



Weekly Newsletter

HEADTEACHER UPDATE

Year 7 tutor evening

On the evening of Wednesday 4th October, year 7 tutors had the opportunity to meet the parents and carers of the tutees in their form groups. In preparation for the evening, some year 7 pupils kindly offered to bake some tray bakes to show off their cooking skills and also to raise money through donations for one of our worthwhile charities this year: the Kent Air Ambulance. Thanks to generous donations on the night we made a total of £35.15 for the charity. A big thank you to Miss Jones, who accommodated all the students and baked with them, and to Mrs Thompson, who iced the cakes. We hope to raise a lot more throughout the year in other events. Take a look at these fantastic tray-bakes the year 7s made!

An abundance of cakes, courtesy of our Year 7 Star Bakers!



Macmillan Coffee Morning



To continue the 'cake theme', we held our annual fund-raising Coffee Morning on Monday in support of Macmillan Cancer Support. The usual variety of cakes, biscuits, muffins and buns were on display for staff to purchase. We also charged £1 for tea and coffee for the day. A total of £180 was raised for this worthwhile cause. We'd like to thank staff who organised the event and a big 'well done' to all those who baked over the weekend or just dipped their hands in their pockets and donated shop-bought goodies.



Pupil Parliament

On the afternoon of Tuesday 3rd October, two of our year 11 pupils, Megan Burney and Oliver Smith, had the opportunity to go and represent the school at the Trust's Pupils' Parliament at The Howard School. Megan and Oliver attended, along with pupils from the six other trust schools, and had the opportunity to meet the CEO and to discuss issues of concern and interest to the Abbey School, as well as to the Trust, as a whole. The pupils were great advocates for the school, and were complimented on their smart dress and appearance. They discussed issues predominantly relating to the environment and becoming more eco-friendly, in particular, reducing paper use and how this can be achieved throughout the trust by making people aware of their paper uses in terms of trees. There will be more information on this to come over the coming months. Well done to Megan and Oliver for representing the Abbey so well.

Rewards' Breakfast



This term's Rewards Breakfast took place during form time on Wednesday morning. This is a regular event we have introduced to recognise and reward those students who show an outstanding commitment to their studies, have excellent or 100% attendance, and hundreds of positive house points. We hope to make it a recurring event each term.

Gardening and Crafts Club

Our first session of this new club took place on Monday and will run every Monday after school, 3.30pm to 4.30pm. This week we have been preparing the beds ready for planting seeds and bulbs. Our aim is to grow a range of vegetables, including potatoes, beetroot, onions etc. and also to create a wildflower garden that will hopefully bloom in spring. Mr Stucken has sourced a variety of fruit trees so there will also be a mini-orchard. Exciting stuff! Do come and see Dr Moseley if you're interested in putting your 'green fingers' or your 'crafty' talent to good use!



STARS OF THE WEEK

Well done to our Stars of the Week for w/c 2nd October 2023



Darcie
Glass
Y7

22 House Points



Henry
Austin
Y8

28 House Points



Alyssa
Massoura
Y7

25 House Points



Harlow
Watt
Y7

24 House Points

STAGGERED DISMISSAL TIMES for w/c 9th October 2023

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

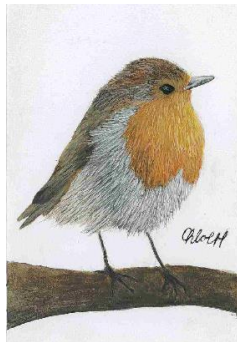
Spotlight on... One of our Talented Students!

Once again, it gives us great pleasure to share with you some more impressive artwork from Year 11 student, Chloe. Her speciality appears to be animals and she uses such fine and delicate strokes of the pen, pencil and paintbrush to produce these exquisite works of art.

We are particularly impressed with the two colourful pieces – poppies and the robin – which we have asked to use for Remembrance Day and for the Abbey's Christmas Card!



Art, St
Of The Month



Emotional Wellbeing Assemblies

The Abbey School is extremely lucky to have the Emotional Wellbeing Team from NELFT working within our school. This week they have been delivering assemblies to all year groups to explain who they are and what support they can offer.

Getting help at school from the Emotional Wellbeing Team – who are they?

Emotional Wellbeing Teams are a government initiative also known nationally as Mental Health Support Teams. We know, from time to time, people need support with their emotional wellbeing and mental health, so they are here to help. They're specially trained to share ideas about looking after your mental health, and to offer early help with emotional wellbeing and mental health difficulties. Getting the right support early can help prevent problems getting bigger, so you can enjoy school, home, time with families and friends, and other activities.

Who can they help?

They can work with all students by supporting our school to promote emotional wellbeing and mental health across the whole school community. They can work with our students in groups or 1:1 sessions to support you with more specific difficulties.

How they can help

There are a number of ways they can support you, including:

- Whole school activities and workshops to promote emotional wellbeing and increase your understanding of how to take care of your mental health
- Smaller group and 1:1 sessions for young people with difficulties such as anxiety, exam stress, problems with sleep, and low mood.

How to get support

If you would like support with your emotional wellbeing, please speak to the Pastoral Support Team, including the Head of Year or Mrs Cooper.

You can also call the **NHS Single Point of Access** on: 0800 011 3474 (select option 1, then option 3).

Other ways to find wellbeing and mental help support are:

www.kooth.com/

www.moodspark.org.uk

Need help now?

The NHS teams work 9am to 5pm Monday to Friday. If you need to speak to someone urgently about your mental health, please contact:

NHS Single Point of Access:

Tel: 0800 011 3474



Upcoming Key Dates

Flu Vaccinations Y7-11

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Open Morning

HALF-TERM (2 weeks)

Start of Term 2

Open Morning

Kent Fire & Rescue Y7 Assembly

Y12 Sport Science CCCU Trip

Year 11 & Year 13 Mock Exams

6th Form Open Evening

Y12 Sport Science CCCU Trip

Year 11 Parents' Evening

Apprenticeship Workshop

Year 11 BIG INTERVIEWS

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Year 7 Pantomime Trip to the Marlowe

Monday 9th October

Tuesday 10th October

Wednesday 11th October

Monday 16th October

Monday 30th October

Monday 30th October

Monday 6th November

Thursday 9th November

w/c Monday 13th November

Wednesday 15th November

Thursday 16th November

Wednesday 29th November

Wednesday 6th December

Wednesday 6th December

Thursday 7th December

Friday 8th December

Wednesday 13th December

If you have a talent you would like to share with us and the community, please do let us know so we can celebrate your achievements! This can be anything from arts & crafts, cooking or baking, sporting talents, music, performing arts.....drop us an email or pop into the office!