



ABINGDON

3rd Year Parents' Evening

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Last 6th months

Settled

Making most of the opportunities

Sports fixtures

Concerts

Middle School Play

Reports



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3rd Year

- Setting up positive work routines
- GCSEs at the end of Middle School
- Exploring new things / trying new things
- Making new friends





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Tutors

- Link between parents and school
- Pastoral care
- Academic progress
- Options
- OH - balance



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Subject teachers / departments

Feedback this evening





Other forms of support

- Housemaster
- Peers in their House
- Learning support
- Health Centre
- Counselling service
- Firefly

Wellbeing

Wellbeing

- > Action for Happiness
- > Anxiety
- > Body image, social media, peer pressure
- > Childline - Need to talk to someone?
- > Dealing with stress
- > Headtalks playlists for Abingdonians
- > Privacy Notice wellbeing survey
- > Resilience
- > Sleep Hygiene
- > Struggling with your mental health?
- > Useful Apps
- > Wellbeing Twitter feed
- > Who to talk to in school?
- > Worried about a friend?

Wellbeing

Wellbeing

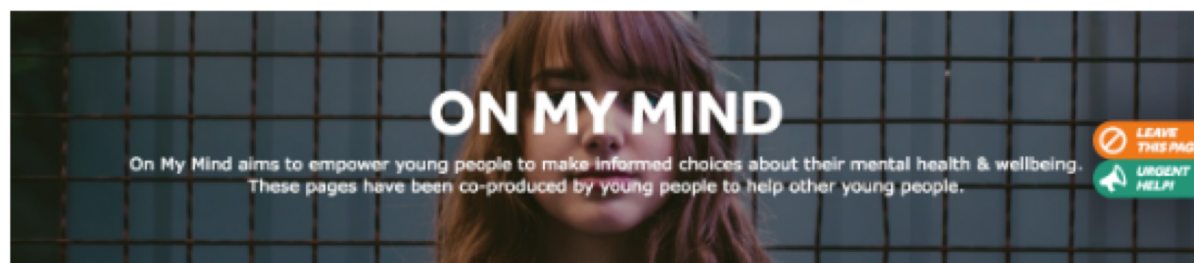


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Dates

3rd Year exams - 18 – 21 June

Revision – Easter / May half-term
(Advice on revision)

27 June – Joint Quiz and meal with SHSK

General advice



- Ask for help when needed.
- Do physical exercise / keep hydrated.
- Eat well.
- Sleep.
- Electronic devices
- Devices before going to bed.



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SAFER INTERNET DAY 2019

What is the BIG deal about BIG data?

How do we take better control of our lives online?

How much does the internet really know about me?

#OurInternet OurChoice

Who owns the things I share online?

Do I have to ask permission before I share anything online?

How would you feel if someone shared something about you online without asking?

#SaferInternetDay2019

Safer Internet Day 2019
5 February 2019

Together for a better internet
www.saferinternetday.org.uk

UK Safer Internet Centre

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