

News from Abbey Park School

Term 3 - February 2024



'Potential into Performance'



**The Park
Academies
Trust**



Message from the Principal

'Potential into Performance'

Dear Parents/Carers,

It has been another term filled with sport and enrichment activities culminating in the school production of Bugsy Malone. There has been a high level of commitment from all pupils involved and we appreciate the time that staff give to these events. The opening night was a great success and was the first of three evening performances. The cast and staff have enjoyed it immensely but I am sure they will be glad of a rest once curtains close on Friday evening.

At this time of the academic year, we encourage our Y11 cohort to enter into the spirit of revision. Session 6 revision opportunities have been fairly well attended but there is room for more participants, so we would like parents to encourage their children to attend. The cohort is heading towards the second round of Mock examinations which begin the second week of Term 4 - a vital opportunity for pupils to perform at the highest level they can achieve and receive diagnostic feedback on what they can do to improve further. To support pupils with their areas for development our Maths and English intervention sessions have run throughout the term and will continue to do so. This tutor provision is a considerable financial investment, so it is important the pupils take up the opportunity when it is offered.

In each newsletter we provide a curriculum overview for all year groups, which is in response to our parent questionnaire, regarding further insight into what your child is learning. This information is also available on the school website. The Personal, Social, Health, Careers Education programme can also be found on the website and the parent and the consultation for this is carried out every year. As you read on, we have enriched this with drama performances and visitors to educate our young people in keeping safe in the community, online safety and being active bystanders. If you require any further information on our curriculum, please do not hesitate to contact the school.

Next term we look forward to celebrating World Book Day. This event reminds us just how important literacy is and how it's vital to accessing education. To support pupils' levels of literacy, we have invested in our library resources, the year group reader books and Accelerated Reader. All Key Stage 3 pupils have access to year group reader books and we ask parents to encourage their children to engage with them. It is children's literature, but there are many good stories dealing with topical issues and highlighting important messages and themes. Our staff also share the books they read on the door posts of their classrooms and pupils can enquire about these books as well. On another level, we also continue with our reading and mentoring sessions on corrective reading, which is accessible to those pupils who require it.

Since December, it has been a pleasure to see so many parents at our subject consultation evenings. Your attendance indicates to us how important it is for you to have face to face meetings with your child's subject teachers. If you haven't managed to attend, please remember that our tutor subject consultation day takes place on Tuesday 26th March. We look forward to seeing you on the day.

Finally, I wish all our pupils an enjoyable break. Pupils have an additional day, Monday 19th February, due to Trust INSET day so we look forward to their return to school on Tuesday 20th February.

Mr Young
Principal

The PE team are glad to welcome back pupils after the Xmas holidays and have been impressed with the level of performances and commitment pupils have shown this term.

This term was kicked off with the Swindon Cross Country trials at Sheldon School in Chippenham. Douglas K (Y7) & Anubis M-Z (Y11) represented Swindon Schools and did brilliantly in their individual races. Douglas came an impressive 4th and Anubis ran a very professional race coming 1st. Both have been asked to represent Wiltshire in the next round. APS are extremely proud of them and wish them all the best in their future events. Also congratulations to Ronnie W (Y8) who also represented APS at Sheldon.

Mr Bates took the boys KS3 and KS4 table tennis team to Commonweal for a tournament against 4 other teams. The boys did extremely well and managed to win 2, draw 2 and only suffered 1 defeat (Team - Jowan M, Tobias L, Lucas R, Josh N, Harry N, Oliver L).

The KS3 and KS4 girls table tennis also competed against Commonweal in a friendly tournament. KS4 girls managed to secure 2nd place with only losing to 1st place Commonweal by 1 point. KS3 team also did a fantastic job by coming 3rd, with some of the girls playing their first ever competitive table tennis match (Team - Michaela B, Amy S, Ellie B, Elin W, Chloe C, Vita P, Madison R, Rosie R, Areanna S, Holly W).



The U14s girls football season has come to a close. The season consists of a number of mini tournament nights (3/4 matches per night over 3 weeks) and then finals week for each age group for the top 4 qualifying schools. The U14 team reached the finals week having won 9 matches, drawing 2 and losing 1 match. Mrs Wall took APS to the final at Kingsdown. APS secured a 0-0 draw against LPA, 1-1 against Kingsdown, 1-0 win against Dorcan. A fantastic achievement! (Squad - Mia D, Farrah M, Chloe C, Kayla M, Ella A, Veronika C, Esme C, Maisie T, Ava G, Caitlin S, Iris W).



Miss Caldwell took Y8s to Great Western Academy for a benchball tournament against 6 other schools. APS won 5 games and lost to the winners RWBA in their final game. The girls did an amazing job and showed great team work (Team - Ella A, Chloe C, Vita P, Sienna J, Emmie K, Charlotte H, Emily S).

Mrs Humphrey took the KS3 Badminton team (Spencer K, Josh J, Harry E & Jasni K) for a tournament at Royal Wootton Bassett Academy. All boys played extremely well, demonstrating their knowledge of the rules and playing some fabulous attacking badminton. I am pleased to say that the boys came 3rd overall.

The boys U16 Football sadly lost 2-0 to Dorcan Academy in the county cup in the quarter finals but are looking forwards to the league starting in term 4.

Sports leaders this term are running a Y5 TPAT Dodgeball tournament with Bridlewood Red oaks, Orchid Vale all participating. The first round ran smoothly, with all leaders doing a brilliant job at helping motivate pupils from the Primary schools and have been great role models.

Next term the PE department are excited to launch new session 6 clubs, please keep your eyes peeled on Arbor!

Happy half term!

Mrs K Humphrey
Curriculum Leader of PE

Art

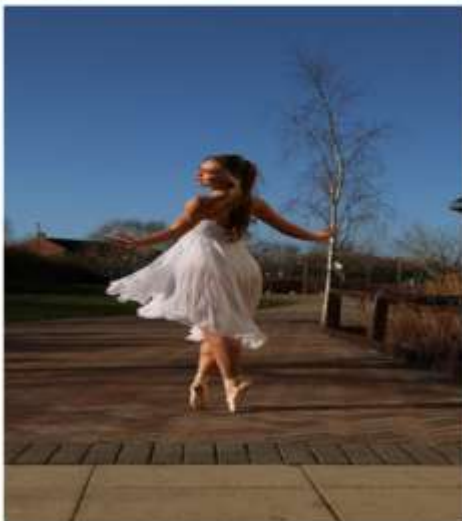
Photoshoot Event

On Friday 26th January 2024 we hosted a range of photoshoot workshops with staff from New College and professional models and media make-up artists, for our KS4 Art and Photography Pupils. Around 200 pupils took part in the event and captured some fantastic images ready to be used in their current projects or for their exams. The pupils will now spend a lot of time editing their photos using Adobe Photoshop and Adobe Lightroom.

We will share their results in our summer exhibition.

Mrs Preece

Head of Art



A FAIRER FUTURE

AN EXHIBITION BY STUDENTS AT ABBEY
PARK SCHOOL

Exhibition Date: Tuesday 4th March
2024

4.30pm - 6pm

PLEASE
JOIN
US

What feels fair / unfair to you? How can we
make sure people in our communities are
treated equally? How can we celebrate peace?

Let's make and share art about this!

Free sanitary products

Just our monthly reminder for our wider school community that we have a ready and available supply of free sanitary products in school, made available by funding from the Department for Education.

We have tampons, sanitary pads, period pants and reusable pads available all of differing styles to suit individual needs. These resources are free and available for any of our pupils and their families.

Please contact your child's PSA, or they can come to Mrs Jackson's office (downstairs green wing) or Mrs Pursey's office (downstairs red wing) to collect.

Unrestricted access to these free sanitary products is something we as a school feel passionately about. Please do let us help keep the cost of living down by making use of these free resources.

Unacceptable

On 10th January we welcomed theatre company Narrative Alchemy (previously known as Alter Ego) back to APS to deliver a play called 'Unacceptable' to pupils in all year groups which focused on the topic of sexism and misogyny.

The play looked at three friends and examined the times when they had been made to feel uncomfortable, either consciously or unconsciously. It shone a spotlight on one of the friends who is challenged by the other two about the worrying things he has been saying and posting and highlighted the impact that his actions were having on those around him.

The play is part of the school's wider initiative to constantly tackle sexism and misogyny.

The 55 minute production covered:

- What is the difference between direct, benevolent and ambivalent sexism?
- What sexist stereotypes, attitudes and behaviours?
- Where do these stereotypes, attitudes and behaviours come from and where can they lead?
- What is the difference between direct, structural and cultural violence?
- What are the conscious and unconscious biases, and what is the 'bystander' effect?
- How can you respond to and/or report these behaviours and how can we create lasting change?
- Where to go for help and advice?

This content was followed up in tutor time and through our assembly programme.

Staff were very impressed with pupil conduct during the production which was exemplary. They demonstrated our Abbey Park Learner behaviours.



Term 4 PSHCE lesson content

Our PSHCE curriculum outline is always available on our school website however, as a reminder lesson content for Term 4 will cover the following:

Year 7 – Careers Education Information Advice and Guidance

Year 8 – Drugs awareness: misuse and peer pressure

Year 9 – Rights and responsibilities: Citizenship

Year 10 - Careers Education Information Advice and Guidance

Year 11 – Mental health awareness & support

Mrs Jackson

Head of PSHCE

School Uniform Donations



Do you have any pieces of branded Abbey Park uniform lying around that are still in good condition and could be used by someone else? Perhaps they no longer fit or you no longer need it. Are you just not sure what to do with it? If so, we might be able to help you!

Pre-loved uniform will be put to good use by supporting our pupils and their families. We are looking for donations of branded Abbey Park uniform, specifically blazers and ties but we will happily take trousers, shoes, jumpers and PE kit too.

If you do have any items you no longer need, then please drop them in at reception. All we ask is that donations are in good condition and have been cleaned.

Many thanks in advance for any support you might be able to offer.

Mr Stubbs
Assistant Principal

Pupil Laptops

When pupils are given a school laptop to use at home, please ensure the software and antivirus are updated by turning the laptop on weekly.

Please return the laptop to the school reception or IT office if it is no longer in use at home so that it can be distributed to pupils who now need a device.

If you're experiencing any problems with the laptop at home, please let us know.

IT Support



GCSE Media Trip to Harry Potter Studios

On Wednesday 31st January our keen group of Media pupils set out for the Warner Brothers Harry Potter studio tour. We first attended a lesson all about Mise-en-scene where a steady supply of Harry Potter pencils jogged enough memories to answer some questions, and we got to see some of the actual costumes used: including one very large pair of Hagrid trousers!



Pupils then made their way around the studio tour, enjoying the sets, props, animatronics and costumes of the Harry Potter films and even a broomstick ride!



They left with a better understanding and appreciation for all the different elements that go into making a piece of media, and the vast array of jobs there are in British media.

Mrs Lloyd
Head of English

Y8 Humanities Trip to the Swindon Steam Museum

On 13th December, 40 Year 8 pupils set off to the Steam Museum for the morning to learn all about the railway's role in Swindon's history.

Pupils enjoyed being able to explore the museum and interactive exhibits - even dressing up for the role of conductors!

We learnt all about the role of Isambard Kingdom Brunel, the rapid development of the steam engine and how it benefited the nearby community.

Highlights definitely included being able to walk underneath what had once been the fastest train in Britain and getting creative and making our own engines.

We were then lucky enough to have a guided tour around the museum, where pupils were able to show off their knowledge from our recent module in Humanities on the Victorians.

We were so impressed by the pupil's behaviour and enthusiasm throughout the morning.

They were certainly APS Proud!





As part of our termly focus we have been encouraging pupils to perform acts of kindness at school and at home.

There is a National Act of Kindness day on the 17th February and so we are using this event to drive the focus for the term.

We hope that you will join us in encouraging your child to understand the importance of being kind to others and showing appreciation and gratitude for what others do for you.

Pupils have been sending 'Thank You' postcards to their peers in school on 'Friendship Fridays' and writing messages to thank their friends for their kindness.

Mr Maddern

Assistant Principal

Being kind to yourself and others

In recognition of this term's awareness theme of 'Being kind to yourself and others'.

All pupils have written postcards to their peers to thank them for their acts of kindness. Pupils have composed heartfelt messages of gratitude to those who have helped, supported and been there for them.

It has been wonderful to see the wealth of acknowledgement across the school.

Mr Lyons

English Teacher



Library Life

It's been another whirlwind of a term in the library. We started this term with Star Testing for all of KS3, this lets us know your child's reading age and which level books they should be reading. We tested over 700 pupils in a week and a half. This was only achievable through great team work with the English department and pupils who were on top form during their session.

This has been followed by issuing KS3 pupils with their year group readers. The year group reader is a way to ensure that every child has access to a book, these have been selected based on suitability for age, interest and genre. Across the year, pupils will have three books (each book is loaned for two terms). These are introduced during library lessons and then it is up to the pupils to continue reading them.



Term 3 and 4's books are:

Y7: Coming to England by Floella Benjamin

Y8: Dare to be you by Mathew Syed

Y9: Noughts and Crosses by Malorie Blackman

It is incredibly important that these are returned to the library at the end of term 4. We have to replace any that are missing which can become very expensive. I will send out a message two weeks before the Easter break as a reminder.

New Stock:

At the beginning of the academic year, we were lucky to have a delivery of new stock. It has taken a while but most of the books are now out on shelves and available for pupils to borrow.

The majority of the books were to improve and update our non-fiction collections. We now have a wide selection of PHSC books on growing up and mental health. We have the complete Little People, Big Dreams series and a collection of the football heroes books by Matt and Tom Oldfield which has proven a hit with our reluctant readers.

Community Book swap:

Please remember that in the school reception area is a new, bigger and better set of shelves full of our donated books. There are books for every age and covering a range of genres and interests. Please feel free to pop in and help yourself.

Help support pupils reading by sharing your own enjoyment of reading. The bonus is, it is free!

Looking Ahead:

Next term we will be celebrating World Book Day. We are fortunate to be hosting the author Joffre White, who will be presenting to our Year 9s. We will also be running competitions. So, keep an eye out!

We will continue to run our regular Book Club and will be starting a Carnegie shadowing Book Club to follow the book awards. We will also restart the creative writing group as well as games club.

As always, we will be keeping busy in the library. Keep Reading!

Miss Bowie
Librarian

Buying books

In the library we try to keep a wide variety of books and authors, however it is impossible to stock everything. If your child enjoys reading it can be difficult to keep up with buying them books, especially in the current economic climate.

So here are a few tips to keep costs down:

- Join your local library, it is free to join and you can borrow up to 16 books at a time.
- While at the library, many have a withdrawn section where you can take as many books as you can carry for £1.
- Charity shops often have a book section, the bonus is you can return them when you have finished and support a good cause.
- Discount book shops such as The Works offer a wide range of books at discount prices.
- Online WoB (World of Books) is a secondhand book shop which offers books at a reasonable price and offers free delivery in the UK.

Useful information

Libraries

Where to find your local library.

Shops

North Swindon Library

Orbital Retail Park, Thamesdown Drive, Swindon, SN25 4AN

01793 707120

northswindon.library@swindon.gov.uk

Current opening hours

- Monday - 2.00pm - 6.00pm
- Tuesday - closed
- Wednesday - 10.00am - 2.00pm
- Thursday - closed
- Friday - 1.00pm - 5.00pm
- Saturday - 10.00am - 2.00pm
- Sunday - 11.00am - 3.00pm

Central Library

Regent Circus, Swindon, SN1 1QG

01793 463238

central.library@swindon.gov.uk

Current opening hours

- Monday - 10.00am - 5.30pm
- Tuesday - 10.00am - 5.30pm
- Wednesday - 10.00am - 5.30pm
- Thursday - 10.00am - 5.30pm
- Friday - 10.00am - 5.30pm
- Saturday - 10.00am - 4.00pm
- Sunday - closed

Where to find your local book shop.

Bert's Books

54 Godwin Court, Swindon, SN1 4BB

07949 190977

bert@bertsbooks.co.uk

Opening hours

- Monday - 8.30am – 5.30pm
- Tuesday - 8.30am – 5.30pm
- Wednesday - 8.30am – 5.30pm
- Thursday - 8.30am – 5.30pm
- Friday - 8.30am – 5.30pm
- Saturday - 8.30am – 5.30pm
- Sunday - 10.30am – 4.00pm

Waterstones

3 Canal Walk, Swindon SN1 1LD

01793 436465

www.waterstones.com

Opening Hours

- Monday 9.00am – 5.30pm
- Tuesday 9.00am – 5.30pm
- Wednesday 9.00am – 5.30pm
- Thursday 9.00am – 5.30pm
- Friday 9.00am – 5.30pm
- Saturday 9.00am – 5.30pm
- Sunday 10.00am – 4.00pm

Library

To increase visibility of the library across the school we have launched a couple of competitions.

1. Imagining Worlds (school competition)
2. Wicked Writers: Be the Change (KS3 entries only and is a national competition)

Both have been advertised across the school and are sponsored by the National Literacy Trust. They give pupils with the opportunity to be creative and voice their opinion.

There will be R1's for every entry.

For more details please speak to Miss Bowie, Librarian.

Art



Photo Competition

Top winner will receive a R4 and tie pin
3 runners up will receive a R3
3 highly commended entries will receive R2
All entries will receive a R1

Theme: Primary Colours (red, blue and yellow)
How will you interpret this theme?

Deadline: 8th March 2024 **Email entries to Miss Brazell**

brazell@abbeyparkschool.org.uk

Competition updates

Antarctica Day Competition

Back in the Autumn term, we set up an opportunity for pupils to enter a competition for us to create a flag for Antarctica. After a huge success of entries, we chose 4 overall winners which made up an Abbey Park School flag which would represent Antarctica. It is with great delight to inform you that our flag has successfully made it to Antarctica with Theresa Gossman, a lab manager with the British Antarctic Survey. She travelled with our flag on the RRS Sir David Attenborough and took this photo in the Lemaire Channel along the West Antarctic Peninsular.

Once again a huge congratulations to our 5 winners: Joey M and Ethan J in 7CT, Ethan 10AB, Holly W 9AF, Amelia B in 7LH as well as all of those who entered.

Due to the extreme high volumes of entries we hope to run this competition again next year.

Mrs Graham

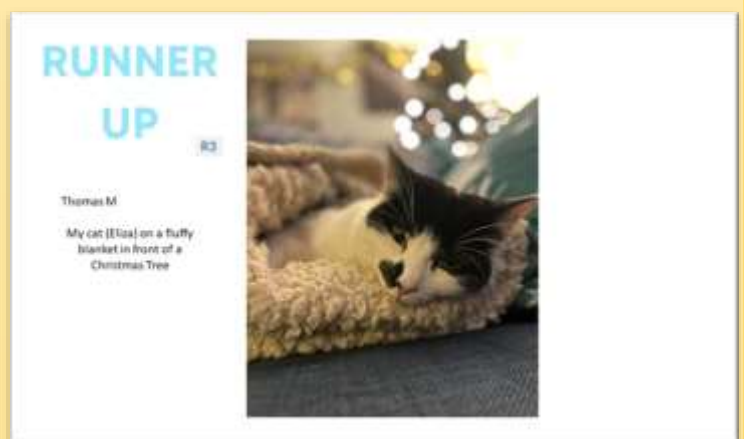
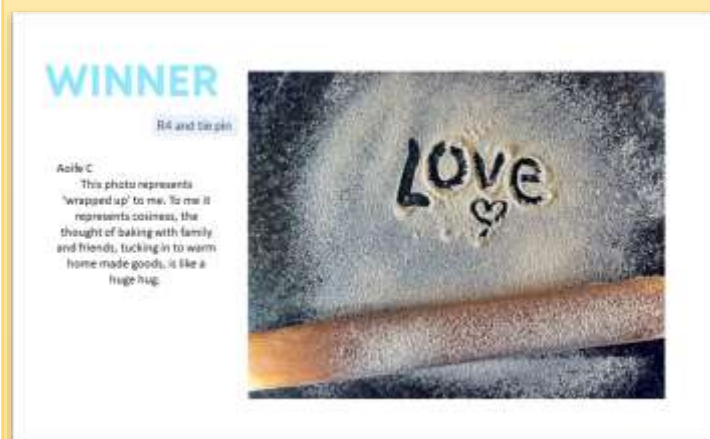
Head of Humanities



Photo Competition

The theme for our exciting photo competition was "Wrapped Up". It was all about capturing moments where things are cozy, snug, or covered up – like when you're in a warm blanket or when friends give each other big hugs.

Pupils used their cameras to show what "Wrapped Up" means to them. More photos have been published on Facebook.



Hop on over to donate to our

EASTER

Egg Collection

in aid of Swindon Women's Aid

Donate by 22nd March 2024

Bring items to the LRC

R1 for every student who donates!



**The Park
Academies
Trust**



SWA 01793 610610
SWINDON DOMESTIC ABUSE SUPPORT SERVICE
24 hours
7 days a week
365 days a year





At Abbey Park we are committed to ensuring a culture of safeguarding in our school and it is paramount in all we do. We hope that our termly safeguarding update will give you an overview of our approach, offer some useful guidance and information and inform you of what your child is learning in school about how to keep themselves safe. For more information about safeguarding, please look at our website.

What does Safeguarding look like at Abbey Park?

At Abbey Park School we follow the Government policy document 'Keeping Children Safe in Education'. This is statutory guidance for all schools in England to follow and comply with. It has recently been updated and therefore our safeguarding policy has been updated to reflect this. You can find this on our safeguarding section on the school website. Safeguarding and promoting the welfare of children is **everyone's responsibility**. Everyone who comes into contact with children and their families has a role to play in making sure that children grow up having the best life chances. In order to fulfil this responsibility effectively, all adults should make sure their approach puts the child at the centre of the decision making and that the best interests of the child are always considered. We believe that it is in the best interest of our children to have opportunities to learn how to stay safe both in and outside of school. Our safeguarding themes are woven into lessons across the curriculum, into assemblies and throughout daily life in school. Here are just a few examples of how we teach safeguarding at Abbey Park:

Dedicated safeguarding team in school every day

Pastoral support for each group.

Emotional Literacy Support Assistants (ELSA's) and Pastoral Support Assistants who have specialist training in supporting a child in their social and emotional needs

Members of staff who have completed basic mental health training

Mental health pupil ambassadors

Mental health staff ambassadors

A dedicated mental health lead – Mrs Stevens

Wellbeing Wednesday each Wednesday Tutor time looking at how to look after mental health

Assemblies and lessons taught throughout the year, including but not extensively, anti-bullying, equality, diversity, fire, sun, children's safety, exploitation, sexual harassment and violence and online safety.

PHSE curriculum covering how to be healthy, having healthy relationships and developing emotional literacy

Online safety curriculum

RSE (Relationships and sex education) curriculum

Weekly tutor time reminders about staying safe in school and our expectations

If you need any support with your child, please contact a member of the safeguarding Team.

Abbey Park Safeguarding team

Designated
Safeguarding Lead
Mrs Kara Stevens

Deputy Designated
Safeguarding Lead
Mrs Lorraine Hatcliffe

Deputy Designated
Safeguarding Lead
Miss Vanessa Redondo

Deputy Designated
Safeguarding Lead
Mrs Karen Candy



Contact details and circumstances – please keep us up to date!

It is vitally important that we have the correct contact details for every parent/carer. If you change your phone number, e - mail or move house, please let the admin team know or update it on Arbor. We also need at least two emergency contacts for your child.

We also ask that you keep us up to date with any changes in your personal circumstances that may impact your child.

Mrs Stevens: stevensk@abbeyparkschool.org.uk

Mrs Hatcliffe: hatcliffel@abbeyparkschool.org.uk

Miss Redondo: redondov@abbeyparkschool.org.uk

Mrs Candy: candyk@abbeyparkschool.org.uk

Contact details:

Please can we ask that you ensure the school has at least two contact details in case of an emergency. This can be done on Arbor



Useful contacts:

Swindon MASH (Multi-agency Safeguarding Hub) have added a new front door service called 'Contact Swindon' if you have concerns about a child and want to speak to a social worker, family services worker without going through school please call - 01793 464646

If you have concerns that a child is at immediate risk of harm, please call the Police on 999

School Nursing team – for support to help children with their physical, mental and emotional well-being and referring to other specialist agencies.

Tel – 01793 465050 or email

snn@swindon.gov.uk

Online safety guidance for parents - <https://swgfl.org.uk/>

Assembly and PSHE this term:

At Abbey Park School all pupils attend Assemblies and PSHE sessions each week.

During term 3 pupils have had the following assemblies: Welcome back – expectations around B4L, Consent, The Holocaust, Careers, Online safety and the EBacc.

During PSHE this term pupils have been learning about the following topics:

Year 7	Relationships and Diversity
Year 8	Dare to be you
Year 9	Government and Politics
Year 10	The Holocaust
Year 11	Living in the wider worlds

Important Notice – Message from the Police

We have been made aware that professionals are seeing a worrying trend where teenage pupils are arranging to meet up across Swindon in the middle of the night/early hours of the morning.

Parents and carers are asked to remain vigilant and make the usual checks to keep children safe.

If you have any information then please share with police using the following link: [Something you've seen or heard | Wiltshire Police](#).

Or you can speak to your school Designated Safeguarding Lead/Safeguarding team: (details below) who will be able to advise and support.

The Pastoral Team updates



Mrs Stevens
Assistant
Principal
Head of
Pastoral
DSL



Mrs Candy
Head of
Year 7



Mrs Hatcliffe
Head of Key Stage
Year 9 & 10
DDSL



Ms Redondo
Head of Key Stage
Year 8 & 11
DDSL



Mrs Everett
PSA – Attendance & Yr7



Mr Morris (Mat cover)
Year 8 PSA



Miss Asbury-
Semmens
Year 9 PSA



Mrs Harewood
Year 10 PSA



Mrs Charl
Year 11 PSA

Miss Yeoman
School counsellor



Miss Fry
School counsellor
(MAT Cover)



Online safety

Each term we will add online safety guides for parents. All of these guides can be found on our website under the safeguarding section.

National Online Safety **7 questions to help you start a conversation with your child about online safety** **#WakeUpWednesday**
Publish date: 07/11/18

1 Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY. IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

2 Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.

3 How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM, IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

4 Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.

5 Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

6 Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.

7 Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

www.nationalonlinesafety.com Twitter - @natonline-safety Facebook - /NationalOnlineSafety

We are aware of growing concerns around young people vaping in and around the community. We are working hard to educate our pupils on the risks and legality of this.

The government have announced that there will be a ban imposed on disposable vapes. We are not sure when this is coming into effect but we will keep you updated. We have also been made aware of the increase in use of THC vapes.

Below is a guide for you to help understand vaping.

THC Vaping Parent/Guardian Resource

Introduction

There has been an increase in young people using vapes and in particular experimenting with THC vaping. THC is the chemical that gives the 'high' effect in cannabis. The latest reports show that this has led to some young people overdosing on THC, causing them to become unwell and needing medical attention. This resource has been created to give information to support conversations with your child around THC vaping. You will read about THC vaping, the short term and long term effects as well as the legalities to help you make the most informed decisions to keep your child safe and happy.

What is Vaping?

Vaping is the inhalation of vapor from a vaping device or e-cigarette. These devices are electronic, and they heat a liquid to a vapour to be inhaled. The liquid is usually a mixture containing nicotine, propylene glycol and/or vegetable glycerine, and flavourings. Other liquids can be added to the vape.

What is THC Vaping?

The most common emerging trend amongst young people is to add THC oil to their vaping liquid. THC oil is a sticky thick, yellowy brown liquid which comes from the cannabis plant. THC is the chemical that gives the 'high' effect and it is illegal in the UK.



How Do I Know My Child is Vaping?

Vaping tends to produce clouds of smoke that are scentless and disappear quickly, so it can be difficult to sense if your child is using a vape. Vaping is relatively new still, and little is known about the short term effects, however it is generally thought that vaping is less harsh than smoking as it is generally tobacco free and has less chemicals than cigarettes, which is why it is a popular method for stopping smoking. The short term effects of vaping can also vary depending on what is in the vaping liquid such as the nicotine content. However inhaling any substances is not entirely risk free. Below are some images of different styles of vape or e cigarettes.



Short Term Effects Of Vaping THC

How Do I Know My Child is Vaping THC?

Vaping THC will have similar effects to using cannabis. Vaping THC as opposed to smoking cannabis allows a larger amount of THC to be inhaled very quickly, potentially causing overdosing. The effects of vaping THC depends on the amount of THC/CBD in the vape, your child's mood, the environment and how often it is used. The short term effects are listed on the right and can be signs your child has vaped THC oil.



ATTENTION

- Blood shot eyes
- Dazed/dreamy demeanour
- Short term memory loss
- Faint/feeling sick
- The giggles
- The munchies
- Dry mouth
- Paranoia
- Anxiety



You can watch more about the short term effects on this talktofrank video.
[FRANK: Cannabis Side Effects - YouTube](#)

Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk/stop-smoking/e-cigarettes)

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia

Mental Health -

- Anxiety and paranoia
- Hallucinations

These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/cannabis)

Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.

LAW



Will my child get into trouble for using THC Vapes?

Cannabis is an illegal Class B drug. There are consequences for the illegal possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk/drugs-penalties). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrenssociety.org.uk\)](https://www.childrensociety.org.uk/what-is-county-lines).

HELP



How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

		Year 7	Year 8	Year 9
	English	Shakespeare: An introduction	Fiction Writing: Mystery Stories	20th & 21st Century Literature: Lord of the Flies
	Maths	2-D geometry	Proportional reasoning	Geometry of triangles
	Science	Energy & Speed Chemical Reactions	Organisation	C9 Chemistry of the Atmosphere P3 Particle Model of Matter
	MFL	Spanish: Mi Familia y Mis Amigos French: Ma vie de famille	Spanish: Qué Hacemos French: Le monde est petit	Spanish: Jóvenes en Acción French: Le meilleur des mondes
	Humanities	Geography: The Almighty Dollar History: No History as the topic is Geography Philosophical Thinking: The Almighty Dollar	Geography: RE Unit History: No History as the topic is Geography Philosophical Thinking: Globalisation	Geography: Hydrology History: The Civil Rights movement Philosophical Thinking: Medical Ethics
	Design Technology (DT)	Food & Cooking	Diet & Health	Dietary Needs
	Visual Arts	Perspective and still life drawing	Surrealism - watercolour	Clay trainer
	Performing Arts	Drama: Module 4 - The Terrible Fate Of Humpty Dumpty. Scripted module exploring the issue of Bullying Music: Programme music	Drama: Titanic - Module exploring the historical context of disaster and its consequences Music: Theme and Variation	Drama: Shakespeare's Theatre - The language of Shakespeare and its relevance today Music: Time Lapse/ Time Lapse sequencing
	PE	Tagg Rugby, OAA, Gymnastics, Netball. Badminton, Basketball	Dance, Basketball, Tagg Rugby, Handball, Hockey, Basketball	Basketball, Hockey, Handball. Table Tennis, Fitness
	Personal, Social, Health & Citizenship Education (PSHCE)	Living in the wider world: CEIAG	Drugs & Alcohol education	Rights & Responsibilities

Term 4 Curriculum Map - KS4

‘Potential into Performance’

Year 10		Year 11
English Media	Fiction Writing: Language Paper 02	Revision
	Advertisement set products	Video Games
Maths	Higher: Probability & Multiplicative Reasoning	Proportion and Graphs
	Foundation: Ratio & Proportion	
Combined Science	C3 Quantitative Chemistry	P7 Magnetism & Electromagnetism
	C4 Chemical Changes	
Individual Science	P5 Forces	P8 Space Physics
	C4 Chemical Changes	B5 Homeostasis & Response
MFL	Spanish: Intereses y influencias	Spanish: Intereses y influencias
	French: De la ville à la campagne	French: De la ville à la campagne
Humanities	Geography: Urban Issues and Challenges	Geography: Decision Making Preparations (Released April) and Revision
	History: Weimar and Nazi Germany 1918 - 1939	History: Weimar and Nazi Germany 1918 - 1939
	Philosophical Thinking: Buddhist practices	Philosophical Thinking: Revision
	Sociology: Paper 1: The Sociology of Family	Sociology: Paper 2: Social Stratification
Business Computing Media	Topic: 1.4 Making the business effective	Topic: 2.5 Making Human Resources Decisions
Design Technology (DT)	DT Theory: Ecological & Social Footprint. Scales of Production. Materials and their properties	NEA
Food Preparation & Nutrition (FPN)	FPN: 3.3 Food Science, Food Skills	FPN: Exam Preparation, Food Skills
Fine Art	Fine Art: Identity Project	Fine Art: Exam
Visual Arts	Visual Arts: Light and dark	Visual Arts: Exam
Performing Arts	Drama: Component 3 performance	Drama: Component Two Group pieces monologues/ duologues
	Music: Practice of previous learning through listening activities	Component Three Exam practise
		Music: Listening activities and practice questions
PE	Netball, Football, Dodgeball, Fitness, Handball, Badminton, Basketball, Futsal	Netball, Dodgeball, Fitness, Football, Badminton, Handball, Tables Tennis, Futsal
	Y10 CNAT: R185 Topic 2 & 3- Leadership	Y11 BTEC: Unit 3- Applying the principles of personal training
	Y10 GCSE: Paper 1- Short- & Long-Term effects of exercise/ Components of fitness	
Personal, Social, Health & Citizenship Education (PSHCE)	CEIAG: Living in the wider world – employability skills	Health & Wellbeing: mental health

Monday 19th February	Staff inset Day
Tuesday 20th February	All pupils return to school Y8 HPV immunisations
Tuesday 27th February	Y7 trip to Bristol M-Shed
Thursday 29th February	Swindon Singing Day
Monday 4th March	A Fairer Future event
Tuesday 5th March	Open Mic event
Thursday 7th March	Author Visit for World Book Day
Wednesday 13th March	TPAT Music Concert
Friday 15th March	Children in Need
Friday 22nd March	Apprenticeships event
Monday 25th March	Y11 Photo
Wednesday 27th March	Y10 Careers Day Character Champion Pizza Party
<p>Friday 29th March - Good Friday</p> <p>Monday 1st April - Easter Monday</p> <p>Tuesday 2nd - Sunday 14th April - Easter Holidays</p> <p>Monday 15th April - All pupils return to school</p>	

School Calendar



Abbey Park School Terms and Holidays 2023 - 2024



September 2023							October 2023							November 2023						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3							1			1	2	3	4	5
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30			
							30	31												

December 2023							January 2024							February 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3	1	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28	29			

March 2024							April 2024							May 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

June 2024							July 2024							August 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
					1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31	

INSET Days 1st and 4th September, 16th and 17th November, 19th February, 3rd June and 19th July

Lunchtime Finish 20th December and 18th July

Bank Holidays 2023/24 UK

25 December '23	Christmas Day	29 March '24	Good Friday	27 May '24	Spring Bank Holiday
26 December '23	Boxing Day	1 April '24	Easter Monday	26 August '24	August Bank Holiday
1 January '24	New Year's Day	6 May '24	May Day Holiday		