



Abbot Beyne School
Everyone a Learner. Everyone Learning.

Student Newsletter

Friday 2nd May 2025



Key Stage 3 Update



Top Positive Points: 7th - 13th April

Year 7	Year 8	Year 9
1st = Olivia C Jack F Eden S	1st Oliwia Z	1st Kael E
2nd Eva F	2nd = Iman F Jannat MN Nicola S Kacie W Matthew W	2nd Ghausia I
3rd = Mohammed A Isabella-Cora C Usmawia IM Muhammad MO	3rd = Eliza C Leah ED Joana L Kawnain M	3rd = Sophie D Anastasija S

Congratulations to Francis W from Year 9 who attended the prestigious West Midlands Swimming Championships recently. Francis made it through the heats to compete in the finals of the 50m, 100m and 200m Breaststroke category. He narrowly missed out on a medal in the 50m and 200m coming 4th, but got the Bronze medal for the 100m race. A great reward for such hard work and dedication.



West Mids Swimming Championships



Bushcraft Residential

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 paid by **Friday 23rd May**.

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New Behaviour Block

The start of the new term also saw the start of the new behaviour block. Do your best to make this the best block possible:

- Make sure you come to school every day and are on time.
- Show respect to staff, by being polite and following instructions first time.
- Complete your school work and homework to the best of your ability.
- Demonstrate resilience by not giving up when things are difficult.



Key Stage 4 Update

Top tips to ensuring you get the best out of school

1. Eat a Healthy Breakfast Every Day

Start your day with energy and focus.

2. Stay Hydrated and Eat Well

Drink plenty of water and aim for a balanced diet to keep your brain and body fuelled.

3. Prioritise Sleep

Aim for 8–10 hours of sleep each night. Stick to a consistent routine.

4. Keep Active

Regular exercise boosts concentration, mood, and energy levels, even a short walk counts.

5. Make Time to Relax and Socialise

Downtime is important—spend time with friends, enjoy hobbies, and take breaks to recharge.



1. Talk About How You Feel

It is okay not to be okay. Speak to a trusted adult, friend or teacher.

2. Don't Bottle It Up

Writing a journal or drawing can help express feelings safely and clearly.

3. Stay Connected

Spending time with friends, joining clubs, or just saying hi to someone can boost your mood.

4. Look After Your Body

Sleep and eat well, drink water, stay active—your mental and physical health are connected.

5. Take Breaks

Rest is productive too. Step away from screens and make time for you.

6. Limit Social Media

Be mindful of how it makes you feel. It's okay to mute or take a break.

7. Be Kind to Yourself

Nobody is perfect. Treat yourself the way you would treat a friend.

8. Ask for Help When You Need It

Needing support is a sign of strength, not weakness.

9. Set Small, Achievable Goals

Break things down. Every small step forward is a big win.

10. Remember: You Matter

Your feelings are valid. Your presence makes a difference.

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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/z98jmp3>

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



Did You Know?

Sharks existed before trees— by about 200 million years!

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/>



Upcoming Events

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

Monday 5th May - School closed - Bank Holiday

Tuesday 6th May - External exams begin

Friday 9th May - Colour Run for KS3- Period 4

Friday 23rd May - Break up for half term

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



Awards and Recognition

Sixth Form Students of the Week



Innovation - Jack G

Performance - Shayaan S, Alina A, Klaudia P, Ella T, Hanne C and Stan P

Social Studies - Abdullah M and Philip K

Communications - Samanta M

Maths - Cyprian S and Joe F

Use of rooms in Woodlands

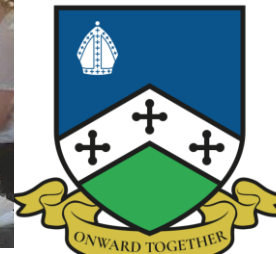
- Please be mindful of noise levels in Woodlands during your free lessons, we have lots of revision going on and students working to final deadlines.
- No speakers should be used in rooms.
- You should not be outside during lesson time.
- Please do not take furniture outside.
- W10 and W9 can be used during lesson time if they are free for silent study; no eating should take place in these rooms.

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Why go anywhere else?
[abbotbeynesixthform](https://www.abbotbeynesixthform.org/)

Innovation



Microbiology

Year 10 testing the effectiveness of different methods to kill bacteria and Year 13 testing urine to diagnose kidney problems.



Year 10 Biology

Triple students carrying out the reaction time required practical

Science Practical Project Year 8

Does the concentration of acid effect the time it takes to collect a certain volume of gas?



Science in The News

Scientists are buzzing with excitement after a major discovery: we might have found signs of life on a distant planet called K2-18b. Using the powerful James Webb Space Telescope (JWST), researchers detected special molecules in the planet's atmosphere — including dimethyl sulphide (DMS), a compound that, here on Earth, is only made by living things. While this isn't definite proof of alien life, it is an exciting clue that life elsewhere could be possible. Scientists are now working carefully to find out whether these molecules really came from living organisms or if they could have formed naturally in another way. Every step like this brings us closer to answering one of the biggest questions in science: are we alone in the universe?

Year 10 Food

Students have been learning how to make fruit tarts using sugar pastry, Creme Patisserie and fresh fruit. Some fantastic results.



Year 9 Textiles

Students have created some fantastic paper garment designs onto tailor's dummies. These designs have shown real innovation. This is a good taster of what takes place in a Textiles GCSE lesson.



Have you dreamt about going to space? This competition could see your design / logo on the suits of the astronauts. The winning patch design will be used on a mission and displayed alongside a prototype Rogue thruster in the new Space gallery at the Science Museum.

<https://www.sciencemuseum.org.uk/spac-e-competition>



Year 12 Biology fieldwork

Year 12 went out to study the distribution and abundance of plant species. They learnt how to collect data and represent it in graphical form and completed another of the required practicals essential to complete the Biology A level course.



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<https://www.bbc.co.uk/news/articles/c39jj9vkr34o>



House Design Technology Competition

This competition takes place on Tuesday 6th May, Period 4.

Good luck to all students who have a place in the competition.

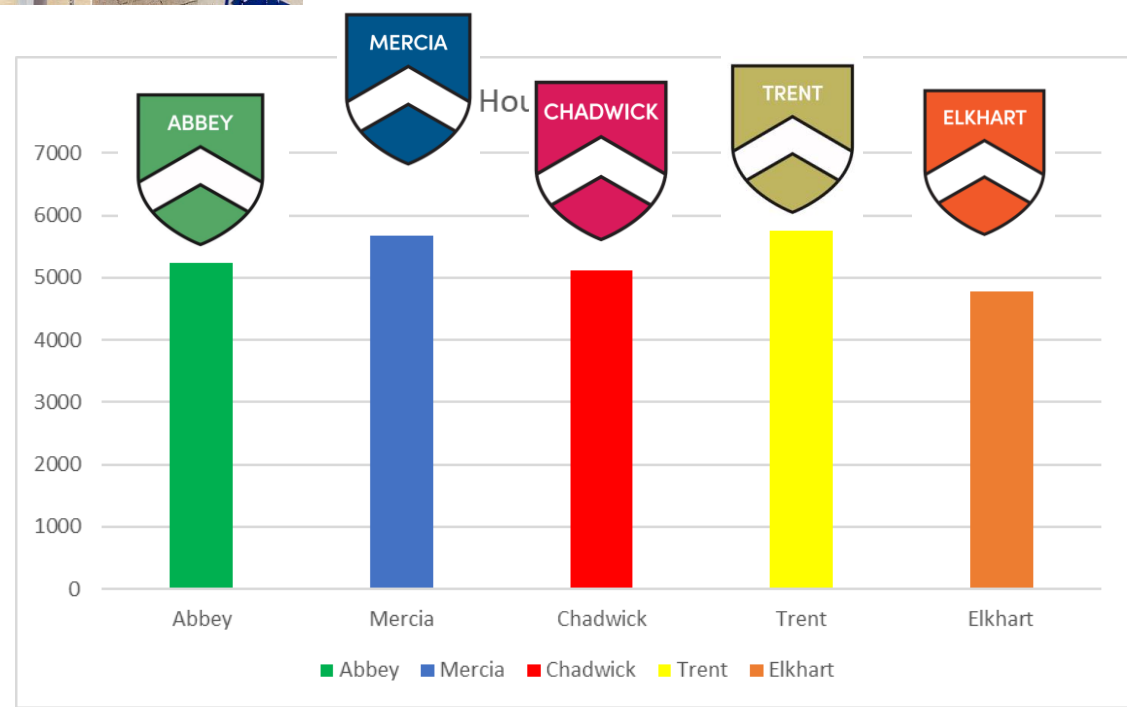
May the best tower win.



House points

Trent have overtaken Mercia and are now in the lead for the House Points Competition.

This is going to be a close competition in the final stages - which House will win the trophy for 2024-25?



The Duke of Edinburgh's Award



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Enrichment



Ms Hart took a group of students from Year 10 to compete in a Maths Quiz organised by the University of Birmingham. The event was attended by dozens of schools from the Midlands area and students worked in teams of four throughout the day.

Questions were posed from a variety of Maths Lecturers from the University covered Geometry, Logic Puzzles and mental arithmetic.

Abbot Beyne School didn't come home with any prizes but it was a great way to test some of our top Mathletes.



Enrichment Experience:

- To visit universities to learn about higher education.

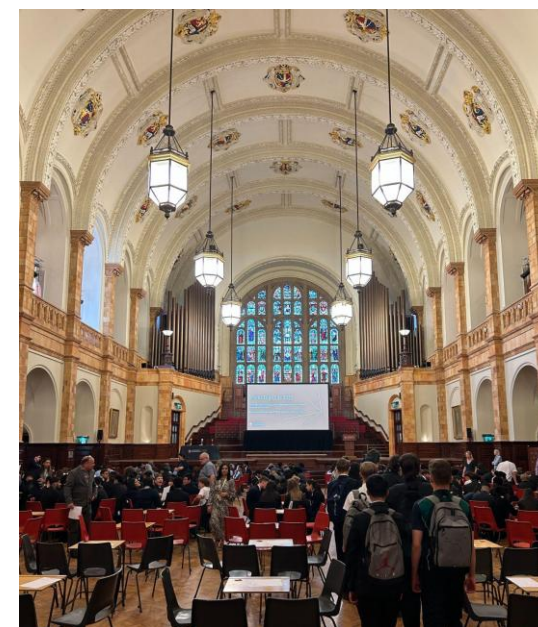
Venue:

- University of Birmingham

Students:

- Year 10

Maths Quiz Event - University of Birmingham



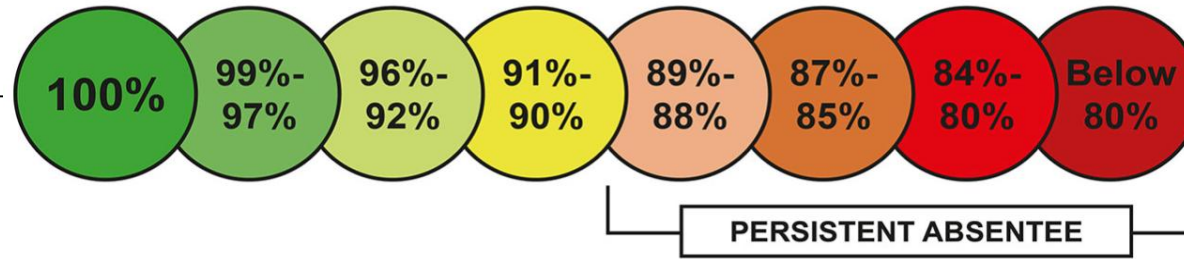
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ATTENDANCE MATTERS

On Time: First Time, Every Time



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Which CIRCLE are you in?

**Most Improved
House
Attendance
Elkhart**

**Best Form
Attendance
9B**

**Most Improved
Form
Attendance
7E**

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