

Abbot Beyne School
Everyone a Learner. Everyone Learning.

Student Newsletter

Friday 17th January 2025



Key Stage 3 Update



Top Positive Points: 6th - 12th January

Year 7	Year 8	Year 9
1st = Connie B Layla-Rai C Usmawia IM	1st = Kaitlyn K David P	1st Jayden J
2nd = Eva F Inez K Lawrenceia M Fatima S Luna W	2nd = Harry K Kacie W	2nd = Chloe G Matilda J Ife M Josh N



Well done to all



Beat the January Blues

Blue Monday, so-called the most depressing day of the year, falls in January. It is typically the third Monday of the month and it is supposedly the saddest day of the year, due to a combination of bad weather, long nights and lingering aftermath of the festive period. Here are some top tips to help avoid the January blues:

- **Get as much daylight as possible** - *Not getting enough Vitamin D has been shown to decrease our happiness and leaves us feeling down in the dumps. The sunlight can make you feel better and also help to regulate your sleep cycle.*
- **Keep fit and stay active** - *Regular exercise has been proven to reduce stress, help improve self-esteem and relieve depressive tendencies as exercise releases endorphins which gives your body a positive feeling of happiness.*
- **Eat properly** - *It is normal for us to want more fatty and heavy food during the cold months of winter. Apart from being very unhealthy, sugar crashes cause tiredness and make you crave food unnecessarily.*
- **Sleep well** - *Poor sleep can have a negative impact on your mental health and lead you to feeling irritable, anxious and worried. Try to reduce screen time in the evenings to let your brain switch off and allow for a good quality of sleep.*

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Behaviour Block



There are still two weeks to go in this behaviour block. Make sure you are getting your homework done and you are on time to school as the length of detentions increases the more negative points you get. More than 50 negative points in a block means you will not be eligible for the end of year rewards trip.



Coming Soon!

Year 7 students - Watch this space for an opportunity to visit Paris in October 2026. We will be launching a residential trip soon with visits to the Eiffel Tower, the Arc de Triomphe, Disneyland and much more.

Key Stage 4 Update

Positive Points Update

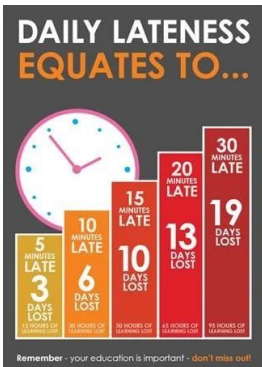
Year 10 positive points so far - 34531

Year 11 positive points so far - 26010

Well done

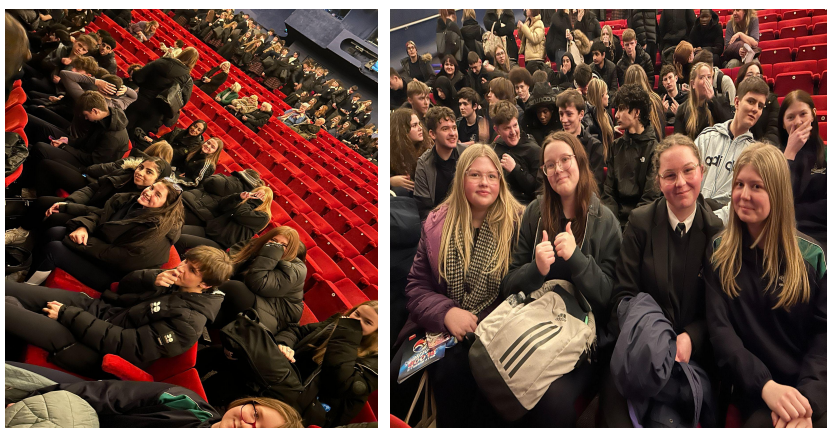
Attendance

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.



Lateness can lead to lower grades, increased absenteeism, and a negative educational experience. Try and make every effort possible to be on time.

Year 11 trip to Blood Brothers



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Year 11 students remember Saturday club has started



Top tips to ensuring you get the best out of school

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



The Great Barrier is the only living structure that's visible to the naked eye from space.

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

21st January - Granville Sixth Form Visit (limited use of W3 during the morning)

29th January - Year 12 Consultation Evening



Awards and Recognition

Sixth Form Students of the Week



Communications - Charlotte K-H and Lily C

Innovation - Scarlett L

Performance - Lewis C and Stan P

Social Studies - Archie H and Macey D

Please remind yourself of the attendance procedures.

We will be focusing on attendance and punctuality this half term, this will involve:

- ❖ Pink cards being issued for those who are late to school
- ❖ Phone calls home where attendance is an issue
- ❖ Weekly conversations with tutors about attendance
- ❖ Attendance letters home
- ❖ Attendance meetings with parents and students

Why are we doing this? There is a direct correlation between attendance and achievement.

Work Experience

You should be actively searching for a work experience placement. EVERYONE needs to go out on work experience.

ASK your form tutors, subject teachers, Miss Smith and Mrs Pollitt for ideas.

Once you have a placement, please complete the form on Grofar (you should have been sent a link).

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Why go anywhere else?
abbotbynesixthform



Geography

This week some of our A Level Geographers have been learning from global experts by attending a lecture at Staffordshire University delivered by **Professor Jamie Woodward from Manchester University** on microplastics in UK rivers. We have alarming levels of microplastics in the River Trent sediments attributed to the 'sewage scandal'. This is having a profound impact on the ecology in our rivers. Find out the current levels of sewage in our rivers by clicking the link: <https://theriverstrust.org/sewage-map>

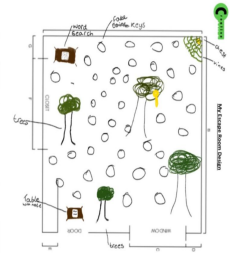


Onward Together

In the final weeks of the Autumn term, Year 7 students were given the challenge of designing their own Escape Room. Tasks included creating a unique theme, creating a series of challenges related to the theme of the room, designing the interior layout of their room and making appropriate advertising. The advertising poster was designed by **Micah D** and the room design is by **Connie B**.



My escape room theme is a forest, and when you enter the room in front of you there will be a desk that will have two riddles on it you will have to answer them to move on the next step. Next you go to a word search and that will lead you about the keys. The prizes I have set are there, like keychain, cubes and table. This matches my theme because it's very forest. I have used things that belong in forest there is a key in the tree that you have to use for the chest to get up there you can use the table to get up there on just climb.



History

On Tuesday 14th January Year 11 GCSE History students visited Hardwick Hall in Derbyshire as part of their taught unit on Elizabethan England.

Students learned about the Hall being built to impress. It was largely made with materials from her own quarries, lead mines and estates. She employed the top architect of the time and ensured that her home reflected the new fashionable Renaissance designs of the time which included glass, symmetry, columns, loggias and opulence. All of this was achieved by Bess of Hardwick - a woman who had risen in wealth and status during this period and she was not afraid to show it.



Did you know? - Local History

Tutbury Castle and Mary Queen of Scots
Mary, Queen of Scots spent long periods there as the prisoner of Elizabeth I. Her first visit was in 1569; she was held there on and off over the next fifteen years. Mary loathed Tutbury; she described it as "sitting squarely on top of a mountain in the middle of a plain". Mary's stay came to an end in 1585. In 1646, during the English Civil War, Tutbury Castle fell to Parliamentary forces. After a siege it was destroyed leaving the ruins visible today.



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Psychology



Year 13 Psychologists working hard to prepare for their mock examinations this week.

Students of the Week



Year 7 - Isla M - Onward Together History - Isla has made some great contributions to our discussions and shown a real enthusiasm for History.

Year 8 - Chloe E -- Geography - Chloe has an excellent attitude and knowledge of globalisation. Chloe makes some excellent contributions to lessons.

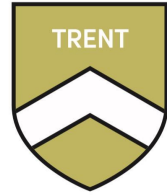
Year 9 - Piran A - History- Piran has produced a really pleasing standard of work showing his understanding. He has also made some great contributions to class discussions.

Year 10 - Laiba R - Religious Education - For her amazing efforts in her end of topic assessment in RE - achieving a grade 9.

Year 11 - Ethan Y - Geography - For his continued amazing effort in his classwork and assessments in Geography.

Year 12 - Martin S - Health and Social Care - For making a fantastic start to the Unit 5 essay.

Year 13 - Stan P- Geography - For his excellent start to his NEA Geography project.



House points

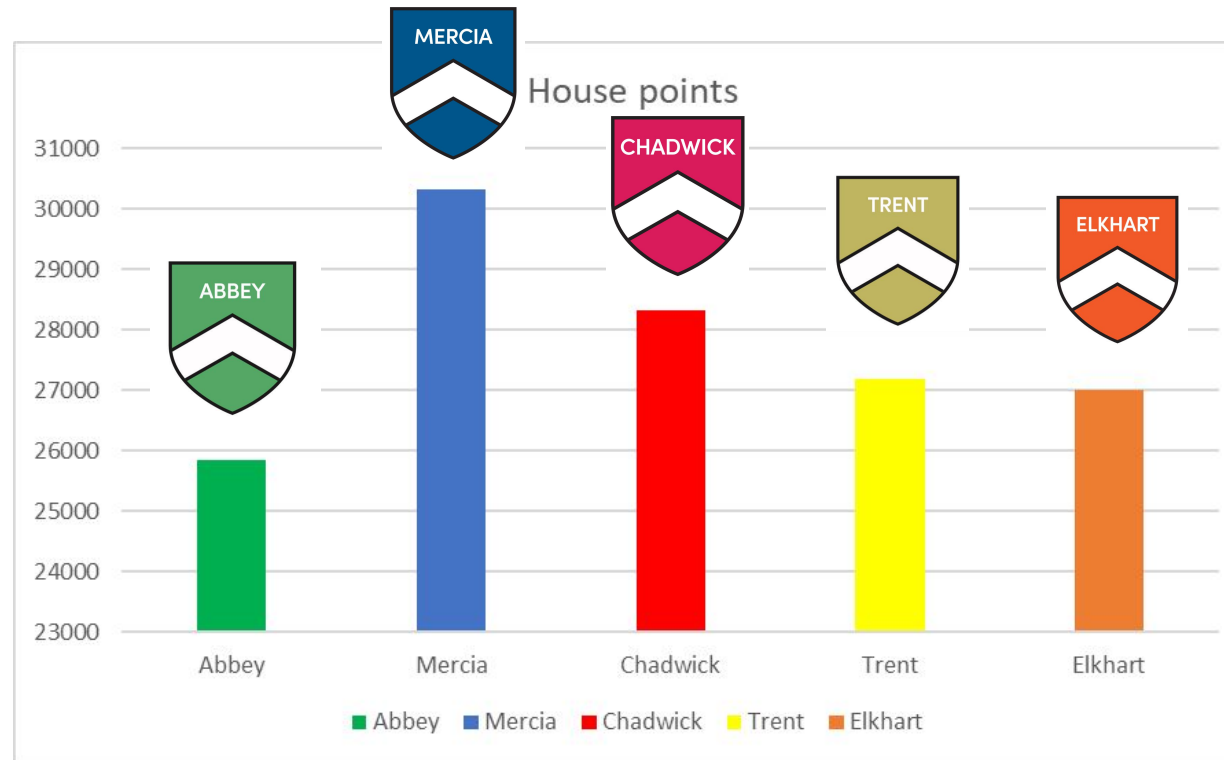


Mercia continue to lead the house points competition - well done to all students in Mercia. Chadwick are currently in 2nd place, but need a large number of House Points to catch Mercia.

Can they make a dent on the gap before half term?

Remember you can earn house points in a number of ways:

- Effort in classwork or homework
- Attending extra curricular activities
- Showing respect, taking responsibility or demonstrating resilience



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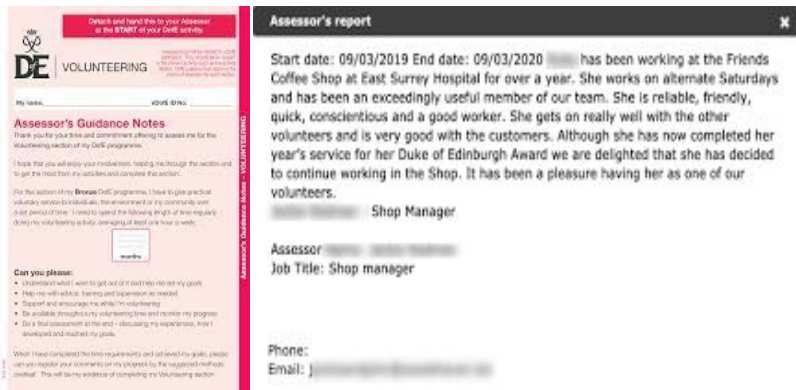
LEADERSHIP

TEAM

The Duke of Edinburgh's Award

Do not forget to keep adding your evidence on to the eDofE site. Without all four sections complete you can not gain the award. The easy part is the expeditions, getting the assessors reports in for your physical, volunteering and skill section are just as important.

You can download the app for your iPad or use the internet to access the site.



Expedition dates-

Bronze Practice walk/ navigation day-
Saturday March 29th 2025

Bronze Practice weekend-
Saturday 12th and Sunday 13th April 2025

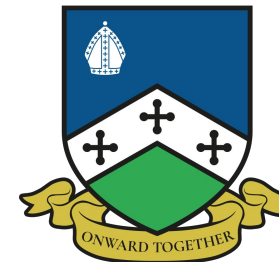
Bronze Assessed weekend-
Saturday 14th and Sunday 15th June 2025

Silver Practice weekend-
Friday 11th to Sunday 13th April 2025

Silver Assessed weekend-
Friday 13th to Sunday 15th June 2025



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Bronze Award

Thursday nights 3pm - 4pm
(Week 2 only) Evershed Hall

Silver Award

Thursday nights 3pm - 4pm
(Week 1 only) L14

Here are some ideas for the physical section. You can do them in school and outside of school but not in your normal lessons

- Football
- Gym
- Hiking
- Swimming
- Dance
- Hockey
- Horse Riding
- Skateboarding
- Rollerblading
- Squash
- Martial Arts
- Boxing
- Netball



Enrichment.



Year 11 History GCSE students got the chance to visit the Elizabethan Manor House, Hardwick Hall, last week. Students got to explore the grounds and rooms inside the Hall to get a flavour of what life was like for the landed gentry in the 1600's. Students will be asked about the Hall in their GCSE exam so to get to see it first hand and experience its grandeur was ideal.

Enrichment Experience:

- To visit art galleries, museums, places of workshop and other places of cultural interest

Venue:

- Hardwick Hall

Students:

- Year 11

Year 11 students went to watch Blood Brothers at Derby Theatre last week. This was a performance of one the the key texts they cover in their English GCSE so to see it performed on stage was an excellent way for students to be able to fully understand the play and its meanings. Students were immaculately behaved and were a credit to the school.

Enrichment Experience:

- To watch, or take part in, a live production of a play, musical or dramatic performance

Venue:

- Derby Theatre

Students:

- Year 11



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Attendance



Attendance Matters

Every student. Every day.

Even **90%** attendance is still 19 days of education lost in a school year



Attending school **regularly** helps to build **confidence** and develop vital **life skills**



Most Improved Form Attendance

8E

Best Form Attendance

9E

Most Improved House Attendance

Trent

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ABBOT BEYNE CAREERS FAIR

2025

**24 January 2025
9am-1pm
Evershed Hall**

- P1 Y8
- P2 Y9
- P3 Y7

Meet professionals from the police service, NHS, retail, design and manufacturing, universities and training providers.



There are still a few spaces available at the upcoming careers fair. If you would like to discuss the event further, with a view to your organisation attending, please contact Mrs Wright via the school office.