

George Abbot Bulletin

30 January 2026



All

In follow on to my email of last Friday, I wanted to update you on the support activities we have in place for our community following the tragic death of a teenager at Stoke Park, last week. The schedule is:

Tuesday 3 February - A moment to pause and reflect

During breaks 1 & 2, Elmslie Hall will be open for students to come in for an act of remembrance for lives lost. We will remember Luis. We will also offer a place for reflection and stillness for other loved ones who are no longer with us and to recognise anxiety in the wake of this tragedy. Staff will be on hand, alongside our local vicar, Rev James Hanson, to guide and support.

Break 1 - Years 11, 12 and 13

Break 2 - Years 7, 8, 9 and 10

Wednesday 11 February

Year 11 assembly led by Fearless who partner with Crimestoppers

Thursday 12 February

Year 10 assembly led by Fearless who partner with Crimestoppers

Upcoming in early March

We have been in liaison with Charlie's Promise and they will be doing an evening event at GLive in early March for all of our Guildford schools - we will let you know the date as soon as it is confirmed - it is likely to be 3 March. Martin, from Charlie's Promise will also be coming into school to speak to our Year 11s; we are just finalising a date.

Kate Carriett, Headteacher

Microsoft Migration

Over the February half term all of the George Abbot School Microsoft accounts will migrate to a new domain. This will mean that for a short period of time, hopefully only a few hours, all email addresses @georgeabbot.surrey.sch.uk will be unavailable.

If you need to contact the school in an emergency between Monday 16 and Tuesday 17 February, please use the email address georgeabbot@learningpartners.org. We anticipate all email addresses will be functioning from the afternoon of Monday 16 February.

As part of this process, the contents of the email accounts of Years 7 to 9 will be archived, so students will have an empty inbox when they next log in. Years 10 to 13 email accounts will remain unchanged. This will only affect the Microsoft account. Systems such as Bromcom will be unaffected.

George Abbot Library Open Morning Wednesday 11 February 8:00am - 9:15am

Please join us in the library from 8am on Wednesday 11 February, to become better acquainted with our school library. Ms King, library manager, will be there as well as other staff to show you around and answer any reading-related questions you may have.

Parents and carers are welcome to attend with their child, who will leave in time for registration. Parents and carers may stay on to browse the collection or chat to staff.

If you would like to attend, please register here: [George Abbot Library Open Morning](#). We look forward to seeing you there.

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Cricket Scholar Programme

An information evening regarding the 2027 Cricket Scholar programme in collaboration with Surrey County Cricket Club will be held on Thursday 12 February at 7.30pm via Zoom. Please use the link below to register your interest. [Surrey CCC SACS Cricket Programme 2027, Presentation 12/02/26 @ 7.30pm](#)



CALLING ALL CRICKETERS...

BE PART OF A WINNING TEAM ON AND OFF THE PITCH

If you are in Year 10 (U15) or Year 11 (U16), use the QR code below to find out more about the **SACS Sixth Form Programme** and becoming a SACS Sixth Form Cricket Scholar.

www.KiaOval.com/sixth-form-state-school-cricket-programme/

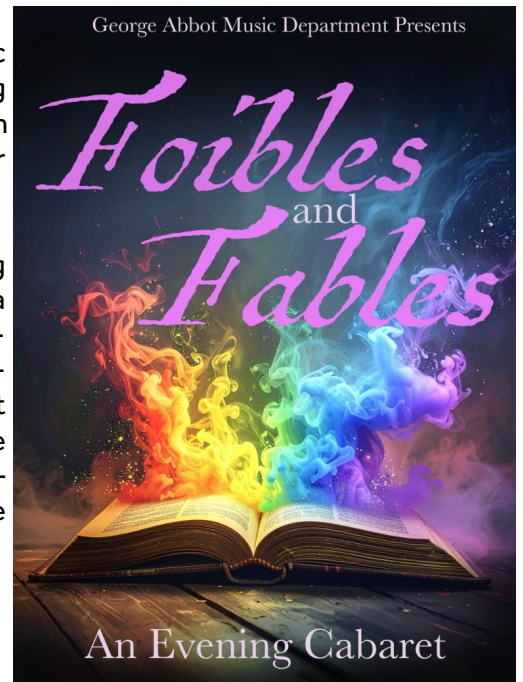


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Foibles and Fables

Following on from the huge success of Seasons of Love, the Music Department's senior school cabaret, we are delighted to bring you Foibles and Fables, an evening of musical theatre excellence on the theme of stories, dreams and the magical world inside our minds.

Students from Y9-13 have been working hard to deliver captivating performances through solo rehearsals with the Music and Drama team and through a workshop delivered by professional musical director and George Abbot alum Daniel Looseley. We will be supported by an 18-piece live orchestra, and audiences will be seated at cabaret tables with drinks available from the bar and nibbles on the tables provided by the PTA. It promises to be a magical evening! Tickets will be on sale from 9 February and sell out quickly, so be sure to get yours as soon as possible!



New opportunity for your child to learn a musical instrument

As part of our role as Lead School for Music, we are delighted to be able to offer group tuition on selected instruments after February half term, at a vastly reduced rate than those normally available. Lessons are available on the following instruments, at the following times:

- Mondays, 3.30pm - 4.00pm: Trumpet
- Tuesdays, 3.30pm - 4.30pm: Flute
- Thursdays, 3.30pm - 4.30pm: Saxophone
- Fridays, 3.30pm - 4.00pm: Trombone



There are 5 places available for trumpet and trombone lessons, and 10 spaces for flute and saxophone lessons. The program is initially for ten lessons, starting from 23 February. Ten lessons will cost £66, payable directly to the school, with the option of hiring an instrument for £6.90 for the entire ten weeks. All students who sign up to these sessions will also be asked to attend a form time ensemble session, to take place on the same day as the lessons.

This opportunity is **free** to all students entitled to Pupil Premium / Free School Meals.

We anticipate interest in this opportunity will be high. Please do reserve your space as soon as possible by booking via MCAS from Monday 2 February - this information can be found under Products.

PTA *Building a stronger home-school community*

Monday 2 February— PTA meeting in ECR

We will be holding a PTA meeting on Monday 2 February, from 6.00pm, in ECR to discuss all of our ongoing activities. We will also be on Zoom, via this link: <https://zoom.us/j/7751905209?omn=95845579935>. We hope to see you there!



Notices

w/c 1 February = Week B
w/c 26 January = Week A

Whole School

⇒ Free School Meals

We have been advised by Surrey County Council that we are able to issue a £10 voucher to students eligible for Free School Meals to cover the February Half Term. Vouchers will be issued w/c 2 February by email via Evouchers. If you would prefer a printed copy to be posted to you or have any queries regarding your vouchers, please email Bernice Evans (bevans@learningpartners.org). If your request is for a printed copy of your voucher, please specify the supermarket you would like the voucher to be for.

The value is lower than previous vouchers because the government has reduced the funding, and more families now need help. Surrey County Council is continuing to offer vouchers, even though some areas have unfortunately had to stop.

If you feel this will affect you financially, please let us know and we can put you in touch with our Home School Link Worker team and/or Heads of Year who may be able to offer further support.

⇒ Safer Internet Day

Please be aware that as part of our Safer Internet Day education, throughout Thursday 5 February, Years 7-10 will be attending a one hour talk on 'Online Safety and Prevent' by the Surrey County Council Prevent Engagement Officer.

⇒ House assemblies

House assemblies take place next week. Students are encouraged to wear their house polo shirts on the day of their assembly:

- Monday 2 February-Falcon
- Tuesday 3 February-Martlet
- Wednesday 4 February-Gryphon
- Thursday 5 February-Phoenix
- Friday 6 February-Wyvern

Year 11

⇒ Year 11 Parents' Evening—Thursday 29 January

We understand that some appointments were cut short in last night's Parents' Evening. We apologise for the inconvenience. If you would like more clarification on your child's progress, please email their class teacher directly.

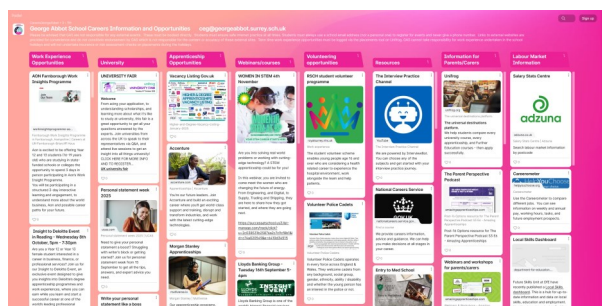
Careers

CAREERS ... at George Abbot

EXPLORE ASPIRE ACHIEVE

At George Abbot we are committed to providing students with a variety of opportunities and resources to learn, work, volunteer and gain some extra and super curricular experiences to support their education and help prepare them for life after school. These opportunities come through a number of sources and are advertised on our Careers Resources Board which is updated on a regular basis. Also included on the board are apprenticeship information and opportunities as well as university and UCAS information/events as well as a section dedicated to parent/carer information/resources.

All students have been sent the link to the board via their school email and Bromcom. They can also access it directly from the [Student Hub](#) on the George Abbot website. Please can we ask you to encourage your son/daughter to look at the board on a regular basis to see if there are any opportunities that they would benefit from engaging with.



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Wellbeing Resources

What is trauma?

If you are involved in or have witnessed a traumatic event, it is common to feel distressed, upset or confused afterwards. These feelings may not emerge straight away. These feelings become a problem, and require you to seek help when they stop you leading your life as you want to.

Not everyone who experiences a traumatic event has difficulties, but it is important to remember to seek help if you do. It is important to remember that experiencing trauma is not your fault. Neither are the emotions you may feel afterwards. You can help change these feelings through coping strategies, self-care and treatment.

Types of trauma

- **Serious accident such as car crash**
- **An event where you fear your life**
- **Physical and/or sexual assault**
- **Abuse in childhood**
- **Extreme violence or seeing people hurt**
- **A natural disaster such as flood, or earthquake**

Reactions after a Traumatic Event

- Vivid flashbacks
- Intrusive thoughts and images
- Nightmares
- Distress at reminders of the trauma
- Pain
- Sweating
- Nausea
- Shaking

- Easily upset or angry
- Extreme alertness
- Anxiety
- Lack of concentration
- Easily startled

- Keeping busy
- Avoiding situations that remind you of the trauma
- Feeling numb
- Unable to express affection
- Using drugs / alcohol

Remember that experiencing trauma is not your fault. Neither are the emotions you may feel.

Things you can do to help



It is also important to look after yourself by practicing self-care. This includes:

- Eat healthily and take regular exercise and having a structured daily routine
- Use grounding techniques to support - [Children's Mental Health Week - Grounding Techniques](#) | [Action Mental Health \(amh.org.uk\)](#)

Advice to parents after children have experienced a frightening event:

- Try to make things as normal as possible by sticking to normal routines.
- Help children to understand what has happened by giving an age-appropriate truthful explanation that makes sense of the main facts.
- Be available to talk to children and young people when they are ready.
- Remember children with SEN needs are more likely to feel traumatised and need support.
- If someone has died, explain what it means. Help them to understand that death is permanent, that it happens to everyone and has a cause.
- Look after yourself as well, and talk to another adult or seek support through your GP.



Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



Fundraising challenge: A reminder of our fundraising project, particularly for those parents/carers who have recently joined our community. We are raising £75,000 to help us expand our dining and social space for students. A new dining area will allow students to eat comfortably, enjoy a meal with friends and provide a sheltered space where they can socialise, relax, and take refuge from the elements during breaks, especially on rainy or colder days.

Our target is to complete the building project by the summer of 2027 at the latest. Every donation, big or small, makes a difference. **Please share this page with family, friends, colleagues, and the wider community** and thank you for anybody able to donate—it will make a big difference to daily school life for all our young people.



A promotional graphic for an Aldi Super Draw. The background is blue with a white grid pattern. At the top, it says 'Enter our Super Draw' in white and yellow, followed by 'Win a £1,000 Aldi Gift Card' and 'OR £1,000 CASH PRIZE' in a yellow box. In the center is the Aldi logo. Below it is a basket of fresh produce including bananas, apples, oranges, and vegetables. At the bottom left are the logos for Guildford Community Lottery and George Abbot School.

George Abbot School, Woodruff Avenue, Guildford, GU1 1XX
01483 888000 - www.georgeabbot.surrey.sch.uk
DSL: Mrs T Young - dsl@georgeabbot.surrey.sch.uk