

# News from Abbey Park School

Term 1 - October 2023

*'Potential into Performance'*



  
The Park  
Academies Trust



## Message from the Principal

Dear Parent/Carer,

It has been a smooth return to the academic year with all year groups settling back into school very well. Having dropped into a significant number of lessons, it is good to see Year 7 pupils following routines and expectations and making good progress in their learning.

The GCSE results day during the summer break was an opportunity to congratulate the Class of 2023 on their great success. It was pleasing to see their hard work and commitment pay off, with 50% of the pupil cohort achieving at least a Grade 5 in both English and Maths and 67% achieving at least a Grade 4 in both English and Maths. There were many outstanding performances across the year group - the following achievements provide an insight into just how hard working and committed our pupils are:

O Mead: 5 x Grade 9s, 2 x Grade 8s and 3 x Grade 7s

E Parfitt: 3 x Grade 9s, 4 x Grade 8s and 3 x Grade 7s

E Dearing: 1 x Grade 9, 7 x Grade 8s and 1 x Grade 7

I have taken the opportunity to thank all the staff of APS who have been there for the pupils and supported them through quite challenging circumstances.

Our annual open evenings and mornings this term were a great success, with over 1300 people visiting to see what Abbey Park has to offer. Visitors noted how keen our pupils were to help show off their school and were impressed with their guidance in touring the different curriculum areas. Abbey Park continues to be a popular choice within the community – we now have more pupils in the school than ever before, and very close to our pupil admission number of 1200.

There have already been numerous fixtures with APS teams representing the school extremely well, securing a significant number of victories. The newly formed Y7 rugby team march on with 3 consecutive wins against tough opposition. If this team stays together for 5 years, who knows what they will be capable of achieving! Well done to all participants in being Abbey Park Proud and showing great levels of determination.

Pupils have also been APS Proud in terms of their uniform and organisation. We have supported pupils with uniform items to borrow, which has proved a success in ensuring that pupils are able to attend class. Along with our approach to 'Internal Exclusion' and 'Time Out', we have seen the vast majority of pupils fulfilling expectations and behaving well to avoid consequences. This has been a pleasure to see and means that time in the classroom has been maximised.

To end the term on yet another positive note, I had the pleasure of attending our Autumn concert. The diverse range of singing, instrumentals and genres of music put on by individuals, choirs and bands, was brilliant. Again, there was such determination shown by pupils to overcome their nerves and perform for a packed audience. It was great to see so many parents, relatives and friends attend to support the performers. As I mentioned to the audience in my closing words, Bussy Malone, our annual production, is coming on very well. Before then, the next performance is the Christmas Carol Concert at St. Andrews Church and we look forward to seeing many of you there again for this festive occasion.

I wish all in our community an enjoyable half-term break.

**Best wishes,**

**Mr Young**

**Principal**



## Open Evening Competitions

Following on from a busy and exciting open evening in the Maths department at Abbey Park School last week. Prospective students were encouraged to participate in a range of activities including a treasure hunt, puzzles and games.

There were two competitions running; one to choose the lowest unique number which was won by G Hall with the number 7, and the second competition to design a unique mathematical clock won by H Holland.

Congratulations to both, who have won a new calculator to help you further with your mathematical studies!

**Mrs Blackmore**

**Teacher of Maths**

# History

## Y11 trip to the Science Museum, London

This term our Year 11 Historians took a trip to the Science Museum in London to explore the Medicine Through Time and Space Race exhibit.

Students went on a scavenger hunt around the museum to collect facts about the fascinating (and often gory!) history of surgery, treatments and public health through the ages.

Students were able to see incredible artefacts, such as Lister's carbolic acid device and a surgical table from the 1950s.



In the Space Race exhibit, pupils saw rockets and space shuttles from missions to the moon. They also found out how astronauts adapt to living in space, including what they eat, how they bathe and how they go to the toilet!

It was a great day had by all and students gained lots of extra knowledge to supplement their GCSE topics.



**Miss Fowler**

**Teacher of Humanities**



## Antarctica Day Flag Competition 2023-2024

Design a flag for Antarctica!

The winning entry from APS will be sent to Antarctica to be photographed in the frozen wilderness.

The flag could have wildlife from Antarctica, the outline or countries that are part of the Antarctic treaty. Or be creative and choose something else related to this icy continent.

Flags should be no bigger than A4 and can be drawn by hand or on the computer. Use bold colours so they stand out against the white background in Antarctica.

Deadline for entries: **Monday 30<sup>th</sup> October 2023** - hand into Mrs Graham in GF45



UK POLAR NETWORK



## Further guidance to help your design

### 1. Keep it simple

The flag should be so simple

### 2. Use meaningful symbolism

The flag's images, colours, or patterns should relate to what it symbolises.

### 3. Use 2-3 basic colours

Limit the number of colours on the flag to three, which contrast well and come from the standard colour set. When it comes to designing your flags please try and make them as bright and colourful as possible - flags that are mostly white can be difficult to see against the snowy backdrop of Antarctica!

You are allowed to include the APS school logo.

You can hand draw or use the computer



UK POLAR NETWORK





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

## **Dodgeball**

APS have already had their first taste of silverware this year with the U14 Dodgeball team winning the School Sport Tournament at Warminster. Congratulates to both teams, all the boys performed brilliantly and worked well as a team to bring home the trophy.



## **Football**

The U16 boys football team also carried on their winning streak from last season by winning their opening match in the Wiltshire Cup against The Deanery, winning 4-3.



## **Netball**

The girls have made a brilliant start to the netball season with an unbeaten run for Year 7&9 teams and the Year 8 and U16 teams only losing one game so far. Both U14 & U16 teams compete in the National Schools Tournament at Dorcan this term and are hoping to continue their form and play some great netball against all the other local schools in the area.



## **Elite Sports Academy**

The Abbey Park Elite Sports Academy have had their first taster day this term and have looked at psychology in sport. Mr Philpot delivered the session looking at ways to cope with pressure and anxiety in sport and competitions. The sports leadership team also did an amazing job with helping run the Bridlewood fun run for 'Do it For Dan' charity. This was a mile for KS1 & KS2 and the leadership team helped organise and motivate students throughout the whole course.



## **Looking ahead**

Next term girls football kicks off with cup matches and the league, and boys welcome back the basketball season and their continued run in the Wiltshire cup football.

## **Session 6 Enrichment**

Y7 & 8 Boys Basketball - Tuesday  
Y9, 10 & 11 Boys Basketball - Wednesday  
Y7 & 8 Girls Football - Tuesday  
Y9, 10 & 11 Girls Football - Wednesday



**Mrs Humphrey**  
**Head of PE**

## **Free sanitary products**

We continue to have a ready and available supply of free sanitary products in school for pupils, 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.

## **RSE Parental Consultation results Term 6 - 2023**

During Term 6 we conducted our annual parental consultation for our Relationships and Sex Education (RSE) Policy. The purpose of the consultation was to share our RSE Policy and our curriculum approach and to seek your feedback.

- 319 families responded to the survey, an increase from 223 in 2021-22 and 136 in 2019-20.
- 91% of parents felt that RSE was important.
- 88% of parents felt that RSE topics taught in school can make a real difference to young people's lives
- 95% of families felt happy to talk to their child about growing up, sex and relationships.
- 93% of families agree with the contents of the RSE policy
- Of 221 individual comments from parents about what they consider the most important topic in RSE to be, overwhelmingly the result was: consent, healthy relationships and respect.

Overall we are very pleased with the outcomes of this survey and we thank you for your ongoing support.

**Mrs Jackson**

**Head of PSHCE**

## APS OCTOBER ARTS



**THE WEEK  
Junior  
SHOW**

### INTERESTING PODCASTS

The Week Junior Show takes you behind the scenes of the award-winning magazine for 8 to 14-year-olds. Each week, Bex from Fun Kids is joined by members of The Week Junior team to discuss their favourite stories, debate the week's hot topic and discover whether the 'Real or Rubbish?' report is fake news or the real deal.

### COMPETITIONS

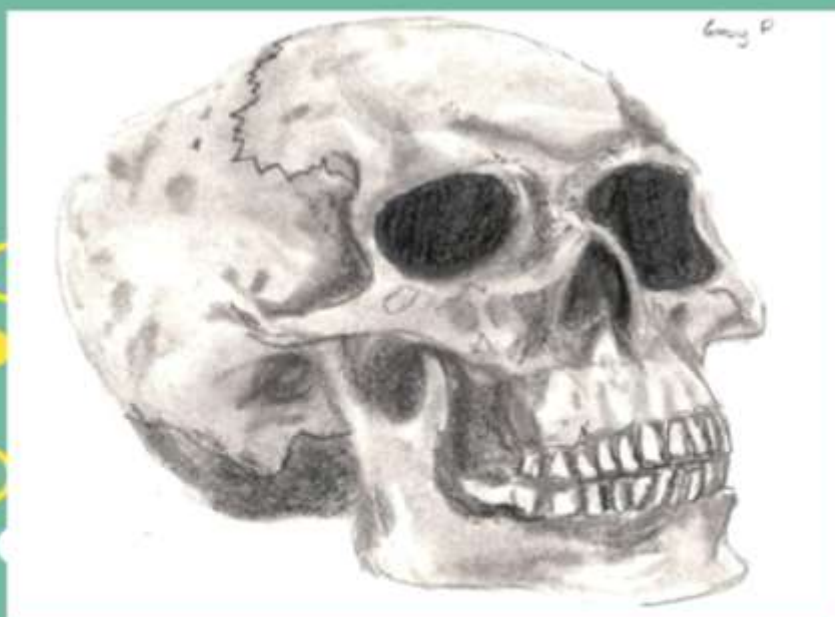
Swindon Youth Literature Festival are running a competition to illustrate the a passage from the 2023 Carnegie Medal winning book *The Blue Book Of Nebo* written by Manon Steffan Ros. BASED ON THE THEME OF FREEDOM, Year 7 will start this work in class w/b 2nd October 2023.

**ALL ENTRIES TO  
MISS BRAZELL  
DEADLINE: 25TH OCTOBER**

### LOCAL ART EVENTS

Swindon Paint Fest have created a number of beautiful murals in and around Swindon. Here's a link to the map so you can visit them! Click [here](#).

## EXAMPLE OF THIS MONTH'S LEARNING



Well done to Year 10 for settling well into their GXCSE lessons. Year 10 Art have been exploring various drawing styles as they draw natural forms. Year 10 Photography students have been exploring composition and have been planning their first photoshoots.



We are thrilled to shine a spotlight on the outstanding efforts of our Year 10 Peer Mentors who have proven to be invaluable assets to our school community. Their unwavering dedication and commitment have made a significant impact, especially during open evenings, career events, and various activities around the school. We are immensely proud of their accomplishments and the positive influence they have had on our school environment.

Peer Mentoring goes beyond mere assistance; it fosters a sense of community and support among pupils. The Year 10 Peer Mentors have embraced this role wholeheartedly, creating a positive environment where everyone feels valued and encouraged. Their role model behaviour has inspired younger students, showcasing the importance of collaboration, empathy and kindness.

We extend our heartfelt gratitude to these remarkable students for their outstanding contributions. Let us continue to celebrate and support their efforts, inspiring others to follow in their footsteps.

**Mrs Hatcliffe**

**Head of Key Stage**

## TPAT Scholars - Faraday Challenge

Well done to the Year 8 TPAT Scholars who competed against local schools in this year's IET Faraday® Challenge Day.

During the day students were given the opportunity to research, design and make prototype solutions to real-life engineering problems. The challenge allowed students to experience working as an engineer for a day.

Our students demonstrated great organisation, resilience and teamwork. They thoroughly enjoyed themselves and were a credit to the school.

**Mr Stubbs**

**Assistant Principal**



## Epraise

As you are aware, we have started using the features of Epraise this academic year. We will be introducing further features next term and so it is vital that as a parent/carer you are able to log into the system and download the app on your phone. Currently you can support your child with their homework and check they have completed it. Check how many R points, achievements and accolades your child has received which enables you to celebrate their school positives at home.

Moving forward, we will be using the platform to communicate to parents/carers in the form of text messages that will appear as a notification on your phone. This line of communication will not replace our emails or letters, however it will be designed to remind parents/carers of upcoming dates, events, trips, fixtures and any other information. We hope that this will improve our lines of communication and keep parents up to date of what is happening in school.

**Mr Maddern**

**Assistant Principal**



## Year 9 Trip - Bath University

*'Potential into Performance'*

On Thursday 5th of October, 30 of our Year 9 pupils visited Bath University. Pupils had the opportunity to experience the campus and gain an insight into university life.

Our pupils attended a talk on higher education, were given a tour of the campus by student ambassadors and took part in a q&a session.



## Autumn Concert

On Tuesday 17th October the Music Department held their annual Autumn Concert in the Main Hall. The programme was filled with a variety of music from Beethoven's Fur Elise to Guns and Roses 'Sweet Child O Mine'.

The students showed dedication to session 6 rehearsals and have been awarded an R4 for their contribution to this extra-curricular event. Their hard work has really paid off.

M Richardson, who performed the drum solo 'Love is the Drug' said 'I was very scared but excited at the same time. When I got up on stage, I was very confident when I started playing, and to hear people clap for me at the end was very exhilarating. Hearing other people sing and play their instruments inspired me to do my best'.



## 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**

## **Back to Books!**

Welcome back to a new school year, it has been a wonderful yet busy start to the academic year. This was a great opportunity to welcome all the up-and-coming year 7s to our wonderful library.

It was also my first September here at Abbey Park, so we kicked off library lessons with an introduction to our rules and how the library works. It did mean that I was telling the pupils a lot of information, so if anyone has any queries, worries or questions then please feel free to speak to me.



## **Funding for new books**

We were incredibly lucky to win funding so that we could buy a lot of new books to update and expand all our sections within the library, with a specific focus on non-fiction.

This means that I will be very busy over the following weeks barcoding, cataloguing and covering books. I will then have to rearrange the shelves to accommodate them all!



Of course I will make sure all pupils are aware when these will be available to borrow, although many regular visitors to the library have already earmarked their favourites to borrow first!



## **Next Term**

Looking ahead to term 2 things will not be slowing down. We will be hosting part of the Swindon Youth Festival of Literature, which will include three authors coming along to Abbey Park to talk to us about their lives as writers and inspiring our pupils to be creative. This will take place over the week commencing 6th November.

We are also going to the Wyvern with a small group of pupils to watch Jacqueline Wilson give a talk about her life and books.

This is the 16th year of Swindon Youth Festival of Literature and we are thrilled to be a part of this amazing project, ran by the librarians of 12 different secondary schools. This award-winning project is designed to allow all pupils access to the wonderful world of books, stories and authors.

Happy Halloween and Keep Reading!!

**Ms Bowie**  
**Librarian**



# Learning Resource Centre

## 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.

#### **North Swindon Library**

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

01793 707120

[northswindon.library@swindon.gov.uk](mailto: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](mailto: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

### Shops

#### **Bert's Books**

54 Godwin Court, Swindon, SN1 4BB

07949 190977

[bert@bertsbooks.co.uk](mailto: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](http://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

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





## 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](mailto:stevensk@abbeyparkschool.org.uk)

Mrs Hatcliffe: [hatcliffel@abbeyparkschool.org.uk](mailto:hatcliffel@abbeyparkschool.org.uk)

Miss Redondo: [redondov@abbeyparkschool.org.uk](mailto:redondov@abbeyparkschool.org.uk)

Email – [admin@abbeyparkschool.org.uk](mailto:admin@abbeyparkschool.org.uk)

## Useful contacts:

Swindon MASH (Multi-agency Safeguarding Hub) if you have concerns about a child and want to speak to a social worker - 01793 466903 or email [swin-donmash@swindon.gov.uk](mailto:swin-donmash@swindon.gov.uk)

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](mailto:snn@swindon.gov.uk)

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

## Contact details:

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



## Assembly and PSHE this term:

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

During term 1 pupils have had the following assemblies: Welcome back – expectations around B4L, Careers, general safeguarding – forms of abuse, who to report to and how to get support, Languages, Black History Month, Mental health awareness day, Benefits of reading.

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

Year 7	Welcome to APS, travelling to school, making friends, bullying, e – safety and being a good APS citizen
Year 8	Global issues – refugees, child soldiers, child prostitution, aids, tackling stigma and discrimination
Year 9	British Values – equality, migration to Europe, homosexuality, gay marriage, the role of the women
Year 10	Exploring influences – gangs, forced marriage, terrorism, radicalisation, understanding and preventing extremism
Year 11	The wider world: next steps – goals for the year, A levels and degrees, vocational qualifications and T levels, apprenticeship, job and SLT interview preparation.

## 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  
DSL



Mr Redondo  
Head of Key stage  
Year 8 & 11  
DSL



Mrs Eversett  
PSA – Attendance & Y7



Mr Morris (Mat cover)  
Year 8 PSA



Miss Ashbury  
(Mat cover)  
Year 9 PSA



Mrs Hammond  
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.

# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

**NOS National Online Safety**  
#WakeUpWednesday



**1 LISTEN**

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

**2 ASK TWICE**

The campaign from time to change is great. <https://www.time-to-change.org.uk/support/ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

*Are you sure?*

**3 THERE IS NO SUCH THING AS A STUPID QUESTION**

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

**4 BE OPEN AND HONEST**

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

**5 KNOW WHEN TO SEEK HELP**

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

**6 TALK ABOUT MENTAL HEALTH NATURALLY**

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

**7 EMPATHISE**

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

**8 HELP YOUR CHILD FEEL SAFE**

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

**9 MIND YOUR LANGUAGE**

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

**10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'**

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



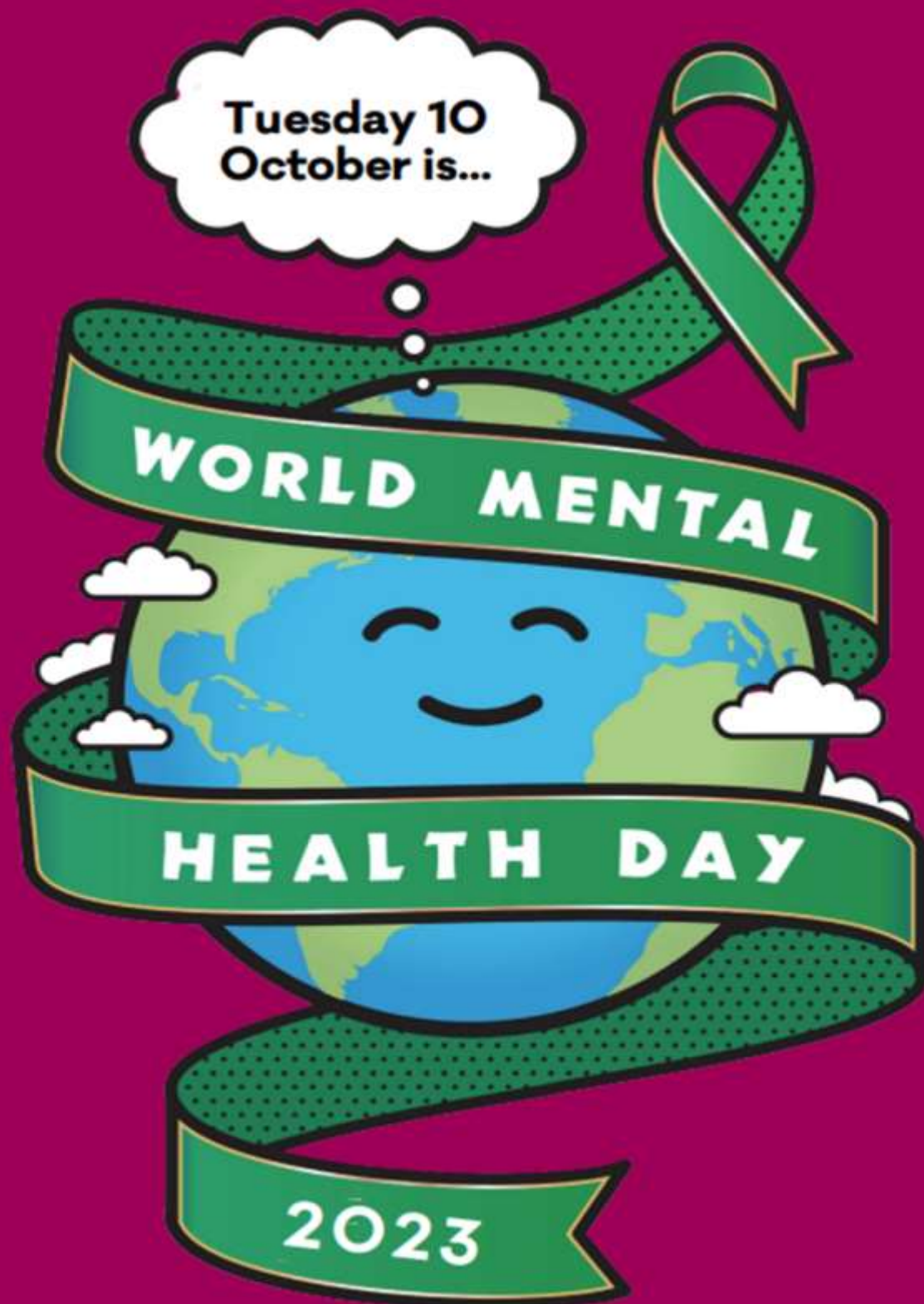
### Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.theminds.org.uk/mental-health>



Please find a link to the Mental health awareness page for this year where you can find lots of information and support:

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>



[mentalhealth.org.uk](https://www.mentalhealth.org.uk)



Registered Charity No. England and Wales 801130 Scotland SC 039714 / Company Registration No. 2350846

	Year 7	Year 8	Year 9	
	English	Century Literature: Star by Star	19th Century Literature: A Christmas Carol	Shakespeare: Romeo and Juliet
	Maths	Positive & Negative Numbers Expressions, Equations & Inequalities	Linear Graphs Accuracy & Estimation	Probability Linear Simultaneous Equations
	Science	Particles & Forces	Periodic Table Digestion	C1 Atomic Structure & Periodic Table
	MFL	Spanish: Mi Insti French: En classe	Spanish: Todo Sobre Mi Vida French: J’adore les fêtes	Spanish: Oriéntate French: Projets d’avenir
	Humanities	Geography: Medieval History and Christianity History: Medieval Britain PT: Medieval History and Christianity	Geography: History Unit History: The Victorian Age PT: Victorians	Geography: Living World (AQA Unit) History: Nazi Germany and the Holocaust PT: Anne Frank
	Design Technology (DT)	Textiles	Textiles	Textiles
	Visual Arts	Portraiture Project Tamara Madden	Distraction	Man vs Nature GCSE Taster
	Performing Arts	Drama: Module 2: Silent Movie Music: Arriba!	Drama: Oliver Twist Music: Blues/Tech	Drama: Lord of the Flies Music: EDM
	PE	Fitness, football, dance, badminton, netball and handball	Fitness, football, dance, badminton, netball and handball	Fitness, football, trampolining, badminton, basketball and handball
	Personal, Social, Health & Economic (PSHE)	Living in the wider world – developing your own identity	Financial Awareness	CEIAG: Setting goals and employability skills



# Term 2 Curriculum Map - KS4

'Potential into Performance'

Year 10		Year 11
<b>English Media</b>	English: Non-fiction Writing: Language Paper Media: Institutions and audiences and Set products 1 and 2 Newspapers	English: Revision for Dec. mocks Media: Institutions and audiences and Set products 1 and 2 Newspapers
	Foundation: Graphs & Transformations Higher: Solving Quadratics and Simultaneous Equations	Higher: Algebra, surds and proofs
<b>Maths</b>		
<b>Science</b>	Combined: P2 Electricity C5 Energy Changes Individual: C3 Quantitative Chemistry P2 Electricity P3 Particle Model of Matter	Combined: B5 Homeostasis & Response C7 Organic Chemistry Individual: B6 Inheritance, Variation & Evolution C7 Organic Chemistry
<b>MFL</b>	Spanish: Mi vida en mi insti French: Le temps de loisirs	Spanish: De costumbre French: Au collège
<b>Humanities</b>	Geography: Challenges of Natural Hazards History: Medicine in modern Britain 1900-present Historic environment – The British Sector of the Western Front, 1914-1918: injuries, treatment and the trenches. Elizabethan England: Queen, government and religion. 1558-69 PT: Christian Practices Sociology: Research Methods	Geography: Changing Economic World History: Medicine in modern Britain 1900-present Historic environment – The British Sector of the Western Front, 1914-1918: injuries, treatment and the trenches. Elizabethan England: Queen, government and religion. 1558-69 PT: Religion, peace and conflict Sociology: Paper 2: Crime and Deviance
<b>Business Computing Media</b>	Business: Topic: 1.2 Spotting a business Opportunity Computer Science: 3.2 Programming 3.4 Computer Systems Media: R082 LO2 Continuation R082 LO3 and LO4 R081 Pre-Production Revision	Business: Topic: Continue and complete 2.2 Making Marketing Decisions Computer Science: Y10 Revision of topics in preparation for mock Recap – 3.1 Algorithms 3.2 Programming 3.6 Cyber Security
<b>Design Technology (DT)</b>	DT: Theory: Energy generation & storage. Developments in new materials	DT: NEA
<b>Food Preparation &amp; Nutrition (FPM)</b>	FPM: 3.2.2 Micronutrients 3.2.3 nutrition and health Food skills	FPM: 3.6.2 Food processing and production Food skills
<b>Fine Arts (FA) Photography</b>	FA: Fine Art Technique workshops Karl Blossfeldt Georgia O'Keefe Identity Project Photography: Social media	FA: Mock exam project Photography: Photography Identity Mock exam
<b>Performing Arts</b>	Drama: Continue on from term 1 linking to exam. Music: Melody: melodic movement sequences structure	Drama: Component Two Group pieces monologues/ duologues Music: Listening activities and practice questions MOCK REVISION
<b>PE</b>	1.1.c. - Movement Analysis 1.1.d. – The Cardiovascular and Respiratory Systems Learning Aim B: Methods of Training	2.1.c. – Ethical and Socio-Cultural Issues in Physical Activity and Sport 2.2. – Sports Psychology Learning Aim C: Review the planning and leading of sports activities. R184 Contemporary Issues Topic : 2: he role of sport in promoting values Topic 3: The implications of hosting a major sporting event for a city or country
<b>Personal, Social, Health &amp; Economic (PSHE)</b>	Debate SoW - Citizenship	RSE: Healthy relationships

## School Calendar - Term 2

<b>Monday 30th October</b>	All years return to school
<b>Monday 6th - Friday 10th November</b>	Swindon Youth Festival of Literature (SYFL)
<b>Monday 6th November</b>	<p><u>Trips:</u></p> <p>SYFL - Y8 Author event, Wyvern Theatre, Swindon</p> <p><u>Events:</u></p> <p>National Farmers Union visit</p>
<b>Tuesday 7th November</b>	<p><u>Immunisations:</u></p> <p>Whole School Flu</p> <p><u>Trips:</u></p> <p>SYFL - Y8 Author event, Wyvern Theatre, Swindon</p> <p>Y11 Art - Lydiard Park Academy, Swindon</p> <p><u>Events:</u></p> <p>SYFL - Y9 Steve Coles (author) presentation</p> <p><i>Evening</i> - Art Peace Project</p>
<b>Wednesday 8th November</b>	<p><u>Immunisations:</u></p> <p>Whole School Flu</p> <p><u>Events:</u></p> <p>SYLF - Y7 Poet visit - Ash Dickinson</p> <p>SYLF - (External Pupils) Primary Author Event</p>
<b>Thursday 9th November</b>	<p><u>Trip:</u></p> <p>Y11 Drama - Choir Boy, Bristol Old Vic Theatre</p>
<b>Friday 10th November</b>	<p><u>Event:</u></p> <p>Y7 - Y9 book quiz</p>
<b>Monday 13th November</b>	<p><u>Trip:</u></p> <p>Y10 GCSE PE workshop - Lydiard Park Academy, Swindon</p>

## School Calendar - Term 2

<b>Wednesday 15th November</b>	<u>Event:</u> Children in Need
<b>Monday 20th November</b>	<u>Event:</u> SYFL - Art workshop with Steve Anthony
<b>Wednesday 22nd November</b>	<u>Event:</u> Y9 Holocaust guest speaker
<b>Thursday 23rd November</b>	<u>Trips:</u> SYFL - Celebration event with the Mayor - Pattern Church, Swindon Y7 English - A Christmas Carol, Arts Centre, Swindon <u>Event:</u> <i>Evening</i> - Literature Festival celebration
<b>Wednesday 29th November</b>	<u>Event:</u> More Able Maths Challenge <i>Evening</i> - Y10 introduction to GCSE subject consultation
<b>Tuesday 5th December</b>	<u>Trip:</u> Y10 Art & Photography - Bristol
<b>Thursday 7th December</b>	<u>Event:</u> 'Inspire a generation' - athlete visit
<b>Tuesday 12th December</b>	<u>Trip:</u> Y9 English - Hansel & Gretel, Globe Theatre, London
<b>Wednesday 13th December</b>	<u>Trip:</u> Y8 Humanities - Steam Museum, Swindon
<b>Thursday 14th December</b>	<u>Trip:</u> Y7 Drama - Oliver Twist, Tobacco Factory Theatre, Bristol
<b>Monday 18th December</b>	<u>Event:</u> <i>Evening</i> - Christmas concert, Blunsdon
<b>Tuesday 19th December</b>	<u>Event:</u> Character Champion Pizza Party, 12pm in the Learning Resource Centre <i>Evening</i> - Y11 Subject Consultation
<b>Wednesday 20th December</b>	Early finish for all pupils - 12:30pm



# School Calendar



## Abbey Park School Terms and Holidays 2023 - 2024



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

October 2023						
Mo	Tu	We	Th	Fr	Sa	Su
						1
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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

December 2023						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2024						
Mo	Tu	We	Th	Fr	Sa	Su
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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

March 2024						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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

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

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

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

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