

Weekly Family Update - 12.05.23



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

Foreword

Given the fragmented few weeks we have recently experienced with the bank holidays and strike days, this week Mrs Noble led assemblies centred around resetting academic and behavioural expectations. It was noticeable that some students have been affected by the unstructured time and have lost the sense of routine; something we usually expect to see after the long summer break. Positively, over half of every year group have received at least one or more Golden Ticket, and pupils were encouraged to strive for this.

Students were also reminded that our Year 11s and 13s are about to launch into the exam period and various halls will be in use for either sitting exams or for the 'breakfast cramming sessions'. In any case, this will mean that there will be disruption to our assemblies and some lunch routines for Year 11 and 13 as we will need to provide meals for students, in-between exam papers which vary in length.

Therefore, flexibility, maturity and sensitivity are required from our students during what is a stressful and challenging period for our Year 11s and 13s. Below is some advice on how to support your child the night before an exam.

Both Mrs Moore and Mrs Glen have done a great job in preparing and supporting the Year 13s and Year 11s respectively for the examination period. Mrs Glen will be moving away from her role leading Year 11s next year to becoming a teacher of Psychology here at Abbey College. A new colleague Mrs Arnold will lead Year 11s next year and brings with her a great deal of pastoral experience from her current school.

The Parent Forum Guarantee gives all parents the right to speak directly to me, the Headteacher, within 24 hours, if you feel your question has not been answered by those you have already contacted.

*You can use your Parent Forum Guarantee by calling 01487 812352 or emailing office@abbeycollege.cambs.sch.uk with 'Parent Forum Guarantee' in the subject header. You will be contacted initially to arrange a convenient time for your call and then **I will personally call you by the end of the next working/school day**. If you would like a follow up meeting, this can occur within 72 hours after the initial phone call.*

Wish you an enjoyable weekend.

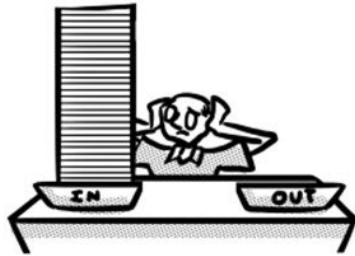
Andy Christoforou, Headteacher

Night Before Exam Preparation

Information for parents and carers



Did you know?



Research shows that the night before an exam is a stressful time and that cramming the night before an exam only leaves pupils feeling frustrated and anxious. Studies show that getting enough rest is vital to consolidate new information, so it is best that pupils get a good night's sleep and wake up feeling refreshed.

By the time it is the night before the exam, all revision should have been done. This is the perfect time for pupils to calm their nerves and make sure that they are ready to enter into their exam well-rested and confident in their ability.

Further research shows that limiting distractions can help pupils think better and reduce stress. Distractions include social media, technology, the internet, contact with people who may cause any upset etc. Research also shows that eating a nutritious meal, exercising or completing a relaxing activity the night before an exam can all contribute towards being in the right mindset to succeed.

What can you do?



- Encourage your child to review their revision and notes, covering topics one by one. Late night revision will not be effective so help your child to refresh themselves with what they need to and then to take a break so they get a good night's sleep.
- Encourage your child to have a relaxing evening routine the night before an exam, which could include eating a good meal (but not to try anything new), reading a book, going for a walk together, doing some exercise or having a bath. Be mindful that your child will be feeling stressed: provide them with comfort and reassurance and support them to be as calm and relaxed as possible.
- Help your child to get everything ready in preparation for their exam, such as clothes they need to wear, bag, pens, equipment, revision notes, water bottle, snacks etc. This will eliminate any unwanted stress on the exam day. Make sure your child has a breakfast ready to eat the next day as well.



e: enquiries@pixl.org.uk www.pixl.org.uk

Please read on for essential updates.

Celebration of Spirit - Rewards



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.

Headteacher Commendations

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
Ben N	So enthusiastic about the subject and always works to a high standard.
Charlie R	Excellent work, attitude & effort in Spanish.
Luke J	Excellent attitude, effort & work ethic in Spanish.
Harry A	Excellent attitude, effort & work ethic in Spanish.
Ryley F	Excellent attitude, effort & work ethic in Spanish.
Freddie B	Dr Frost Champion!
Chloe P	Dr Frost Champion!
Ben S	Dr Frost Champion!
Phoebe P	Dr Frost Champion!
Griffin H	Dr Frost Champion!
Darcy G	Enthusiasm, class participation, cooperation.
Mikey S	Eager and enthusiastic to participate in class, great positive energy, genuine effort.
Megan J	Dr Frost Champion!
Emma H	Dr Frost Champion!
Daniel B	Dr Frost Champion!
Millie R	Dr Frost Champion!
Thomas S	Dr Frost Champion!
Sam A	Commitment to revision and past paper practice.

High Expectations and Safety

Behaviour Hubs Survey

As part of the DFE Behaviour Hubs Programme that we have been participating in this year, we are asking all students to complete a short evaluation survey. This anonymous survey will be set as an assignment on Teams next week by their Social Studies teacher. If you do not wish for your child to participate in this student voice activity then please let them know not to complete the survey.

Safety

Welfare Support Questionnaire

We are always finding new ways in which we can support both our students and parents and welcome you to complete the following questionnaire regarding additional support that we could offer.

<https://forms.office.com/pages/responsepage.aspx?id=KbjZ4RaYVEydnK3i2OOqbhp5zS2o5htliJxhnk5FMBpURVpKS0dKVDJUT1BFM1IVT1q5N1q1ME1DWS4u>

Unkindness, Conflict and Bullying

There is no place for unkindness of any kind at Abbey College. We encourage students to report any unkindness to the Student Support Team, either in person or via our online form. All reports are investigated by the behaviour team so we have a full understanding of the situation. These incidents generally fall into three categories:

1. **Unkindness:** When someone does something intentionally hurtful
2. **Conflict:** When both parties are involved in unkind or hurtful behaviour
3. **Bullying:** When someone repeatedly does something unkind and hurtful

Once our investigation is complete we put sanctions in place in line with our behaviour policy and students are supported to move forward, with measures put in place to support students where necessary. If you have any concerns about unkindness then please do report these via our [online form](#).

Attendance - Week 29

- **Congratulations:** Attendance Reward trip to Thorpe Park- please remember this trip has limited places! If you need information regarding your son's/daughter's eligibility to attend please email attendance@abbeycollege.cambs.sch.uk
- **Reminder:** Leave of Absence for the purpose of holidays in term time is not granted. Leave of absence is only granted when the circumstances are unavoidable therefore 'exceptional'.

SEND Support Group 22nd June @ 5:30pm

Please see the Eventbrite to book your place. Any questions regarding the event please contact your child's keyworker (if they have been assigned or Jessica Davey (Assistant Head and SENDCo) on jessica.davey@abbeycollege.cambs.sch.uk

<https://www.eventbrite.co.uk/e/send-support-group-tickets-623203467347>

Parent Forum Update



The next Parent Forum meeting – **Thursday 27th June at 5:00pm**, where they will be discussing:

- Punctuality and lateness
- Bus supervision
- OOP clubs
- Canteen prices
- One drive for coursework-based subjects

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

Cheryl Greyson - Chair of Parent Forum




Wider personal development

Offer and Opportunity Programme (OOP) update

Staff are currently planning the clubs to be offered for after May half term and once our examination groups depart. Please keep a lookout on Edulink to see what's on offer. For more information, click here <https://www.abbeycollege.cambs.sch.uk/students/oop>

Read about our extensive Wider Personal Development Programme here:
<https://www.abbeycollege.cambs.sch.uk/students/curriculum/wider-personal-development>

Information about subjects and lessons

Abbey College Curriculum Aims	
 Inclusive	The curriculum provides a clear programme of understanding to a range of diverse cultures and religions.
 Challenging	To have a challenging and aspirational curriculum that provides opportunities to ensure no learner is left behind.
 Cultural Capital	All learners will receive a wide and fulfilling educational experience.

What your child is learning?

Here at Abbey College we offer a wide range of subjects. Our website holds key information to support students in their learning. Please see <https://www.abbeycollege.cambs.sch.uk/students/curriculum> and select the curriculum you would like to know more about.

Assessment: How your child is doing?

- **Year 7 and 8** the assessments are now being marked and moderated. End of year grades and progress are being decided. Reports will be released on Edulink in the week after half term. We still have a few parents in both Year 7 and 8 who have never logged on to Edulink. New links for Year 7 and 8 parents will be sent out this week and if you need support then please ask your child how it works or contact IT@meridiantrustco.uk or linda.bennett@abbeycollege.cambs.sch.uk or lisa.gregory@abbeycollege.cambs.sch.uk .
- There is [parent guide](#) about Edulink available on the school website.
- **Year 9 and the PASS survey** (Pupil Attitudes to Self and School): students were most positive about their response to curriculum demands, their self-regard as a learner, their

perceived learning capability and their preparedness for learning. We still have some work to do with a few students on attitudes towards attendance and general effort.

- If you are not yet using Edulink yet then contact Linda.Bennett@abbeycollege.cambs.sch.uk for support.

Parent Diary Dates 2022-23

<i>Date</i>	<i>Activity/Event</i>
<i>Monday 29th May – Friday 2nd June</i>	<i>Half Term</i>
<i>Monday 5th June</i>	<i>HPV 2 Vaccinations – Year 8</i>
<i>Friday 9th June</i>	<i>Thorpe Park Attendance Reward Trip</i>
<i>Friday 16th – Saturday 17th June</i>	<i>Duke of Edinburgh’s Award Expedition - Year 9</i>
<i>Monday 3rd July</i>	<i>Year 11 and 13 Prizegiving Event – by invitation only</i>
<i>Tuesday 4th July</i>	<i>Sports Day 1 / Matilda the Musical production</i>
<i>Wednesday 5th July</i>	<i>Sports Day 2 / Matilda the Musical production</i>
<i>Thursday 6th July</i>	<i>Year 11 Prom</i>
<i>Friday 14th – Saturday 15th July</i>	<i>Duke of Edinburgh’s Award Expedition – Year 10</i>
<i>Wednesday 19th July</i>	<i>Student Celebration Picnic – Last day of term</i>

Communicating with us and how to raise concerns

To help you reach the right person if you have a query or concern, we have updated our “contact us” webpage and have included a simplified flowchart to show the most efficient way to communicate with us.

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