

Abbot Beyne School
Everyone a Learner. Everyone Learning.

Student Newsletter

Friday 11th April 2025

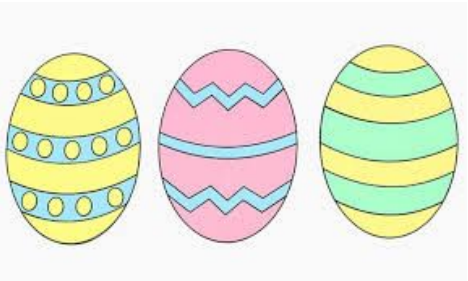


Key Stage 3 Update



Top Positive Points: 31st Mar - 6th April

Year 7	Year 8	Year 9
1st Amelia S	1st Karolina K	1st Morgane B
2nd = Olivia C Eden S	2nd Charlie B	2nd = Noemie B Rianna M Chloe N Bola O Evie PB Anastasija S Willow S
3rd = Yuadoo A Scarlett B Harriet C	3rd = Jacob C Millie G Lily K Elle LM	



The Great Evershed Easter Egg Hunt

In the last week before the Easter Holidays, our wonderful Heads of Year played at being the Easter Bunny. Paper Easter eggs were hidden around the building and the yard for students to find and anyone finding one got to swap it for a real chocolate egg. Students really got involved with this and searched high and low for the hidden eggs. A great way to end term.



Bushcraft Residential

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We have launched the Bushcraft Residential for our Year 7 students. This is a great three-day trip, spent entirely outdoors - letters with full details have been sent to parents. Deposits need to be in by **Friday 23rd May**.



The 2 'R's

Mr Tickle gave Key Stage 3 students an assembly about 2 'R's before Easter. He talked about our new **Recycling** initiatives in the school, and he also reminded students about how we will not tolerate any form of **Racist** language in school and what the consequences of such poor behaviour would be.



Key Stage 4 Update

Top tips to ensuring you get the best out of school

- Having breakfast every day
- Drink enough water and have a good diet
- Get enough sleep every night, having a good routine and not just trying to catch up at weekends
- Exercise
- Relaxing and socialising

Attendance

Attending school on a regular basis is the key to your child doing well at school and will set them up with good habits for later life.



The oceans produce more than half of the world's oxygen, thanks to plankton and other photosynthesizers.

At Abbot Beyne School, we have a zero-tolerance policy on vaping. Vaping is strictly prohibited due to the associated health risks, its addictive nature and the fact that it is illegal for anyone under 18 to purchase or use vaping products.

While vaping is often perceived as less harmful than smoking, the long-term effects remain uncertain and there are growing concerns about its impact on health.

We are committed to supporting students who want to quit vaping or seek advice on its dangers. If you need help, please reach out for guidance and support.

By working together, we can ensure a healthier and safer environment for everyone at Abbot Beyne School.

VAPING IS NOT HARMLESS

KNOW THE FACTS...

ONE 20MG (2%) DISPOSABLE VAPOR CONTAINS THE SAME AMOUNT OF NICOTINE AS 20 CIGARETTES

IF YOU VAPE, LIMIT YOUR USAGE. USE VAPES WITH LOW OR NO NICOTINE

VAPES ARE TOXIC TO THE ENVIRONMENT AND NEED SPECIAL RECYCLING

THEIR LITHIUM BATTERIES CAN BE A HUGE FIRE HAZARD

SIDE EFFECTS OF VAPING

Nicotine addiction

Throat irritation

Dizziness and headaches

Coughing or shortness of breath

NICOTINE CAN CAUSE:

Sleep problems

Mood swings

Anxiety

Irritability

IT'S BEST TO NOT START AT ALL!

IT IS ILLEGAL TO BUY VAPES FOR, OR SELL VAPES TO UNDER 18'S

If you are a young person living in Highland and would like free and confidential support around smoking or vaping contact: www.smokefreehighland.scot.nhs.uk

10 DANGERS associated with Vaping

The nicotine contained in e-cigarettes is addictive.

Vaping affects the developing brain in the following ways, reduced impulse control, memory and mood disorders.

Leads to lung disease caused by the chemical Diacetyl also called popcorn lung.

Irritates mouth and airways.

Causes vomiting, headaches and nausea.

Exposure to Formaldehyde is 15 times higher than smoking cigarettes.

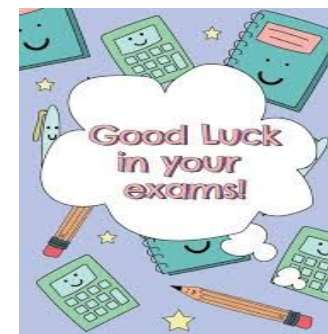
Raises your blood pressure and spikes adrenaline which increase risk of heart attack.

Increased risk of cancer due to toxic chemicals of nickel, tin, benzene and lead.

Damages reproductive health.

Causes respiratory problems like asthma.

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Good luck to all our amazing Year 11 students as you begin your GCSE exams

This is your moment — the effort, dedication and resilience you have shown has led you here. Stay confident, believe in your abilities, revise smartly and read each question carefully. You have got everything it takes to succeed. Go show everyone what you are capable of — you deserve every success that is coming your way.

<https://revisionworld.com/gcse-revision>

<https://www.bbc.co.uk/bitesize/articles/zg4dmbk>

<https://www.bbc.co.uk/bitesize/levels/z98imp3>

<https://www.bbc.co.uk/bitesize/articles/zn3497h#zq2nf82>



Post 16 Sixth Form at Abbot Beyne School

It can be difficult to cope with everything going on at once in our lives but support is available to you in school or from other services.

Shout – 24/7 text service -

<https://giveusashout.org/>

Young Minds -

<https://www.youngminds.org.uk/young-person/>

The Mix -

<https://www.themix.org.uk/>



Year 13 students enjoyed their last visit to Elizabeth Court as part of their Enrichment programme. They made some Easter crafts with the residents.

Upcoming Events

Every Saturday - Saturday Study Club - 9am - 12pm in the Evershed LRC

After half term we will begin the recruitment process for Head and Deputy Head students - keep an eye out for further information.

Year 13 students - Tickets for the Starry Night Leavers Party are available to purchase on ParentPay now. Please purchase your ticket ASAP.



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Awards and Recognition

Sixth Form Students of the Week



Innovation - Oskar W and Klaudia P

Performance - Natalia W and Katie H-E

Social Studies - Brielle P, Bailey R and Leo W

Communications - Katie S

Maths - Evie W and Harry W



Why go anywhere else?
[abbotbeynesixthform](#)



Communications



TOP SPARX READERS IN MARCH

Year 7 - Lawrencía M - 5644 SRP

Year 8 - Iman F - 2532 SRP

Year 9 - Sophie D - 5485

Year 10 - Oliver H - 2849

OVER 95% ACCURACY

Year 7 - Ridley L,
Kai B,
Andrew G,
Faria S,
Rheia P,
Muhammad Z



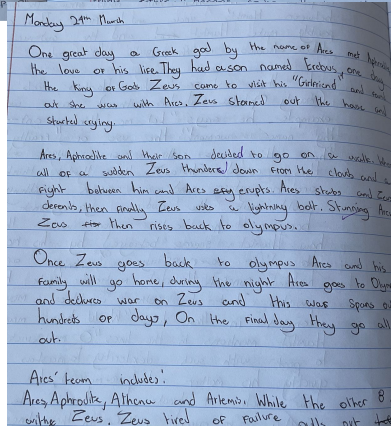
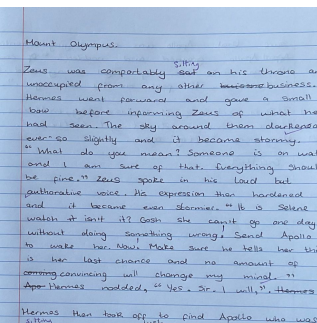
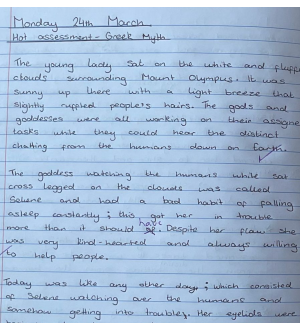
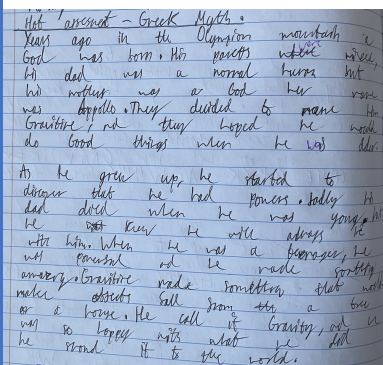
Year 8 - Jannat M,
Kacey K
Year 9 - Freya S-D,
Urooj M,
Martins B
Year 10 - Dylan M,
Sienna S,
Amiyah W



MOST WORDS READ
Kawnain M - 405, 822!

Excellent Year 7 work

- Students wrote their own Greek Myths about some of the complexities of life.



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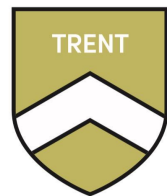
COMMUNICATIONS STUDENT OF THE WEEK

Year 7 - Fatima S
Year 8 - Kordian J
Year 9 - Afsa Z
Year 10 - Kehinde S
Year 11 - Lucas H
Year 12 - Katie S

Year 10 trip to see Blood Brothers

Please sign your child up for this trip if you have not already done so.





House Design Technology Competition

Open to students in Year 8 and Year 9.

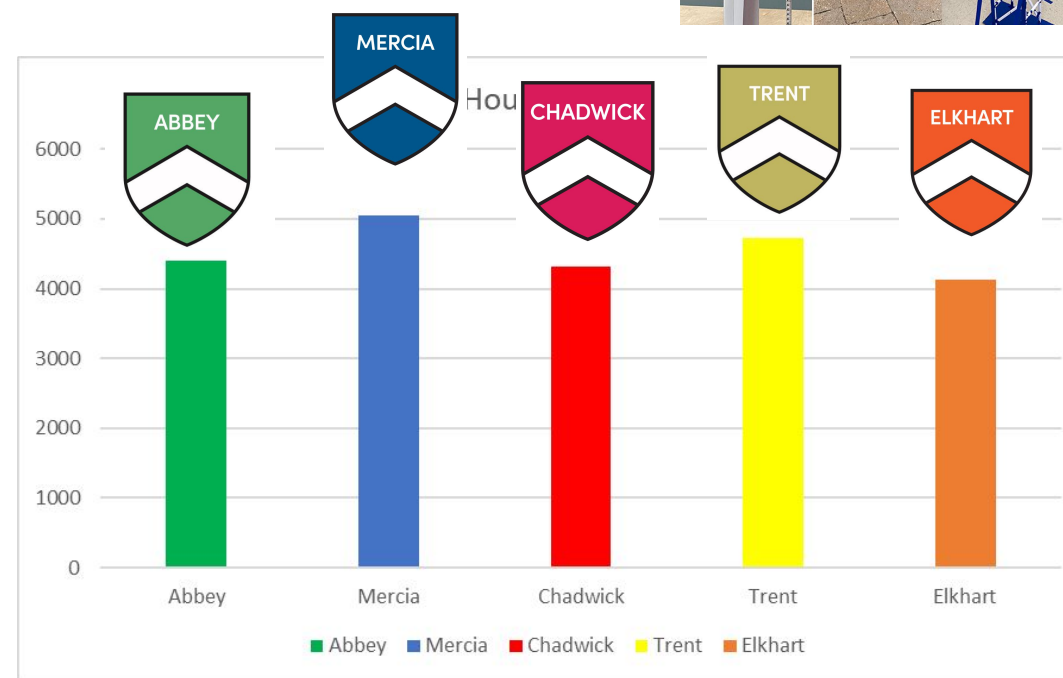
Which team can make the structure that supports the heaviest weight?

Enter as a pair with someone from the same house as you.

Sign up by completing the google form shared by Miss Smith.



House points:
Mercia continue to lead in the House Points competition, but Trent and Abbey are close behind - can these two houses work hard to take the lead?



Enrichment



Year 12 London Residential



Year 8 Trip to Blists Hill



Sports Day at Shobnall

Coming up in the Summer Term

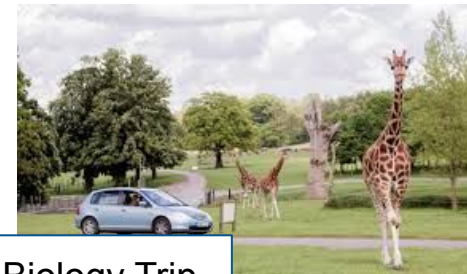


Year 9 Residential to Snowdonia



DofE Expeditions for Years 9 & 10

Year 12 Geography Trip to Holderness Coast



Year 12 Biology Trip to Woburn Safari Park



Year 10 Geography Fieldwork at Carding Mill Valley

NATIONAL STEM day

Years 8 & 9 STEM Challenge Day



TRY A STEM CHALLENGE

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Attendance



ABSENCES ADD+UP!



MISSING JUST 2 DAYS
A MONTH MEANS YOU MISS
10% OF THE SCHOOL YEAR!

**Most Improved
House
Attendance
Abbey**

**Best Form
Attendance
9B**

**Most Improved
Form
Attendance
11C**

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Library News

ePlatform Top Readers for
February & March 2025

Kaitlyn K (Y8)
Brooke G (Y8)
Eva F (Y7)

Evershed LRC Top Borrowers
for February & March 2025

Mckenzi S (Y8)
Sanwal M (Y8)
Libby W (Y7)
Lola H (Y7)



Follow us on X
(Twitter) @ab_lrc

Library News



Our Scholastic Book Club is up and
running.

Go to <https://schools.scholastic.co.uk/abbot-beyne/digital-book-club> to browse the latest books
and order online.

For every £1 you spend on this month's Book
Club, our school will earn 20p in Scholastic
Rewards.

Pick up a leaflet from the
LRC.

This half term we have
been celebrating...

British Science Week

World Book Day

Comic Relief

World Poetry Day

Easter



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Library News

Look out for a reminder email if your book is approaching its return date.

Remember you can loan books for longer if you haven't finished them – just bring the book in to the LRC to be renewed.

Visit the LRC to sign up if you would like to become a student librarian.

Don't forget to check the lost property boxes in the LRC if you are missing a coat, blazer, PE jumper, lunchbox or water bottle.

READING SUPPORTS

children to...

1	2	3	4
Overcome disadvantage	Develop better mental wellbeing, social skills and strong relationships	Meet speech and language milestones and do better at school	Develop imagination, empathy and creativity

 **BookTrust**
getting children reading

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CAREERS IN SPORTS

Linking curriculum learning to careers



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