

George Abbot Bulletin

2 May 2025



Message from Mrs Carriett: As we approach exam season, I am reminded of The Brailsford Theory. Sir David John Brailsford CBE, is a British sports director and former cycling coach. He is currently team principal of UCI WorldTeam Ineos Grenadiers, and was performance director of British Cycling from 1997 to 2014. Brailsford believes in a concept that he refers to as the "aggregation of marginal gains." He explains it as "the 1% margin for improvement in everything you do." His belief is that if you improve every area related to cycling by just one percent, then those small gains will be significant. As time goes on, these small improvements (or declines) compound and you suddenly find a very big gap between people who give attention to improvement in every area of their practice on a daily basis and those who don't.

In a period of exam preparation, this approach can be really impactful. I really urge our exam year groups to think about how this theory applies to their revision and all of the elements of practice that entails; their focus, a reduction in their phone use, the amount of quality sleep they get, their intake of water, the quality of their revision plan, the thought they put into their revision techniques, the thoroughness of their revision notes, the regularity of their retrieval practice, the amount of exam questions practiced, the regular identification of the curriculum areas they do not yet feel confident in, the number of exam questions they seek feedback on from their teachers, the time they get up, the amount of exercise they take, the strategies they deploy to stay calm and in control. Exams are a lot. They require hard work - there is no escaping this. The application of the Brailsford Theory is a positive move for every one of them. As the adults around our young people, I hope this reflection might come in useful over the weeks to come.



VE Day 2025: Next Thursday commemorates the 80th anniversary of VE Day. We will mark this special occasion in a number of ways. **If your child is a Sea Cadet, Air Cadet, Army Cadet or Royal Marine Cadet, we encourage them to wear their cadet uniform.** During tutor time, students will receive a presentation explaining the historical context of this event and its global significance. During break time, there will be performances of music and dance of the period and ration-baking demonstrations and tasting events. We anticipate this will be an enjoyable experience which acknowledges both the gravity and magnitude of this moment in history.



Well done Mrs Jennings

London Marathon complete. 4hrs 36mins of running, over £1500 raised for George Abbot and she reports she enjoyed every moment! Thank you to everyone who has donated so far, including Seymours Estate Agents in Burpham for kindly donating £100 to the George Abbot School fund! The JustGiving page will be open for another week, if anyone is able to donate: <https://www.justgiving.com/crowdfunding/jackie-jennings2025>



Free County Cricket Tickets

Surrey Cricket are offering up to 500 **FREE** tickets for George Abbot students to attend the Oval for the Red Ball Surrey vs Essex match (Friday 23 May-Monday 26 May) and the Red Ball Festival Day (Monday 30 June—this is an INSET Day and could be a great activity for your child that day). You can book up to 4 tickets per family, per event (with 1 ticket being an adult ticket if students are aged under 14). Please use the links below to secure your tickets:

Any Red Ball Surrey vs Essex match —code is FESTIVAL25

<https://tickets.surreyccricket.com/list/partnerAdvantage?code=FESTIVAL25>

Red Ball Schools Day (Surrey vs Durham on Monday 30 June)—code is SCHGA

<https://tickets.surreyccricket.com/list/partnerAdvantage?code=SCHGA>

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<p>Notices</p>	<p style="text-align: right;"> Monday 5 May = Bank Holiday Week commencing 5 May = Week B Week commencing 12 May = Week A </p>
<p>Whole School</p>	<p>⇒ Stomach bugs, diarrhoea and vomiting Over the last week, we have seen an increase in students being absent due to stomach bugs, diarrhoea and vomiting. To help keep our school community healthy, we kindly ask for your support in reminding your children about the importance of regular hand-washing. Handwashing is one of the most effective ways to prevent the spread of germs and illnesses. Please encourage your children to wash their hands thoroughly with soap and water, especially:</p> <ul style="list-style-type: none"> • Before eating • After using the bathroom • After coughing or sneezing • After playing outside <p>If your child is absent due to the above, please ensure they remain off school until they have not been sick or had diarrhoea for at least 48 hours.</p> <p>⇒ Early school closure, Year 8 Parent Subject Meetings—Monday 19 May Please be reminded that school will be closing at 1.35pm on Monday 19 May for us to conduct the Year 8 Parent Subject meetings. When the Parent Subject Meetings 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 Bromcom and/or the SLE.</p> <p>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 Friday 16 May. 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 with Mrs Cordery in Student Support in Moloney building, you will be contacted by a truancy call alert from our attendance system. Therefore it is important that they register with Mrs Cordery in Student Support in Moloney Building at 2.00pm if you have notified us that your son/daughter is remaining in school.</p> <p>Please be reminded that school buses will run at the usual times.</p> <p>⇒ Can you help? Speakers needed As part of the GCSE and A Level Sociology course, we teach the topic 'crime and deviance'. This includes looking at who commits crime, the possible explanations for their criminal behaviour, the role of punishment and whether prison works. To introduce this topic, we are looking for some outside speakers who link to this topic (e.g. police officers or people who work in a prison / courts) to come in during a Year 10 or Year 12 lesson next term and talk to the sociology students about their roles and their experiences that link to the topics. If you would be willing to give up your time please email cburford@georgeabbot.surrey.sch.uk.</p> <p>⇒ Kinship Carers - resources and support ** New ** one-shop stop for Kinship Carers from Surrey County Council in conjunction with St. Mary's University. https://padlet.com/SurreyVirtualSchool/kinship-4u1wuhv306blxkew</p> <p>If you helping to raise a child for a member of your family or friends, you are a 'kinship carer'. There are really good resources, and some financial support, available to you. Please contact your child's Head of Year so we can signpost you further.</p>

Whole School

⇒ Free online workshops for parents/carers

At Surrey Family Learning, our wide range of workshops and courses are tailored to help you raise resilient children who love learning. Courses this month include:

- **Have you just found out your child's school? Our new one-week workshop "Starting School: Navigating Anxiety and Expectations for Parents** with Gina Skourti will help you prepare for your child's transition to school with strategies that ease anxiety and set healthy expectations. Thursday 1 May 2025 (19:30–21:30)
- **Supporting Your Teenager** with Maria Finch Three-week course starting Thursday 1 May (12:30–14:30). Learn techniques to guide and support your teenager through their complex developmental years.
- **Build Your Child's Resilience.** Four-week online course with Melanie Hepper. Wednesday 30 April (19:30–21:30). This course explores ways parents can use positive approaches to build resilience in children.
- **Cook along at home with Coral.** First course starts on Tuesday 13 May - Tortillas and Fajitas on a Budget (16:00–17:30) Engage in a fun, food-filled workshop where you'll learn budget-friendly recipes to enjoy with the whole family!

Laura Merrick is offering a range of one-week workshops including:

- **Helping Your Child Develop Positive Bedtime Routines** - Tuesday 27 May
- **Supporting Your LGBTQ+ Child** - Tuesday 20 May
- **Developing Positive Friendships** - Tuesday 13 May
- **Exploring Behaviour Strategies** - Thursday 24 April
- Plus three-week **Managing Anxiety in Children** starting Thursday 8 May 2025

See the full range of courses [here](#). Its easy to enrol with a [few simple clicks on the web-site](#).

⇒ WisePay closed

Please be aware that now we have moved all payments from WisePay to My Child At School. Access to WisePay will stop on 6 May for parents/carers and all school staff. We thank you for your patience during this transition period. If you want to check your current WisePay transactions, please log into your WisePay account and go to My Wise Account before 6 May.

⇒ Vacancies

Please see the following page of the school website for further details on our current vacancies: <https://www.georgeabbot.surrey.sch.uk/recruitment/>. Please do forward to any friends or colleagues you think might be interested. Current opportunities:

- Teacher of Maths

Year 11

⇒ Prom

Year 11 Prom 2025 is on Thursday 19 June at Surrey University Student Union, Guildford 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 MCAS. All rights of admission are reserved.

⇒ Thorpe Park Trip

A reminder that tickets for the Thorpe Park trip on Monday 23 June are still available to purchase on MCAS, if your child would like to attend.

Year 9

⇒ Science Assessments

There will be Year 9 assessments in biology, chemistry and physics in the w/c 2 June. The biology assessment will be on Monday 2 June, the chemistry assessment will be on Wednesday 4 June and the physics assessment will be on Friday 6 June. These assessments will be on all work covered this year. Full details will be sent out on Bromcom in due course.

The results of these assessments, together with the results from the spring term science assessment, will determine which students will be offered places on the GCSE triple science course (separate science GCSEs) in year 10.

⇒ Mingalaba Football Event

Thought Languages and PE were two different subjects? Not anymore!

Steve Eadon, formerly of Arsenal Football Club, will be talking to all of Year 9 on Friday 13 June. Students will learn about his language learning story, and how this helped him in his career in football.



There is then the opportunity to have a football coaching session, in French, German or Spanish!

Spaces on the coaching sessions are limited and are first come first served. Please sign up via MCAS.

Year 8

⇒ Year 8 Parent Subject Meetings—Monday 19 May

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

Final Call to see all those amazing talents!

The George Abbot's Got Talent house competition closes on Tuesday 6 May. Please do encourage your children over the bank holiday weekend to submit a short video that showcases their talents. Remember ALL talents are encouraged from singing, dancing, performing to sporting skills, trick shots or something altogether unique. All entrants will receive up to 10 house points; and theirs still the chance to win those tickets to a live TV semi-final show of Britain's Got Talent. Students will need to record their entry and email it to GAGT@georgeabbot.surrey.sch.uk. Good luck!



Focus on

The GA 1st XI enjoyed a win at St Johns, Leatherhead last Friday in the first round of the national schools U18 cup. A very tight game which ended in a tie after both teams scored 115 runs in the 20 overs. We progress by virtue of taking more wickets, and face our friends at RGS Guildford next Wednesday 7 May in Round 2.

Players of the match go to Ed M who top scored with 27 runs and took 1 wicket for 20 runs in his 3 overs, and secondly Freddie H who bowled brilliantly on debut with figures of 2 wickets for 10 runs in his 4 overs including a wicket maiden in the penultimate over which swung the game in our favour.



Special mentions to the other Year 12s on debut; Jonny W, Harry B, Ayaan S and Ned B.

Community Notices

WORKSHOP WEDNESDAYS

at MATRIX YOUTH CAFÉ 4-5:30pm YR7-YR11

Matrix Youth Cafe, Allen House Guildford, Guildford, GU1 4AZ

JEWELLERY CHARM MAKING 23RD APRIL
Make your own pendants and charms for your necklaces using fimo clay.

GET GOLFING! 30TH APRIL
'Get Golfing' will be giving you a fun introduction to golfing. For this day only, you will also get a free milkshake!

DRAWING WITH NATURE 7TH MAY
Relax your mind and use nature in interesting ways to create beautiful art.

PATCH MAKING + UPCYCLING CLOTHES 14TH MAY
Print or paint your own fabric patch, to sew onto your clothes. Bring along any old clothes you want to spice up.

Our Matrix Youth Café runs alongside the workshops from 3:30pm - 5:30pm, where you can get drinks, snacks and play games or just chill.


Feel free to drop into the café on the day and join in with the workshop if you feel like it!

P.P.S. NO YOUTH CAFE 21ST MAY

P.P.S. FREE MILKSHAKE ON YOUR 1ST VISIT!

RESERVE YOUR SPACE + BOOK HERE →
It's FREEEEE!

<https://linktr.ee/MatrixYouthWork>



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CELEBRATING 25 YEARS OF THE MATRIX TRUST

MASQUERADE BALL

FRIDAY • MAY 16, 2025 • 7.30PM - 11PM

LIVE MUSIC • 3-COURSE MEAL • AUCTION • DANCING

Manor Farm Tithe Barn, Manor House Lane,
Little Bookham KT23 4EW

DRESS CODE: BLACK TIE & MASQUERADE
TICKETS: £73.30PP OR £660 PER TABLE
FOR 10 (SAVE 10%)

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OR £1,000 CASH PRIZE



GUILDFORD COMMUNITY LOTTERY

GEORGE ABBOT SCHOOL

PTA Building a stronger home-school community



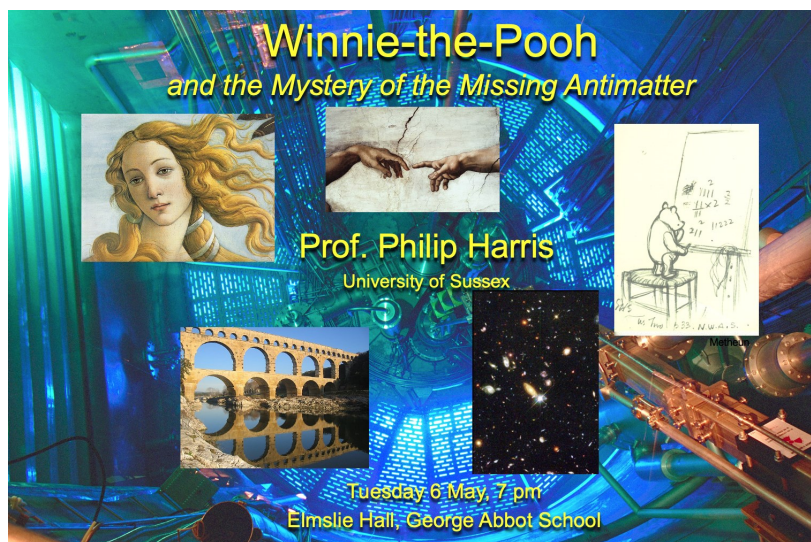
We were delighted to hear at Wednesday's PTA meeting of the school's plans for a much-needed substantial expansion in the available dining space for George Abbot students. It will take a little time, but the PTA's ambitious goal over the next three years is to raise £60k towards the project. Your support, of course, is crucial!

This makes it an opportune moment to remind you of our **Sainsbury's scheme**, whereby at **zero cost to yourself** you can divert 4% of your in-store shopping spend directly to this cause. There's no catch! All you have to do is to pay via a dedicated PTA gift card (or, like me, via a barcode on your 'phone) instead of by credit/debit card... it couldn't be easier. The application form is at <https://tinyurl.com/pta-sainsbury>.

Finally... don't forget our upcoming evening talk, on Tuesday next week:

[Winnie-the-Pooh and the Mystery of the Missing Antimatter](#)

From the Big Bang through art, architecture and music, we'll explore one of the biggest cosmic mysteries of all time, in the company of a certain Bear of Little Brain... Don't waste another night in front of the idiot box; come and join us in Elmslie Hall at 7 pm on Tuesday 6 May for a truly unforgettable evening. It will blow your mind...



Careers

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

- AI Meets Banking Brilliance—Lloyds

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

- Savills Virtual Apprenticeship Insight Programme
- JLR Retail Apprenticeship

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

- NHS Allied Healthcare
- Women in Accounting
- Young Professionals Summer Conference
- Get into Dentistry Conference

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