

George Abbot Bulletin

18 May 2026



Message from Mrs Carriett

Last week, I had one of many “very proud headteacher moments”. George Abbot were in charge of organising the District Athletics meet at The Spectrum. George Abbot student athletes were there in strong numbers and were superb. They were an absolute credit to us and you. Excellent team work, committed, focused, determined. George Abbot were competing against our local state and private schools and are delighted to have achieved the following overall placements.

Girls: Year 7 - 2nd place; Year 8 - 2nd place; Year 9 - 3rd place; Year 10 - 3rd place

Boys: Year 7 - 1st place; Year 8 - 2nd place; Year 9 - 1st place; Year 10 - 1st place

I also want to say a big well done to the 30 Year 8 students who went to France with Mr Wearn, Mr Denning and I. They were brilliant - embraced the activities and were impeccably behaved. Lastly congratulations to all Year 7s who went on the PGL trip last week. I am certain there were many tired children; they were engaged, great team players, curious, energetic, kind and all together fine ambassadors for our school. I know you will join me in thanking the staff that made this happen.

Reminder and Request for Parental Support

As we approach the summer months, a reminder that the school's New Inn Lane playing field is NOT to be used as a space for social gatherings outside of school hours. The residents adjoining this private property have reported increasingly anti-social behaviour from youths in the evenings and at weekends. Please can we ask all of our parent community to ensure your child understands that entering this area, unless with a GA staff member, is:

- Trespassing
- Illegal
- Disruptive to the neighbours

Local police will be visiting the site regularly and we urge students not to be present unless with a staff member or attending a club or fixture.

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 May Half Term. Vouchers were issued on Wednesday 13th May, 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.

Contacts in Crime, Justice and Punishment

The sociology department teaches the topic of crime in Year 11 and Year 13, this includes studying the reasons for crime, the role of the criminal justice system and the effectiveness of punishments for crimes. To introduce this unit and to engage students interest I am after any volunteers to come in to talk to the year 10 and / or Year 12 sociology students. If you, or someone you know, works within a prison, for the police, courts, with offenders, or in any role that links to this topic and you are willing to talk about your job and experiences in dealing with criminals, with insight into who commits crime and why, insight into the role of prisons, and other punishments, then please contact Mrs Burford cburford@georgeabbot.surrey.sch.uk

The Music Mark Certificate of Recognition Award

As well as being a Lead School for Surrey Arts, we are delighted to announce that we now hold a certificate of recognition from Music Mark for our Ambition and Quality in music education.



Trip to SATRO Stemfest 2026

A wonderful day of learning and aspiration was had by year 8 and 9 students participating in a STEM (Science, Technology, Engineering and Maths) day run by SATRO at the Cobham International School. In the morning's engineering challenge we designed a support tower for a tin of beans using only paper and tape; in the afternoon we used VR headsets to tour a real submarine, met a huge range of STEM employers and were astonished by liquid nitrogen turning a banana into a hammer. It was a great day of learning and inspiration for all.



Student Shoutout

A massive shout out to Verity in Y7 for her winning entry in the Stranger Sagas short story competition. Her winning story is published and we hope to acquire a copy of it for the library collection.

Food & Nutrition GCSE practical mock exams

The Year 10 Food & Nutrition students will be completing their mock practical exams between the 2-5 of June. Students will be off timetable P1-3 on their allocated day and are expected to catch up with any missed work

RSE Policy and PSHE update

At George Abbot, we strive to deliver a robust, thoughtful and engaging RSE (Relationships and Sex Education) Curriculum in PSHE lessons. Government guidance requires that all schools in England consult with parents about their provision of RSE in schools. This year we have been editing our RSE policy and PSHE lessons to ensure that we are meeting the new statutory guidance ready for implementation and teaching for September 2026. Therefore, we would appreciate a moment of your time to review our new policy and provide us with your views. The survey will close on 22nd May.

Please see the link below for the draft policy, survey and 3 lessons from our curriculum.

Policy - [2026 -ELS- RSE - Policy DRAFT.docx](#)

Survey - [RSE policy 2026 parent consultation. Closes 22nd May – Fill in form](#)

Lesson examples - [Y7 L1 Introduction to First Aid.pptx](#), [Y8 L1 - Bullying.pptx](#), [Y9 Checking our physical health.pptx](#)

Many thanks for your support.

Miss Emily Sellers

Head of PSHE

For the remaining lessons of the year the following themes will be taught in PSE:

Year 7 - Personal health and wellbeing - including healthy lifestyles and cyber safety. First aid.

Year 8 - Finance Equality, Diversity and Inclusion.

Year 9 - Preventing Extremism Citizenship including the United Kingdom constitution and the criminal justice system.

Year 10 - Appropriate behaviour including Characteristics of successful parenting, relationships and sources of information about sex. Additionally, following the RE examination, students will receive further teaching on drug awareness and financial education within RE lessons.

If you would like more detailed information about our lesson content, please refer to our RSE policy in the policies section of our website or contact us directly.

What Parents Need to Know about Energy Drinks

We have noticed a resurgence in the popularity of energy drinks amongst some of our students. Bear in mind that excessive intake of these caffeinated beverages can lead to increased health risks such as sleep disturbance, poor dental health, excessive sugar and increased heart rate. Please take some time to read the below information leaflet.

At The National College, our WakeUp/Wednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TasterEd, a sensory food education charity.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/energy-drinks

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.04.2024

PTA

Building a stronger home-school community

The PTA Committee wishes you all a happy half term holiday.
In the meantime, a couple of dates for your diary:



Food & Mood for Kids

11 June 2026, 7pm, Elmslie Conference Room (upstairs from reception): A parental toolkit explaining the key nutritional pillars behind calmer behaviour, including blood sugar balance, gut health and essential nutrients. Speaker Kellie Warne is a certified Diet & Lifestyle Advisor trained at the Institute for Optimum Nutrition with a background in education and ELSA support.

The poster is for a talk titled "Food & Mood for Kids: How Everyday Nutrition Supports Calm & Focus". It features the FHT logo on the left and the Kellie Warne logo on the right. The text reads: "Simple nutrition strategies to support calm, focused, thriving children". There are two photos: one of four girls eating watermelon and one of Kellie Warne in a kitchen. At the bottom, it says: "Elmslie Conference Room, George Abbot School, Woodruff Avenue, Guildford GU1 1XX. 7 pm, Thursday 11 June; refreshments available from 6:45. Entrance free; donations to PTA welcome and encouraged." Below the photos, it says "by Kellie Warne (Cert. ION) www.dietandlifestyletherapy.com".

Food & Mood for Kids: How Everyday Nutrition Supports Calm & Focus
Simple nutrition strategies to support calm, focused, thriving children

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Woodruff Avenue, Guildford GU1 1XX
7 pm, Thursday 11 June; refreshments available from 6:45.
Entrance free; donations to PTA welcome and encouraged

by Kellie Warne (Cert. ION)
www.dietandlifestyletherapy.com

National Emergency Briefing

18 June 2026, 7pm, Elmslie Hall – a very special event:
Following last year's national security assessment about the extraordinary and urgent threat to the UK from climate change and biodiversity loss – including food shortages and societal breakdown – a film has been made of the National Emergency Briefing given to Parliament. Now it's your turn to hear it... George Abbot PTA is proud to host a screening of the film, which features Chris Packham introducing a series of experts as they present their evidence. The event is free but ticketed. Details and tickets at <https://tinyurl.com/gapta-neb>. You should make a point of seeing this – and bring your kids along too.

The poster is for "THE NATIONAL EMERGENCY BRIEFING". It features the text "YOUR WORLD. THEIR FUTURE." in large letters. Below that, it says "THE NATIONAL EMERGENCY BRIEFING" and lists speakers: "Chris Packham - Jennifer Saunders - Deborah Meaden". It also says "The real risks your children's generation will face – and what can be done about them." and "Based on the scientific briefing presented to MPs in Westminster. Now it's your turn to hear it." There is a red banner that says "Bring a teenager. They need to hear this too." At the bottom, it says "Thursday 18 June 2026 - 7:00 pm Elmslie Hall, George Abbot School Woodruff Avenue, Guildford GU1 1XX Free entry - tickets required - nebriev.org Details & tickets: https://tinyurl.com/gapta-neb". There is a QR code and the George Abbot PTA logo at the bottom right.

EVENING SCREENING • FREE • TICKETS REQUIRED

YOUR WORLD. THEIR FUTURE.

THE NATIONAL EMERGENCY BRIEFING

Chris Packham - Jennifer Saunders - Deborah Meaden

The real risks your children's generation will face – and what can be done about them.

Based on the scientific briefing presented to MPs in Westminster. Now it's your turn to hear it.

Bring a teenager. They need to hear this too.

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GEORGE ABBOT PTA

PTA cont...

Business Directory

Do you run a business? Or know someone who does?



The GA PTA is creating a local business and tutor directory for our school community.

- ✓ First 50 listings have the first twelve months FREE
- ✓ Then only £10/year
- ✓ Great way to support local families

Add your business (or share with others):

<https://tinyurl.com/pta-directory-signup>

And keep an eye out — it'll be a great place to find trusted local services.

Alternatively, if you want George Abbot parents and community to see what your business offers, why not advertise it on our website? Sign up at <https://tinyurl.com/pta-advertising>.

Look out for more events and fundraising opportunities at <https://www.pta-events.co.uk/gapta>.

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

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 Y9 on Wednesday 15th July. You'll 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.

Letter has gone to parents, sign up on MCAS

What did pupils enjoy previously?

- "In particular the opportunities he's had to go travelling, speak to footballers"
- "The amount of jobs you can do with by having languages"
- "That he got to speak to footballers in their language to make them feel comfortable"
- "Before I didn't really think you would need languages in football and that they can be so helpful in the future"



GAbbotFest 10 July 2026

Our yearly school festival, **GAbbotFest**, returns on **Friday 10 July 2026**. The festival will feature village fete-style stalls, live music, games, food and drink, along with stalls run by Business Studies students as part of their Enterprise project. It promises to be a fantastic day for students to get involved, support our Enterprise students, and fundraise for this year's chosen charities: **The Grace Dear Trust, UNICEF UK, and Breast Cancer UK**.

Students are encouraged to take part by running a stall. Applications open on the 1st June and students can apply via the Microsoft Form available on Bromcom. The application window running until **Monday 15 June**. Successful applicants will be notified by email.



Donations made via MCAS will be exchanged for tokens (50p per token). This year, we will use a new bespoke token system, and **any existing tokens will not be accepted**. Tokens will be distributed to students during tutor time on the morning of the festival.

MCAS will open for payments on **Monday 15 June** and close on **Tuesday 7 July** to allow time for token preparation. If you have any payment queries, please contact finance@georgeabbot.surrey.sch.uk. Please note that **unused tokens are non-refundable**, as all proceeds will be donated to charity.

Notices

w/c 18 May - Week B

w/c 1 June - Week A

Whole School

Second hand uniform sale 26 May 2026, 10:00 - 11:30 in the second hand uniform shop.

Year 9

Summer Term Science Assessments

As you will be aware, Year 9 students will be sitting science assessments during the week after half term (week commencing 1st June).

The science assessments will take place at the following times:

G side of year: Biology on Monday lesson 4 (in their science lesson), Chemistry on Wednesday lesson 1 (in their science lesson) and Physics on Friday lesson 1 (in their science lesson)

A side of year: Biology on Monday lesson 1 (in their science lesson), Chemistry on Tuesday lesson 4 (in their Maths lesson) and Physics on Wednesday lesson 2 (in their science lesson).

These assessments are on all topics covered in year 9. Details can be found on Bromcom.

Selection for the separate science GCSE course (treble science), is made at the end of this term and is based on student attainment in these assessments, together with the science exam which year 9 students sat in the Spring term exam week.

Revision:

Revision resources are available on the student learning environment (SLE). Resources are found in the year 9 folder within each subject folder. There are many revision resources here, but we would recommend the following in particular:

For Biology: Mind maps and 'Look, cover, write, check' sheets

For Chemistry: Core questions

For Physics: 'Look, cover, write, check' sheets

Students may wish to use online revision resources. Some good ones are:

- Senecalearning.com
- BBC Bitesize for KS4

Year 7 & 8	Save the date: Varsity Event, Monday 22 June
Year 8	Trip to Chessington, Thursday 21 May
Year 9 & 10	Save the date: Varsity Event, Monday 6 July
Year 9	DofE Bronze Assessed Expedition, Friday 5 June
Year 12	Online Parents' Subject Meetings, Wednesday 3 June



Enter our **Super Draw**
Win a £1,000 IKEA Gift Card
OR £1,000 CASH PRIZE

The advertisement features a blue background with a white and yellow IKEA logo. It includes two inset photos: one of a modern living room with a sofa and coffee table, and another of an outdoor patio area with a table and chairs. Logos for Guildford Community Lottery and George Abbot School are visible at the bottom left.



The MP for Guildford's Politics Prize 2026





Zoe Franklin MP invites George Abbot students to look beneath the surface of modern governance, challenging them to weigh the enduring resilience of democratic ideals against the pressures of a changing world and to find their own voice in the definitive debate of our time: whether democracy remains our best hope or is in need of a fundamental evolution.

'Many forms of Government have been tried, and will be tried, in this world of sin and woe. No one pretends that democracy is perfect or all-wise. Indeed, it has been said that democracy is the worst form of Government except for all those other forms that have been tried from time to time.'

Winston S Churchill, 11 November 1947

Is democracy still the 'least worst' form of government?

Students in all year groups are invited to enter this essay-writing competition.

Essays have a maximum word count of 1,500 and should be submitted to Ms Goddard in WORD format, using Calibri size 11, black, double-spaced and fully justified. High-quality work is likely to include Harvard-style referencing and citation, which should not be included in the word count.

Entries will be judged on content, analysis, structure and language. This competition is **AI Restricted**.
Closing date: 22 June @ 9.00 a.m.

This competition is organised by Zoe Franklin, MP for Guildford and Ms Goddard, Head of Politics.

Essays compete for a prestigious **Winner's Prize** and **Highly Commended** and **Commended certificates** in age group categories.

Questions? Contact Ms Goddard pgoddard@...

ALBURY FC
ONE CLUB. ONE TEAM.
ONE EAGLES.

ALBURY EAGLES

JOIN THE SQUAD!

WE'RE LOOKING FOR
2-3 PLAYERS
Y8/Y9 IN SEPTEMBER
who have played a little football previously

READY FOR 11-A-SIDE FOOTBALL?

EXCELLENT SEASON IN 25/26
NOW BUILDING FOR AN EVEN BETTER FUTURE!

COMPETITIVE & AMBITIOUS
A team that loves to compete and keep improving

GREAT TEAM SPIRIT
Friendly, supportive and welcoming environment

MOVING TO 11-A-SIDE
The next step in our football journey

FA QUALIFIED COACHES
Expert coaching to help you develop your game

TRAINING
WEDNESDAYS 6-7PM

SUNDAYS
MATCHES & TRAINING EVERY OTHER GAME IS AWAY

COMMITMENT
WE'RE LOOKING FOR PLAYERS WHO CAN COMMIT TO TRAINING AND WANT TO IMPROVE

ONE CLUB. ONE TEAM. ONE EAGLES.

INTERESTED? CONTACT COACH NICK
07771 922731

ALBURY EAGLES FC | SCWGL LEAGUE | ALBURY HEATH

KANSHIN/FUDOCHI

KARATE

A small and friendly Shoton Karate club. Our chief instructor is Sensei Rangan Ravindran, 5th Dan
www.kanshinkarate.org

TRAINING TIMES

MONDAY: 20:15 - 21:15 (TEENS & ADULTS - ALL GRADES)
TUESDAY: 16:30 - 17:30 (KIDS CLUB - AGE 8 - 16)
THURSDAY: 20:15 - 21:15 (TEENS & ADULTS - BROWN/BLACK BELTS)
SATURDAY: 13:30 - 15:00 (KIDS (11 & OVER) & ADULTS - ALL GRADES)

We are always open to new members, whether you're experienced, just beginning or coming from a different style. Feel free to come along for a free session and watch or join in. No need to book.

Shotokan Karate is a traditional martial art and combines elements of self-defence, sports and fitness training and discipline. Suitable for anyone regardless of age or ability.

Contact Rangan at rangan.ravindran@googlemail.com or Alice at alicemariaguellich@hotmail.co.uk

Follow us on Facebook

Visit our website





Charlie AND THE CHOCOLATE FACTORY

SUMMER SCHOOL

Monday 27th - Friday 31st July

The Trinity Centre, Guildford
10:00am - 4:00pm
£170! Ages 5-18!

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