

George Abbot Bulletin

Headteacher's Message

17 May 2024

Exam season is now well underway. We have ticked 18 GCSE and BTEC exams off the list and 12 A Level, BTEC and Cambridge Nationals off the list. All year groups have made a superb start - excellent attitude, punctuality and focus in evidence. Our Year 10s have now completed all of the RE GCSE - such an important experience and process in advance of the full-scale GCSE programme in Year 11. Our Year 12s have also been in action with some of their BTEC examined units completed. Year 8 have been undertaking Summer assessments and Year 9 have theirs next week. We continue to urge our Year 11 and Year 13 students to give their exam preparation all of the time and attention that it needs and to be disciplined in their time management; they have so much to gain by giving their exams their all.

This is also a key moment for our Year 12 students - hopefully, Monday's parent meetings with subject teachers have given clear advice on what each young person needs to do to achieve their potential. It is certainly the time in the Sixth Form when a serious approach to work needs to be in evidence. Completing homework as requested does not mean that enough time has been spent on the homework; independently planned and driven additional work is vital to success at this level of study. The balance of study and social life might need to be readjusted.

In the past couple of weeks, our Year 11s have been to the theatre to see a performance of An Inspector Calls, one of their GCSE texts; the chamber choir has sung at both St Martha's and Guildford Cathedral and given their congregations much pleasure; some of our Year 9s and Mr Wearn have been to Bushy Hill to do some Spanish work with some of their students. Athletics has been an important focus with many of our athletes taking part in the annual District Sports. Highlights of the event follow in the Sports round-up. Next week, Geography is running their overnight trips to Swanage for our Year 10 Geography fieldwork and Year 8 have a much-anticipated trip to Chessington. We are pleased with the growing maturity and learning development of this cohort and so, this trip is to acknowledge the distance they have travelled during the last 18 months.

As we approach half term, a reminder that we make the change to House polo shirts for the remaining half term of the year. Now is a good time to check that your child can locate theirs and that it's dimensions remain feasible for comfort. Replacement House polo shirts can be purchased from Valentino's - a link to their website is here: <https://valentinoschoolwear.com/>

Lastly, I would like to ask for your feedback in the last parent voice snapshot for the year; 5 quick questions follow and as ever, your voice matters. We will leave the survey open until Monday 2 June. <https://forms.office.com/e/f3XVCCVnLd>. Our next Bulletin will be after half term, so, in closing, I do so hope that half term brings all of our families a little joy and a welcome change of pace.

Kate Carriett
Headteacher

Pre-loved clothes sale - Friday 5 July

Our rescheduled pre-loved clothes sale is due to take place on Friday 5 July in the Gyms from 3.30pm - 5.00pm. Please keep the date in your diary to come and have a browse. We still need your donations, which can be delivered to Reception and will be very gratefully received.



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Whole School

⇒ Free School Meals

We have been advised by Surrey County Council that we are able to issue a £15 voucher to students eligible for Free School Meals to cover the May Half Term. This voucher will be issued by email via Wonde. If you would prefer a printed copy to be posted to you, or have any queries regarding your vouchers please email Bernice Evans (bevans@georgeabbot.surrey.sch.uk). If your request is for a printed copy of your voucher, please specify the supermarket you would like the voucher to be for.

⇒ External speaker needed

In Sociology, we teach a unit called crime and deviance, where students learn a variety of things including why people commit crimes, differences in the patterns of crime (linking to gender, social class and ethnicity), forms of punishment and whether prisons work. To introduce this unit, we are looking for external speakers to come in to talk to our Year 10 students, perhaps a police officer, prison officer, judge or anyone else who works within the criminal justice system, or with people who have committed a crime/ or at risk of committing a crime. If you would be happy to speak to students about your job, and how this links with what they will be learning, please contact Mrs Burford, Head of Sociology at: cburford@georgeabbot.surrey.sch.uk.

⇒ Supporting your child through exams

The following links provide support and guidance on what parents can do to support their child during exams:

<https://www.childrensmentalhealthweek.org.uk/news-and-blogs/2024/february/6-ways-to-support-children-with-worries-around-schoolwork-and-exams/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/?scrylbrkr=6a6b2477>

⇒ WisePay Security update

We have received the following communication from WisePay:

In line with the security updates to online payments WisePay will require parents and staff to change their log in passwords every 90 days. This will come into effect from June 2024. When logging in, parents will receive a reminder on their WisePay home page, this will state that the password will need to be changed within 10 days of its expiry. If the password isn't changed within that time, they will receive a log in failure notice which will contain a link to reset their password. A communication will be posted on the parent log in page advising of this new security feature and there is a guide available [here](#) for parents and staff.

⇒ Water Safety

This week, students have been learning about water safety in assembly. For more information, please see the slides [here](#).

⇒ Love Rugby

Guildford Rugby Football Club are working with Rugby Football Union (RFU) on a Summer Programme of rugby, called Love Rugby. It's an introduction to rugby, through touch rugby, with a special launch event on Wednesday 22 May 2024 at Guildford RFC, from 6pm – 7.30pm with all girls aged 8-18 invited to join us. RSVP: grizzlies@guildfordrugbyclub.co.uk. Love Rugby offers all girls the chance to see what rugby can do for them, from increasing their self-belief and confidence and strength to making a group of friends that support and look out for each other. Many of the Guildford RFC Girl's team, called the Grizzlies, will join in and are actively looking for more players to join them. Love Rugby is a bite-sized taster that allows the girls to get a feel for the sport. It's non-contact and we're inviting girls to join with our club touch rugby events throughout the summer. With England's Red Roses currently positioned as the number one ranked side in the world, and with a home World Cup being hosted in this country next year, there is no better time to give rugby a try.

Whole School

⇒ **George Abbot Travel Survey- please take part!**

Travel and transport is an important part of everyone's life, each day we travel to school, to see our friends, to our sports/creative activities, to the shops etc. and teenagers get more and more independence to explore their neighbourhood. George Abbot is participating in a project with Sustrans (a national cycling charity) and Surrey County Council aimed at creating a School Travel Plan. Our students' perspectives on how to travel safely around their neighbourhood are a vital part of such a plan. Could you please encourage your child to do the survey which has gone out to the whole school on SatchelOne? This survey is to find out how they currently travel to school and what impacts that choice. We want to learn about the barriers they face to walking and cycling and what can be done to remove those barriers. By participating in this survey they will help us build a picture of transport options in your neighbourhood from a teenagers perspective.

Year 10

⇒ **Well done!**

The RE department would like to say a huge well done to Year 10 students on completion of their GCSE RE exam. We are incredibly proud of you and your efforts over the last few months. Good job Year 10!

Careers

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

Apprenticeship opportunities: <https://www.georgeabbot.surrey.sch.uk/apprenticeship-opportunities/>

Work Experience opportunities: <https://www.georgeabbot.surrey.sch.uk/work-experience/>

Sports round-up

- In Cricket, our Sixth Form Scholars came away with another win vs Farnborough College on Wednesday by a comfortable 60 runs! A big well done to Gian and Tristan for scoring 50 runs each. Our Year 8 team also won against Woolmer Hill with a 49 run lead. Finally, with a slightly narrower win of 5 runs, our Year 9 team were victorious against the Howard. A good week for Cricket!
- Several of our students took part in the Aquathlon this week, a competition made up of swimming and running. Well done to all that took part and a special mention to Year 7 students Edie, who placed first girl, Hope who placed second girl and Conor who placed first boy.
- District Sports was an exceptional day where students from George Abbot displayed their outstanding athletic ability and sportsmanship across various track and field events. George Abbot students were able to compete very well against 11 state and private schools from the local area. The day was a huge success with a number of notable student performances. The year 7 boys won their overall competition with Year 8 boys, Year 9 girls, Year 9 boys and Year 10 girls all finishing 2nd. There were many stand out performances on the day with the following students all placing 1st in their events Emily A, Lewis S, Eddie M, Hiram H, Jensen A (x2!!), Ryan F (x2!!), Harry F, George E (x2!!), Jacob B, Zach R, Oli B (x2!!) & Oscar S.

Dear all our loyal customers, parents, friends, and little adults,

At **Valentino Schoolwear** we know things continue to be very hard for many of us right now,

so, once again, we're ensuring our **Annual Discount Promotion** for 2024 is **available online** and **in store** for our customers.



15% OFF All school uniform purchases: **20th – 26th May 2024**

Use discount code **SUMMER15** when you click 'View Cart'

10% OFF All school uniform purchases: **27th May – 2nd June 2024**

Use discount code **SUMMER10** when you click 'View Cart'

Anything purchased during our promotion can be exchanged right up until schools open in September!

Please note that we are unable to accept returns and exchanges during our promotional dates above 20th May – 2nd June 2024. Returns & exchanges are all subject to our normal returns policy. These offers are available online and in store. Not to be used in conjunction with any other offers.

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Supporting the School

The School Support Fund was set up to support all of its students in participating in extra opportunities and initiatives to help students reach their potential and achieve great things whilst maintaining good mental health and wellbeing. Our school budget barely covers our essential running costs, so without the School Support Fund we would be unable to run our amazing programme of extra-curricular events and activities.

The Fund is also used to provide support to students whose families are experiencing financial hardship, for example, by covering the costs of school trips, books, uniform or other educational expenses, and helps fund the purchase of minibuses to transport all students to various activities including PE fixtures, day trips and Duke of Edinburgh expeditions.

We would like to take this opportunity to thank our current supporters whose regular donations and one off voluntary contributions enable us to deliver this support and extra opportunities despite the challenging financial climate. We welcome any level of regular or one-off voluntary contributions to the school through any of the following channels:

- By standing order direct to the School Support Fund bank account, please contact finance@georgeabbot.surrey.sch.uk for more information.
- If you play the Guildford Community Lottery and select the 'George Abbot School Support Fund' as your chosen cause, we receive 50% of the ticket price.
- One off contributions through WisePay (under Donations section).

If you are experiencing financial difficulties and would like to apply for financial support, please contact your Head of Year.

Amazon Wishlist

The George Abbot community is continuously generous, and for that, we are always grateful. Whilst many of you donate to the School via our monetary platforms, we understand that sometimes it can be nice to see an immediate impact with a gesture. With this in mind, we are sharing a carefully curated Amazon Wishlist with you. If you would like to purchase one of the items selected by our many departments, please choose something from the [link here](#). Items will be shipped directly to the school and distributed to be used in the classrooms with students. If you have any questions about an item, and which department it will be used in, please contact: finance@georgeabbot.surrey.sch.uk.

Guildford Community Lottery



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Win a holiday, or take the cash!

BUY TICKETS



See website for Terms & conditions. Enter by 25/05/24.

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If you need support now, here's what to do

If you're in immediate danger: call 999

If you have an urgent need, call our crisis team on 0800 915 4644 . It's open 24 hours a day – 7 days a week.

If you're not in a crisis, but still need support ...

If you do not need urgent support, you can talk to your mental health lead in school. They are there to listen and support you with your mental health and wellbeing. If you do not know who this is, talk to a member of school staff you trust and they will be able to help you.

Visit our website, www.mindworks-surrey.org – this offers a wide range of information which can help your mental health and wellbeing. We have resources such as [My Safety Plan](#) and [self-help tips](#) to help guide you through your wellbeing during challenging times. You'll find links to useful websites, recommended reading , plus coping strategies to help you through difficult times.

We are partnered with Kooth, who are a digital mental health platform providing confidential support for all young people. Here you can access forums, activity centres, messaging and live counselling. You can get support when you need it, with no waiting lists or need to be referred by an adult. Visit www.kooth.com for more information.

Sometimes it might feel easier to message/ text about how you are feeling and there are many places you can do this:

- **Shout** : is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258.
- **Chat Health** : is a safe and easy way for you to speak to a qualified health professional. They provide information about services near you that can provide support. Contact them through their website www.chathealth.nhs.uk

The CYP (Children & Young People) Haven is a safe space for any child or young people aged 10–18 to go where they can talk about worries and mental health in a confidential, friendly and supportive place. Scan the QR code for more information.



We also work closely with young people groups such as Amplify, their contact email amplify.mindworks@sabp.nhs.uk and Surrey Youth Voice, where your voice can help us help other young people's mental health and wellbeing services across Surrey and North East Hampshire. Contact them on 01483 519 464 or user.voice@surreycc.gov.uk

Mindworks Surrey provides a dedicated out-of-hours helpline for parents and carers of children with suspected or diagnosed neurodevelopmental needs such as ASD and or ADHD. It's open 5 pm–11 pm, seven days a week. Call 0300 222 5755.

Our partner's offer a range of groups and youth clubs for both children and young people. These are all open to self-referral and you can find out more information on our website by scanning the QR code.



The Mindworks Access and Advice Team can also provide support in signposting you to more help. Call them on 0300 222 5755.

Find out more at mindworks-surrey.org





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Barnardo's Surrey Neurodevelopmental Services

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Pre or post diagnosed

Our helpline is here to support you, no referral needed.

0300 222 5755
Free to call, press option 4
5pm-11pm 365 days

Our trained helpline practitioners are able to support with a variety of concerns.

- Sleep Concerns
- School Anxiety
- Diet Concerns
- Screen-time Limits
- Freindsips and Bullying
- Connections with Family or Siblings
- Dopamine Seeking Behaviours
- Routines
- Risky Behaviours



GLEBELANDS & FARNCOMBE FC

PAN DISABILITY UNDER 16 FOOTBALL

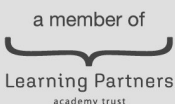
SUNDAY | 19 05 2024 | 9.00-10.00AM

FREE SESSION FOR GIRLS AND BOYS SUPPORTED BY SURREY FA

GLEBELANDS SCHOOL THE SANCTUARY 3G PITCH

Open to all children under 16 with disabilities, hosted at Glebelands School 3G Pitch, Cranleigh from 9am to 10am and run with Surrey FA and Farncombe Youth Club it is an exciting opportunity to become involved with this club which is now on a monthly basis and hoping to grow. Families can sign up their children to attend by emailing matt.curley@imprimatur.co.uk.

George Abbot School, Woodruff Avenue, Guildford, GU1 1XX
01483 888000 - www.georgeabbot.surrey.sch.uk



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21 May

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School Avoidance • Social Media • Friendship Worries • Panic Attacks • Social Exclusion • And More...

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6-7pm

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CHEERLEADING CLASSES IN GUILDFORD!

Altitude Cheer offer recreational and competitive cheerleading classes at George Abbot School to all ages and abilities!

Classes run on Mondays and Thursdays and we have Summer camps also available!

Cheerleading is a combination of gymnastics skills, acrobatics and dance. It is a great team sport which helps to improve confidence as well as general fitness and is also a great way to make new friends!



For more information and to sign up please email:

altitudeguildford@gmail.com

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Facebook: Altitude Cheer