



Year 7 Newsletter 08th February 2024

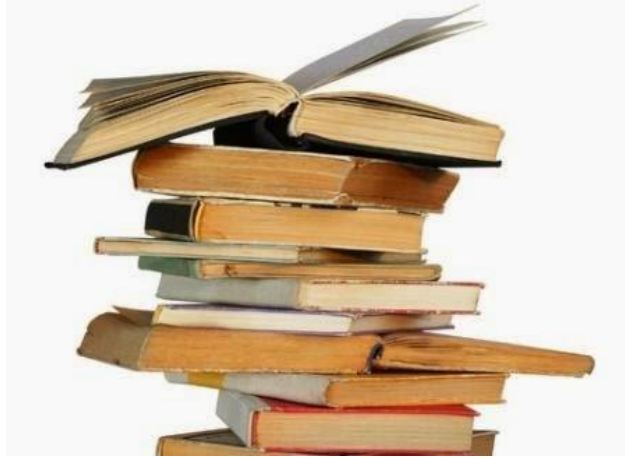
After what felt like a long, dark and cold January, February arrived and very quickly half term is just a week away.

Year 7 are now half way through their first year of secondary education, it all goes in a flash.

What my child is learning?

Please follow the [link](#) to our website where you will find the Abbey College Learning Journey taking them through the transition from Year 6 through to Year 13.

There is also a tab on the right which takes your directly to subject Learning Journeys along with information relevant to each year group.



How is my child doing?

If you would like to know how your child is doing, please get in touch with me.

FLane@abbey.college

Homework

Several students have received sanctions for Poor Standard of Homework, or Homework not attempted, these have all been for work on Tassomai.

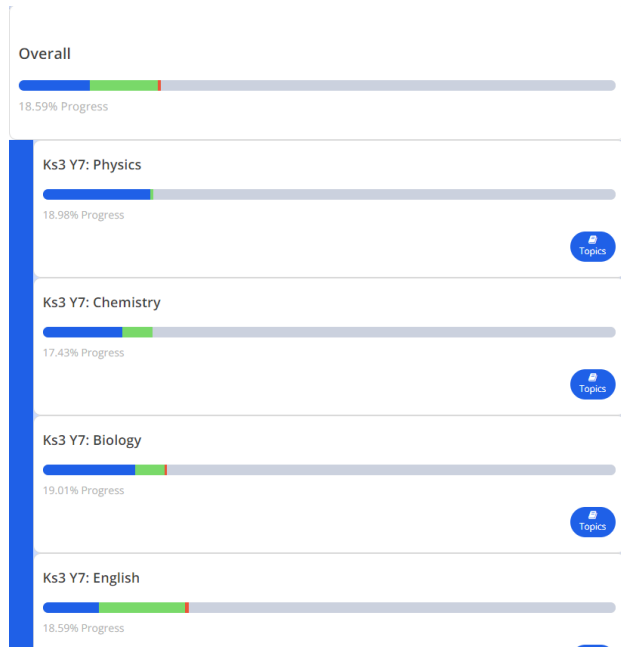
English and Science both use Tassomai.

The daily goals can be completed on one day, or spread between Monday and Sunday.

One daily goal is one complete green circle, they must complete 4 over the 7 day period.

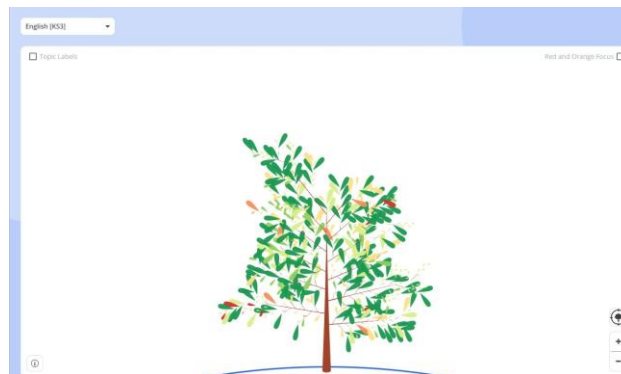
If your child has mislaid their password, they can visit my office first thing in the morning and I will issue a new one. The user name is the old email format

23FLane@abbeycollege.cambs.sch.uk

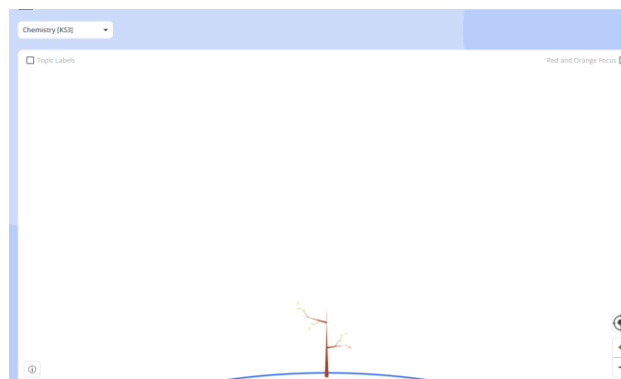


This picture shows the progress in each subject on Tassomai,

When students log into their Tassomai, they have access to all this information along the top bar.

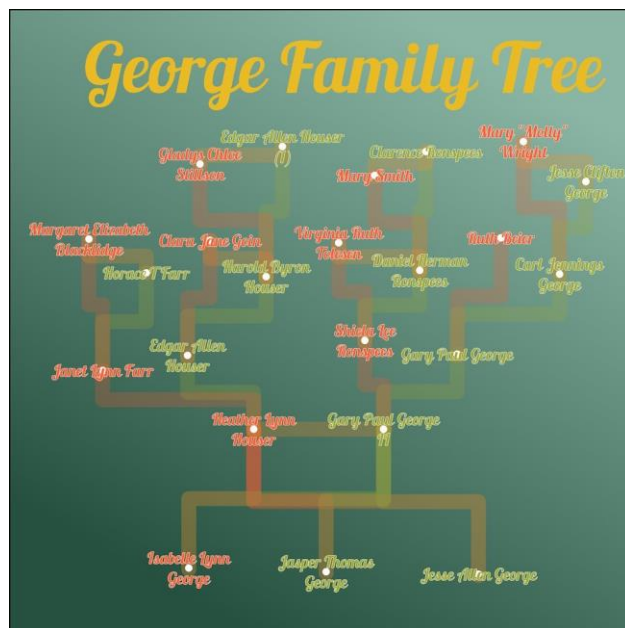


When you click on 'Tree' along the top bar, you will immediately see if your child's is completing work, this is a healthy tree, the picture below shows that no work has been completed.



Wider Personal Development

The Abbey College Spirit, our character development programme underpins the whole of our school life. Students work towards our three school virtues: Humility, Intuition and Passion. Excellence in these virtues will equip our students with the skills and characteristics that they need to thrive in all areas of life, including their relationships and future careers. Our Form Time Personal Development Programme gives students opportunities to reflect on their progress towards the virtues as well as building their sense of community and belonging in the school. A team of specialist teachers cover a wide range of Personal, Social and Health topics including unconscious racial bias, relationships and sex education and mental health issues. We also offer over 20 after-school clubs (OOP's), these can be booked using EduLink.







Form Time Wider Personal Development Programme

- Monday - Attendance / Uniform / Behaviour
- Tuesday - Year Group Walk
- Wednesday - Assembly
- Thursday - Reading
- Friday - General knowledge quiz / newsround

Extra-curricular -

Opportunities Programme (OOP)

Offers and

Please remind your children we have fabulous OOP's on offer, they need to register using EduLink.

Y7 only homework club in ME01 every Monday

Homework Club in The Bridge, Tuesday, Wednesday and Thursday.

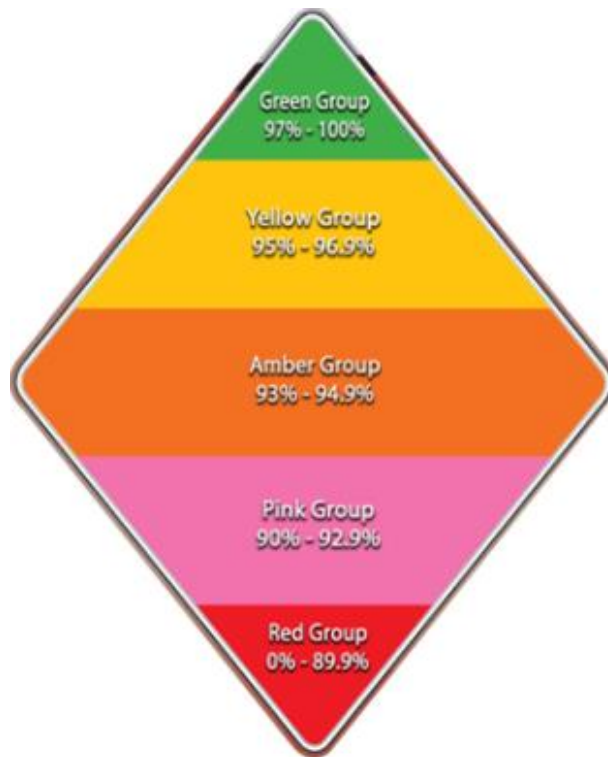


Year 7 Attendance

A quick reminder that it is incredibly important for our students to attend school. We understand that occasionally this is not possible, some students have a diagnosis that does not allow for this. However, at all other times students must be in school. If your child has any additional medical needs, then please do not hesitate to contact us and we will arrange support in school wherever possible.

If you are unsure whether you can send your child in to school and for all Covid related enquiries then please do not hesitate to contact our attendance officer at attendance@abbey.college

Our attendance team will be launching our 2024 Attendance Reward Trip to Alton Towers in Assembly next week.



How to contact us or raise a concern

[Abbey College Communication Flowchart](#)

Please follow this link if you are unsure who to contact.

Year 7 Inter-house event

Due to high winds, our Inter-house events were postponed to earlier this week.

The results are not in as yet, I will post them on our next newsletter.

Well done to all that took part, it is fabulous to see such team spirit across the year group.

A message about your child's welfare.

New Year can be a difficult time for all, however a lot of our Years 7s have returned having lost some of their zest for school. This is worrying for parents as they feel their child has become anxious.

Most students have minor worries that can be supported in school, so we would in the first instance suggest that you contact their Form Tutor, who will be able to advise

7ALT AThompson@abbey.college

7AST LStioupu@abbey.college

7CBH CBaxter@abbey.college

7CSI CSidorowicz@abbey.college

7JOT ATaylor@abbey.college

7KWI KWiggan@abbey.college

7LAM LAndrew-Martin@abbey.college

7OJO OJones@abbey.college

Form Tutors can also refer students onto the RSL Miss Lane or Welfare Mrs Peattie if necessary.

Worry and anxiety are different:

- We tend to experience worry in our heads and anxiety in our bodies.
- Worry tends to be over a particular problem while anxiety is more general.
- Worry reacts to problem solving but anxiety does not.
- Worry creates mild emotional distress, anxiety can create severe emotional distress.
- Worry is caused by more realistic concerns than anxiety.
- Worry tends to be controllable, anxiety much less so.
- Worry tends to be a temporary state but anxiety can linger.
- Worry doesn't impact our professional and personal functioning; anxiety does.
- Worry is an everyday emotion while anxiety is more complex

How can parents help?

Ask your child about worries in school- try and use non-verbal methods for them to express any worries – a journal, text messages, mind maps, drawing. It's often hard for them to explain what the worry is in conversation.

Try and be solution focused – offer a solution or plan on what to do in certain situations so they can deal with the worry before it becomes a problem.

Don't encourage 'mental health' days off – these can often make the next day harder to deal with. Mental Health Practitioners recommend routine and consistency are good for wellbeing.

Inform yourself of strategies, tips and apps that are available to help.

Useful sites/apps:

<https://www.childline.org.uk/>

<https://www.youngminds.org.uk/>

<https://www.camhs-resources.co.uk/>

The weekend has arrived



My New Year's resolution's, as I had more than one, to get back to being healthy and to read more. I have hit the ground running with my first, but sadly have yet to start on my second, but the weekend is here and I am going to find time, even in thirty minutes on Saturday and another on Sunday, to pick up a book and have some quiet time.

We all need to switch off, put the phones away and do something for ourselves.

Have a lovely weekend.

Miss Lane

FLane@Abbeycollege.cambs.sch.uk