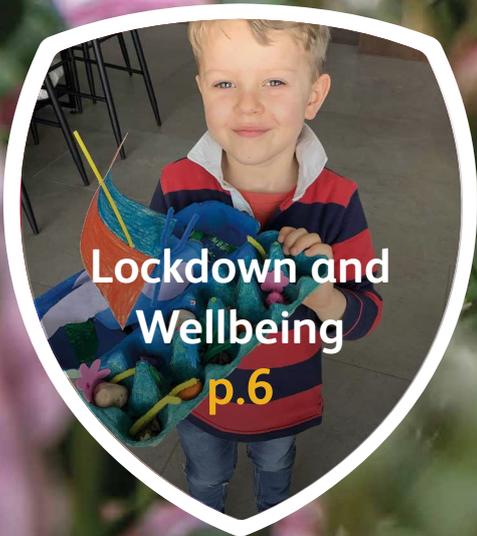


broadsheet

Spring 2021



Abbey Gate College

WELCOME BACK!

Words cannot express how wonderful it is to have been able to welcome pupils and staff back on site on Monday 8 March.

It has been a long and dark two months, but with the promise of Spring just around the corner and all that it brings, in terms of new life and lighter days ahead, it seems fitting that we are back on site and getting back to some semblance of normality. Throughout this very difficult time, I have been truly amazed and have been so grateful to see just how well both pupils and parents have managed to navigate through 'lockdown three' and got on with remote learning. Some of the wonderful things going on at home are featured in this edition of Broadsheet.

However, I must salute and thank the teaching staff at the College, on what I can only describe as Herculean efforts, in building and maintaining a sustainable curriculum for the pupils, in extraordinary circumstances. Their dedication to providing pastoral support, maintaining the quality delivery of lessons, whilst juggling their own families' needs has been awe inspiring and very humbling. They have been heroic and selfless, and I genuinely cannot find enough superlatives with which I can thank them. Our motto #BeSomeone has been tested to the core and I know that when we look back at this time, we will recognise the strength of our family community.

Unfortunately, we received some very sad news whilst the pupils were away, in that our long-standing Groundsman, Mr Derek Duerden passed away very suddenly and unexpectedly at home in February. Derek's father, Derek Senior was employed as the first Groundsman when the College opened in 1977 and Derek Junior followed his father as Groundsman in 1981. Derek was a real character, who had a heart of gold and loved nothing more than being outside amongst nature and his grounds. We were able to honour his time with us on the day of his funeral by lining the front of College with his favourite machinery and staff came to salute him on his final journey past College. We have placed an engraved memorial bench on the daffodil lawn to remember him by and when you are on site – you might find some solace in sitting there, looking at the beautiful grounds of which he worked so hard to maintain and of which he was so proud. We miss him greatly.



I decided in January that we needed to try and gain some sense of community and so the idea of planting wildflower seeds came to fruition. I do hope that you received your seeds in the post and that you enjoy planting them and watching the flowers grow. I chose flowers which pollinating insects would enjoy, in the hope that we can help the environment with our small efforts. I am really looking forward to seeing photographs of the seeds whilst being planted and ultimately when the flowers have grown over the coming months.

When we built the Sports Pavilion in 2016 I did not envisage that it would be so useful as a 'COVID Testing Centre!' However, needs must and so it has become a safe and secure place for us to undertake the mammoth task of testing the staff and pupils. Thank you for your perseverance, patience and co-operation with the three rounds of testing which we have completed. I hope that you manage the home testing well too.

The decision by the Government that external examinations will not take place this summer is a blow to our hard-working GCSE and A Level students and also for their teachers. We will make sure that we follow all guidance carefully and maintain the aim of ensuring our wonderful young people are able to move onto the next phase of their education as seamlessly as possible whilst gaining the best possible grades they are capable of. We do not view this as a negative, just another hurdle to get over.

I hope you enjoy reading this edition of the Broadsheet and all the activities that have taken place whilst under lockdown. Wishing you a wonderful Easter with the hope of some renewed freedoms.



Stay Safe, Stay Strong

Mrs T Pollard
Headmistress

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P19
Henry Running for Captain Tom



08



12



04



07



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20

HOW HAPPY SHOULD I BE?

An interesting thing about working from home is discovering just how much goes on in and around the house during the day. Today, for instance, I have had my post handed to me by our very friendly postman; jumped out of my skin when the window cleaner threw his brush against my window and responded to a telephone call.

The call was on behalf of the Welsh Government, requesting I complete a survey about my mental health and wellbeing. I could not say no. What an interesting set of questions, many I had not stopped to think about before, well not until being prompted by a very friendly lady at the end of my telephone. Telephone! What a welcome break from the screen.

Parts of the survey required me to give a rating of between 1 and 10 in response to a series of statements; much like the ones we use for valuable feedback from yourselves. I had to stop and think about how 'happy' I am about certain statements provided. As you know, there is little opportunity in surveys for elaboration and yet how difficult is it to give a simple answer to what is apparently a simple question? However, it did make me think back to a conversation I had with a pupil many years ago when she most innocently announced, 'Mrs Moses, I just don't know how happy I should feel.'

As we pass the 12 month anniversary of when lockdown began; we should celebrate our successes in 'managing' and 'coping'. It is really ok to be 'fine'! Anything better than 'fine' is a bonus. What 'fine' means to each of us is very different, and unfortunately, we cannot measure this scientifically – other than giving it a score of between 1 and 10.

This measurement of how 'happy' or 'fine' we are at the moment must be taken in the context of the pandemic. Statistics are also now being readily shared and broadcast through the media about the devastating effect that the virus has on our society's mental health and wellbeing. It is vitally important that we take great care of ourselves and those around us at this time more than ever before.

As part of our regular routines, how many of us stand on the bathroom scales to assess what physical damage we are doing to ourselves? Whilst we are surrounded by resources and

signposts to welfare support, the first part of these being of any value to us is to assess where we are, think about where we should be and plan what we can do about it.

Nerys Moses

Head of Pastoral (DSL)



SUPPORTING STAFF WELLBEING

The COVID19 pandemic has changed the way we work, the way we think and feel. Since March 2020 our Abbey Gate community has adapted to change at a phenomenal pace in ways we could never have imagined. Adapting to online lessons, adjusting curriculum material, adapting teaching styles and organising a new way of working. Not to mention the additional pastoral anxiety and worry about the health and wellbeing of our pupils, staff and family at this time.

At Abbey Gate College, we are more than a school, but a community, the wellbeing of our staff and pupils' wellbeing are paramount, and we believe that the foundation for success is wellbeing. With 86% of our team already trained in mental health first aid, we are well equipped to look out for signs of stress and poor mental health with our colleagues and pupils. We have weekly

virtual staff briefings and regular catch-ups over a coffee that have helped increase contact and socialisation through tough lockdowns. We have had a staff family quiz, photo competitions and many of our staff have ran a virtual marathon!

Nothing replaces social interaction which has been so desperately missed at the College throughout lockdown. After all, teachers teach for a reason, to interact with the pupils and make a difference. Teaching from a desk at home is intense and tough on the body and mind, blurring the lines between home and work is a genuine reality.

Everyone counted down the days to when we returned to College and delighted in seeing colleagues and pupils, sharing our highs and lows, continuing the Abbey Gate College community spirit together, stronger than ever.



WILDFLOWER PROJECT

Spring is a sign of new life and we hope the Wildflower Project will result in the growth of colourful flowers to lift all our spirits. Abbey Gate College families received their packets of wildflower seeds at the beginning of January in the hope we could all create a pollinators oasis and encourage important insects and wildlife back into our gardens!

THE IMPORTANCE OF SELF-CARE AND HOW TO HAVE GOOD SELF-CARE



Now more than ever, it is so important to have good self-care.

So what is self-care?

Self-care is taking action to maintain or improve your own health. This does not just mean physical health; your

mental health is equally as important. From a young age we are taught how to look after our physical health, but we do not always know what to do to keep our mental health in top condition too.

With the uncertainty in the world, it is easy to get stressed, anxious and feel overwhelmed at times which is why we need to have our own strategies and tools to pull out of our back pockets when we are feeling like this.

Self-care can be lots of different things to lots of different people, so what can you do to have good self-care?

Get active! Mental health and physical health are connected, so eat well and exercise often to release those happy endorphins (hormones). Setting aside time to do things you love, whether that is reading, listening to music, or even just watching Netflix, can help to de-stress after a hectic day. For some just taking a step back and allowing time to stop and think about situations or asking yourself what you think you need.

Try to be organised as you can, build routine into your day. For some who find organisation difficult ask someone you trust to help you get started, maybe a simple timetable which factors in homework but also downtime so you can do the things that make you happy too.

Being at home comes with drawbacks however, it also

comes with some advantages too like having more free time. This gives opportunity to 'find your thing' and to try that hobby you have always wanted to take up as now is a better time than ever!

Remember thoughts are not facts. We have 1000's of them all the time and often these are nonsense. Sometimes we believe our thoughts are true, thoughts such as "I am a failure" can feel like a fact. Keep looking out for these unhelpful thoughts, realise that these thoughts are just stories that your mind has created and often our thoughts are not the truth. Recognise these thoughts and let them pass by.

Overall, the most important strategy to maintain good self-care is talking about how you feel. Sometimes we don't really understand our behaviours, feelings and thoughts but talking to someone you trust can help. Don't bottle up your feelings and assume that they will go away as this is not the best way to deal with them in the long run. It is common for people to feel as though they need some support. It's ok not to be ok and to ask for help. Everyone needs support sometimes. Sharing your feelings with someone may help you feel calmer and happier.

This past year we have all experienced unprecedented change with, multiple Lockdowns and restrictions coming and going at short notice. It has been hard even for the most resilient of individuals, having good days and bad days and that is ok. We are a community of our own at Abbey Gate College and we need to stay hopeful that all our clubs, events and extra-curricular activities will return during 2021 and remember that we are all in this together.

Ciaran Paterson

Wellbeing Ambassador



LOCKDOWN AND WELLBEING!

The importance of looking after our physical and mental health has taken on a new level this year and has been something that the staff and pupil at the Infant and Junior School have focused their attention on during this latest lockdown.

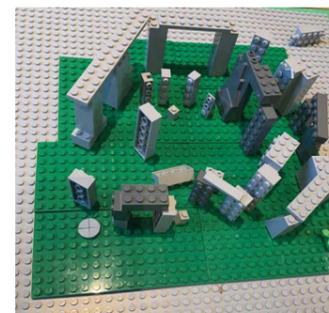
In addition to their online lessons, the teachers have set the children numerous practical tasks that follow their curriculum but take the children away from their screens such as physical education activities, yoga, designing and building bird houses, puppet theatres and naughty buses, snuggling up with a good book, cooking, photography and more!

The children have not disappointed and below are some photos of their creations!



STONEHENGE

Stonehenge models and weapons



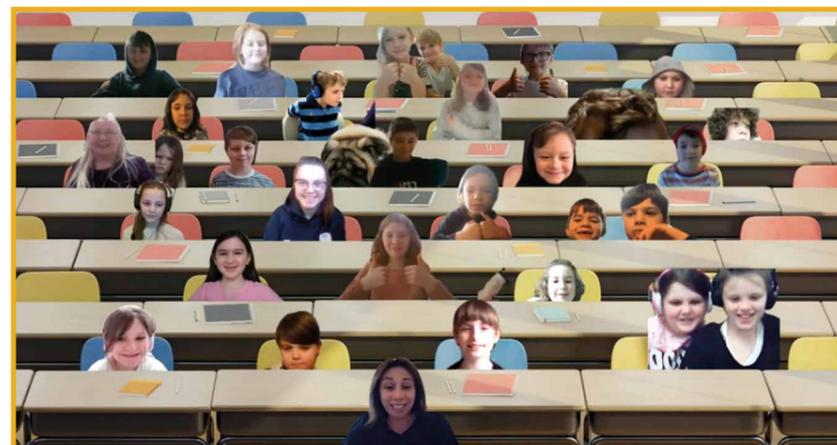
PUPPET THEATRES



WORLD BOOK DAY

World Book Day is a celebration of reading, authors, illustrators and books, and Year 4 celebrated by getting involved in remote learning activities. Pupils completed a character description of one of their favourite books, followed by designing their very own book character. The whole class took part in World Book Day quizzes and became storytellers by reading either a passage from a book or poem to their class peers.

Pupils illustrated that you really can read anywhere by finding unusual places and positions to read! In the afternoon, Junior pupils got creative by designing and creating bookmarks, book covers and comic strips. Some pupils made a snug reading den to enjoy quiet reading time.



INSIDE OUT ASSEMBLY

Inside Out clothes for 'Together Mode' assembly.

DOUGLAS HOUSE TREAT

Each half term, the winning House gets a treat - Douglas won last half term and chose a creative afternoon for their treat. They all had to create something in their house colour red.



HAPPY HOUSEHOLD WORKOUT

By Charlotte and Joseph Benson

Life during lockdown meant many of us did less moving around; walking to school, sports clubs etc. Bodies are designed to be active, and they need to walk, jump, run and move to be healthy, grow properly and use up the right amount of energy. Charlotte and Joseph have come up with some inventive ways to keep fit at home!

LOB THE LAUNDRY

Throw as many bits of laundry into the washing basket. Hope you have fun. Fastest wins. Start lobbing the laundry.

What you will need:

- 10 socks (dirty or clean!)
- A washing basket
- A floor

First, scatter the socks around the room away from the laundry basket.

Next run around the room picking up the socks to throw into the basket.

See how long it takes you to get all 10 in the basket.



BROOM LIFT

Weight lifting with your broom and shopping bags!

What you will need:

- A broom
- 2 bags
- Stuff to put in the bags

Get a broom and add a bag to each end. Lift the broom above your head 10 times. If you can do it easily, add some weight into the bags, tins or pots etc.



STAIR SHUTTLE

Run up and down the stairs. Keep going until you can't shuttle up and down stairs anymore.

What you will need:

- Stairs



CUSTARD CRAB WALK

You need to get a pot of custard and put it on your tummy in the crab position try to walk to a marked area on the floor without the custard pot falling off.

What you will need:

- Custard pots
- Area on a large surface



THE BAKED BEAN BICEP CURL

Take two cans of baked beans (or any other tins). With your elbows by your side, lift the tins up to your chest. Remember to keep your elbows tucked in.

Do 3 lots of 10 lifts, first right arm only, next left arm only then both arms together. Remember to rest in between each set.

What you will need:

- Tins of anything



UP AND DOWN THE SOFA LIKE A TEDDY BEAR

Step up onto the sofa and down back onto the floor as many times as you can.

What you will need:

- A sofa



BURPEE BEAR

What you will need:

- A teddy

It's burpees but when you get up you have to throw your teddy in the air and catch it.



INFANTS & JUNIORS



DEEWATER CARE HOME

Infant and Junior key worker pupils painted and decorated wooden hearts for Deewater Grange Care Home residents for Valentines Day. The children coloured the wooden hearts for the residents to keep and hang up in their rooms.



CHRISTMAS NATIVITY

The Christmas Nativity went ahead as let's face it Christmas wouldn't be the same without our nativity. We looked across our fabulous field and found an excellent stable in the form of our outside classroom!



SWIMMING

Junior 3 back at their first swimming lesson during Autumn Term.



COOKING

The children had a great time baking Christmas cookies with Mrs Macey, her final cooking session before she retired. She spent her last week saying goodbye to all the children in the best way possible – by cooking with them!



ART GALLERY



Year 13



Year 13



Year 13



Year 13



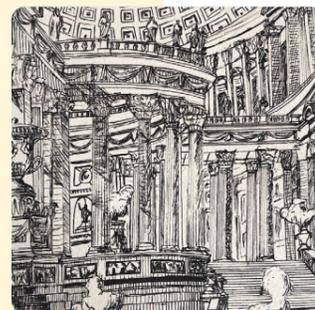
Year 13



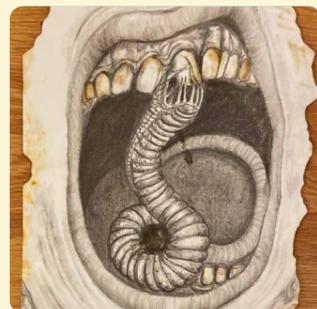
Year 13



Year 12



Year 11



Year 11



Year 10



Year 10



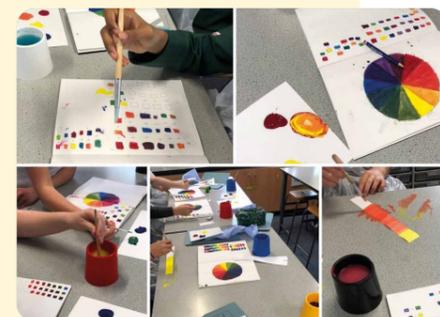
Year 9



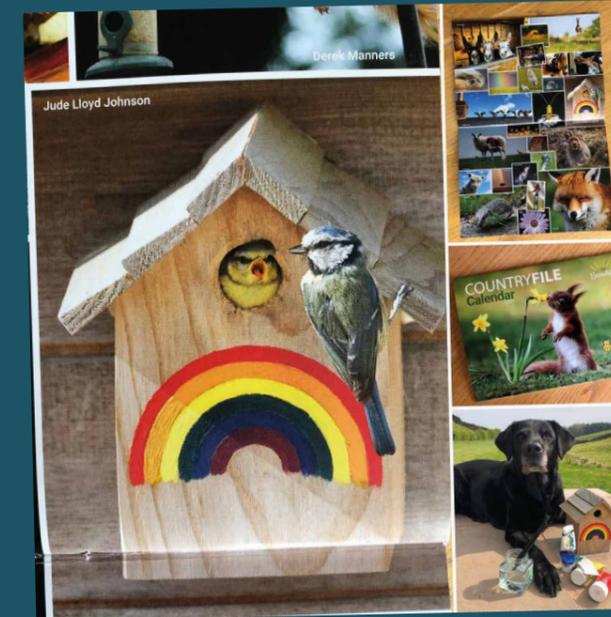
Year 8



Year 7



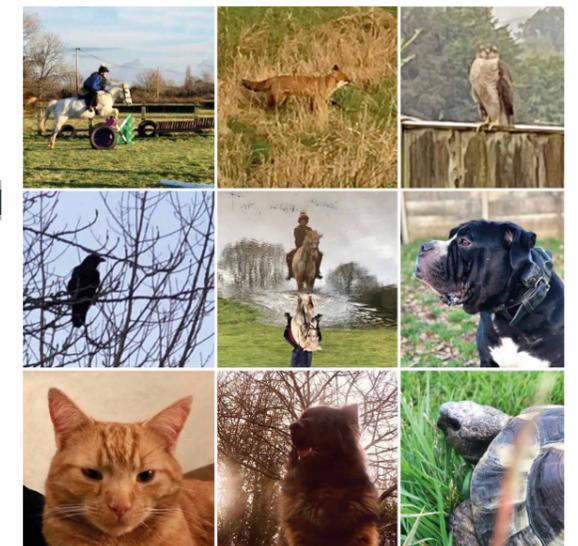
Year 7



COUNTRYFILE CALENDAR

A photograph taken by our very own Head of Art, Dr J Lloyd-Johnson. This photo was chosen to be featured on the reverse of this year's Countryfile Calendar.

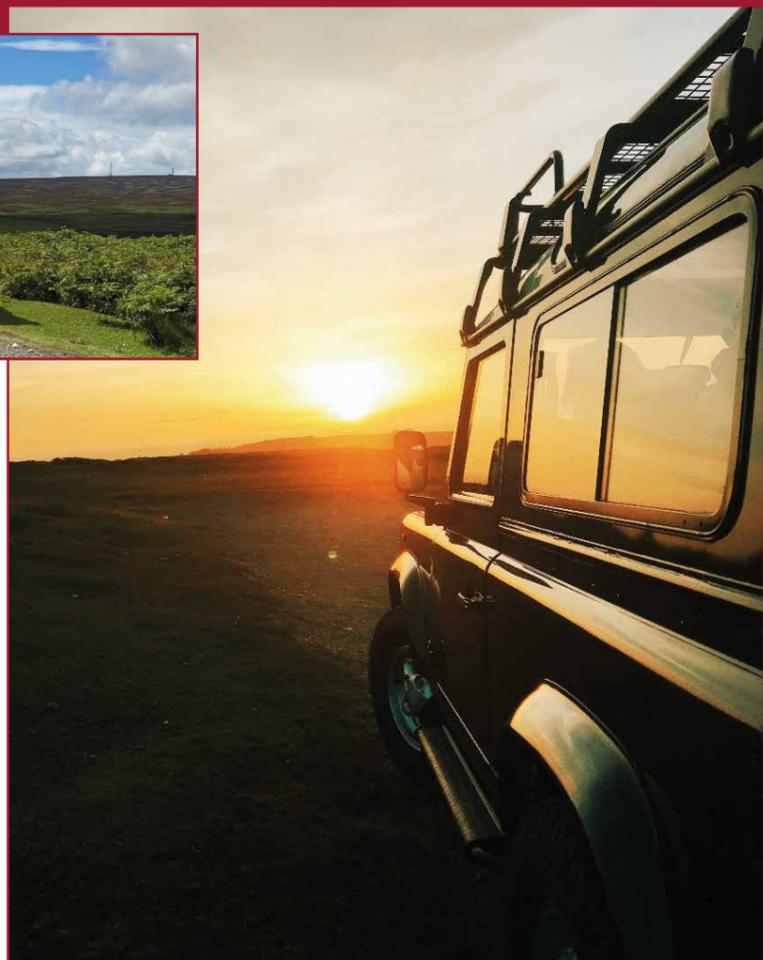
YEAR 7 PHOTO CHALLENGES



LAND ROVER

Carter Parry in Year 11 completed his work experience with Inchcape Land Rover, Chester this year. With a keen interest in the industry and a passion for Land Rover Defenders, Carter decided one rainy afternoon to set up a social media account to promote the Land Rover brand. Over two years he has gained an impressive 19,400 followers on his Instagram account [@land_rover_defender_uk](#).

Wowed by his impressive Instagram presence, and the work he had completed on his work placement, Inchcape Land Rover contacted Carter to ask him if he would help manage their social media accounts, which he happily accepted. The role includes documenting videos and promoting events, including The Defender 90 Preview Event in October. He puts his success down to patience and perseverance.



MUSIC RESULTS

During Autumn Term three of our music pupils, taught by Stewart Smith, took the new Trinity College of Music Digital Exams. The new performance exam was recorded on video and marked by external Trinity examiners.

Jessie Dayton (Year 10) gained a Grade 3 Distinction in piano, Charlotte Potter (Year 10) gained a Grade 4 Merit in piano, and Sophie Jones (Year 12) a Grade 8 Merit in singing. These excellent results are a reflection of their hard work and dedication.

Deputy Head Boy and Music Scholar Henry Smith (Year 13) has gained a distinction in grade 8 Tuba (ABRSM). This is his third grade 8 success, already having achieved a grade 8 in Singing, and in Piano. Henry is a member of the Junior Royal Northern College of Music Saturday School which provides expert tuition and specialist training for children with exceptional musical ability.



SPEECH AND DRAMA

Abbey Gate College pupils who take Speech and Drama tuition enjoyed a new experience in December 2020. Always inventive and adaptable, they were examined for their Board examinations via Zoom with their examiner assessing them from the South East of England!

They all performed beautifully to the screen and achieved some amazing results, all gaining Distinction grades in a wide variation of Drama disciplines. Francesca Ward, Ethan Tennant and Harry Williams were awarded 90% in their Grade 8 Acting exams.



Year 9 pupil Reece is a talented athlete and footballer whose recent sports diary has been featured in ISA School Sport magazine. Reece is a Manchester United Academy player, outstanding cross country and 1500 metre runner who combines extensive training and an afternoon release day to train in Manchester, as well as being a top

academic. He also plays tennis at a high level. Reece despite his heavy schedule regularly still plays on Saturday mornings and in cup matches for the school football team. He also attends football after school training in College on the AWP throughout the winter and is very modest in all he has already achieved.



TUESDAY



Today is my first day back at school so there aren't any sports clubs on. Tomorrow is my first day back at Manchester United training after 6 months due to Covid-19. To prepare for this I complete a short run around Chester.

THURSDAY

Today there is no physical training session so instead I take part in a Webex call with some other members of the United squad and sports scientists who go through multiple stretches with us to help our calves, hamstrings and quadriceps most importantly. The aim is so we prevent any form of injury and our muscles don't get stiff.



SATURDAY

I am looking forward to today's two matches for United which is unusual, as we normally only play one match per weekend. I am happy to have been one of the few to be picked to do this. The morning match is against Barnsley u15s, where I play as a centre back. A solid performance and a number of defensive blocks result in a massive win of 8-2. We had a break at lunch and then I play my second match in the afternoon, with my own age group (u14s) against Leeds. I manage to contain the striker well and made a good few runs forward, leading the attack and defence.

MONDAY



I start the week off with a 2km time trial during athletics practice, where my aim is to run at a very high tempo and reach sub 7 minutes, which I achieve. This is in preparation for a 2.4km road relay competition I will be doing for my club West Cheshire AC. We then complete a set of 200m sprints and finish with a warm down, which consists of 2 slow laps of the track.

WEDNESDAY

In our double PE lesson we do some fitness tests to set a benchmark for the term; we do standing broad jump, speed bounce and a sprint agility test which I perform well in and am one of the top ones in my year group. After school I am picked up by a driver who takes me to United for my evening training session. I am training a year group up with the u15/16 schoolboy scholars and we are working on playing out from the back which benefits me a lot as I play in defence/centre-mid.

FRIDAY

Evening training at United is with the u14s tonight and we work on possession-based drills and our variation of passing and the different techniques we can use. To finish we play an all-out 8-a-side game and my team are victorious which makes it even more enjoyable. This all adds up in preparation for the weekend fixtures.

SUNDAY

As I had played two matches yesterday there is no United training today. Instead I enjoy a game of tennis with my family at our tennis club, this is a good way to end the week.



BLACK BELT IN TAEKWONDO

Congratulations to Caelan O'Keeffe in Year 5 who was awarded his Black Belt in Taekwondo in October 2020.

Caelan started Taekwondo at just four years old and trained for the past six years with the Universal Taekwondo Academies in Wirral & Chester.

Due to the pandemic, the original grading date was cancelled in April but Caelan continued to train three times a week during Lockdown. Caelan's excellent grading performance was highlighted by the judging panel as it is a very challenging grading. Caelan is now focused on getting his Black Belt Star Grading!



JUNIOR ROTAX CHAMPION

Year 11 pupil, Luis Gardner has been named the new Junior Rotax Ultimate Karting Champion at the UKC 2020 Championship. Luis started indoor karting at the age of eight at Daytona in Manchester, as a result of a day out in the summer holidays.

In his first year outdoor karting in 2015 Luis won MBKC Cadet driver of the year award and became Cheshire Vice Champion. Since then he has gone on to complete in many national competitions across the country.

Luis has been with the same team, SPR, throughout his time in karting and this year he was very pleased to be entered into the newly televised National Ultimate Karting Championship, which he is proud to be the Junior Rotax Champion of in its first year.

Abbey Gate College have always been incredibly supportive and encouraging of Luis throughout the last 5 years racing which has enabled him to travel the UK competing and for that he is very grateful. - Von Gardner, Luis's Mum.

FUNDRAISING

MASKS FOR YOUNG CARERS TRUST

Mrs Rawson has been very busy making themed face masks for the House Charity Young Carers Service at Crossroads Together.



LAPTOPS TO NORTH WEST ACADEMIES TRUST

Thank you to parents and families who donated second-hand laptops for North West Academies Trust. The laptops were distributed to pupils at NWAT schools, and to other pupils who required support in the local area, hopefully making a real difference to the lives of local pupils and their families.



CHRISTMAS RAFFLE FOR CROSSROADS TOGETHER

The Christmas College raffle raised £336 for House charity Young Carers Service at Crossroads Together.

HENRY RUNNING FOR CAPTAIN TOM

Year 8 pupil Henry and his mum set themselves a challenge to run two miles, up a steep hill and back, every day during February. This challenge is an incredible achievement for Henry, who was diagnosed with Perthes disease in his left hip in 2014 and underwent corrective surgery. Henry and his mum combined the individual challenge with fundraising for The Captain Tom Foundation. They exceeded their target of £150 by raising over £1k.



MACMILLAN CANCER SUPPORT

Sixth Form students Molly and Ed organised a Macmillan Cancer Support coffee and cake morning, raising a total of £350.



REMOTE LEARNING



Walter Langford
(Foundation)



Robert Harries
(Year 11)



Harry Morse
(Year 8)

BIG GARDEN BIRDWATCH

Inspired by the RSPB annual Garden Birdwatch, Abbey Gate College recently ran a birdwatch competition in which students had two weeks to take photographs of any birds in their gardens or when they went out for a walk. Many students also joined in with the Live Birdwatch at lunchtime on Friday 29th January as part of the official RSPB annual Garden Birdwatch weekend. As it was too cold to sit outside pupils and staff made their own bird hides!

Mrs Littler, who organised the Colleges' photography competition, spent hours with her mobile phone duck-taped to the window – focused on the bird table.

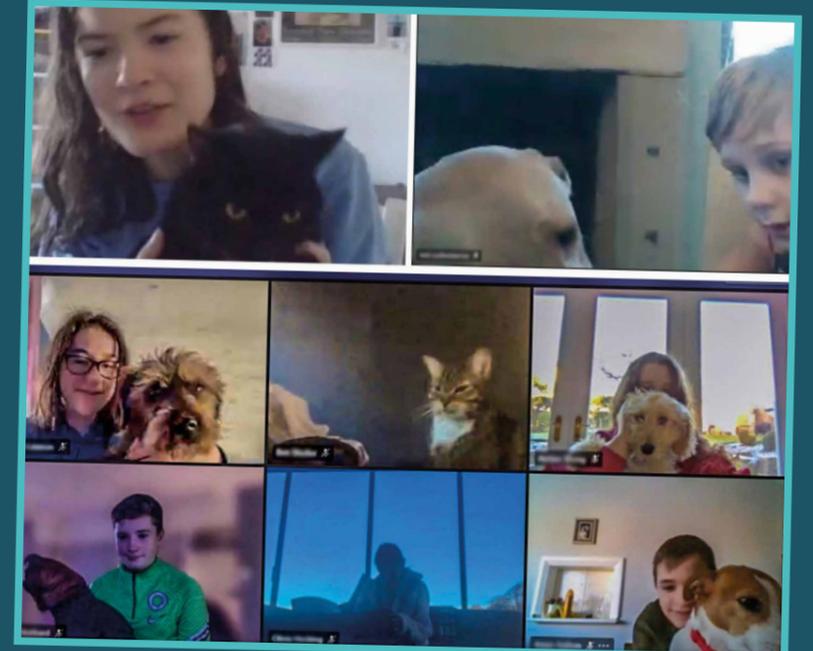
With two large sheets pegged across the inside of the patio doors to hide behind, and one of the art departments cameras set up through a peek hole in the sheets, she used her laptop to communicate with students and staff.

Students from both Infant and Juniors and Seniors submitted some excellent pieces of photography...it's quite a tricky task trying to take a good photo of a bird as they don't usually stick around to pose!

Well done to everyone who entered the competition and congratulations to our 3 winners!

BRING YOUR PET TO FORM

Year 8 had a fun online form time in February with 'Bring your pet to Form.' Pupils who didn't have a pet shared a photo of an animal they would like to have as a pet, and the class discussed how pets had helped them during remote learning. We got to see lots of different animals, including cats, dogs, tortoises and rabbits. It's always nice to include our furry, and non-furry, friends in online learning. Even online meetings between staff have included a cat or dog's surprise appearance!



HOLOCAUST MEMORIAL DAY



**HOLOCAUST
MEMORIAL
DAY TRUST**



Upper Sixth students Charles, Edward and Neamh led an assembly on 27 January to commemorate Holocaust Memorial Day remembering all those who died during the Holocaust and other genocides.

SIXTH FORM

REVAMP FOR 6TH FORM CENTRE

The newly decorated Sixth Form area at Abbey Gate College includes inspirational quotes to inspire and motivate our students. A new kitchen area has also been added so students can relax and enjoy a well-earned break in their own dedicated space. The exclusive use of the Sixth Form Centre ensures a calm and conducive environment for students to study.



Find out what Head Boy and Head Girl have to say about life at Abbey Gate College Sixth Form on our website www.abbeygatecollege.co.uk



Abbey Gate College
Sixth Form

" I chose Abbey Gate College Sixth Form for its welcoming and caring environment. Every student is valued and, most importantly, respected. The school thrives in music which I feel privileged to be a part of. In a time when the Arts are being forgotten, it's great that Abbey Gate holds this as a key part of College life, Abbey Gate to me, isn't just a school, it's a family!
- Joseph M

" I chose Abbey Gate College Sixth Form because I liked the small and warm environment provided. The class sizes are perfect, and all the teachers are welcoming.
- Tristan W

" I am able to be myself and thrive in a friendly and welcoming environment.
- Ffion S

" For me Abbey Gate College Sixth Form has provided me with the perfect balance of independence whilst also being supported every step of the way. The warm, friendly environment allows me to feel safe while learning, knowing the teachers have my best interests at heart. I will leave college being proud of the person Abbey Gate College has shaped me to be.
- Rachel L

" I chose to attend Abbey Gate College Sixth Form due to the nurturing and enthusiastic learning environment. Abbey Gate offers so many opportunities and has helped me achieve my best, reaching my full potential. I joined the College in Year 9 and was welcomed into the community and settled in very quickly. The small classes mean it is easy to focus and as an English Subject Ambassador I have learnt skills I wouldn't have had the opportunity to learn anywhere else.
- Elizabeth G

" I chose Abbey Gate College due to numerous opportunities it offers and for the caring and enthusiastic environment. The College helped me to achieve my goals and reach my full potential. The teachers here really care and want you to be successful.
- Isabella A

" I like how it is a community and everyone supports each other. The classes are small which makes learning easier and the teachers are friendly and helpful.
- Amy K

" The College has a very friendly environment and I like how the classes are small, so you get one to one support. I feel like I can ask for help whenever I need it and all the students are really friendly.
- Amy C

RE-CONNECT WITH ABBEY GATE COLLEGE

CONNECT WITH US

We are launching a major drive to get in touch with all former students. If you're a former student of Abbey Gate College, we want to hear from you! We hope you can update us with what you are doing now and spread the word to recent students and those who left many years ago.

To become a member of the alumni simply join OS Connect, the official online networking platform for Abbey Gate College Alumni's.

VOLUNTEER WITH US

By sharing your experiences, you could help motivate and inspire our current students to feel more confident in making decisions about their future. You can choose how and when you help – perhaps you could act as an online career mentor.

It doesn't matter when you left us, there are still ways you can help, and we would love you to stay in touch.

Below are just a few examples of how you could help:

- Speak at a virtual careers fair
- Help with mock interviews
- Offer work placements for our Sixth Form students
- Speak to our students about your career path

Login or sign up at <https://osconnect.co.uk>

SHARE WITH US

Share memories from your time at the College. What do you remember about your first day at school? Did a particular teacher inspire you? Or perhaps you are now inspiring others. By joining OS Connect you will be able to re-connect with fellow Old Saightonians, share memories and photographs from your school days.

