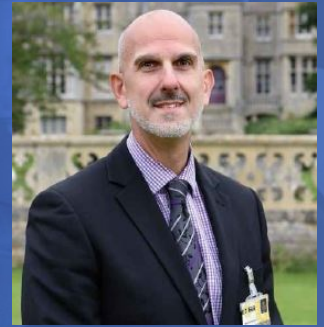


## WELCOME TO THE ABBEY COLLEGE NEWSLETTER

This is an unprecedented time for all of us and I would like to take this opportunity to firstly thank you all for everything you have done and will continue to do to support the college and safeguard each other.

Following the announcement of school closures, we have all had to quickly adjust to completely new ways of working, co-ordinating home schooling and looking after children of key workers. I would like to thank all my colleagues for their hard work and support during this time - it has been inspiring to watch them find new and exciting ways to continue helping our students with their learning.

During this period of uncertainty, it is important that we do not forget the amazing achievements our students have made this term and this is why this newsletter is perhaps more important than ever. I hope this finds you all well and thoroughly hope you enjoy reading it.



## Learning from home tips

While learning from home is important to keep us safe, it does not come without its challenges. Here are some useful tips for students on how they can make this challenging time more productive and keep themselves motivated.

### 1. Stay active and healthy

Joe Wicks has become the world's PE teacher, helping us keep active and fit while in social isolation. You can find him on YouTube at 9am for a 30-minute workout, consisting of lunges, crunches, press ups and everything in between.



### 2. Stay in touch with your family and friends

Self isolation doesn't mean shutting yourself off from the world, picking up a phone and checking in with family and friends is stimulating and helps you stay connected.

### 3. Take regular breaks

Take regular screen breaks by getting up and moving around, this will increase productivity and keep you motivated. Try to be creative with learning and think outside the box!

## Year 8s and 9s Manchester City Trip

In March, our Year 8s and 9s had a fantastic day out to Manchester City Football Club. They visited as part of an exciting football experience tour and really honed their skills by taking part in all kinds of different activities.

The students trained at the Manchester City Academy with coaches, enjoyed a stadium tour, and even went ten pin bowling.

Thank you to all staff for your hard work in organising the trip and to our students for embracing this exciting opportunity.





## Abbey College Spirit Values

**Our students have been working hard to demonstrate their Spirit values this term. Here are some great examples:**

Our 8W2 form group have been displaying their amazing Spirit values by working hard, writing letters to a school in Sierra Leone! Earlier in the year, we also raised money for the school in our citizenship programme.



Our 7H2 form group went litter picking as a part of the Eco Council initiative. Well done to everyone involved for showing the perfect Abbey College Spirit!



In February, over 150 students received their Bronze Abbey College Spirit awards for consistently demonstrating the three virtues in lesson time, as well as showing evidence that they have put them into practice in their wider life.



## University Experience

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Our Year 12 sixth form students took an exciting trip to Nottingham Trent University in February to see their amazing facilities and learn more about going to university.

The students were shown around on a campus tour and also had the opportunity to get involved in seminars and lectures.

They had a fantastic time and did a great job of representing the college!



## Eco-School's Bronze Certificate

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Earlier in the year, we were awarded the Eco-School's Bronze Certificate.

In order to achieve the award, we had to complete the first three steps on our Eco-School journey to Green Flag success.

The first step involved setting up an Eco-Committee of students who are passionate about the environment. Those students then completed step two, which was an environmental review into the school. In step three, our students created an action plan that set the school targets and included timescales.

Thank you to our wonderful Eco-Committee for all your hard work and dedication. We are so pleased with the award and look forward to working towards Silver in the future.



## Sixth Form Mock Interviews

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Our Year 13s had the important opportunity to take part in a mock interview this term, as part of our work to prepare them for life after sixth form.

The interviewers came from a wide range of careers and gave students vital feedback to help further develop their interview skills and techniques.



The event was a great success, thank you to all employers who supported us!

## Panto Fun

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In February, a number of our students took part in the WADS Beauty and the Beast pantomime. It was fantastic seeing our students get involved and enjoy such a good time on the stage.

We are very proud of them all. Thank you for representing the college superbly!

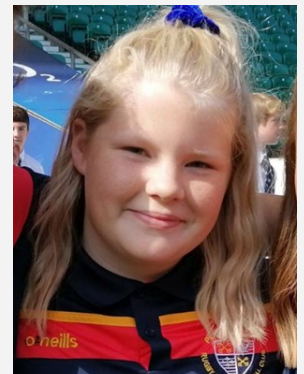




## Student success stories

### Ruby signs for East Midlands Rugby

We are so proud of Year 10 student, Ruby, who was accepted for the East Midlands County Girls Under 15s rugby team. She will represent the county in matches against Nottinghamshire, Lincolnshire and Derbyshire, as well as the Eastern Counties. An incredible achievement!



### Cricket success

Our Under 15s cricket team won their tournament match and got through to the next round of the Lady Taverners Under 15s competition for girls. Well done girls for showing such fantastic Abbey College spirit.



### Computer Club go for Gold

Pupils from Computer Club took part in the Tech Challenge Southeast Regional Competition at IWM Duxford. They were the youngest participants there but still reached the semi-final! Next term, they will head to the national finals in London. Best of luck to all of them.



### The Abbey A Team

We are absolutely delighted that our Foundation Abbey A team came first in the Rotary Club tournament, held at St Ivo Academy in March.

The team won a very challenging engineering task and were praised for their exceptional designing, prototype manufacturing and testing skills. Well done to all who took part!

