

George Abbot Bulletin

Headteacher's Message

06 December 2024

All

We are heading towards Christmas with alacrity. Our fantastic PTA organised a super successful Christmas Fair last Sunday. The hall was a-buzz with students, parents, friends and relatives with an enormous queue for the tombola resulting in hauls of sweet treats. Thank you to everybody who supported in any way. We raised just over £6000, a really welcome sum.

Amidst the academic learning, enrichment opportunities, creative exploration, problem solving and social development that goes on in school, every day, we work hard to ensure we keep improving for your children, every day. This year, we are doing some work on Cognitive Executive Function. Executive functions are brain processes found in the prefrontal cortex of the brain. They are called executive functions because they help us to execute tasks and regulate our emotions. There are 11 executive function skills and they are:

- Response inhibition - thinking before we act
- Working memory - holding information while performing complex tasks
- Emotional regulation - managing emotions to control behaviour
- Sustained attention
- Task initiation - starting a task efficiently
- Planning/prioritising - creating roadmaps to goals
- Organisation
- Time management
- Goal directed persistence - reaching a goal despite competing distractions
- Flexibility - adaptability to changing conditions
- Metacognition - the ability to observe ourselves, self evaluating and adjusting

This list is a vital one for success as adults; skilling ourselves up to support the development of each of these areas in our young people is an important objective for us as educators. All of our children, including those who are neuro-diverse will significantly benefit from learning strategies to support their performance in these areas. Task initiation is one that challenges us all sometimes and is especially pertinent to homework. Here are 4 tips for working with your teenagers in this area:

1. Try behaviour contracting - if/then: either a written or verbal agreement, with steps to success, a timeline and an agreed outcome.
2. Warm - up routine: a simple and consistently implemented routine - perhaps listening to a song, reading a motivational quote that you find together, two minutes of physical activity that act as a cue to get started.
3. Countdowns and timers.
4. Make it visual: a to-do list, a photo of a finished example, a daily schedule with visual symbols representing parts of an activity, a graph showing the minutes it takes to get started every day.

Maybe one of those ideas might assist with home learning in your family.

Thank you to all of our parents who completed the feedback snapshot for this term. Here is a summary of your response:

- 88% feel that their child is happy at GA
- 98% feel that their child feels safe at GA
- 83% feel that bullying is tackled proactively at GA
- 90% feel that their child can take part in clubs
- 88% feel that their child does well at GA

Lastly, after a glorious Senior Choirs Showcase yesterday evening, please do accept this warm invitation to join us at our Christmas Concert on Thursday 19 December at 7pm - an opportunity to join together as a community in celebration of the festive season. Tickets go on sale at 10.00am on Monday 9 December.

Kate Carriett
Headteacher



GEORGE ABBOT
SCHOOL

*George Abbot School
welcomes you to the...*

**CHRISTMAS
CONCERT**

Thursday 19 December 2024
7.00pm
Raynham Hall

Tickets on sale
Monday 9 December,
10.00am

Week commencing 9 December = Week B
 Week commencing 16 December = Week A
 Friday 20 December, 12.00pm = Christmas Holidays
 Monday 6 January = INSET Day
 Tuesday 7 January = Students return

Notices

Whole School

⇒ **Community Alert**

We have had two separate reports of students being approached by unknown individuals in the Guildford area. 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. If they can walk with another students, it would be a helpful protective factor. Should you feel it appropriate, please inform the Police on 101 or 999 in an emergency.

⇒ **Free School Meal vouchers**

We have been advised by Surrey County Council that we are able to issue a £30 voucher to students eligible for Free School Meals to cover the Christmas Break. This voucher will be issued by email via Wonde in the next few days. 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.

⇒ **Reminder of early school closure for Year 10 Parent Subject Meetings—Tuesday 10 December 2024**

Please be reminded that school will be closing at **1.35pm** on **Tuesday 10 December** for us to conduct the Year 10 Parent/Teacher consultation meetings.

⇒ **Early school closure for Year 7 Parent Subject Meetings—Wednesday 15 January 2025**

Please be reminded that school will be closing at **1.35pm** on **Wednesday 15 January** for us to conduct the Year 7 Parent Subject meetings.

When the Progress Monitoring Subject Consultations are for a year group other than their own, students are expected to complete work set independently at home during the afternoon. This work will be set via Satchel One and/or the SLE. Provision has been made for students who are unable to go home at this time. If you wish for your son/daughter to remain supervised in school, please let us know by emailing curriculum@georgeabbot.surrey.sch.uk by close of school on **Tuesday 14 January**.

It is vital that we are forewarned of those who will be in attendance. If you notify us that your child will be remaining in school and your arrangements change, it is essential that you let us know of the change before 12.00pm on the day. **Where we have been notified that a student will be remaining in school, if they fail to arrive and register at USIC, you will be contacted by a truancy call alert from our attendance system. Therefore it is important that they register in USIC at 2.15pm if you have notified us that your son/daughter is remaining in school.** Please be reminded that school buses will run at the usual times.

Year 10

⇒ **Year 10 Parent Subject Meetings—Tuesday 10 December 2024**

For more information on how to book appointments, please [click here](#).

Year 9

⇒ **Year 9 Immunisations - 27 and 28 January 2025**

The School Immunisation Team are visiting George Abbot on Monday 27 and Tuesday 28 January 2025 to administer the DTP (Diphtheria/Tetanus/Polio) and Meningococcal ACWY vaccinations to Year 9 students. In order for your child to receive these vaccinations when they visit, please complete the e-consent form by 4pm on Tuesday 21 January 2025 by visiting www.surreyimmunisations.co.uk and entering the school's unique code SR136906 ([see attached letter](#)).

If you do not complete the consent, your child will not receive the vaccination. If you have any queries, please contact the Children and Family Health Team directly on 01483 794887.

Year 7

⇒ **Year 7 Parent Subject Meetings—Wednesday 15 January 2025**

For more information on how to book appointments, [please click here](#).

Cambodia Vietnam 2026 Expedition

Following the success of this year's international expedition to Nepal, we are excited to offer the opportunity for current Years 10, 11 and 12 students to participate in an 18 day expedition to Cambodia and Vietnam in July 2026.

On the expedition, students will experience cultural highlights such as discovering Cambodia's awe-inspiring Angkor Wat temple and learn about the country's haunting history at the Killing Fields. They will participate in exciting projects within the local community and experience the richness of Asian culture by immersing themselves in the vibrant flavours and colourful atmosphere of the night markets. The students will also embark on a jungle trek with a team of highly skilled and qualified expedition leaders.

If you are interested in hearing more about this opportunity, please complete the form below and join us for an information evening with Adventure Lifesigns on Monday 27 January 2025 from 6pm-7pm, Elmslie Hall.

[Cambodia & Vietnam Expedition 2026 Information Evening attendance form](#)



Online Safety Tips and Resources

A big thank you to Daniel Sykes from the Surrey Police Cyber Unit who hosted a safeguarding workshop last month. Daniel covered the evolution of increasingly sophisticated artificial Intelligence tools that are used to create fake news, manipulate media, create deepfakes and share disinformation in images, audio or video. Daniel shared the short clip called, '[A message from Ella](#)'. The video footage has a short but important message about how information shared on social media can be exploited in the criminal world. In addition, there are short webinars that you may find helpful on 11 December at 1.30pm or 18 December at 10am. For more information, please [click here](#). Daniel will also be coming in to school in February to work with our students to support Online Safety.

Click on the images below to find out what parents/carers should know about snapchat and mental health and wellbeing apps. On the evening of Tuesday 11 February, Matrix are hosting East to West as they offer free support for parents of young people struggling with self-harm. East to West are fantastic as journeying with families, and not just delivering a one-off, 2 hour workshop. For more information, [click here](#).

SELF-HARM PARENT WORKSHOP
Tuesday 11th February
6:30 - 8:30pm
The Hideaway Café, Eastgate Gardens
Guildford, GU1 4AZ

Led by seasoned experts from the charity East to West, this workshop offers parents support, guidance and practical strategies.

This event is run free of charge.

Scan the QR code to book or contact paulsharpe@matrixtrust.com

east west **matrix** **SCAN HERE**

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before downloading your app to ensure you get the most out of it.

- QUALITY & RELIABILITY**
- LACK OF PERSONALISATION**
- DATA SECURITY**
- IN-APP PURCHASES**
- PLACE RESPONSIBILITY ON CHILDREN**
- DISREGARDING APPROPRIATE SUPPORT**
- ADVICE FOR PARENTS & EDUCATORS**

What Parents & Educators Need to Know about SNAPCHAT

Snapchat is a messaging app which allows users to send images, videos and text. It has a 'disappearing' feature that allows users to delete messages or photos after 24 hours unless they have been saved. However, users are not aware of the screenshots or use of other devices to capture photos of their screens to help protect their privacy.

- ARTIFICIAL INTELLIGENCE**
- SCREEN TIME ADDICTION**
- INAPPROPRIATE CONTENT**
- ONLINE PRESSURES**
- MY EYES ONLY**
- PREDATORS AND SCAMS**
- UTILISE PARENTAL CONTROLS**
- BLOCK AND REPORT**
- FAMILIARISE YOURSELF**
- ENCOURAGE OPEN DISCUSSIONS**

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PTA – Building a stronger home-school community



First of all – a big **thank you** to all those of you who supported the Christmas fair, whether by volunteering your time, contributing towards the very generous mountain of tombola prizes, or simply by turning up and participating to make it the wonderful lively event that it was! And many thanks also to our very generous primary sponsors, Seymours Estate Agents. Please check – including in your spam folder – for any raffle emails. If you win a prize, you need to “accept” it on Raffall or the PTA will not be paid.

I expect you're wondering what could come next after an event like that. Before we go there though...

Whom would you rather subsidise – George Abbot School, or Sainsbury's shareholders?

If you participate in our **Sainsbury's scheme**, then Sainsbury's, who are endeavouring to support their local communities, will kindly donate 4% of the value of your in-store spend to the PTA. **If not** – they are very happy to keep it for themselves, thank you very much. So, if you like the idea of diverting a little of their profit to support your children's education **at no cost to yourself**, please fill and send in the [application form](#), or email g.abbot.pta@gmail.com to ask for details. Needless to say, **not doing anything** will make the choice for you, so don't delay...

Don't forget our other [fundraising ideas](#), which, along with details of our upcoming events, you can find at our events web page <https://www.pta-events.co.uk/gapta/> and on Facebook at <https://www.facebook.com/georgeabbotparents>.

And talking of upcoming events... Next term we're planning coffee mornings, evening talks, a quiz night (in conjunction with [Zero Carbon Guildford](#)) and a car boot sale. Come and hear more at our next [PTA meeting](#) at 6pm on 16 December in Elmslie conference room (upstairs from reception).

Philip Harris, PTA Chair
g.abbot.pta@gmail.com



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/>

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Community Notices

FANTASTIC FESTIVE FOOD

MENU

Roast Turkey, Pigs in Blankets, Stuffing,
Roast Potatoes & Gravy
Or
Vegan Soya Bean & Cranberry Wellington, Roast Potatoes
& Gravy

Followed by

Festive White Chocolate Confetti Cookie

Available on 18 and 19 December

IT'S BEGINNING TO TASTE A LOT LIKE CHRISTMAS

CHRISTMAS HOCKEY CAMPS

GET YOUR HOLIDAY HOCKEY FIX AT GUILDFORD HC!

Monday 23rd Dec
Thursday 2nd and Friday 3rd January
10am to 3pm

Early drop-off (from 9am) & late pick-up (until 4pm) available as an add-on.

At Broadwater School GU7 3BW, home of Guildford Hockey Club

For more info and bookings visit: ghchockey.as.me

Special 15% off holiday discount with this code: **SCHOOLS15** ★

Enter our **Super Draw**

WIN A £3,000 CHRISTMAS CASH BONUS

GEORGE ABBOT SCHOOL

GUILDFORD COMMUNITY LOTTERY

Tormead DRAMA

George Abbot DRAMA

Tormead Girls and George Abbot Boys presents

Disney **HIGH SCHOOL MUSICAL**

ON STAGE!

FRIDAY 21 MARCH 7.30PM.
SATURDAY 22 MARCH 2.30PM AND 7.30PM
@ THE YVONNE ARNAUD THEATRE

TICKETS NOW ON SALE
BOOK HERE OR SCAN THE QR CODE

For more information please email acampbell@tormeadschool.org.uk

This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI www.mtishows.co.uk

THRIVE COACHING

FREE MONTH FREE MONTH FREE MONTH

GET ONE MONTH (4 SESSIONS) FREE AT OUR FOOTBALL DEVELOPMENT CENTRE

GEORGE ABBOT SCHOOL
WOODRUFF AVENUE, GUILDFORD
GU1 1XX

FRIDAYS:
U8-U10 6:00PM - 7:00PM
U11-U14 7:00PM - 8:00PM

- FA & UEFA QUALIFIED COACHES
- ELITE TECHNICAL PRACTICES
- AGE SPECIFIC SESSIONS

BOOK NOW - WWW.THRIVECOACHINGACADEMY.ORG

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**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**