Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Principal's Message

As we move towards the final week of term, I'd like to thank everyone for their support so far this year. It's been another busy week with Christmas Jumper Day raising over £400 towards Save the Children. We've also been raising money for Year 11 prom, and the Sixth Form team have also been on a fundraising drive to support their prom! Finally, it was great to see so many of you at year 11 parents evening supporting our students as they approach this critical time of year.

I'm particularly looking forward to the Christmas Concert next week – tickets have sold out in record time and it promises to be a fantastic evening, we hope to see you there. It should be a great way to celebrate the end of this term. Please remember that students finish at 12.45 on Thursday 18th December.

In order to support our focus on punctuality we have reallocated our staffing to allow us to welcome students on site earlier in the morning. From the 6th January the school gates will be opened at 8.30 and students expected to be on site by 8.40am. This will help to support a prompt start to the school day. The gates will still close at 8.45, after which point students will be considered late to school.

Finally, I'd like to take this opportunity to wish you all a relaxing break and look forward to sharing more about life at Abbeyfield in the new year.

Christmas Jumper Day

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

🎄 ✨ **A HUGE thank you to all our amazing staff and students who rocked their Christmas jumpers yesterday!** 🎅 🤶

Thanks to your generosity and festive spirit, we've raised an incredible £400 so far for Save the Children! ❤️ 👏

Your support truly makes a difference. 🌟

If you haven't already donated but wish to, please see below.

Hampers

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Thank you to everyone that has donated to our hampers in Reception.
These will be donated to Far Cotton Food Aid next week.

Design Your Own Christmas Card!

Get creative and make a colourful A5 Christmas card featuring "Merry Christmas!" in English or any other language!

📌 Deadline: Bring your card to EAL (IT7) before December 17th

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Contact: Mrs. Alvarez

Show off your festive spirit and cultural creativity!

Christmas at Abbeyfield

🎄 ✨ Join Us for Christmas at Abbeyfield! ✨ 🎄

📅 Date: Tuesday, 16th December 2025

📍 Location: Abbeyfield
Celebrate the season with us! Enjoy a warm, festive atmosphere filled with joy, laughter, and holiday cheer.

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Bring your friends and family and make this Christmas unforgettable!
✏ Tickets available via Ticketsource – scan the QR code to book!

Exam Anxiety & Support

Exam Anxiety & Support Workshops for Year 11

We are running a series of workshops designed to help Year 11 students manage exam stress and prepare effectively.

These sessions will cover:

- The importance of self-care
- Supporting your sleep
- Study skills
- Understanding anxiety

These workshops are also a great opportunity to connect with peers and access support from staff.
If you would like more information, please speak to:

- Your Tutor - Your Head of Year
- A member of the Safeguarding Team - Our School Counsellors

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Careers

Careers – Labour Market Information:

There is now a new page dedicated to Labour Market Information (LMI) which has been developed by The Careers Hub. You can find it here Labour Market Information - South Midlands Careers Hub. It is divided into local and national LMI, and I would draw your attention to an impressive set of occupational maps from Skills England, highlighting all the pathways related to technical education.
Occupational Maps: Skills England

Local Labour Market Information (LMI).
There is also a website called We are Northampton, which amongst other things, highlights all the key sectors within the county.

Sectors - Northampton

- Advanced Automotive and Engineering - Northampton
- Creative and Digital - Northampton
- Business Services - Northampton
- Logistics - Northampton
- Manufacturing - Northampton

This information is very useful for students thinking about career paths for their future.

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Sixth Form applications

A huge thank you to everyone who attended our Sixth Form Taster Day today!

We loved welcoming you and hope you enjoyed exploring what our Sixth Form has to offer.

📅 Applications are open and will close on 16th January!

Don't miss your chance to join us—apply today!

Support in the local area

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Other support numbers Social

Services

- Northamptonshire County Council: 0300 126 1000 - North Northants 0300 126 7000 - West Northants
- Out of Hours: 01604 626938

Health Services

- NHS Direct (health advice): 111
- Northampton General Hospital: 01604 634700
- Kettering General Hospital: 01536 492000

Alcohol, Drugs and other Addictions

- S25 (formerly CRI) CAN - drug, alcohol and homelessness): 0808 169 8512
- National Drugs Helpline (FRANK): 0300 123 6600
- Drinkline (advice on alcohol related problems): 0300 123 1110
- Al-Anon (help for families involving alcoholism): 0800 0086 811
- Alcoholics Anonymous: 0800 9177 650 FREE number.
- Narcotics Anonymous: 0300 999 1212
- GamCare (gambling problems): 0808 8020 133

Mental Health

- Mind (mental health charity): 0300 123 3393
- Sane (mental health charity): 0300 304 7000 1600—2200hrs.
- Out of Hours - 07984 967 708 support@sane.org.uk
- Mencap (learning disabilities charity): 01604 874710 0207 454 0454 9am-5pm Mon-Fri
- Campbell House (Community mental health teams/ Adult mental health day service): 0300 027 0700

Relationships

- Relate (relationship counselling and support services): 01604 634400
- The Lowdown (young adults): 01604 634385

Family and Domestic

- Family Life (help and support for parents): 0808 800 2222
- National Domestic Violence Helpline: 0808 2000 247
- Mankind (supporting male victims of domestic abuse or violence): 01823 334244
- National Victim Support (helping people cope with the effects of crime): 0808 1689 111

Financial

- National Debtline (debt advice): 0808 8084 000
- Payplan (debt advice): 0800 280 2816

Other useful numbers

- Northamptonshire Police: 101 or 03000 111 222
- Citizens Advice Bureau (legal, money and other problems): 0800 223 1133
- Childline (confidential helpline for children and young people): 0800 11 11
- Shelter (housing and homelessness): 0808 8004444
- Samaritans (confidential emotional support): 116 123
- Salvation Army (homelessness): 0845 790 9090
- National Bullying Helpline: 0300 323 0169 0845 225 5787
- Crimestoppers (call anonymously with information about crime): 0800 555 111
- The Bridge Programme, Northampton (community recovery hub): 01604 621259
- Corby: 01536 268133
- Wellingborough: 01933 228453

CIRV

CIRV is a programe which aims to reduce knife crime and other violence associated with drugs and county lines.

CIRV supports those who have found themselves in a position they want to get out of but feel they can't without help. We offer lots of support and practical help to assist people move away from crime and lead safer and happier lives.

CIRV Helpline: 07539 183975 (Mon-Fri)

Wishing you a safe and peaceful Christmas from

CIRV Community Initiative to Reduce Violence

Foodbanks and Hot Meals this Christmas

Information collated by CIRV.

Correct at time of going to print but you may wish to check with providers before attendance in case of any changes.

#nevertoolatetochange

https://www.cirv-nsd.org.uk

Email:
CIRV@northants.pnn.police.uk
Twitter: **@CIRVNorthants**

Foodbanks & Hot Meals across Northamptonshire

BRACKLEY

Brackley Foodbank,
Brackley Library, Manor Road, Brackley, NN13 6AJ,
enquiries@brackleyfoodbank.org www.brackleyfoodbank.org
open Tuesday and Thursdays 10-12pm,
Contact: 01869 810687 or 07842514216

CORBY

St Peter's and St Andrew's Church

Beanfield Ave, Corby, NN18 0EH
Open Monday 1.30pm-3pm and Fridays 1:30am-3pm
Vouchers required.
Contact: 07414191434 - Colin Bates.

St Columba,
Studfall Ave, Corby, NN17 1LG
Open 10.30am -12pm Wednesday
Contact: 07414 191434 - Colin Bates.

WELLINGBOROUGH

Daylight Centre

Referral service, Contact: 01933 446490
info@daylightcf.org

Hemmingwell Community and Skills Centre
127 Nest Farm Crescent, Wellingborough
Tuesdays 1.30pm - 4pm. £5 donation
Contact: 01933 405595

KETTERING

Kettering Foodbank

Unit 1B, Horse Market, Kettering
Entrance Market Street
Tues and Weds 10-1pm,
24th December 10-1pm
Closed between Christmas and New year
Contact: 07709 741353

Eden Centre 21 Montagu Street Kettering

Christmas Day Hot Meal, Crackers and Carols
No Charge.

Kettering Salvation Army

66 Rockingham Road, 01536 513883

NORTHAMPTON

Re:Store Northampton foodbank, has several food distribution points: 01604 328046
Voucher required from referral system.

- **Duston URC**, Main Road, Duston, open Friday and Saturday 10am-12pm Weds 10-12pm over Christmas.
- **St Alban the Martyr**, Broadmead Avenue, Northampton, open 9am-12pm
- **Seven Day Adventist Church**, 74 Highlands Ave, Spinney Hill, open Monday 12-2pm
- **Briar Hill Community Centre**, Briar Hill, Northampton, Wednesday 12-2pm
- **Food Aid Far Cotton**, St Mary's Church, Towcester Road, Thursday 3-5pm
- **Re:store Northampton**, 42 Sheep Street, Northampton, NN1 2LZ - Tues 11.30-1.30pm

Weston Favell Centre Foodbank

Mon 1pm-3pm, Weds 10 - 1pm, Fri 10-12pm.
Voucher required from referral system.
Contact: 0746 707 4296

St Albans Church Foodbank

Broadmead Avenue,
Friday between 09.00 – 12.00pm, 01604 407074

Shine Foodbank

Mon and Thurs 12-3pm, 40 Kettering Road,
0773 7593291

4U Community Café, Kingsthorpe

Open Tues, Thurs, Sat 9 - 1pm, St Davids Church
Eastern Avenue South 07916264317

Hope Centre

35-37 Campbell St, Northampton, NN1 3DS
office@northamptonhopecentre.org.uk
01604 214300

Offering a hot meal/packup Mon – Sat 11-1.30pm.
Christmas Day dinner or takeaway 25th December 11-1.30pm including presents and Father Christmas.
Aimed at the homeless and vulnerable. You will need to register for this service by walking into the Hope Centre Mon – Sat 11-1.30pm where you will need
to fill out a form. Other services are also available including support with Mental Health and advice.

DAVENTRY

Daventry Foodbank

18A Benbow Close, Daventry, NN11 4JP
Open Monday Wednesday and Friday
10:30am-12.30pm
Contact: 01327 577851 or 07576 663968

EAST NORTHANTS

Thrapston - Baptist Church 1-3.30pm every Tuesday.

Raunds - Raunds Community Centre,
19 High Street Raunds, Thursdays 9am-11.30am
enquiries@raundsfoodbank.co.uk
01933 730160

Irthlingborough – info available from here Home (irthlingboroughfoodbank.co.uk)

Finedon – Mondays 12-2pm Finedon Community Centre, 71 Wellingborough Road for more info contact: finedonfoodbank@yahoo.com

ROADE COMMUNITY LARDER

Roade Village Hall, Bailey Brooks Lane,
Roade NN7 2LS
Monday 20 December 1.30-2.15pm
Wednesday 29 December, time tbc.
Contact Miranda: 07974 919221

WEST NORTHANTS

West Northants Food Aid Alliance

This has a full list of support for those in need for the West Northants area, includes info on fuel, food, money and debt advice.
It lists the organisations available to support, including a full list of food aid support.

Food Aid Alliance (goodfoodwnorthants.org)

TOWCESTER

Towcester Foodbank

St John Ambulance Hall, Islington Road, Towcester, NN12 6AU.

07724 832043. Open Tuesday 11.00-14.00 and Fridays 09.30-12.30

TOWCESTER COMMUNITY LARDER

19 Islington Road, Towcester, NN12 6AU
Open every Thursday from 10 – 10.45am
including 22nd and 29th December
Emergency food provisions throughout the Christmas period, please call Miranda: 07974 919221

This is not an exhaustive list of available food provisions, but aims to cover enough provisions per area for people to access.
Since some of the Christmas meals need to be booked beforehand, we advise you to call the numbers provided in advance to ensure yourself a place.

https://www.westnorthants.gov.uk/welcoming-spaces/about-welcoming-spaces

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

Supporting your mental health during the Christmas period.

ABBEYFIELD SCHOOL
Creative Education Trust

Mental HEALTH

The festive period isn't always a time of joy for everyone. With shorter days, darker mornings and evenings, and the pressure to embrace the Christmas spirit, it's natural for our mental health to feel the strain.
The expectations around Christmas, indulging in festive treats, socialising, and sharing gifts can sometimes leave us feeling overwhelmed, anxious, or even low. If this resonates with you, remember that it's okay to priorities your wellbeing.

Here are a few gentle reminders:
- Stick to your self-care routines: These habits help maintain balance and stability.
- Set small, achievable tasks: If unstructured time feels difficult, creating a simple plan can help.
- Spend time with supportive people: Surround yourself with those who uplift and understand you.

Above all, be kind to yourself. The festive season looks different for everyone, and your mental health matters.

Food Banks

FOOD BANKS PROVIDE CRISIS FOOD SUPPORT FOR THE COMMUNITY.

WWW.TINYURL.COM/ABBEYFIELDFOODBANKS

Welcoming Spaces

FIND A NETWORK OF WELCOMING SPACES - A GROUP OF NON-JUDGEMENTAL, SAFE AND WELCOMING PLACES WHERE PEOPLE IN WEST NORTHAMPTONSHIRE CAN COME TOGETHER TO STAY WARM, AND PERHAPS ENJOY A HOT MEAL OR A CUP OF TEA AND A BISCUIT.
WWW.WESTNORTHANTS.GOV.UK/COST-LIVING-SUPPORT/WELCOMING-SPACES

Top Tips

- TAKE TIME OUT FOR YOURSELF
- GET BACK INTO A GOOD SLEEP ROUTINE
- GET OUTSIDE - TAKE ADVANTAGE OF ANY SUNSHINE
- TRY TO RELAX

East Hunsbury Library opening days & times:
close on the 24th (Christmas eve)
reopen on the 29th
Closed 1st Jan
Reopen 2nd Jan (Friday)

The library offers a range of amenities such as comfortable seating, printing services, and activities for children. Additionally, it provides a warm and welcoming environment with facilities like free food, coffee, and a quiet space for reading.

Holiday Self-Care Tips

- Make space for messy feelings like grief.
- Listen to say "no" without feeling guilty.
- Create your own holiday traditions.
- Keep your stress levels in check. Step back or delegate.
- Set realistic expectations for yourself and the holiday.
- Get organized! Make a plan and try to stick to it.
- Keep up with your self-care and make time to relax.
- Give yourself permission to just let it be an average day.

BleasingMentHealing

In an emergency, and where there is immediate risk to life, always CALL 999

-CRISIS MESSAGING SERVICE (Shout, Young Minds, The Mix) = text either YM or THEMIX to 85258
-NHS 111 (Freephone) support line on all aspects of mental and physical health open 24 hours a day, 365 days of the year
-CAMHS Live nhft.nhs.uk/camhslive live online chat service with a child and adolescent mental health practitioner (Monday-Friday / 9am-7pm)
CHILDLINE childline.org.uk freephone 0800-1111 and online 1-2-1 counsellor chat
-SAMARITANS samaritans.org freephone 116-123
-CALM (Campaign Against Living Miserably) for males / preventing male suicide – freephone 0800 58 58 58, open 5pm – midnight. Webchat option also available
-PAPYRUS (Prevention of Young Suicide) papyrus-uk.org freephone 0800 068 4141
-CRUSE BEREAVEMENT CARE cruse.org.uk | 0800 808 1677
-HOPE AGAIN (Young People and Bereavement) hopeagain.org.uk
-YOUNG MINDS youngminds.org.uk
-THE MIX themix.org.uk Emotional support helpline for under 25's 0808 808 4994 and 1-2-1 online chat
-MERMAIDS (Transgender Support) mermaidsuk.org.uk | helpline 0808 801 0400 (Mon-Fri 9am-9pm)
NHS Mental Health Number 0800 448 0828 Lines available 24 hours a day, seven days a week

Northamptonshire Talking

More information regarding what is going on in our local area from Northamptonshire police can found here at Northamptonshire Talking - https://www.northamptonshiretalking.co.uk/Content/Pages/Latest-Alerts

Parking and Roadworks

Reminder to All Parents & Carers

For the safety of all our children, please ensure that when dropping off or collecting your child from school, you:

- **Adhere to the speed limit.**
- **Stay alert and mindful of your surroundings.**
- **Watch for children crossing and follow all school zone signs**

Abbeyfield Weekly

Facebook = Abbeyfield School
Instagram = abbeyfield_school_npton
The Student Voice = abbeyfield.thestudentvoice.co.uk

#14 – 12th December 2025

⚠ **Important Notice Regarding Roadworks**

Due to ongoing roadworks, we kindly ask that:

- Parents **do not park on the slip road** to collect students.
- Students **are not dropped off on the main road**, even if traffic appears stationary.

These actions pose a serious safety risk to our children and school community.

♿ **Disabled Parking**

Please remember that disabled parking bays are for Blue Badge holders **only**.

More information on the roadworks and overnight road closure can be found at West Northamptonshire Highways Facebook page

Upcoming School Events

December 🎄

- **16th December –** Christmas Dinner Day
- **16th December –** Christmas at Abbeyfield
- **17th December –** Last day for our Christmas card competition**.**
- **18th December** – Last day of term – 12.45pm finish 🎄

January 2026

- **6th January –** First day of term**.**