



Weekly Newsletter

HEADTEACHER UPDATE

Bullying Vs Banter



"It's just banter!" "Can't you take a joke?"

In assemblies last week, as a part of our own anti-bullying week, our students were given a lot to think about. They were asked to consider the big question: what is banter and what is bullying? The definitions - provided by The Diana Award - gave some clarity:

- *Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or online.*
- *Banter is the playful and friendly exchange of teasing remarks. The person on the receiving end should be 'in' on the joke.*

But, we all decided that working out where you should draw the line was a far trickier thing. The etymology of the word 'banter' dates back to the 1670s, with the first record of its use in London as street slang meaning 'good-humoured ridicule' - there are, however, many misconceptions that this is a more contemporary term born several years ago on the show Love Island or somewhere similar.

The 'vibe' of banter - to stick with the Love Island theme - felt rather off though and everyone in the audience agreed that the idea of ridiculing someone left a bad taste in all of our mouths. It seemed ok to make playful and friendly remarks but what if the person on the receiving end of it really wasn't 'in' on the joke? That might hurt their feelings or make them feel sad or anxious - this isn't the type of culture that we want at The Abbey!

So, where did the assembly end and what did the young people learn? Well, with advice from the audience and staff around the room, we decided that:

- We needed to get to know our friends really well - this would prevent us from entering into areas of jest that they may take offense to.
- If someone wasn't our friend that we should be really careful about any jokes that we make and that it was probably better to just steer clear of anything that might be received as even mildly offensive.
- There are topics that are off limit, particularly those related to the protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

Finally, we encouraged anyone who is experiencing any type of unkindness or bullying in school, out of school or online to **#reachout**. This could be their parent/carer, friend, form tutor, head of year, designated safeguarding lead (Ms Kamara - purple lanyard), The Worry Box or ANY adult that they trust in school.

Digital Footprint Workshops

On Monday 23rd and Tuesday 24th of January Year 9 students attended a 'Digital Footprint' workshop that was delivered by The Department of Work and Pensions. They aim of the workshop was for students to gain an understanding of what their digital footprint is, know how to use social media wisely and understand how their digital footprint can impact on future job applications.

What is in a digital footprint?

Your digital footprint is a **record of your online activity**. It shows where you've been on the internet and the data you've left behind. Your footprint grows when you deliberately share something online, or when sites and apps track your activity without your permission

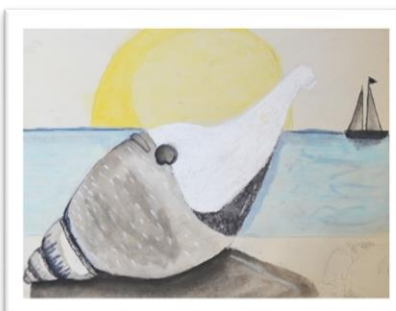


Artists of the Month - January



Cameron Hann, Y11

Jayden Driver, Y11



Julia Zubar, Y7



STARS OF THE WEEK

Well done to our Stars of the Week for w/c 30th January 2023



Maksim Draganov
Y8

Discovery 52 House Points



Gamu Mugabe
Y8

Endeavour 52 House Points



Oliver Smith
Y10

Pioneer 66 House Points



Amelie Mitchell
Y7

Voyager 35 House Points

STAGGERED DISMISSAL TIMES for w/c 6th February 2023

Day	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Mon, Tues, Wed, Fri	3.15pm	3.10pm	3.30pm	3.25pm	3.20pm	3.30pm	3.30pm
Thursday only	2.15pm	2.10pm	2.30pm	2.25pm	2.20pm	2.30pm	2.30pm

Spotlight on...National Apprenticeships Week and Careers Information

Post 16 Options

During Year 11 students are supported in making their choices for future study. All students must remain in some form of education or training up to the age of 18. As a school we would encourage as many students as possible to remain and study in our Sixth form however we also recognise that some of our students may want to pursue courses that we do not currently offer or an apprenticeship. Moving on to Sixth form or College means students are at the start of Further Education. Students will need to consider their post-16 choices very carefully. They need to be aware that the subjects they choose at this time could have an effect on the courses they can choose to study at 18. Each course will have different entry requirements, so it is important students find out what grades they need to access different courses from different Sixth Forms, colleges and apprenticeships. Students can get advice in school on their Post 16 Options from; Mr Forrest - Careers Leader, Mrs Priestly - Work Experience and Careers Support Officer, Vickie Tucker - CXK Careers Advisor.

Also, the following websites offer great advice and guidance.

[Post 16 options | National Careers Service](#)

[Careerpilot : Get information : Your choices at 16 : Help with choosing your post 16 options](#)

National Apprenticeships Week

In terms of National Apprenticeships week next week, we have lots planned for 6th form:

- All students in 6th form will be spending form times looking into the 'world of apprenticeships', what are they, why should I do one, where could it take me?
- Webinars are being downloaded and stored from 'Amazing Apprenticeships' and will be available for students during form time and their private studies/frees to gain an insight into what is available to them
- Apprenticeship displays have been created and updated to reflect opportunities for students and help guide them in their searches – see photos
- Our 6th form newsletter this week will also be focused purely on apprenticeships



Apprenticeship Assemblies

On Thursday 26th and Friday 27th of January Years 10 and 11 students attended an assembly on apprenticeships delivered by CXK. The assembly explained what apprenticeships are, the range of apprenticeships that students can select from, how competitive apprenticeships are, how to apply and the benefits of choosing an apprenticeship career path. It was a very useful talk as many of our students will consider this route at some stage in their careers whether this is after Year 11, after Sixth Form or even after university.

"I didn't realise that you can become a solicitor by doing an apprenticeship. I thought you had to go to university to do this." Grace, Year 10
"I thought it was very useful because I wanted to know how to organise an apprenticeship as this is what I want to do after Year 11". Blake, Year 11

Upcoming Key Dates

Year 11, 12, 13 Mock Exam Week
 Attendance Reward Non-Uniform Day
 KS5 Sport CCCU Trip
 Safer Internet Day
 Health & Social Care Careers Event
 Y7 Humanities Trip to Canterbury
 Food Prep & Nutrition GCSE mock
 Word Thinking Day (Girl Guiding)
 KCC Partnership Tree Planting
 KCC Partnership Tree Planting
 Year 11 GCSE Drama Rehearsal
 Y11 Drama Examiner visit
 Y11 6th Form Subject Breakfast
 Year 10 Consultation Evening
 Y11 6th form Subject Breakfast
 EKST Dance Workshop
 Year 10 Mock Exams
 Student Big Leadership Day
 Swale Youth Forum Day
 Year 8 Consultation Evening
 Year 7 Consultation Evening

Monday 6th February
 Tuesday 7th February
 Tuesday 7th February
 Tuesday 7th February
 Wednesday 8th February
 Wednesday 8th February
 Wednesday 22nd February
 Wednesday 22nd February
 Thursday 23rd February
 Friday 24th February
 Friday 24th February
 Monday 27th February
 Tuesday 28th February
 Wednesday 1st March
 Thursday 2nd March
 Thursday 9th March
 Monday 20th March
 Tuesday 21st March
 Wednesday 22nd March
 Wednesday 26th April
 Wednesday 17th May

Attendance update – per house



Discovery
87.1%



Endeavour
85.8%



Pioneer
86.6%



Voyager
87.3%

PLEASE DON'T FORGET TO USE THE ATTENDANCE MOBILE NUMBER WHEN CONTACTING US ABOUT YOUR CHILD'S ABSENCE – THIS IS MUCH SIMPLER FOR US, AND FOR YOU:

Text: 07860 054225

We are also making contact with families that have persistent absence (below 90%). We urge families to get in touch if they have concerns with regard to attendance so we can work with you positively.

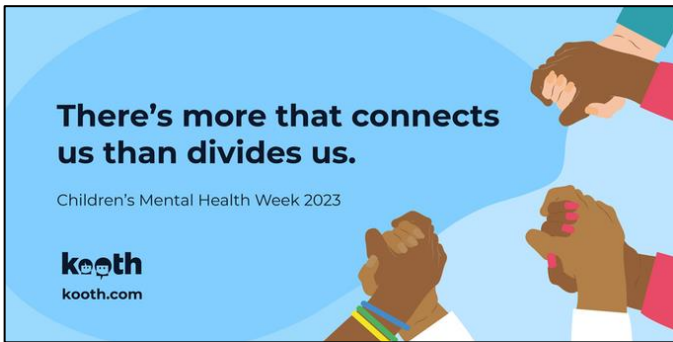
Children's Mental Health Week 2023

Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is **Let's Connect**.



Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

Support from Kooth



Young people aged 10 to 25, living in Kent and Medway, can talk to the Kooth team about anything anonymously. Whatever is on your mind, the Kooth team and online community are there to listen.

Home - Kooth

*1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care. Kooth.com is **commissioned** by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need.*

What the Kooth community is saying

"I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people will not judge me."

Doing one small thing every day that leaves you feeling happy and relaxed can have a long term positive impact on your wellbeing. For you it might be dancing, or singing, or painting or drawing for instance. If you're stuck for an idea, sign up for free to **Kooth.com's** mini activities.

Wednesday 1st February	Wednesday 8th February	Saturday 11th February
Discussion Board Welcome to LGBTQIA+ History Month	Live Forum How has peer support helped you? 7.30pm - 9pm	Discussion Board Are you feeling disconnected? Coping with feelings of loneliness
Monday 13th February	Wednesday 22nd February	Friday 24th February
Live Forum Let's talk about love 7.30pm - 9pm	Live Forum Having boundaries: Friendships 7.30pm - 9pm	Discussion Board What do you want professionals to know about Eating Disorders?

Safer Internet Day

We organise an Online Safety Week annually which coincides with Safer Internet Day (usually the second week in February). During the week, **all children learn about how to use technology responsibly and stay safe online.**



Safer Internet Day 2023 will take place on the 7th of February 2023, with celebrations and learning based around the theme **'Want to talk about it?'**

Talking about our digital lives can help children keep online safety in mind and avoid common internet hazards. The NOS have produced this useful guide with some ideas for starting these chats with children – letting them know that you're talking a keen interest without it feeling like an interrogation.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (such as new sexual abuse and sexting dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

- MAKE YOUR INTEREST CLEAR**
Showing enthusiasm when you broach the subject is likely to be your child's first step into the world. Most children enjoy being asked questions about their digital lives, so about what they use the internet for, or what games and apps they've used and how these work, adding to see their favourite games and apps in action could help you spot any aspects that may need your attention... avoid the chat functions to limit right-clicking or screenshotting. In some cases, it's worth being a bit of a long timer: they could be considering how to discuss something sensitive, or they may be gauging your reaction.
- BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE**
All children should be aware that many people become curious about a child's life when they see their body camera or social media posts. It's important that your child knows that they can discuss these sensitive subjects with you, and that you will be less likely to go looking online for answers. If you can't discuss something with your child, it's worth being honest about it. If you don't immediately know the answer to their question, it's OK to say you'll look it up and get back to them once you have the facts.
- REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU**
In any case, make sure your child and young people who are being taught about online safety know that they can always talk to you if they see something that they think is harmful or inappropriate. If you don't know what to do, it's your job to prevent it.
- KEEP TALKING!**
The most valuable advice we can give to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.
- DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL**
There are a lot of fake accounts from people who are not who they say they are. These accounts can be used to spread misinformation and to cause harm. It's important that your child knows that they can discuss these sensitive subjects with you, and that you will be less likely to go looking online for answers. If you can't discuss something with your child, it's worth being honest about it. If you don't immediately know the answer to their question, it's OK to say you'll look it up and get back to them once you have the facts.
- TRY TO REMAIN CALM**
As much as possible, try to stay calm when your child tells you about an online experience that makes you feel angry or frustrated. It's important that your child knows that you can discuss these sensitive subjects with you, and that you will be less likely to go looking online for answers. If you can't discuss something with your child, it's worth being honest about it. If you don't immediately know the answer to their question, it's OK to say you'll look it up and get back to them once you have the facts.
- CREATE A FAMILY AGREEMENT**
Discussing your whole household in coming up with a family agreement about digital life can be a really helpful. You could discuss when and how often you can use devices, what you can and can't do on the internet, and how you can help each other if you see anything that you think is harmful or inappropriate. It's important that your child knows that they can discuss these sensitive subjects with you, and that you will be less likely to go looking online for answers. If you can't discuss something with your child, it's worth being honest about it. If you don't immediately know the answer to their question, it's OK to say you'll look it up and get back to them once you have the facts.

Meet Our Expert
NOS National Online Safety
#WakeUpWednesday

Parents and carers play a crucial role in empowering and supporting children and young people to use digital technologies responsibly, respectfully, critically and creatively. Indeed, parental influence, guidance and education have a significant and long-lasting impact on children's safety and wellbeing in the online world. Therefore, there are plenty of ways for you to participate in **Safer Internet Day**, whether it is by ensuring an open dialogue with your children, educating them to use digital technologies safely and positively, or acting as digital role models. To help you achieve that, you may want to have a look at the SID resource gallery - www.saferinternetday.org/resources - where you'll find a range of resources to use with your children, from information sheets on various online opportunities and risks to conversation starters and even games, which are available in a variety of languages and age groups.

Attendance Reward – Non-Uniform Day

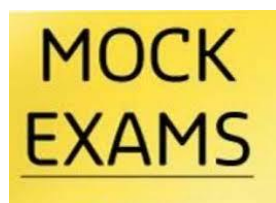
As per last term, we are rewarding the forms with the best attendance, per year group, with a non-uniform day. This will take place next

- * Year 7 - 7P-SAP **94.23%**
- * Year 8 - 8P-DRH **90.33%**
- * Year 9 - 9P-DPJ **90.54%**
- * Year 10 - 10E-JAH **90.94%**
- * Year 11 - 11-LUP **96.33%**

Best out of the whole school - **11-LUP**

Congratulations to Miss Pointer and form 11-LUP!

attendance
MATTERS



Change to Mock Exams Timetable

As a result of this past week's industrial action, the Y11 Mock Schedule has had to be slightly adapted.

In short, the MFL exams that should have been completed on the afternoon of Wednesday 1st February, will now be taking place during the afternoon of Friday 10th February. All other mock exams on the original programme remain unaffected.

Please find the updated programme for this upcoming week below:

Mock Examination Week Timetable

Year Group: 11 & 13

Week Beginning: 6th February



	Monday	Tuesday	Wednesday	Thursday	Friday
P1	Geography Paper 1 1hr 30 History Paper 1hr 15 Economics Paper 2 2hrs		Geography Paper 2 1hr 30 Business A level 2hr	Business 1hr 30	Drama 1hr 30 Maths paper 2 1hr 15 Geography Paper 2 1hr 30
P2		Science Paper 3 1hr 15			
P3a					
P3b					
P4	Maths Paper 2 1hr 30m History Paper 2 1hr 30	French Writing 1hr 15 & 1hr 20 (higher) Spanish Writing 1hr 15 & 1hr 20 (higher) Mike & Rops History Paper 1	Dance 1hr 30	History paper 2 55m English Lit Paper 2 50m	French Listening/Reading 1hr 20 & 1hr 45 (higher) Spanish Listening/Reading 1hr 20 & 1hr 45 (higher)
P5					

Key: Year 11 Year 13

6th Form University Applications

As our year 13s begin their mock exams we are monitoring the progress of their University applications. 58% of students have this year applied to Uni, with 146 course applications made. So far 51 conditional offers have been received, 3 unconditional and interviews being offered for others.

The effort and aspiration being shown by our students is fantastic and we are excited to see what the future holds.

#bethebestyoucanbe

