ACADEMY WATCH!

A huge congratulations to Academy graduate and now one of our Academy coaches, Luke Baptiste,
on reaching an incredible 200 appearances for Dover Athletic!

From Academy player to reaching a huge milestone with the club and now helping inspire the next
generation.

What an achievement!





**The Abbey
School**

Year 11
**STEP UP
EVENING**

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

Year 11 students and their parents
or carers are invited to an
important evening of practical
preparation ahead of the
November mock examinations.

Booking information will be shared
shortly.

Please save the date!

We look forward to welcoming you.

☎ 01795 532633

✉ info@abbey-school-faversham.co.uk

London Road, Faversham, Kent ME13 8RZ

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.....

"Why do we have to wait outside the canteen before lunch for so long?"

We did.....

"We have now got some good walkie talkies, so your HOY only calls you over to the canteen when it is virtually time for you to go in, so you get more time outside"



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

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'.

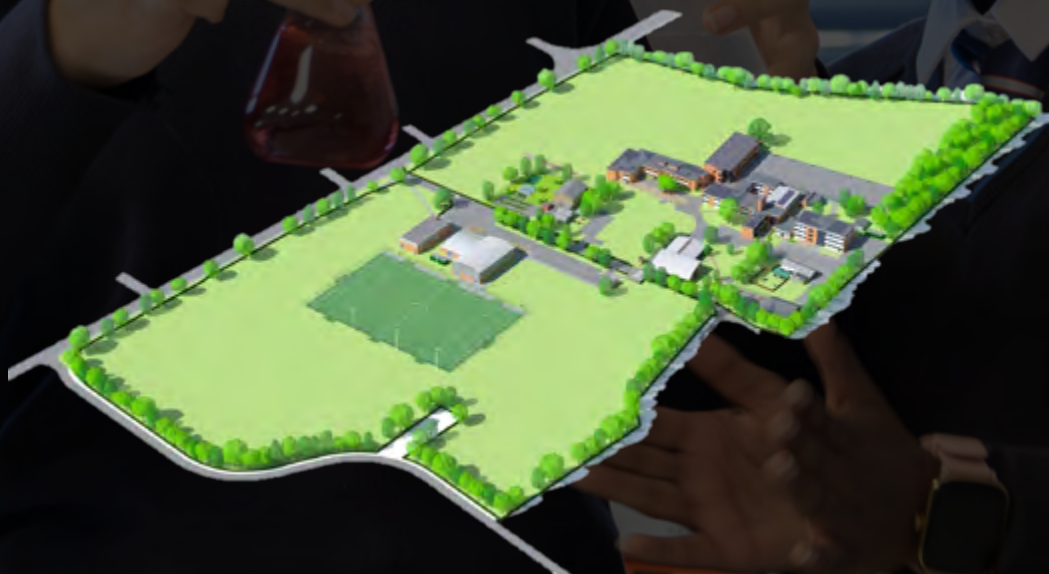
Jo Walker
STEER Founder





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"BE THE BEST YOU CAN BE"



The Abbey
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