



Weekly Newsletter

HEADTEACHER UPDATE

A busy end to Term 3

Week 6 of Term 3 has been exceptionally busy, coinciding as it did with National Apprenticeships Week, Safer Internet Day, Children’s Mental Health Week, and several trips and visits. It’s been fabulous to see our students given the opportunity for experiences outside of the classroom and we do hope to be able to offer much more of this in upcoming months.

The ‘Big Chill’ Visit with EKST

On Monday 6th February, 12 students from year 11 and 12 who may be experiencing stress or anxiety in the lead-up to exams, attended ‘The Big Chill’ event at The Pines Calyx, St Margaret’s Bay. With GCSEs and A-Levels fast approaching, it was a timely event that gave students an opportunity to explore revisions strategies and methods to deal with anxiety and stress in a beautiful location.

At first some of the activities put students out of their comfort zone, but by doing so allowed them to explore new and unique strategies to help them with their upcoming studies. Across the day, students worked with students from several other schools to build their self-esteem, wellbeing and resilience across different workshops which included - yoga, drawing and talking therapy, hiking and pottery. Fingers crossed that the students can put their newly found skills to good use, just in time for their quickly approaching exams.

There were four one-hour workshops facilitated by experts and supported by CCCU ambassadors:

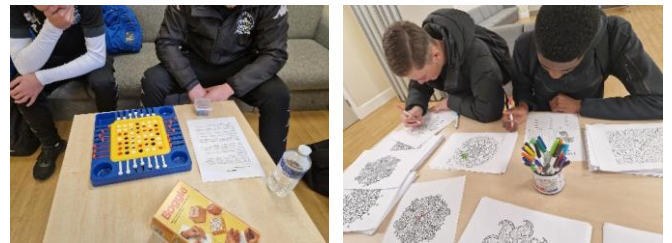
- **‘Sleeping Well’** – factual and physical ways to get the best restful and restorative sleep
- **‘Creative Crafting’** – working with their hands, students had the chance to do something totally new and relaxing with an artist-in-residence
- **‘Map of Life’** – working collaboratively, students used mind-mapping to identify stress, improve their resilience and find ways to focus on goals.
- **‘The Big Chill’** – away from the stresses of day-to-day life students had an opportunity to get back to nature and enjoy some real time out, with woodland walks and drinking hot chocolate!

Thanks so much to The Pines Calyx, St Margaret’s Bay, for hosting such a wonderful Big Chill event, the sun was shining on a beautiful site and the students had an amazing time.



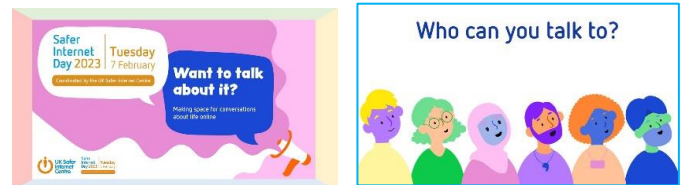
Children’s Mental Health Week

During this important week in The Abbey’s calendar, our 6th form students also took some time out to focus on improving their mental health. Students in lower school were all welcome to join them in the 6th form centre during their recreation time. Our 6th formers are setting a great example to our younger children.



Safer Internet Day

A series of assemblies were held all of this week to each of the year groups on the theme of **"Together for a better internet"**, today calls upon all stakeholders to join together to make the internet a safer and better place for all, and especially for children and young people. Being safe online means individuals are protecting themselves and others from online harms and risks which may jeopardise their personal information, lead to unsafe communications or even effect their mental health and wellbeing. Thanks to Mrs Green for delivering a fabulous series of assemblies which were all very well-received by our students.



And, as one Safer Internet Day draws to a close, so we start planning the next. Save the date for **Safer Internet Day 2024** which will take place on **Tuesday, 6 February 2024**.



STARS OF THE WEEK

Well done to our Stars of the Week for w/c 6th February 2023



Izzy Johnson
Y7
67 House Points



Isabella Halsey
Y8
64 House Points



Oscar Cheeseman
Y7
68 House Points



Olivia Irving
Y8
Maddie Sharpe
Y7
62 House Points

STAGGERED DISMISSAL TIMES for w/c 20th February 2023

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

Spotlight on...Industry Specific Careers Event

On Tuesday 7th Feb we hosted an industry specific careers event for Health, Social Care and Public Services. The event was for students across Year 9 and 10 who had expressed an interest in such careers. This was a great opportunity for our students to explore the types of careers that interest them and to be able to talk and ask questions to a range of industry professionals. Our aim was to give students an insight into careers of their choice so that they can start making informed decisions and plans for their possible future career.

Giving students the opportunity to experience such events on their careers journey also meets the Gatsby Benchmarks 3 (Addressing the needs of each pupil) and 5 (Encounters with employers and employees). Here are some of the job roles of employees who attended:

Radiographer, Ward Manager, General Nurse, Emergency Nurse Practitioner, Paramedic, Sports Scientist, Pharmacist, Army Officer, Royal Navy Captain, Care Worker



Upcoming Key Dates

HALF-TERM HOLIDAY
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
Y11 GCSE MFL Speaking Exam
Y11 GCSE MFL Speaking Exam
Year 7 Consultation Evening

13th – 17th February
Wednesday 22nd February
Wednesday 22nd February
Thursday 23rd February
Thursday 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
Tuesday 9th May
Wednesday 10th May
Wednesday 17th May

Attendance update – per house



Discovery
87.1%



Endeavour
85.8%



Pioneer
86.6%



Voyager
87.3%

Attendance Form of the Term



We were delighted earlier today to announce that the form with the best attendance for Term 3 is **11-LUP – Miss Pointer's form!**

Dr Speller, along with Mr Crittenden, Head of Year 11, presented a trophy to Miss Pointer and her form during family lunch today.

National Apprenticeships Week – 6th Form

Students in The Abbey School 6th form have been linking daily with the STEM ambassadors from CCCU for different daily apprenticeships talks. Wednesday's form time live discussion was **Understanding Apprenticeships within the Construction Industry.**



Providing students with the right information to make the most informed decisions about their futures is very important to us in the hope they can be the best they can be. #NAW2023

Golden Ticket Winners Term 3:

Many congratulations to the following winners of the termly Golden Ticket prize of a £10 Amazon voucher!

Year 7 Kristine Ekechukwu
Year 8 Will Hostead
Year 9 Tommy Aindow
Year 10 Ferdinand Fayemi
Year 11 Vincent Brooker
6th Form Katie O'Brien

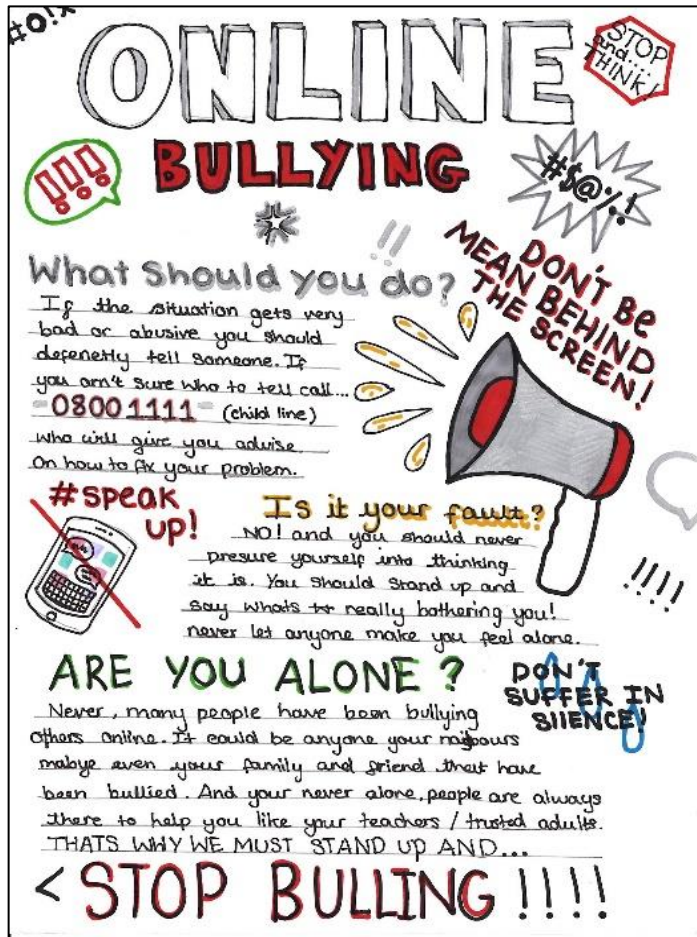
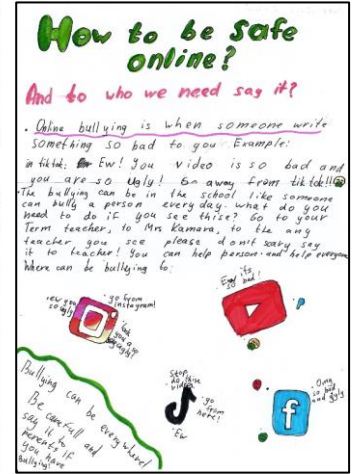


Keeping Safe Online - Year 7 To The Rescue!

Over the last term, during form time and as a part of the statutory PSHE, Year 7 have had a range of lessons delivered on the topic of Online Safety. Using a selection of resources from National Online Safety - which included information on online bullying and online relationships - our Year 7s were able to discuss their feelings, share what they had learnt and ask any questions which would hopefully help them navigate online in a much safer way.

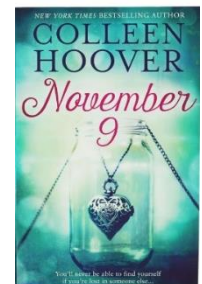
During the last week, they have applied all of their learning to their own Online Safety poster - designed to provide information on how to use the internet safely. Every entry will receive a golden ticket. The winning entry will: have their poster displayed around the school, win a £15 Amazon voucher, certificate and...most importantly have their poster featured in this week's newsletter.

So...here it is...the winning poster designed by the brilliant **Sophie Walker** (7CRU). Sophie, your entry really ticked all of the boxes and we hope that you will feel really proud seeing it displayed around the school.



Reading age-appropriate Books

As much as we love encouraging reading at the Abbey, we have noticed that some of our students are bringing in books which contain content that is not age appropriate. In particular, we have noticed a lot of books by Colleen Hoover, which contain very adult themes relating to relationships and abuse. The books look very child-friendly, with brightly coloured covers and often pictures of flowers, however, the content inside does not match this impression. If your child is looking for a new book, we have lots of age appropriate and interesting reads in the Learning Resource Centre.



Year 7 Humanities Trip to Canterbury

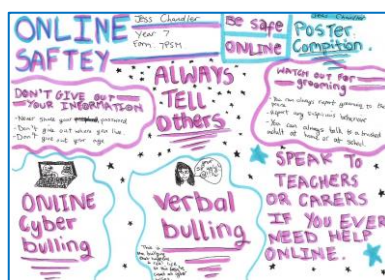
On Tuesday 31st January and Wednesday 8th February, the humanities faculty took Year 7 students to Canterbury to link their studies to their local community.

The day was spent touring the Medieval city walls, the Cathedral and also exploring the King's Mile. Students had the opportunity to follow the same journey that Medieval pilgrims would have taken for centuries, and taking in the glorious stained glass windows. The main event however, was visiting the Cloisters and Chapterhouse, with students standing in the very spot that Saint Thomas Becket was murdered!

The second half of the day was spent completing geography fieldwork, examining the urban area of the city with geography, completing land use and environmental quality surveys. One lucky group even got to meet Bella, the eagle used to keep Canterbury's pigeon population at bay.



Here are some runners up who will receive a special certificate as well as a golden ticket.



Eco-Champions School Council School Trip to Oare Gunpowder Works

"Homes for Biodiversity"

THE GREAT BIG GREEN WEEK



For the Swale Great Big Green Week competition, the Abbey school Swale Youth Forum students proposed to make bug hotels and bird boxes for the school grounds and the local area. They got their hands dirty making the first of the Bug Hotels at Oare Gunpowder Works with SBC's Greenspaces team and volunteers. Splitting logs, drilling holes and bundling tree cuttings, the students created the ideal habitat to support bugs and other small wildlife at the park. The group are going to talk about their experience in an assembly and get the rest of the school involved in future projects. The students won the bid after presenting in person to members of the council and were awarded a prize of £500 to put their ideas into action. The SYF students then worked with the school council Eco Champions to develop their ideas further, resulting in a trip to the Oare Gunpowder works on the 1st February 2023 to build their first bug hotel.



How the project improves the environment or encourages other people to help the environment

We would manufacture creatively constructed homes for mini beasts and small creatures that can be placed all around the local community. These homes would encourage wildlife to thrive and ensure the continuation and where needed the regeneration of biodiversity. These homes could be put into appropriate public spaces or used by the public in their own gardens. A campaign alongside the establishment of these homes would raise the profile of the importance of biodiversity to our environment.

Here are some extracts from the presentation the students produced.



What the benefits are to the local community

The homes would come with details of why they are important to our environment so they would not just provide essential accommodation for wildlife, but they would educate the community too.

The budget - how will you spend £500?

The money would fund the materials and tools needed to manufacture these homes. It would also be used towards a local marketing and education campaign as it would allow for printed resources to be created that could be displayed in community areas.

It could also pay for plaques/signs or banners that bring attention to the areas the homes are situated.

The goal is for our community to be more welcoming to our wildlife and to recognise how important this wildlife is as part of the solution to the bigger issues we are facing with our climate and environment around us.

The Eco-champions were taken on a tour of the Oare Gunpowder works and learned a lot about the wildlife there. For example, did you know that the largest creature seen in the park is a swan? That at certain times of year you can see glow worms? That endangered species of bats reside inside some of the structures there?



One of the first activities of the day, after a health and safety briefing, was how to coppice and why this was important. The benefits of coppicing did not just stretch to keeping the environment thriving but enabled students to collect materials (twigs) suitable for use in the bug hotel they were creating.



The main aim of the day was to build a sizeable bug hotel that will be permanently sited within the Oare gunpowder works country park.

To create their bug hotel the Abbey Eco-champions needed to bundle the twigs they coppiced, cut down trees in unwanted spaces, split and drill logs and grab barrel loads of wood chippings for the layers.



Skills learned throughout the day included coppicing, knots, plus use of various tools including saws and drills. The greatest skill developed throughout the day however was teamwork.



The park staff and volunteers, led by Kris Staples, supported students throughout the day with all the activities. Answering the many questions the students had!



Modern Foreign Languages Intervention Schedule

	MFL INTERVENTION		
Term 4			
Date	Miss Pointer French & Spanish	Mrs Rule French	Miss Rubio-Gavilán Spanish
21/02/23	Q1 - How to describe a photo <i>Foundation – French & Spanish</i>	Past Tense <i>Higher tier only</i>	Preterite Tense (past tense) <i>Higher tier only</i>
28/02/23	Opinions & justification <i>Foundation – French & Spanish</i>	Imperfect Tense <i>Higher tier only</i>	Imperfect Tense <i>Higher tier only</i>
07/03/23	Grade 5 masterclass: Writing in 3 tenses <i>Foundation – French & Spanish</i>	Future / Conditional Tense <i>Higher tier only</i>	Future / Conditional Tense <i>Higher tier only</i>
14/03/23	Q4: Translation into French / Spanish <i>Foundation – French & Spanish</i>	Q3: Translation into French <i>Higher tier only</i>	Q3: Translation into Spanish <i>Higher tier only</i>
21/03/23	Speaking Role Play <i>Foundation - French</i>	Speaking: Role Play <i>Higher tier only</i>	Speaking: Role Play <i>Higher tier only</i>
28/03/23	Speaking: Photo Card <i>Foundation - French</i>	Speaking: Photo Card <i>Higher tier only</i>	Speaking: Photo Card <i>Higher tier only</i>

House Totals for Term 3

	Year group	Top house for HPs	Top student
 Voyager	7	DISCOVERY	Amelie Mitchell
 Endeavour	8	DISCOVERY	Olivia Irving
 Endeavour	9	ENDEAVOUR	Ellie Richards
 Discovery	10	ENDEAVOUR	Oliver Smith
 Discovery	11	ENDEAVOUR	Jessica Freelove
 Pioneer	6th form	PIONEER	Ella Cutting
Top house this year so far: ENDEAVOUR			

And finally...World Thinking Day

World Thinking Day, formerly Thinking Day, is celebrated annually on **22 February** by all Girl Guides and Girl Scouts. It is also celebrated by Scout and Guide organizations around the world.

It's a day of international friendship and a time to stand up for causes that could improve the lives of girls around the globe.

Thinking Day is a global event celebrated since 1926, so taking part in this show how The Abbey supports children's interests outside of school. The theme this year is **Our World, Our Equal Future** – focusing on issues relating to the environment and gender equality.

If your child/children would like to support this we would be very happy to give permission for them to wear their guiding uniform to school on Wednesday 22nd February.



Wishing all our parents, carers and students a happy, restful half-term holiday. See you on the 20th for Term 4.