

# George Abbot Bulletin



## Headteacher's Message

19 April 2024

All

I hope all families enjoyed some time with their teenagers over the Easter break. We have begun the summer term with lots of energy and of course, a major focus on our Year 11 and Year 13s who approach the formal exam period; our first GCSE exam is in fact RE for our Year 10s on 9 May 2024. Our Year 11 and Year 13 revision sessions over the Easter break were well attended and we sense good focus from the year groups in the final weeks of their timetabled lessons. This is, of course, vital. Our Year 12s and Year 10s have their important end of year exams in June and the timetables for these are published on our website. I urge both of these year groups to start revising now. For Year 12, these results will inform their predicted grades for their UCAS applications.

After the Easter break, when I am sure that despite our best efforts, some of our teenagers spent increased amounts of time online, I wanted to raise an important online safety issue with you. We have been alerted to some unsettling TikTok pages – unsettling, unacceptable and pages no parent would want their child to be a part of. All of the accounts we are aware of have been reported to TikTok as inappropriate and we have requested that they be taken down.

The TikTok pages feature a new craze, 'ship, dip or scrap'. This involves social media pages being screenshot and shared in videos with a caption of 'ship?', inviting others to then comment in a derogatory manner. If the title 'scrap' features first, it is urging others to be violent. The pages encourage others who follow to private message with suggestions for future videos. These videos share private information about young people in a highly inappropriate manner and those that are offensive also represent cyberbullying.

Whilst investigating these TikTok pages, it was found that some students run TikTok accounts which are not private and consequently can be seen by anyone. We have major concerns about this content being accessible via a simple internet search. Such an internet search will be completed by future employers of your children, affecting their employability as young adults.

TikTok accounts can be linked to adult TikTok accounts as a safety feature so that potential posted content can be verified by an adult and content your children are accessing can be monitored. If your child has a TikTok account, please monitor its usage and discuss the above accounts with regard to the inappropriate nature of them. Please also do find an opportunity to talk to them about our digital footprints which stay with us for life.

Kate Carriett  
Headteacher

## We need your pre-loved clothes!

We would still gratefully receive your donations for our annual pre-loved clothes sale. We need LOTS MORE CLOTHES. It is due to take place next Friday 26 April in Elmslie Hall from 3.30pm - 5.00pm. Please keep the date in your diary to come and have a browse. These can be delivered to Reception and will be very gratefully received.



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# Notices

Week commencing 22 April = Week B  
Week commencing 29 April = Week A

## Whole School

### ⇒ Community Alert

We have been made aware of an incident that occurred in the Ladymead area involving a pupil being approached by an unknown female which was a cause for concern. We encourage you to speak to your children about keeping safe as well as ensuring they have appropriate travel arrangements after school including fixtures and extra curricular clubs. Please be assured we will be doing the same in school as part of our normal good practice.

Please ensure your children are reminded to inform you and/or school immediately if anything untoward or worrying occurs on their way to or from school and let us know as soon as possible. Should you feel it appropriate, please inform the Police on 101 or 999 in an emergency.

### ⇒ Summer Term Extra-Curricular timetable

This can be viewed on the following page of the website:

<https://www.georgeabbot.surrey.sch.uk/extra-curricular/>

### ⇒ Summer Term Menu

Canteen menus for the summer term can now be found on the following page of the website: <https://www.georgeabbot.surrey.sch.uk/catering/>

### ⇒ Second-hand uniform

Please note, there will be no second-hand uniform sale after school on Monday 22 April. However, we will have some secondhand available at the pre-loved clothes sale on Friday 26 April, please do come and have a browse. If you need any secondhand uniform items, please email any requests to [office@georgeabbot.surrey.sch.uk](mailto:office@georgeabbot.surrey.sch.uk) with details of the items needed including quantity and sizes, and we will do our best to source them for you. Many thanks in advance for your support.

## Year 11

### ⇒ Year 11 Prom 2024—Payment deadline Friday 17 May

Please purchase tickets via WisePay.

### ⇒ Year 11 Leavers Assembly - Friday 3 May


The Leavers Assembly will take place during the afternoon at school. Students will be in their usual lessons until 2pm and should be mindful that poor behaviour during the day may lead to non-attendance at the Leavers Assembly and potentially the Prom. Students may wear mufti to school and should bring a clean, white, school shirt to sign **AFTER** the assembly. Please remind your child that any shirt signed with inappropriate symbols or language will be confiscated. Pre-ordered Hoodies and Yearbooks will also be distributed after the assembly.

### ⇒ GCSE exams - uniform

A reminder that full school uniform is required for students sitting their GCSE exams. On colder mornings, an under layer should be worn, as hoodies and coats are not permitted to be worn in the exam venues and students will be asked to remove them. Students may wear the George Abbot  $\frac{3}{4}$  zip sports top as an extra layer.

### ⇒ Year 11 Prom 2024

Prom is on Wednesday 26 June at Pine Ridge Golf Club, Frimley from 7pm - 10pm. Dress Code: Formal. Snack buffet provided. Students should make their own way to the venue and aim to arrive from 7pm onwards. Parents/carers will have a designated area outside the venue where they are welcome to watch students arrive and take photos until approx 8pm, after which we request that the area be cleared. Please arrange onward transport for your child promptly at or before 10pm. Only Year 11 students and George Abbot staff will be allowed inside the venue. Year 11 Prom is strictly alcohol free, and students that appear intoxicated will be denied entry. Prom is a ticketed event, on sale only through WisePay. All right of admission are reserved.

<p><b>Year 11</b></p>	<p>⇒ <b>Year 11 Awards Evening</b>          Save the date: Thursday 2 May, 7.00pm.</p> <p>Invites for nominated students will be sent next week.</p>	
<p><b>Year 10</b></p>	<p>⇒ <b>RE GCSE exam</b></p> <p>Year 10 students will sit their RE GCSE exams on the 9 May (paper 1) and 16 May (paper 2). To support them with their revision, the following is available:</p> <ul style="list-style-type: none"> <li>• <a href="#">Revision calendar 2024.docx</a> to help students plan their revision. This covers all topics students need to revise for both exams and contains links to the revision guides. Short course calendar: <a href="#">Revision calendar SC 2024.docx</a>. These calendars are also linked on Satchel One.</li> <li>• There is a drop-in session in E17 every Wednesday during break 3 and every Thursday after school from 3.20-3.40. Please encourage your child to attend if they have any questions, would like advice, or have any practice questions they would like feedback on.</li> <li>• Recorded revision PowerPoints will be uploaded weekly to Satchel One on exam skills, Christianity, Buddhism, and themes.</li> <li>• There is a wealth of resources on the SLE and linked on Satchel One. These resources include revision guides, workbooks and past exam questions.</li> </ul> <p>Please do encourage your child to engage with these revision resources. If you have any questions, please contact Miss Lenehan (<a href="mailto:hlenehan@georgeabbot.surrey.sch.uk">hlenehan@georgeabbot.surrey.sch.uk</a>)</p>	

## Careers

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

- Meet the Russell Group Webinar
- Psychology Career Day

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

- Parent Perspective Podcast—Trade and Engineering sector apprenticeships

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

### A great opportunity for Year 12 students to learn about International Universities

**International University Fair—Tuesday 23 April, 3.30pm-4.30pm**

Hosted by Guildford High School, there will be university representatives from Europe and the US, as well as opportunities to discuss exchange programmes, years abroad & how to apply to universities in that country. For any student considering this an option, or potential option, it will be a useful and interesting opportunity. For more information, please [click here](#). Students should report to the Senior School Reception on arrival.

Please be aware that this event is not organised by George Abbot School, and students will be responsible for making their own way to and from the venue. If students are in Sixth Form and have a period 5 lesson that day, they will need to seek prior permission from their subject teacher and Mr Brinsden for their absence and should also notify Miss Smith of their absence.

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: **20<sup>th</sup> – 26<sup>th</sup> May 2024**

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

**10% OFF** All school uniform purchases: **27<sup>th</sup> May – 2<sup>nd</sup> 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 20<sup>th</sup> May – 2<sup>nd</sup> 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.

[www.valentinoschoolwear.com](http://www.valentinoschoolwear.com)



## WOMEN IN STEM SUMMER SCHOOL

Do you want a taste of higher level maths/physics, to see if it's for you?

Do you want to build your confidence and problem-solving skills?

Do you want to meet other like-minded students?



This summer school is for female-identifying students in Y10 who have an interest in the STEM subjects, particularly maths and physics.

If you are thinking about maths, further maths or physics A Levels, this is the course for you!

Women in STEM is a one-day summer school which will take place at the University of Surrey.

It will be led by the Co-Headteachers of Surrey Maths School, a new specialist sixth form in Guildford dedicated to the mathematical sciences.

Dates: 8/9/10 July 2024

Times: 9:30 AM - 3:30 PM

Location: University of Surrey Stag Hill Campus, Guildford GU2 7XH \*

Food: Lunch will be provided

Cost: This summer school is completely free of charge



### What will we do?

- A morning of subject specific sessions (one for maths and one for physics) focusing on problem-solving, collaboration and exploring higher level ideas
- An afternoon of group work, with a friendly team challenge
- Plenty of opportunities to socialise with other like-minded students
- A session to explore the possible future pathways available through studying STEM subjects to a higher level

### How do I apply?

Please complete the application form by Friday 19 April 2024  
We will confirm your place in the week of 22 April

The form asks you about some of your characteristics  
Please answer these as honestly as you can - in the case of oversubscription, we will allocate places based on these factors

### Any questions?

Get in touch with our team by emailing  
[info@surreymathsschool.co.uk](mailto:info@surreymathsschool.co.uk).



**Book  
Now!**



\* A short walk from Guildford train station & there are local buses. Some parking available on campus; we cannot provide parking permits

[info@surreymathsschool.co.uk](mailto:info@surreymathsschool.co.uk)

[www.surreymathsschool.co.uk](http://www.surreymathsschool.co.uk)

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# Online safety resources

Click the images below for more information:

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

As a parent or carer, you may be concerned about your child's social media use, as it is important that they are safe and protected from harm. This resource provides information on how to support your child's mental health and well-being when using social media.

- 1. UNDERSTAND THE ALGORITHM**
  - 13
  - Understanding how social media algorithms work can help you understand why your child is seeing certain content.
- 2. AVOID THE MAIN FEEDS**
  - 13
  - Encourage your child to explore alternative content, such as educational videos or positive role models.
- 3. DISCUSS WHAT THEY'VE SEEN**
  - 13
  - Openly discuss any concerning content your child has encountered and provide support.
- 4. LEARN HOW TO REPORT CONTENT**
  - 13
  - Teach your child how to report inappropriate or harmful content to the platform.
- 5. SET DAILY LIMITS**
  - 13
  - Establish healthy boundaries for screen time to prevent excessive use.
- 6. MONITOR THEIR ACTIVITY**
  - 13
  - Use parental controls and monitoring tools to track your child's online activity.
- 7. TURN OFF PUSH NOTIFICATIONS**
  - 13
  - Disabling notifications can help reduce distractions and anxiety.
- 8. USE DEVICES TOGETHER**
  - 13
  - Engage in digital activities together to provide guidance and support.
- 9. DISCOURAGE OTHER ACTIVITIES**
  - 13
  - Encourage your child to engage in offline hobbies and activities.
- 10. TALK ABOUT PEER PRESSURE**
  - 13
  - Discuss the influence of peers and how to handle social media-related pressure.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

## What Parents & Carers Need to Know about TIKTOK

13+

TIKTOK is a free social media platform that lets users create, share and watch short videos ranging from music to comedy. It is a social media platform that is very popular among young people aged 13-17.

- WHAT ARE THE RISKS?**
  - 13
  - Exposure to inappropriate content, cyberbullying, and contact with strangers.
- AGE-INAPPROPRIATE CONTENT**
  - 13
  - Content that is not suitable for children, including violence, sexual content, and hate speech.
- DANGEROUS CHALLENGES**
  - 13
  - Participating in viral challenges that can be physically harmful or dangerous.
- CONTACT WITH STRANGERS**
  - 13
  - Interacting with unknown users who may attempt to groom or exploit them.
- IN-APP SPENDING**
  - 13
  - Unplanned purchases of virtual gifts or premium content.
- ADDICTIVE NATURE**
  - 13
  - The algorithm and short video format can lead to excessive use and addiction.
- TIKTOK NOW**
  - 13
  - Current trends and features that parents should be aware of.

**Advice for Parents & Carers**

- ENABLE FAMILY PAIRING**: Link your child's account to your own to monitor activity.
- MAKE ACCOUNTS PRIVATE**: Restrict who can view and interact with your child's content.
- LIMIT IN-APP SPENDING**: Set up payment restrictions to prevent unauthorized purchases.
- DISCUSS THE DANGERS**: Have open conversations about online risks and safety.
- READ THE SIGNS**: Watch for changes in behavior, mood, or social media use.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

## SUPPORTING CHILDREN'S MENTAL HEALTH

### 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can get so nervous, shy, or even avoid the topic. But it's important that we do. This guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own mental health and any signs before a crisis.

**National Online Safety #WakeUpWednesday**

- 1. LISTEN**
  - 13
  - Be a good listener. Let your child talk about their feelings without interrupting.
- 2. ASK TWICE**
  - 13
  - Ask your child how they are feeling, and then ask again to ensure you understand.
- 3. THERE IS NO SUCH THING AS A STUPID QUESTION**
  - 13
  - Encourage your child to ask you anything they are unsure about.
- 4. BE OPEN AND HONEST**
  - 13
  - Share your own experiences with mental health to normalize the conversation.
- 5. KNOW WHEN TO SEEK HELP**
  - 13
  - Recognize signs of mental health issues and seek professional support when needed.
- 6. TALK ABOUT MENTAL HEALTH NATURALLY**
  - 13
  - Incorporate mental health discussions into everyday conversations.
- 7. EMPATHISE**
  - 13
  - Show understanding and validation for your child's feelings.
- 8. HELP YOUR CHILD FEEL SAFE**
  - 13
  - Provide a safe space where your child can express their emotions.
- 9. MIND YOUR LANGUAGE**
  - 13
  - Use positive and supportive language when discussing mental health.
- 10. IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**
  - 13
  - It's okay to admit you don't have all the answers and seek help together.

Meet our expert: **National Online Safety #WakeUpWednesday**

Sources of Information and Support: **National Online Safety #WakeUpWednesday**

# WORKSHOP WEDNESDAYS

SUMMER TERM

**YOUTH HIDEAWAY CAFE 4 - 5:30pm**

The Hideaway Cafe, Allen House Pavillion, Guildford, GU1 4AZ

- 17<sup>TH</sup> APRIL CHOCOLATE RICE CRISPY CAKES**
  - Get some chocolaty goodness flowing and make some tasty treats
- 21<sup>ST</sup> APRIL CREATIVE TYPOGRAPHY**
  - Play around with letters and create your own fun font.
- 1<sup>ST</sup> MAY HULA HOOPING**
  - Get your summer vibe on and get pro at hula hooping!
- 8<sup>TH</sup> MAY CREATIVE JOURNALING**
  - Make your own journal from scratch and explore different mindful and creative ways of using it.
- 15<sup>TH</sup> MAY PRINT YOUR OWN T-SHIRT**
  - Design and print your own t-shirt. T-shirts will be provided or bring in your own to upcycle.
- 22<sup>ND</sup> MAY PLANT PERSONALITIES**
  - Learn how not to kill houseplants and how to grow your own. You will even get to take home your own baby plant!

@youth.hideaway YR6-11s **matrix** with young people, for young people

George Abbot School, Woodruff Avenue, Guildford, GU1 1XX  
01483 888000 - [www.georgeabbotsurrey.sch.uk](http://www.georgeabbotsurrey.sch.uk)

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**MOMENTS MATTER,**  
**ATTENDANCE COUNTS.**