

Weekly Family Update - 06.10.23



Please read, share and encourage others to do the same.

Foreword

The virtue of the week is Intuition, and the theme is, 'we seek, reflect and act upon feedback'. Students were given daily messages around this theme. Indeed, one of the highlights this week was the collapsed timetabled day for Year 9s on Tuesday where an organisation called [Humanutopia](#) led a series of workshops around mental health and wellbeing, entitled '[Who am I!](#)'. Students reflected on the past and present with the aim of listening and acting on feedback in order to prepare for the future. Students went on to discuss their dreams, hopes, goals and ambitions. The day is concluded with every student identifying three positive changes they would make in order to improve their futures. The overwhelming feedback from our students was very positive indeed, and we would like to thank the Ramsey Foundation for their financial contribution in support of this event.

As we work towards Mental Health Day (10th October), during Welfare Wednesday, students were reminded of how they can look after their own mental health. Students were asked to consider aspects such as healthy eating, rest, productive conversations and exercise, with the latter two features being the reasons why as a community, we engage with the [Daily Mile](#) initiative.

Other highlights include our annual Year 6 Open Evening which took place on Thursday, with over 600 attendees! The energy was electric and our Student Ambassadors represented our school with pride and professionalism. Every department put in amazing effort to create engaging activities, and year 6 students left with a real buzz for joining Abbey College next year. A special mention must go to Jacob and Mary our Head Students, for the inspiring speech detailing their experiences and ambitions.

Have a lovely weekend.

Andy Christoforou, Headteacher

Please read on for essential updates.

Celebration of Spirit - Recognition



Headteacher Commendations wc 02/10/23

The following students have been awarded with Headteacher's commendations this week for going above and beyond, either within a subject, outside the classroom or beyond School.

| Student | Nominated for |
|-------------|---|
| Izzy E | Supporting a friend to shaping her communication and increasing the number of Spirit points achieved. |
| Kathryn f | Trying hard to increase her spirit points and improve her communication |
| Carson M | Helped out Year 7, 8 and 9 Rugby teams including supporting staff on the Year 7 fixture last week where he helped officiate the game. A tremendous help to the department, supporting younger students develop their skills/understanding of rugby. |
| Florence M | Representing the year 7 girls football team |
| Ffion E | Helping to captain and lead the year 7 football team |
| Megan W | Helping to captain and lead the year 7 girls football team |
| Alfie O | Improving attitude to learning this week. |
| Lola S | Dr Frost Champion! |
| Ben A | Dr Frost Champion! |
| Zoe Halls | Dr Frost Champion! |
| Daniel B | Dr Frost Champion! |
| Yasmeenah T | Dr Frost Champion! |
| Harry K | Dr Frost Champion! |
| Maya E | Dr Frost Champion! |
| Charlie R | Dr Frost Champion! |
| Euan C | Dr Frost Champion! |
| Tacey G | Dr Frost Champion! |
| Paisley S | Has been on task consistently and actively participates. |
| Sanchit S | Dr Frost Champion! |
| Lillibet R | for her commitment to extra-curricular reading to enhance her creative writing skills. |
| Mercedes B | Outstanding work within Science |
| Siyana J | Excellent attitude to learning |
| Lottie B | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Phoebe B | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Lauren C | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Ruby F | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Liam R | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Raveleen H | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Charlotte C | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Isabelle C | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Lewis H | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Sarah H | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Jacob C | excellent and valuable participation in the first meeting of the Year 11 JLT |
| Amanda K | excellent and valuable participation in the first meeting of the Year 11 JLT |
| George F | excellent and valuable participation in the first meeting of the Year 11 JLT |

Staff member of the week

Ms Wilson - Humility: You are an amazing support to the Careers Team. We are so grateful and know how much work you are putting in from now to ensure all Year 10s receive a great quality work experience week, thank you!

Tell us about something brilliant!

If you would like to nominate someone for an Abbey College Spirit Award for any out of school success stories, then please follow this [link](#) or email the Office office@abbeycollege.cambs.sch.uk.

Student expectations and safety

Student Safety

This week we have been talking to students about how to look after your mental health. It is important to be aware of how you are feeling and as well as keeping healthy it is vital to know about how to help your mental health. Talking to others is important. If your child needs support, ask them to speak to their form tutor, teacher or the Welfare Team or see the website link below:

[Parents Mental Health Support | Advice for Your Child](#)

Practical tips, advice and where you can get help if your child or teenager is struggling with their mood, feelings, or their behaviour seems different. www.youngminds.org.uk

Student welfare and wellbeing

Student welfare and support

Our Welfare Team are available before and after school, and during breaks and lunches for students to drop-in. They offer a personalised support programme for students who are:

- experiencing relationship issues with other pupils
- worried about bullying
- feeling anxious or need a comforting and require a person to talk to

If you want to know more or feel like your child might benefit from this additional support, please email welfare@abbeycollege.cambs.sch.uk and speak to Ms Peattie or Mrs Gregory. Students can also teams chat with them, drop them a note or turn up at the Welfare Office outside lesson times.

Student attendance - Week 4

- **Congratulations:** to Form Group 7CBH with the highest attendance; 99.80%!
- **Reminder:** The Law states children must attend school under the Education Act 1989 (revised). Poor attendance at school can result in a fine (sometimes known as a 'penalty notice').

Student wider personal development

Year 11 Junior Leadership Team (JLT)

Mrs Glen and I met the JLT for their first meeting to explore the way we recognise academic achievement with them. Students decided on creating a halfway milestone for achieving the revered Purple Tie.

Student Voice

This half term our student voice groups are working on two exciting projects:

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1. *Setting up a quiet room to support well-being at break and lunch times*
 2. *Working on the National Anti-bullying Award to make sure that all students feel a sense of belonging at school.*
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We will update you regularly with their progress.

Student enrichment - OOPs

Step up, step in and take part. You can read more about the OOPs via Edulink or here:

<https://www.abbeycollege.cambs.sch.uk/students/oop>

Interacts - KS4 Subject Support Sessions

| Day | Subject | Club | Time | Location |
|---------------------|------------------------|------------------------------|--------------|-----------------------|
| Monday (Week B) | Drama and Music | GCSE Support/ Rehearsals | Afterschool | Frank Burton Building |
| | Art and 3D Design | GCSE/Coursework Support | Afterschool | T06 |
| | English | GCSE Enhancement | After School | GB06/GB07 |
| Tuesday (Week A) | Spanish | GCSE Support | Afterschool | S15 |
| | Maths | Grade 7+ (By invitation) | After School | M06 |
| | Maths | GCSE Higher | After School | M08 |
| | Maths | GCSE Foundation | After School | T09/M06 |
| | Health and Social Care | Coursework Support | After School | IT04 |
| | English | GCSE Enhancement | After School | GB06/GB07 |
| Wednesday | Art and 3D Design | GCSE/Coursework Support | Afterschool | T06 |
| | Chemistry | GCSE Support | Afterschool | Science |
| | Physics | GCSE Support | After School | Science |
| | History - Targeted | GCSE - Topics to improve | After school | Study 6 |
| | ICT | Unit 2 Support | After School | ME01 |
| | Engineering | Coursework/Practical Support | Lunchtime | T12 |
| | MO | GCSE Support | After School | GH2 |
| Friday | Psychology | GCSE Support | Lunchtime | GH11 |

Annual Next Steps Careers Fair

On Thursday 19 October at 5.30-7.30pm, we will be holding our Annual Next Steps Careers Fair (which will run alongside our 6th form open evening). A wide range of employment sectors and further/higher education providers will be represented, providing students with the opportunity to find out about different courses and career pathways. Students in all years and their families are encouraged to attend. A list of delegates and further information will be sent out nearer the time.

Read about our extensive Wider Personal Development Programme here:

<https://www.abbeycollege.cambs.sch.uk/students/curriculum/wider-personal-development>

'Day in the life of a Sixth Former' Experience Days



Over the last two weeks, Ramsey Gatehouse Sixth Form has hosted several Day in the life of a Sixth Former experiences for Year 11. Here is what the students thought of their time with us:




"I found the social environment really nice and relaxed. I also liked cafe6 and the food and drink they offered. I liked how there were computers with dividers so I didn't get distracted and how there was not much talking whilst everyone was working. I liked how there were large, round tables in the social area so everyone could talk together and face each other. I especially liked the English Language taster I was given as I am looking into taking that for my A - levels."

"It was a brilliant experience, and I really enjoyed the lessons. I loved finding out what Sixth Form is like, and I am excited for going into Year 12 after my GCSEs."

A letter will be sent via Edulink to Year 11 parents in the coming days with details of how you can join us for Ramsey Gatehouse Sixth Form's Open Evening on Thursday 19th October.

Student curriculum

Abbey College Curriculum Aims

| | |
|---|---|
|  <p>Inclusive</p> | <p>The curriculum provides a clear programme of understanding to a range of diverse cultures and religions.</p> |
|  <p>Challenging</p> | <p>To have a challenging and aspirational curriculum that provides opportunities to ensure no learner is left behind.</p> |
|  <p>Cultural Capital</p> | <p>All learners will receive a wide and fulfilling educational experience.</p> |

Our website

This is a great source of information, detailing what your child(ren) will student at Abbey College. You can see an overview on each subject, through to the detail of how many lessons they receive and what they will learn. There are even recourses student to support students in their preparation for examinations of if they have had a prolonged absence, called Knowledge Organisers. For more information, click here: <https://www.abbeycollege.cambs.sch.uk/students/curriculum>

Parent information

Parent Forum Update

The first Parent Forum Meeting of the year will be on the **18th October 2023 @ 5pm**. The agenda is below:

1. Year 7 Transition and Settling In
2. School Library
3. Window Into the School and how we can provide families with an insight the student experience.
4. Fundraising and Finance Update

If you would like to attend, please email: parentforum@abbeycollege.cambs.sch.uk

Find our minutes here: [Parent Forum - Abbey College, Secondary School and Sixth Form in Ramsey](#)

Cheryl Greyson - Chair of Parent Forum

Parent Forum Survey

Please take our survey to share any questions or themes you would like the Parent Forum to put to the school in the next meeting. The survey closes on the 12th October.

- Survey link: <https://www.surveymonkey.co.uk/r/ParentsForum23-24>

Parent Diary Dates 2023-24

| Date | Activity/Event |
|--|---|
| Thursday 28 th September | Year 11 Virtual Parents Evening, 4.20-7.30pm |
| Thursday 5 th October | Year 6 Open Evening, 4.30-7.30pm |
| Thursday 19 th October | Ramsey Gatehouse Sixth Form Open Evening, 4.30-7.30pm |
| Thursday 19 th October | Careers Fair, 5.30-7.30pm, North Hall |
| Monday 23 rd to Friday 27 th October | Half Term |
| Monday 30 th October | INSET Day, students not in school |
| Tuesday 31 st October | Students back in school |
| Thursday 2 nd November | Year 13 Virtual Parents Evening, 4.30-6pm |

ABBEY COLLEGE NEXT STEPS CAREERS FAIR – THURSDAY 19 OCTOBER 2023 – 5.30pm–7.30pm – NORTH HALL

A reminder that all students in all years and parents/carers are invited. Lots of employers, colleges and universities will be attending.

Look forward to seeing you!

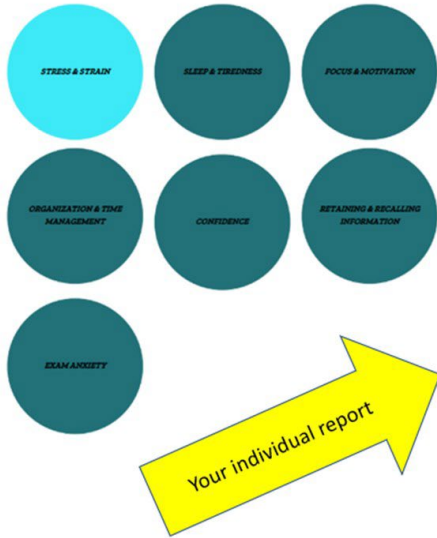
Assessment calendar: How your child is doing?

- Year 9, 10 and 11 will be taking the new **Performance Learning Survey** in tutor time in the weeks before half term. Students receive an individual report which will help them to improve their well-being, preparation for examinations, and performance. An example is below.

STUDENT: [REDACTED]

AREAS OF FOCUS

The highlighted areas of focus are the ones for you to focus on



Some Food for Thought

We all struggle when it comes to tests. But it can become even more frustrating if we 'get' the topic, do the work and usually perform well - but feel too overwhelmed to show this in our tests. Do you find yourself panicking or feeling overly anxious towards tests and exams?

ACTION PLAN

Here are some tips to help you stay on track and keep you focused despite your self-doubt and nerves:

1. Learn to recognise when you're feeling anxious.
2. Fill out every box in a test - never leave them blank
3. Take long, deep breaths when under pressure to help control your heart rate.
4. Remember to stay cool when things don't always go your way - it's fine.
5. Break your work into bite size chunks.
6. Think first, breathe second, react third. To help control your nerves and anxiety.

TO PONDER OVER...

- Do you usually produce good levels of work and perform well throughout the year?
- Do you find yourself making silly mistakes near the end of term/year
- Are you usually pretty active in class?
- Do you find yourself thinking forward towards your future and career?
- Are you ever asked to do something two or three times before you finish?
- Do you want to improve and are willing to try new things to improve your performance?

Employment opportunities at Abbey College

The following posts are available, and we will always consider flexible working requests:

- [Behaviour Support Assistant](#) - Full-Time £18,755.00 - £20,168.00 annually.
 - [Cover Supervisor](#) - Full-Time £24,496.00 - £29,439.00 annually
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For further information:

Communicating with us and how to raise concerns

- [Click here](#) to access this Communication Flowchart on our website.
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