

News from Abbey Park School

Term 6 - July 2026



'Potential into Performance'



**The Park
Academies
Trust**



Message from the Principal

'Potential into Performance'

It has been a challenging term at times, with the onset of heatwaves, including an unprecedented red weather warning. However, our pupils and staff have coped admirably throughout, showing resilience, adaptability and a positive spirit.

We were thrilled to welcome our new Year 6 pupils for their transition visit. They took part in a range of engaging lessons and activities, giving them a taste of life at Abbey Park. It was wonderful to see their enthusiasm and excitement, and we look forward to welcoming them back in September as they officially become part of the Abbey Park community.

Our Year 10 pupils have also had valuable opportunities to begin exploring their future pathways. Through experience days at New College, Great Western Academy, Cirencester College and our own TPAT Sixth Form at Lydiard Park Academy, pupils have been able to gain an insight into life as a college or sixth form student. These experiences have helped them to learn more about the range of opportunities available after Year 11 and to start considering the exciting next steps in their future.

Although the high afternoon temperatures last week required some changes to the running order of our annual Sports Day, the event was still a tremendous success. The day was filled with energy, enthusiasm and healthy competition as pupils from each of our five houses competed across a range of athletic events. Their determination, teamwork and school spirit were clear to see throughout the day. A particular highlight of the day was the ever-popular staff relay race, which was fiercely contested and enjoyed by pupils and staff alike, adding a great deal of fun and excitement to the occasion. A huge well done to everyone who took part and to those who supported from the sidelines. I would also like to extend my sincere thanks to the PE department for their hard work in organising the event and ensuring that the day ran so smoothly.

We were also delighted to host our Dance Showcase, where members of the Abbey Park Dance Academy demonstrated their talent, creativity and commitment through a fantastic series of performances. Despite the very warm conditions and the added challenge of performing under the stage lights, the dancers delivered an outstanding show that was enjoyed by families, staff and fellow pupils alike.

Earlier this week, our annual Awards Ceremony provided a wonderful opportunity to celebrate the hard work, progress and achievements of our pupils. From academic excellence to outstanding contributions to school life, the ceremony highlighted the many talents and accomplishments within our school community.

It is also that time of year where we bid farewell to staff who are moving on to new adventures. I would like to publicly thank Mr Wells, Mrs Tumber, Mrs Golding, Mr White, Miss Bell, Mrs Ryan, Mrs Dyer and Mrs Tondo for their dedication, commitment and hard work during their time at Abbey Park. Each has made a valued contribution to our school community and will be greatly missed by colleagues and pupils alike. However, I am pleased to say that we are not losing Mr White or Mrs Dyer completely as they will be taking on new roles at other schools within our Trust.

As we wrap up the academic year, I would like to thank you all for your continued support. It is through the partnership between parents and school that enables our pupils to turn their *'potential into performance'*. I wish you a relaxing and enjoyable summer break and look forward to welcoming everyone back in September for another exciting year ahead at Abbey Park.

Mr Ward
Principal

Reminder: Pupils return to school on **Thursday 3 September 2026**.

To support our new Year 7 pupils as they settle into Abbey Park, the first day back will have a ***staggered start***:

- **Year 7:** Arrive between **8:15am** and **8:40am**
- **Years 8–11:** Arrive at **10:00am** for a **10:15am start** with their tutors

Normal lessons will commence from Period 3 onwards for all year groups.

Celebrating Languages

As another exciting term comes to an end, we'd like to celebrate some of the fantastic opportunities our pupils have had to learn and practice languages this term!

Welcoming future Year 7 Pupils

As part of our transition programme, Year 6 pupils took part in a fun and interactive multilingual scavenger hunt. They searched for words linked to the **Abbey Park School PROUD** values, hidden in a variety of different languages, before matching each word to the correct country flag.

It was wonderful to see their enthusiasm, curiosity and teamwork as they discovered just how multilingual the Abbey Park School community is.

- PROUD
- RESPECTFUL
- DETERMINED
- FRIENDLY
- HELPFUL
- ORGANISED



Working Together with Tadpole Primary School

This term, the MFL Department also had the pleasure of working in partnership with **Tadpole Farm CE Primary Academy**, delivering Spanish lessons to Year 5 pupils.

The sessions introduced pupils to basic conversational Spanish, including how to greet others and introduce themselves. For some pupils, this was their very first experience of speaking Spanish, and they embraced the challenge with confidence and enthusiasm. It was fantastic to see their willingness to participate, practice new vocabulary and develop their communication skills in another language.

We look forward to continuing our collaboration and inspiring even more young linguists in the future.

¡Feliz verano! Wishing everyone a happy, relaxing and well-deserved summer break.

Quiz Challenge: Can you identify these famous cities and landmarks from the pictures? Scan the QR code to start the quiz!

Ms Tondo
MFL Teacher



Humanities National Fieldwork Festival 2026

The Geographical Association continues to encourage schools nationwide to participate in the National Festival of Fieldwork, and this year Abbey Park School has once again been fully involved throughout the month of June across all year groups within Humanities.

Fieldwork remains a vital component of geographical education. It is embedded within the National Curriculum and is an essential requirement for GCSE and A Level studies. More importantly, it provides pupils with the opportunity to apply their knowledge in real-world contexts, develop key investigative and analytical skills, and gain a deeper understanding of the environments around them.

As part of this year's fieldwork, pupils carried out a sustainability study of the school site, building on research conducted in previous years. This ongoing project continues to have a positive impact on our school community.

In 2026, the main focus has been on evaluating social and environmental usability of our spaces. These findings have been shared with Mr Ward, who will now work alongside the site team to explore practical improvements to enhance our school environment.

We would like to thank all pupils for their thoughtful contributions and engagement. Their work continues to play a key role in shaping a more sustainable and inclusive Abbey Park School for everyone.



Humanities Ambassadors

This year, the Humanities Department has been pleased to lead the way with a Subject Ambassador team of pupils. As part of the Student Leadership Team, Subject Ambassadors work alongside staff to promote their love of learning and our team of Humanities Ambassadors have been working hard this year across a number of areas.

Humanities Ambassadors are embarking on a Leadership Programme which is aimed to improve their confidence as well as give them opportunities to flourish in the subject.

Alongside this, the Humanities Ambassadors put together a newsletter that was circulated to pupils including reviews of classwork and documentaries, books and films as well as a 'games' page and interviews with staff. They have also been instrumental in supporting our Y6 Open Evenings and Transition events, whilst maintaining a Humanities-themed display in the corridor reflecting themes such as Remembrance and the 100th Birthday of David Attenborough.



Our Humanities Ambassadors meet weekly to work on their project and they have been energetic and hard-working in their own time; a real credit to the Department and Abbey Park School.

Mrs Graham and the Humanities Team

A Fantastic Term of Sporting Success

It has been another exciting and successful term for PE and school sport at Abbey Park, with pupils representing the school with pride, determination and excellent sportsmanship across a range of activities.

Year 7 Super 8 Athletics Success

One of the highlights of the term was the Year 7 Super 8 Athletics competition held at the County Ground. 14 pupils competed against schools from across the county, demonstrating outstanding determination, resilience and teamwork throughout the day. The athletes not only performed brilliantly in their events but also showed exceptional support and encouragement for one another, embodying the values of Abbey Park.

The boys' team achieved an impressive 2nd place overall, securing qualification for the Wiltshire Final.



A huge congratulations to all the pupils involved for their fantastic achievement and for representing the school so positively.

Rounders Season Review

The rounders season has been a great success across all year groups, with pupils showing excellent commitment and enthusiasm throughout.

The Year 7 girls' team enjoyed several competitive fixtures, recording impressive victories against Kingsdown and Bradon Forest. Despite narrowly missing out in matches against Swindon Academy, RWBA and LPA, the team demonstrated great resilience and continued to improve with every game.



The Year 8 team also enjoyed a successful season, finishing with a strong record of 3 wins and 2 losses.

The team worked exceptionally hard throughout the season and represented the school with determination and pride.

Cricket Continues to Grow

Cricket has continued to develop across the school, with pupils attending festivals and taking part in opportunities to enhance their skills and understanding of the game. It has been encouraging to see pupils grow in confidence, develop their technical abilities and embrace the values of teamwork, resilience and sportsmanship. The continued enthusiasm for cricket highlights the increasing opportunities available for pupils to engage in a wide range of sporting activities, and we look forward to building on this progress in the years ahead.

South West Athletics Championships news

Elliot C won the inter boys 400m hurdles with a personal best time of 53.4 seconds breaking the championship record that was set in 2005. Ben J came 4th in the 400m with a personal best of 50.9 seconds.

We are incredibly proud of all pupils who have represented the school this year and look forward to even more sporting success in the year ahead.



Sports Day - A Fantastic End to the Year

To round off another fantastic year of sport at Abbey Park, we celebrated with our traditional Sports Day. This event always creates a wonderful atmosphere and real buzz around the school, and this year's Sports Day certainly did not disappoint.

Pupils enthusiastically put themselves forward to represent their tutor groups and houses in a variety of athletics events, as well as the fiercely contested Tug of War and the ever-popular Staff vs Students Relay.

The determination, effort and house spirit on display throughout the day were fantastic to see and showcased the strong sporting culture that exists across the school.

Congratulations to our year group winning houses:

- Year 7 – Barbury
- Year 8 – Stonehenge
- Year 9 – White Horse
- Year 10 – Kennet

A special congratulations goes to Kennet House, who were crowned our Overall House Champions.

The enthusiasm, teamwork and competitive spirit displayed throughout Sports Day provided a fitting celebration of another successful year of PE and school sport at Abbey Park.

The PE Team

English

Year 7 Shakespeare Showcase

Our Year 7s have been busy bringing Shakespeare to life! In lessons, they have explored *A Midsummer Night's Dream* and *The Tempest*, working collaboratively to recreate and translate key scenes into their own words which they have then performed to their peers.

This placed a strong emphasis on developing oracy skills, with pupils practising expression, vocal delivery, and non-verbal cues.

It was fantastic to see such high levels of engagement, as pupils embraced both the language and the drama of the literary legend.

The performances were imaginative and thoroughly enjoyable, offering a wonderful demonstration of how pupils can actively engage with the beloved playwright!

Mr Lyons & Miss Beard

Subject Ambassadors

At Abbey Park, Subject Ambassadors have a role in shaping the subjects that they enjoy the most, and are starting to share fresh ideas of how to celebrate and raise the profile of their curriculum area. For example, the Humanities Ambassadors created a fantastic newsletter and display, whilst across the corridor in MFL, Ambassadors designed new certificates and rewards and earned exclusive new badges.

Being a Subject Ambassador is a fantastic way to develop leadership skills, develop subject knowledge, and meet new friends with similar interests. Not only that, it allows you to have a say in how to make the learning journey at Abbey Park even better for all pupils.

Now is the time to grow the Ambassador program to ensure that **all** subjects are represented, and Mr Matyla and Mrs Ryder are on the lookout for new Ambassadors!

If you are interested in becoming an Ambassador for **any** subject, watch this space as Mr Matyla and Mrs Ryder will be organising a launch party at the start of the next academic year for existing and new Ambassadors!

Well done to ALL Subject Ambassadors, and thank you for your enthusiasm this year.

Student Leadership Team

In May, we began the process of recruiting the new Student Leaders for 2026/2027. We are delighted to say that every applicant impressed us, and all candidates have been offered positions within the new Student Leadership team including the appointment of Head Boy and Head Girl.

The positions of Head Boy and Head Girl at Abbey Park School are highly valued within our community, acting as an essential link between pupils and staff. Both Emily and Oakley will take on an ambassadorial role, representing the school at public events such as Open Evenings, chairing our School Council, presenting in assemblies across all year groups and modelling the values we expect from our Student Leaders. Alongside their deputies and the House Captains, they will also support parents' evenings and lead charitable fundraising throughout the year.

We are equally proud to introduce two further leadership roles that strengthen our commitment to Student Voice and responsibility. The first being our Inclusion and Equal Opportunities Lead, who will work closely with staff to champion marginalised voices, acting as a bridge between the SEND Department and the School Council to ensure every pupil feels heard and represented.

Our second new role is the Eco Schools Lead who will collaborate with a member of staff to help the school reacquire its Eco Schools status accreditation, promoting sustainability and engaging the wider community in meaningful environmental action.

Together, these roles reflect our dedication to student leadership, inclusion and responsibility.

HEADS OF HOUSE

Term 6 updates

Termly Highlights



Pupils have been enjoying our Masked Singer Tutor Time programme, where each week mystery performers share clues and tutor groups work together to guess their identity!

The activity has sparked lots of discussion, teamwork and creativity, with pupils fully embracing the challenge and coming up with some brilliant (and sometimes surprising!) guesses of who they think is behind the mask! Excitement is continuing to build as we move closer to the final reveals. *Who is behind the mask?*



Sports Day:

Sports day saw an intense day of pupils and inter house rivalry as they battle for the end of year trophy... The House Cup is still in Avebury's hands, but Sports Day might have turned things around!

APS really HAS got Talent...

Our recent APS Got Talent show was a fantastic celebration of pupil creativity and confidence, with many pupils taking to the stage to showcase a wide range of talents. From music and comedy acts to dance performance, the level of participation and support was brilliant to see. A huge congratulations to **Olivia** for taking first place with her incredible performance ... a truly deserving winner!



Thoughts of our term

As we reach the end of the academic year, this is a time to reflect on the progress, achievements, and positive growth shown by our pupils across Term 6. We are incredibly proud of their commitment, resilience, and contributions to school life, including in house competitions and community events. The summer break provides an opportunity to rest and recharge ahead of the new academic year. We wish all members of the APS community a safe and enjoyable summer, and we look forward to welcoming pupils back refreshed and ready for the year ahead.

#PROUDtobeAPS.



Mr Stroud



Mrs Parkinson



Mr Lyons



Miss Johnson



Miss Fullerton

Mural Workshop

'Potential into Performance'

A huge thank you to all the teachers who kindly allowed 40 pupils to be out of lessons to take part in a careers-focused mural workshop with 2 of our APS alumni.

The pupils had a fantastic experience and gained so much from the sessions. They asked plenty of insightful questions from potential earnings in the industry to the realities of a creative career. They experienced the creative highs and lows of working with spray paint and new techniques, including learning what happens when you hold the can the wrong way round!

Most importantly, they worked brilliantly together to create 5 beautiful murals that will soon be displayed around the school for everyone to enjoy.

I would also like to extend a special thank you to the Art team for their support and enthusiasm throughout the project and helping to support my mission of making APS a more colourful, creative and inspiring place to be.

Thank you all for helping to make this opportunity possible for our pupils.

Mr Stroud

Head of Barbury and Teacher of Art and Photography



Safeguarding information

As we reach the end of another successful school year, we would like to wish all of our pupils and families a wonderful, restful, and enjoyable summer holiday. We hope everyone has the opportunity to relax, spend time with family and friends, and make some happy memories.

While the summer break is a time for fun and relaxation, we would also like to remind families of the importance of helping children stay safe. Maintaining some daily routines, including regular sleep patterns and healthy habits, can support pupils' wellbeing and help them return to school ready for the new term.

Please also take extra care around water, whether visiting beaches, rivers, lakes, or swimming pools, ensuring children are supervised and understand water safety guidance.

When out in the community, we encourage pupils to make safe choices, be respectful of others, and stay aware of their surroundings.

We have recently shared a summer safety poster with pupils and posted it on our social media channels, which contains further advice and reminders to help keep young people safe throughout the holidays.

Thank you for your continued support, and we look forward to welcoming everyone back in the new academic year.

Happy summer!



Safeguarding information

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 year group.
- 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.

Designated
Safeguarding Lead:
Mrs Kara Stevens



Deputy Designated
Safeguarding Lead:
Mrs Lorraine Hatcliffe



Deputy Designated
Safeguarding Lead:
Ms Vanessa Redondo



Deputy Designated
Safeguarding Lead:
Miss Stacey Prince



Food bank and Boxes of Hope

We understand that times are incredibly challenging for many families right now, and making choices between essentials like food and electricity is a reality no one should have to face. Please know you're not alone, and there is support available. If you're finding things difficult, our Pastoral team is here to help—whether it's referring you to the local food bank or accessing a Box of Hope to ease the pressure. You only need to ask, and we'll do everything we can to support you with care and confidentiality.

Safeguarding information

'Potential into Performance'

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. Unless there is a court order saying differently both parents should be listed on the contacts. We also ask that you keep us up to date with any changes in your personal circumstances that may impact your child. Please see below the contact details of the safeguarding team.

Mrs Stevens: stevensk@abbeyparkschool.org.uk

Mrs Hatcliffe: hatcliffel@abbeyparkschool.org.uk

Miss Redondo: redondov@abbeyparkschool.org.uk

Miss Prince: princes@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. Unless there is a court order saying differently both parents should be listed on the contacts. This can be done on Arbor.



Useful contacts:

'Contact Swindon' has changed its name and is now known as Children and Families 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://>



Assembly and PSHE this term

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

During term 6 pupils have had the following assemblies:

Perseverance, Behaviour & Expectations, World Refugee Day, Teamwork - Sports Day, Use your imagination, Safeguarding - ready for the summer hols

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

Year 7	Drugs Education
Year 8	Health & Wellbeing: Identity & Relationships
Year 9	Healthy Relationships
Year 10	CEIAG & Staying safe

Social care or external agency involvement

A polite request to keep the Pastoral team updated if your child is receiving support from social services or any external agencies. This will enable us to ensure the right support is given at the right time.

Special guardianship orders or unofficial care givers

Just a reminder to keep the school updated if a child is under a Special guardianship order or unofficial care placement to ensure they receive any support needed.

Attendance matters:

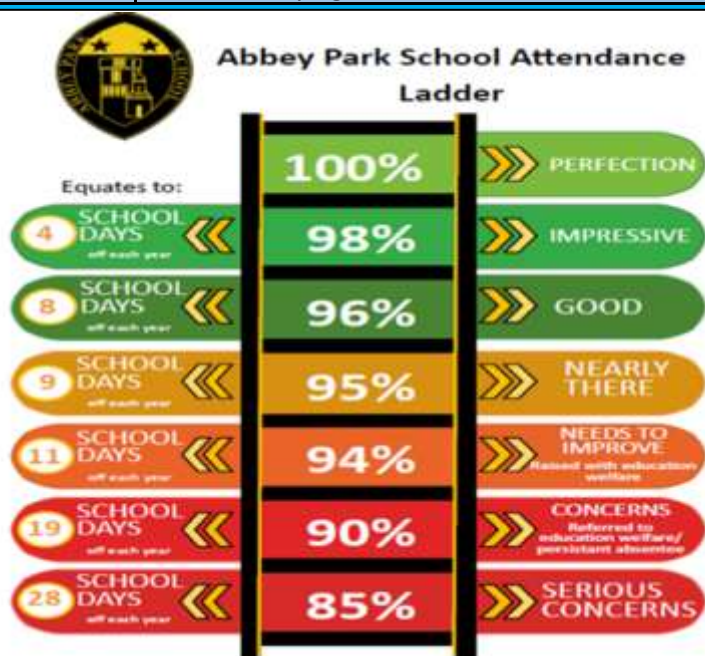
Research shows that there is a direct link between good attendance to school and better outcomes for young adults.

If you are struggling with your child's attendance please contact your Child's Head of Key stage, PSA or Miss Anstee for support.

First aid

Just a reminder that we can only offer first aid in school. We are not able to treat pre-existing conditions as we are only first aiders.

Paracetamol – we will not issue any paracetamol to pupils during P5 to ensure pupils do not take another dose at home.



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks) to boost energy and concentration, putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

Source: See full reference list on guide page 41



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

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10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night; it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low-intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives; during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





Useful Information

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.

Local libraries

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

Local Bookshops

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

School uniform donations

We'd be grateful for any outgrown items pupils no longer need.

If they have any of the following in good condition, please consider donating them rather than letting them sit unused.

- Revision guides or set texts
- Maths equipment (e.g. protractors, geometry sets)
- School uniform (blazers, ties, PE kits)
- Bags

Please drop donations off at reception. These resources will directly support our younger pupils.

Thank you for your generosity and for helping our school community thrive.

Warm regards,

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



YOU HAVE THE POWER TO HELP

Abbey Park Music Department
needs instruments!

We could make use of any
unused/unwanted instruments you may
have sat in the attic or cupboard.

Please send into school and help bring
the Music Department alive!



hutchingsc@abbeyparkschool.org.uk if
you require any more information



Swindon
Music
Co-operative

Music Lessons

Drums. Singing, Guitar. Ukulele. Piano

& Violin *At Abbey Park School*

Why choose our lessons?

- Convenient: Lessons happen during the school day, no extra travel required
- Flexible: Arranged directly with you after application
- Expert Tuition: Professional, experienced music teachers

Lesson Options & Prices

15 minute individual lesson or 30 minute paired lesson: £8.75

20 minute individual lesson: £11.70

30 minute individual lesson: £17.50

45 minute individual lesson (online only)

Prices are per lesson

Shared lesson options

(please note, not available for Piano or Drums)

-3 pupils in 30 minutes

-2 pupils in 20 minutes



Let the Music Begin- Apply now!



01793 781973



info@swindonmusiccoop.co.uk

Community Events

Signal Festival is back for 2026! Friday 24th July – Saturday 1st August

All events free or £3, ages 9-25 - signalfestival.co.uk

Returning for its third year, Signal Festival is Swindon's dedicated youth arts festival, showcasing local talent, cultivating art, supporting artists and enriches audiences. Last year, Signal Festival worked with 65 local organisations and artists to put on 50 events engaging a total of 4000 people and showcase 170 young artists across 21 venues.

Led by our team of young producers and working with our incredible partners we're delivering an eclectic weeklong programme of performances, workshops, open mics and more for young people ages 9-25 at venues across Swindon; including Town Gardens, Richard Jefferies Museum, the Wyvern Theatre, Museum & Art Swindon and many more.

For the first time, Signal Festival includes a dedicated primary age offer with workshops including K Pop dance, circus skills, clay making and much more!

We've also got a range of SEND friendly workshops for both primary and secondary age groups.

Perform at Signal Festival!

Want to showcase your art at Signal Festival? We've got loads of opportunities for young people to perform at this year's festival through our open mic events. To learn more and apply, complete [this form](#).

Exhibit your art at Signal Festival!

Signal Festival's LOOK HERE exhibition is returning for its third year! Hosted across three Central Swindon locations, LOOK HERE is an opportunity to showcase your art; it could be a painting, a sketch, or even photography – the choice is yours! Submit your work and learn more via [this form](#).

Other ways to get involved

We're also on the lookout for volunteers aged 14+ to help us deliver the best experience for our audiences! So please do spread the word with any siblings, family and friends and [sign up!](#)

New College

New College will be open throughout the summer across both campuses.

If any pupils need last-minute advice or guidance, including drop-in support, the college are available to help.

External Clubs



SUMMER HOLIDAY CAMP

UNLOCKING POTENTIAL, SHAPING FUTURES.



SPORTS**CRAFT****GAMING****TEAM GAMES**

TUES/WEDS/THURS

28TH JULY – 27TH AUGUST

**9AM - 3PM****THE DEANERY
CE ACADEMY
SN1 7DA**

**BUILD
CONFIDENCE****MAKE
FRIENDS****LEARN NEW
SKILLS****HAVE
FUN!**

BOOK YOUR PLACE TODAY!

SPACES ARE LIMITED – DON'T MISS OUT!

Term 1 Curriculum Map

‘Potential into Performance’

	Year 7	Year 8	Year 9	Year 10	Year 11
English	Poetry: Place	Gothic Fiction: Frankenstein	20th Century Novel: Of Mice and Men	20th & 21st Century Literature: An Inspector Calls	Shakespeare: The Merchant of Venice
Maths	Time, the decimal number system, properties of arithmetic, primes, factors and multiples	Percentages, sequences, expressions	Volume & surface area, fractions, decimals, percentages and probability	Higher: Accuracy & bounds, Perimeter, area & 3D forms, Solving quadratics and simultaneous equations Foundation: Area and perimeter, 3D forms, algebra recap and linear graphs	Higher: Circle theorems and Further algebra Foundation: Algebra and shape
Science	Skills & cells	Skills & electricity	B1 Cell Biology & skills	B4 Bioenergetics & C2 Bonding, Structure & Properties of Matter	C6 Rates & Extent of Chemical Change & B5 Homeostasis & Response
MFL	Spanish: Mi Vida French: La rentrée	Spanish: Mis Vacaciones French: Vive les vacances	Spanish: Somos Asi French: Mon monde à moi	Spanish: ¡Diviértete! French: Tu as du temps à perdre?	Spanish: ¡Diviértete! French: Tu as du temps à perdre?
Humanities	Geography: Exploring Britain History: Geography topic Philosophical Thinking: Exploring Britain	Geography: Restless Earth History: Geography topic Philosophical Thinking: Restless Earth	Geography: Living World (AQA Unit) History: The Rise of Hitler Philosophical Thinking: God and the problem of suffering.	Geography: Challenges of Natural Hazards History: Medicine in medieval England, Renaissance medicine 1500-1700, Medicine from 1700-1900 Philosophical Thinking: Christian beliefs Sociology: Intro to Sociology	Geography: Changing Economic World History: Cold War crises 1958-70 Philosophical Thinking: Religion, peace and conflict Sociology: Paper 2: Crime and Deviance
Business & Computing	Topic: Introduction to Secondary systems & Microsoft Word	Topic: Computer Components	Topic: Data Representation	Business: Theme 1 Investigating small business Topic: 1.1 Enterprise and Entrepreneurship Computing: Topic: 3.4 Computer Systems Topic: 3.2 Programming	Business: Theme 2 Growing the Business Topic: 2.1 Growing the Business Computing: Topic: 3.5 Fundamentals of computer networks, Revision: 3.1 Algorithms, 3.2 Programming & 3.4 Computer Systems
Design & Technology (D&T)	Graphics	Graphics	Graphics	Theory: New & emerging Technologies	NEA
Visual Arts	Jim Dine	Peace Poster	Protest	Natural Forms	Identity Contd.
Performing Arts	Drama: Intro to Drama Music: Graphic Scores	Drama: Professional roles and technical theatre using “Sparkleshark” Music: Africa	Drama: Blood Brothers Music: Time Lapse/ Time Lapse sequencing	Drama: Duologues Music: Rudiments of Music	Drama: Portfolio write up Music: Listening activities and practice questions
PE	A variety of sports on rotation - more information can be found on the Curriculum Map online				
PSHE	Transition/Welcome to Abbey Park	Global issues & discrimination	British Rights & Values: Living in the wider world	Global issues, incl. terrorism	CEIAG: Living in the wider world (next steps)

Contact details and consents

Having up-to-date contact information enables us to communicate with you promptly in the unlikely event of an emergency school closure during the day. This ensures that we can communicate effectively and keep you informed of any urgent developments. Please also take a moment to review the contact details and consents we have recorded for you on the Arbor Parent Portal are correct.

If your circumstances have changed and your child can no longer go home by themselves in event of an emergency school closure, you can update the consent accordingly on Arbor.

Reminder:

Pupils return to school on **Thursday 3 September 2026**.

To support our new Year 7 pupils as they settle into Abbey Park, the first day back will have a ***staggered start***:

- **Year 7:** Arrive between **8:15am** and **8:40am**
- **Years 8–11:** Arrive at **10:00am** for a **10:15am start** with their tutors

Normal lessons will commence from Period 3 onwards for all year groups.

Tuesday 1st September	INSET
Wednesday 2nd September	INSET
Thursday 3rd September	Return to school - see above for timings
Tuesday 8th September	EVENT: School closes 2:05pm ahead of the Open Evening EVENING EVENT: Open Evening 4:30 to 7:30pm
Monday 14th September	EVENT: Whole School Photos from 9am EVENING EVENT: Y11 Key to Success 5:30 to 7pm (Main Hall)
Thursday 17th September	IMMS: Flu Immunisations Whole School
Tuesday 22nd September	EVENT: Open Morning 9:15-11:15am
Thursday 24th September	EVENT: Open Morning 9:15-11:15am EVENING EVENT: Y7 Tutor Consultation 4:00 to 7:30pm (Main Hall)
Wednesday 7th October	TRIP: Y7 TPAT Scholars to Marlborough College
Monday 12th - Friday 16th October	EVENT: Wellbeing Week EVENT: Music NEA performances - all week
Tuesday 20th October	IMMS: Flu Immunisations Whole School
Wednesday 21st October	TRIP: Y8 TPAT Scholars to Marlborough College
Thursday 22nd October	EVENING EVENT: Autumn concert main hall 6pm

Autumn Break - Monday 26th - Friday 30th October

Return to school - Monday 2nd November

IMPORTANT NOTICE - Y11 exams

All Y11 pupils need to be available for exams on Inset Days



Abbey Park School Terms and Holidays 2026 - 2027



August 2026						
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						

September 2026						
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 2026						
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	

November 2026						
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 2026						
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			

January 2027						
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

February 2027						
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

March 2027						
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				

April 2027						
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 2027						
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 2027						
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 2027						
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 2nd September, 16th and 17th November, 12th February, 7th June, 21st July

Lunchtime Finish

18th December and 20th July

Bank Holidays 2026/27 UK

31 August '26	August Bank Holiday	1 January '27	New Year's Day	3 May '27	Early May Bank Holiday
25 December '26	Christmas Day	26 March '27	Good Friday	31 May '27	Spring Bank Holiday
26 December '26	Boxing Day	29 March '27	Easter Monday		