

George Abbot Bulletin

Headteacher's Message

20 December 2024

All

As we reach the end of the Autumn Term, we have an important goodbye to give. Mr Goulborn is leaving George Abbot to assume the Headship at Christs' College here in Guildford. He has given an enormous amount to our school and our students. He joined our team in September 2017 and has had real impact in his work. He has led developments in Teaching and Learning, mentored and coached many of our newer staff, overseen year groups, been our chief social media expert and been instrumental in getting us all onto Teams during those awful Covid months.

More than that, Mr Goulborn is respected by all in our community and has helped to support positive futures for so many George Abbot students, past and present. I am proud that we have supported Mr Goulborn's development and successful appointment to his new job. We wish him all the very best as he begins this new chapter. We will miss him and thank him, for everything.

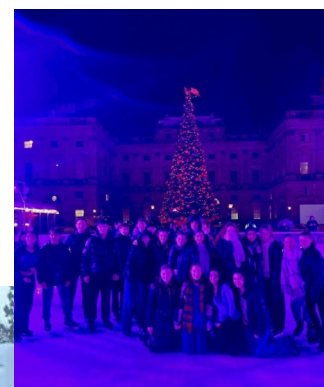
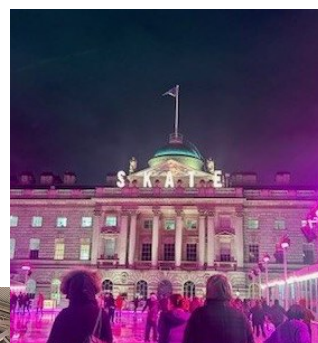
Our end of year assemblies, various celebration activities, Sixth Form ice skating and Christmas Concert have all brought this term to a positive conclusion. As ever, the Performing Arts team staged a superb showcase of music, dance and drama with their usual finesse. Our students shone brightly in their skill, energy and creativity. Thank you to all of our community who attended the Christmas Concert - it was good to see you. Thank you too, to all of our families who donated items for Mulberry House and the North Guildford Food Bank. Our Sixth Formers brought smiles and joy to residents at several local care homes when they visited to sing Christmas carols and bring some good cheer. These are important gifts of time and care that will make a big difference to those who need our thoughts most in our community.



Photo by Kingsley C, Year 13

A reminder that students return to school on Tuesday 7 January 2025. We look forward to seeing them all then, refreshed and reenergised. There are some useful winter resources signposted on the next page to support all of us with our wellbeing over the festive period. Until the new year, we sign off by sending you warmest festive wishes and hope that you manage a little rest amidst the merriment of the coming weeks.

Kate Carriett
 Headteacher



Winter Resources for Wellbeing

Please visit the webpage below to access some resources to support regulation, connection and rest during the holidays: <https://beaconhouse.org.uk/winter-resources/>

Supporting Charities

The Student Leadership Team has voted the following charities to be the recipients of our main fundraising events: RAG Week, GabbotFest and the forthcoming Spring and Summer Term mufti days (21.3.25 and 11.07.25).

Sierra Leone Development and Relief Aid

SLDARA is a charity which supports child development and community projects in Sierra Leone. They fund education as well as core health and sanitation facilities to try to give young people, in Sierra Leone, the best opportunities and start in life possible.

Shooting Star Children's Hospices

Shooting Star is a leading children's hospice charity supporting over 700 children, and their families, throughout Surrey and across 14 London boroughs. They are based partly in Guildford, with the Christopher's facility located just outside Godalming.

Show Racism the Red Card

Show Racism the Red Card is the UK's leading anti-racism charity. They tackle racism in sport and society by recruiting influential sports players and personalities to become involved in their campaigning and to spread awareness.

Notices	Monday 6 January = INSET Day Tuesday 7 January = Students return
Whole School	<p>⇒ Learning Partners Parent/Carer Bulletin Please click the link to view: https://heyzine.com/flip-book/a33878127f.html</p> <p>⇒ Having a holiday clear out? It's coming around again - the George Abbot Preloved Clothes sale! If you are having a clear out over the winter break, please think of us and bring any pre-loved clothes, accessories and shoes to Elmslie reception in January.</p> <p>Date for your diary: our Preloved Clothes and Second hand Uniform Sale to be held on Thursday 3 April.</p> <p>The money we earn from these sales is spent on sustainability related actions or sustainability enrichment opportunities in the school.</p> <p>⇒ Sustainability Leaders Fundraising Bake Sale The super sustainability leaders baked and sold brownies and gingerbread last week, making an unprecedented £75, which will be spent on flowers and herb beds for the Food and Nutrition classes. An enormous thank you to Mrs Furse and Mrs Clark who annually support this initiative.</p> <p>⇒ PSE Survey Feedback Earlier this half term we put out a short questionnaire to parents/carers about our RSE provision in George Abbot. Thank you to everyone that responded. As a result of this, some parents/carers requested to know more about what the specifics of we are teaching and when so we are pleased to send out a more comprehensive breakdown of the curriculum and links to sample lessons. Please click here to view.</p>

Last minute present needed? Visual Arts 2025 Calendar for sale!



To celebrate the wonderful work of some of our KS3, GCSE and A-level Fine Art, Graphics, Photography and Textiles students, the Visual Arts department has created a professionally printed, limited edition, A4 colour calendar for 2025, which features our students' work.

Please help us to raise money for the school by purchasing a calendar for £5 on WisePay.

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/>

Careers in Law Seminar at RGS, Guildford—Wednesday 22 January 6.30pm-8.00pm

The event will start with short presentations from the panel of speakers which includes a young solicitor, a corporate lawyer and a barrister. This will be followed by a Q & A session hosted by Peter Dunscombe Director of Careers and Higher Education at the RGS. Students may submit questions in advance, and they will also have the chance to chat informally with the speakers afterwards. The seminar will run in the Auditorium in the New Building of RGS. We have 10 spaces available for George Abbot students, so if you are interested please contact us by 9am on Tuesday 14 January. Please email ceg@georgeabbot.surrey.sch.uk. Great opportunity for meeting and networking with some local law companies and to discuss work experience placements.

George Abbot cannot accept any responsibility for this event and there will be no member of George Abbot staff attending. All responsibility whilst at the event and arranging transport lies with the students/parent/carers.

[Return to home page](#)

Extra-curricular Sport—Spring Term

Be Active – Extra Curricular Sport

	Monday			Tuesday			Wednesday			Thursday		
	Club	Area	Teacher	Club	Area	Teacher	Club	Area	Teacher	Club	Area	Teacher
1st & 3rd Break	Basketball / Netball Shooting (Max 50)	SH	CRM & MT	Basketball / Netball Shooting (Max 50)	SH	CRM	Basketball / Netball Shooting (Max 50)	SH	CRM	Basketball / Netball Shooting (Max 50)	SH	CRM
2nd Break	Year 7 Badminton / Volleyball	SH	EXL	Year 8 Badminton / Volleyball	SH	JLJ	Year 9 Badminton / Volleyball	SH	SGB	Year 10 Badminton / Volleyball	SH	BRI
A f t e r S c h o o l	Year 7 Boys Basketball	Gyms	External Coach	Year 7-11 Girls Rugby	Field	VXH	Gymnastics (All years)	Gym	JZH	Year 7 Girls Basketball	Gym	External Coach
				Year 9/10/11/6 th Form Girls Netball	Courts	JLJ / CEF / External Coach				Year 8/9/10/11 Boys Basketball	SH	CRM / SGB / External Coach
				Year 8/9/10/11 Girls Basketball	SH	CRM / EXL / LXS	Year 7 Boys Football	Field	SGB	Year 7/8 Netball	Courts	JLJ / VXH / CEF / External Coach
				Year 8/9/10 Boys Football	Astro / Field	External Coach / AJR / BRI				Year Boys 7 -11 Rugby	Field	External Coach (2) / BRI
				Y9/10/11/6 th Boys Fitness Suite	FS	JZH	Girls Football (All Years)	Astro / Field	EXL / AJR / LXS / External Coaches	Year 7-9 Cheerleading	Gym	External Coach
										Y9/10/11/6 th Girls Fitness Suite	FS	CXC

Online Safety Tips and Resources

Please click the images below to view.

10 Top Tips for Parents and Educators SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

- 1 MONITOR DIGITAL ACTIVITY**
Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Supervise screen time, establish healthy boundaries and encourage children to engage positively online. Use parental controls, encourage open discussions about online safety and use general awareness resources to help children recognize and report suspicious activity.
- 2 PRACTICE FIRE SAFETY PROTOCOLS**
The incidence of house fires increases during Christmas due to greater use of candles, heaters and electrical decorations. Open flames, overloaded power sockets and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of an emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent accidents.
- 3 CREATE TRAVEL SAFETY PLANS**
More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can make travel stressful. Plan emergency kits and routes to nearby towns. Plan routes to avoid busy roads and use safe routes to avoid walking and mitigate risks on busy roads.
- 4 BEWARE OF ALLERGIES**
Holiday meals often feature many foods that may contain allergens. Cross contamination, foodborne illness and allergic reactions are potential risks. Communicate any allergies to all those providing food and ensure that all those preparing meals are aware of allergen risks. Teaching children to identify allergen sources is essential to reduce the spread of illness.
- 5 PREVENT THE SPREAD OF ILLNESS**
Cold weather and increased indoor gatherings increase the spread of viruses like flu and COVID-19. Crowded settings, shared surfaces and close contact can lead to higher infection risks. Emphasize hygiene, respiratory etiquette, and mask-wearing practices. Encourage children to practice good hand hygiene and avoid contact with symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.
- 6 STAY VIGILANT ON THE ROAD**
Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and increased weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drink under the influence.
- 7 MAINTAIN SAFE DECORATIONS**
Festive decorations such as Christmas lights and candles pose fire hazards. Use and display responsibly. Use outdoor-rated, frayed wires, sagging Christmas trees, small ornaments and open flames can be safety hazards, especially in busy households with children. Inspect and maintain decorations, use caution with candles and use flame-retardant decorations can significantly reduce risks.
- 8 SET BOUNDARIES FOR GIFTS**
Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that all contents are safe and age-appropriate. Inspect all toys and gadgets, avoid toys with small parts, sharp edges and choking hazards. Avoid toys with small parts and sharp edges. Avoid toys with small parts and sharp edges. Avoid toys with small parts and sharp edges.
- 9 ADDRESS STRESS & FATIGUE**
Holiday pressures can lead to burnout, which affects both mental and physical health. Overworked schedules and lack of sleep can lead to accidents, impaired judgment and reduced vigilance. Encourage children to take breaks, maintain regular routines and seek support for stress. Encourage activities that promote relaxation to reduce stress and improve holiday experience for everyone.
- 10 DRINK RESPONSIBLY**
Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and reduced vigilance. Limit consumption, avoid providing alcohol to children and encourage responsible behavior. Encourage children to practice responsible behavior in front of others to ensure that celebrations remain positive and secure.

Meet Our Expert
James Bennett is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in the assessment and prevention of risks, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.

The National College

Source: See full reference list on guide page 02: <https://nationalcollege.com/guides/online-safety-over-the-festive-season>

Follow us on social media: @wake_up_weds, www.thenationalcollege, @wake.up.wednesday, @wake.up.weds

10 Top Tips for Parents and Educators SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

- 1 REDUCE DOOMSCROLLING**
It's increasingly common for young people to spend hours 'doomscrolling', looking through endless feeds of content that can be harmful to their mental health. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use social media with a clear purpose, instead of mindlessly scrolling through content, which could lead to young people accidentally discovering harmful or offensive content.
- 2 TALK ABOUT THE CONTENT**
It's important to keep up-to-date on the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot and block content that looks odd for their age group.
- 3 FIND POSITIVE ASPECTS**
Despite all the criticism, there's a plenty of wholesome content on social media. It's worth spending time with content that helps them find something funny and enjoyable. Help your young person discover a good interest, and you can see that content alongside the odd, as part of it, you should also point out why certain things shouldn't be given attention, explaining why it's not suitable and why it's been created in the first place.
- 4 REDUCE SCREEN TIME**
Young people can sometimes be unaware of the time they've spent on their phones. Encourage them to be more aware of their screen time. Encourage them to be more aware of their screen time. Encourage them to be more aware of their screen time.
- 5 FILL THE VOID**
Monitoring and reducing screen time can create a bit of free time to fill, and young people can use this time to engage in activities that are more meaningful to them. To mitigate this, consider what offline activities you could introduce to the child, and what they would enjoy. This can ensure that young users will temporarily step away from their screens, rather than temporarily doing so while they know it's being monitored.
- 6 REDUCE NOTIFICATIONS**
One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.
- 7 LIVE IN THE REAL WORLD**
Overexposure to social media can distort someone's perception of the real world – from body image to social conventions. This filtered environment can make it difficult for young people to distinguish reality from online content, which is now becoming more difficult to spot. Encourage children to take a break from social media to help them see the real world.
- 8 DIGITAL DETOX**
Encourage young people to take a 'digital detox' from time to time. Encourage them to take a break from social media to help them see the real world. Encourage them to take a break from social media to help them see the real world.
- 9 MODEL GOOD BEHAVIOUR**
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How do you use social media? Encourage your children to take a 'digital detox' from time to time. Encourage them to take a break from social media to help them see the real world.
- 10 BE CLEAR ON THE 'WHY'**
Research shows that young people can become more responsible when they understand the reasons that are driving their behavior. Encourage them to take a break from social media to help them see the real world.

Meet Our Expert
John Jones is a senior leader in a Birmingham secondary school and has vast experience in leading behavior and past 10 years – including the development of computing curriculums across primary and secondary schools, writing a safety policies and supporting schools with computing and e-safety advice.

The National College

Source: See full reference list on guide page 02: <https://nationalcollege.com/guides/online-safety-over-the-festive-season>

Follow us on social media: @wake_up_weds, www.thenationalcollege, @wake.up.wednesday, @wake.up.weds

Community Notices



NEW YEAR CAMP

3RD JANUARY 2025
9AM - 12PM
GEORGE ABBOT SCHOOL, GUILDFORD GU1 1XX

THE ANDREW LAWRENCE BASKETBALL CAMP ELITE GUEST COACHES
AGES 7 - 16

CAMP FEE: £38

SIGN UP HERE:
OR EMAIL ANDREW.LAWRENCE.COACHING@GMAIL.COM



Committed to promoting the welfare and safety of children

SAMARITANS

Call us free 24/7 on

116 123

Mental Health Crisis Helpline

Call: 0800 915 4644

Mental health support for people in Surrey and North East Hampshire.



Please also see our wellbeing resources on the school website:

<https://www.georgeabbot.surrey.sch.uk/wellbeing/>



George Abbot School, Woodruff Avenue, Guildford, GU1 1XX

01483 888000 - www.georgeabbot.surrey.sch.uk

DSL: Mrs T Young - dsl@georgeabbot.surrey.sch.uk