

George Abbot Bulletin

...the weekly round-up and preview for GAS parents and carers

Headteacher's Message

05 February 2021

All

Being a member of a school community during lockdown is truly disconcerting. We miss the bustle of our 'at school' working days, the multitude of conversations, the myriad of ways a day can shape up. For students and staff, we miss seeing our friends and colleagues and feel less connected to a 'place'. We have been really conscious of this loss felt by us all during lockdown. I think it is true that for both our teachers and students, seeing each other in live virtual lessons has been really important to our wellbeing and motivation.

Next week, we have three things in the calendar that we hope will also help:

- One Tutor Session for every Tutor Group – this will be organised by Tutors at either 08.35, Monday to Friday or at 3.15, Monday to Thursday.
- Team drop – ins: next week our Senior Leadership Team, Inclusion Managers and Heads of Year will be dropping into the lobby of as many Teams as we can fit in across the week. We are undertaking these visits as part of our systems to ensure and support everybody's safety and wellbeing. We also really miss being able to pop into classrooms around the school, seeing our students, busy learning. We are looking forward to seeing lots of your children as we move between lessons.
- I will be doing some student voice groups – these will include our Head Students, but also a range of students from across the year groups. If your child is invited to join a session, please tell them not to worry. We just want to see how they are doing.

This week is Children's Mental Health Week. This year's theme is 'Express yourself', focusing on the link between healthy self-expression and good mental wellbeing. I hope that last Friday's Wellbeing Day was an opportunity to step back from the intensity of online learning – there is magic to be found in learning how to find space for our own wellbeing every day. Please do have a look at the article that follows on the **Captain Tom Challenge** and the Reading Hub on the website for more ideas. I am really grateful to Mrs Murphy, our Head of PSE for putting together some top tips to support us all at this tricky time:

For students:

1. Write a letter or keep a diary; it can help to order your thoughts, feelings, and clarify any worries.
2. Limit your time on social media. Find other ways to connect with friends and family.
3. Keep active; staying active can make a big difference to both our physical and mental wellbeing.
4. Establish routine and balance in your life, make sure you find time to do things you enjoy, and get enough sleep each night.
5. Set realistic and achievable goals.

For parents/carers:

1. Talking to my child (mindedforfamilies.org.uk)
2. Make conversation about mental health a normal part of life.
3. Ask open ended questions to extend conversation and give your full attention.
4. Stay calm with any feeling that arise, keep body language open and relaxed.
5. Take it seriously; don't downplay what you're being told and resist the urge to tell them that everything will be fine.

Remember: it is okay to seek help and support for both yourself and your child.

To return to the theme of community, I hope you will bear with me if I give a little promotion for the Parent Governor vacancy that we currently have. Our governors are a source of huge strength and support for our school, offering their services as 'critical friends', helping our leaders to reflect on our successes and challenges and supporting in setting our strategic direction. If you think you would be interested to find out more, do see the details which follow this introduction. We would be so grateful for the time and commitment of a parent who felt they would like to get more involved.



This week will see the completion of 30 tough and tiring school days. Our students and their fantastic engagement with learning in its new form has kept us all going through the challenges this half term has brought. We will see what March has in store and very much hope it includes children in classrooms, back in the 'place' that we now know for certain (even if we are a teenager!), matters a great deal to us all.

Kate Carriett
Headteacher

GOVERNOR VACANCY DETAILS—EXTENDED DEADLINE

George Abbot School is currently recruiting a Parent Governor. For more information and application details, please visit: <https://www.georgeabbot.surrey.sch.uk/governance/> **Deadline: Friday 22 February 2021**

REMOTE LEARNING AGREEMENT

If you have not done so already, please read and complete the IT Acceptable Use and Remote Learning Agreement attached.

Please use the link below, or scan the QR code to complete the consent form:

<https://t.co/04oXqDnTdF>



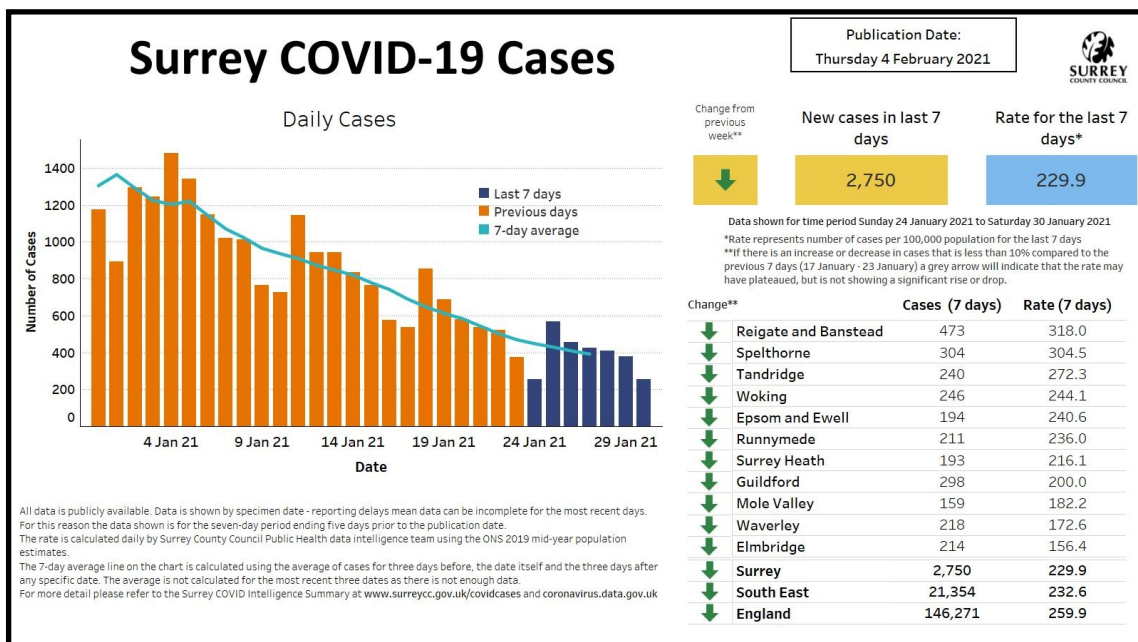
Lesson omission		
Week Commencing	A or B	Lesson omission
8 February	A	2
15 February	HALF TERM	
22 February	B	3
1 March	A	4
8 March	B	5

COVID-19 TESTING CONSENT

Please continue to fill in a testing consent form for your children, if you have not done so already. **There are different forms for each year group so please ensure you are completing the correct one.**

Forms can be found on the following page: <https://www.georgeabbot.surrey.sch.uk/year-group-info/>

USEFUL COVID-19 INFORMATION



[Return to home page](#)

Whole School

⇒ Free School Meals update

The Government has relaunched its FSM voucher scheme, run by Edenred. Vouchers were issued for the rest of this half term by the number of children in a family rather than on an individual basis. For example, if you have two children, your voucher would have been for the value of £15 per week, per child for two weeks leading to a value of £60. If you have not received your voucher or have any questions, please email sjones@georgeabbot.surrey.sch.uk

The vouchers to cover February Half Term will be issued by Wonde.

⇒ Career Opportunities and Virtual Work Experience Opportunities

We are continuing to update the careers page on our website with lots of opportunities for students.

Please visit: <https://www.georgeabbot.surrey.sch.uk/careers-opportunities/>

New opportunities this week include:

- GSK Pharmaceuticals Insight Webinar, TONIGHT, 4-5pm—all years.
- Ernst Young Virtual Event – Paid Work Experience and Apprenticeships—Year 12 & 13.
- Apprenticeship Insight Evening with BDO, 11 February—Year 10, 11, 12 & 13.
- Jaguar and Landrover – Manufacturing Higher Apprenticeship Programme—Year 13.
- Pfizer Apprenticeships—Year 13.
- CIMA Apprenticeship Event, 10 February—Year 12 & 13.
- Chartered Institute of Management Accountants Apprenticeship Virtual Conference, 10 February—Year 12 and 13.
- Inner Temple Barrister Insight Evening, 11 February, 10 March, 25 March—Year 12 and 13.
- Activate Learning Virtual Open Events, 24 February—Year 11.

Virtual Work Experience opportunities:

Please visit: <https://www.georgeabbot.surrey.sch.uk/virtual-work-experience/>

⇒ Surrey Foster Carers

Please see flyer below. For more information, please email cindyajmorris@gmail.com



SURREY URGENTLY NEEDS MORE FOSTER CARERS

**Do you have a spare room?
Could you open your home and heart to a child?**

Have you considered fostering? Meet a foster family in your local area and hear about their experiences.

Email foster carer **Cindy** at Cindyajmorris@gmail.com for more information and/or to request to join the online event.

Call 07851654544 if you have trouble joining the event!

Find out more about fostering: www.surreycc.gov.uk/fostering

Tuesday
9th February 7:45pm

Friday
26th March 7:45pm

Thursday
8th April 3pm (half term)

⇒ External Hirer—Level Up Fitness School Holidays

Please see flyer below for holiday fitness camps.



'MAXIMISING YOUR SPORTING POTENTIAL'

LevelUP Fitness

FOR KIDS AGED 6-14

1-2-1 FUN FITNESS

OPEN GROUP SESSIONS

MULTI-SPORT HOLIDAY CAMPS

50%OFF
FIRST PT SESSION AND FREE CONSULTATION

ENQUIRE OR BOOK A PLACE NOW @
WWW.LEVELUPFITNESS.NET

Follow us on Facebook @ LEVELUPFITUK

LGBT+ History Month

This month, George Abbot are proud to be celebrating LGBT+ History Month. Each department will be exploring significant individuals who have contributed to society, in their subject, by displaying the posters below at the start of lessons.

<h2>ART</h2> <p>Frida Kahlo (1907-1954)</p>  <ul style="list-style-type: none"> Mexican painter Acclaimed after her death for powerful art that expresses indigenous Mexican tradition and female experience Disabled by bus accident as a teenager Bisexual woman 	<h2>BUSINESS</h2> <p>Anne Lister (1791-1840)</p>  <ul style="list-style-type: none"> Yorkshire landowner and industrialist Independently built up financial portfolio including property, shares in canals and railways, mining and quarrying Lesbian 	<h2>CHILD DEVELOPMENT</h2> <p>Nanette Gartrell</p>  <ul style="list-style-type: none"> Principal Researcher for the US National Longitudinal Lesbian Family Study Awarded Distinguished Scientific Contribution Award by the American Psychological Association in 2008 Lesbian 	<h2>CITIZENSHIP</h2> <p>Stephen Whittle (1955-)</p>  <ul style="list-style-type: none"> British trans activist and writer Co-founded trans rights organisation Press for Change Awarded prestigious Human Rights Award by civil rights group Liberty Transgender man 	<h2>COMPUTING</h2> <p>Alan Turing (1912-1954)</p>  <ul style="list-style-type: none"> Pioneering computer scientist First person to propose idea of a computer program Led team that created machine to crack German Enigma code, shortening the second world war Gay man
<h2>DANCE</h2> <p>Maud Allan (1873-1956)</p>  <ul style="list-style-type: none"> Canadian dancer, actor and choreographer Became famous across Europe for her "Dance of the Seven Veils" Designed and sewed her own elaborate dance costumes Lesbian 	<h2>DESIGN AND TECHNOLOGY</h2> <p>Eileen Gray (1878-1976)</p>  <ul style="list-style-type: none"> Irish furniture designer and architect Pioneer of Modern Movement in architecture Famous for creating classic Bauhaus chair and Satellite mirror Bisexual woman 	<h2>DRAMA</h2> <p>Alec Guinness (1914-2000)</p>  <ul style="list-style-type: none"> English actor famous for playing Obi-Wan Kenobi in original Star Wars trilogy Won Academy Award for Best Actor in The Bridge on the River Kwai Bisexual man 	<h2>ENGINEERING</h2> <p>Lynn Conway (1938-)</p>  <ul style="list-style-type: none"> American electrical engineer and computer scientist Helped lead "Mead & Conway Revolution" in microelectronics and chip design Transgender woman 	<h2>ENGLISH</h2> <p>Jackie Kay (1961-)</p>  <ul style="list-style-type: none"> Scottish-Nigerian poet, playwright and novelist Winner of Guardian Fiction Prize and many other awards Appointed Scottish Makar (national poet) in 2016 Lesbian
<h2>FOOD</h2> <p>Jack Monroe (1988-)</p>  <ul style="list-style-type: none"> Food writer and poverty campaigner Became famous for affordable recipes on award-winning Blog Non-binary transgender person 	<h2>FRENCH</h2> <p>Simone de Beauvoil (1908-1981)</p>  <ul style="list-style-type: none"> French writer, philosopher, activist and social theorist One of the first French women to receive a degree from top university The Sorbonne Writer of groundbreaking feminist work <i>The Second Sex</i> Bisexual woman 	<h2>GEOGRAPHY</h2> <p>László Almásy (1895-1951)</p>  <ul style="list-style-type: none"> Hungarian explorer and aviator Explored North African desert, discovering and cataloguing prehistoric rock art and re-establishing European contact with Magarabi tribe Gay man 	<h2>GERMAN</h2> <p>Ralf König (1960-)</p>  <ul style="list-style-type: none"> German writer and comic book creator Winner of many awards including "Best International Comic Creator", 1992 Has sold over 5 million copies Gay man 	<h2>GRAPHICS</h2> <p>Andy Warhol (1928-1987)</p>  <ul style="list-style-type: none"> American artist and filmmaker Leading figure in "pop art" movement Produced iconic graphical images Gay man
<h2>HISTORY</h2> <p>Edward Carpenter (1844-1929)</p>  <ul style="list-style-type: none"> English poet, philosopher, socialist and gay activist Emphasised and wrote about long history of gay relationships to promote acceptance Campaigned for better conditions in industrial Sheffield Gay man 	<h2>ICT</h2> <p>Alan Turing (1912-1954)</p>  <ul style="list-style-type: none"> Pioneering computer scientist First person to propose idea of a computer program Led team that created machine to crack German Enigma code, shortening the second world war Gay man 	<h2>MATHS</h2> <p>John Maynard Keynes (1883-1946)</p>  <ul style="list-style-type: none"> British economist Regarded as founder of modern macroeconomics Ideas formed foundation of Western twentieth-century economic policy Bisexual man 	<h2>PE</h2> <p>Nicola Adams (1982-)</p>  <ul style="list-style-type: none"> British boxer First woman to win Olympic boxing title Champion flyweight boxer at Olympics, World Championships, Commonwealth Games and European Games Bisexual woman 	<h2>RE</h2> <p>Bishop Gene Robinson (1947-)</p>  <ul style="list-style-type: none"> American retired bishop First man in an openly gay relationship to be elected bishop Voted USA's 7th most influential gay person Delivered invocation at President Obama's inaugural weekend Gay man
<h2>SCIENCE</h2> <p>James Barry (c.1795-1866)</p>  <ul style="list-style-type: none"> Irish surgeon Served as military surgeon in India and South Africa, where he improved conditions for wounded soldiers and inhabitants Transgender man 	<h2>SPANISH</h2> <p>Pedro Almodóvar (1949-)</p>  <ul style="list-style-type: none"> Spanish film director, writer and producer Academy Award winner for Best Foreign Language Film ("All About My Mother") and Best Original Screenplay ("Talk To Her") Gay man 	<h2>TEXTILES</h2> <p>Yves Saint Laurent (1936-2008)</p>  <ul style="list-style-type: none"> French fashion designer Became head designer of House of Dior at age 21 Pioneered prêt-à-porter (ready-to-wear) collections Gay man 		

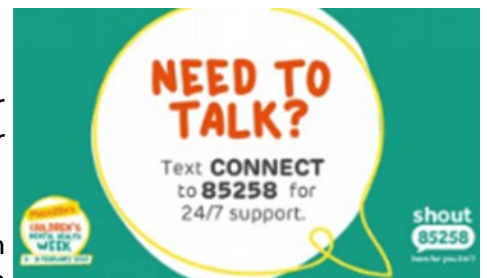
Lesbian Gay Bisexual Trans +
History Month



Children's Mental Health Week

This event supports students and parents/carers to understand their emotions, break down stigma, and feel safe enough to reach out for help and start conversations around mental wellbeing.

This year's theme is 'Express yourself', focusing on the link between healthy self-expression and good mental wellbeing. The focus is on finding creative ways to share feelings, thoughts or ideas through things that make you feel good; art, writing, dance, music. Click here for some inspiration: [Made with Pond5: Express Yourself - YouTube](#). See more in Mrs Carriett's introduction.



Captain Tom Challenge

After the sad passing of Captain Sir Tom Moore, the PE department would like to set a challenge to the students of George Abbot in his honour.

Sir Tom set a target of walking 100 laps of his patio before his 100th birthday! He was aiming to raise £1000 for the NHS, as a thank you for their incredible work. Captain Tom became a hero overnight for his efforts and ended up raising over £30 million! Unbelievable.



The PE department have set a target of walking, running or cycling as far as possible in one week. This started in their PE lessons this week, on Wednesday 3 February, and will continue until Wednesday 10 February.

When you complete a walk, run or cycle that is over 1km long, please message your PE teacher on your class Teams feed with the following:

1. Distance
2. Time
3. Method (walk, run, cycle)

During the pandemic, it is more important than ever to get out and exercise. The government recommend that everybody should be doing at least 60 minutes of physical activity every day.

What better way to get motivated than to do it in honour of Captain Tom. We look forward to hearing how far you have done!

Focus on—Reading Hub

We have been busy creating a Reading Hub on our website to encourage our students to take some time away from the screens and to instead read a book.

The hub is full of free resources for students and parents/carers including:

- The Oak National Academy's weekly free book.
- First News online newspaper subscription.
- Reading lists by year group.
- Podcast recommendations.
- The option to request books from the library.



Please click the link below to access the page:

<https://www.georgeabbot.surrey.sch.uk/reading-hub/>



National
Literacy
Trust

[Return to home page](#)

PTA



Lockdown quiz #2 - Friday 26 February 7.30-9.30

Following our sell out event in November, we're running another lockdown quiz! [Tickets are just £10 per household and are available on classlist](#). Alternatively, email PTA@georgeabbot.surrey.sch.uk. As before, the quiz will be hosted remotely on Kahoot! and Zoom. We will be delivering Tillingbourne Ales and prosecco on the evening, just let us know when buying a ticket!

Clandon Park Run

In the current COVID situation, the Clandon Park Run will unfortunately not be taking place but fear not, we will be holding a virtual 'marathon in a month' in its place with the help of Kelly's and still with prizes! **Watch this space for further information.**

Fundraising

Don't forget [amazonSmile](#) and [EasyFundraising](#) when doing online shopping, to help raise much needed funds for the school.

Next meeting

And our next PTA meeting will now take place on Tuesday 2 March at 7.30pm. Zoom details to follow.

Best wishes and stay safe,

from the PTA

