

Abacus Primary School



Newsletter 514 12 / 1 / 24

What a great first week of 2024 we have had. Our new clubs– Kids With Bricks and Abachorus were enjoyed by everyone that attended. Nordic Walking was back this week and this term it's the turn of Year 6 who had fun and got to enjoy the sun shining for their Tuesday afternoon session.

It's been a busy week with the swimming gala and the Boccia final. All the children involved with these events should be so proud of themselves– see the reports later in this newsletter. Thank you to Miss Dooley for coordinating the events and to all the staff who attended and helped the children...they all shone.

We completed our September 2024 new intake tours this week, a huge well done to all the children in Teal, Purple, Gold and Silver classes who showed the prospective parents round our school with pride and enthusiasm. The parents were so complimentary of the confidence the children showed on these tours. Please remember that applications must be completed by 15th January 2024. If you have any questions about how to complete this please visit the Essex County Council website by copying the link- <https://www.essex.gov.uk/schools-and-learning/schools/admissions/primary-school-places> .

If you would like to join our FAPS committee (Friends of Abacus Primary School) to help at events and or attend their monthly meetings, please email Mandy Campbell (chair) on FAPS@abacus.essex.sch.uk



With the drop in temperature please can you ensure that children all have coats in school so that they are not cold during playtimes and lunchtimes.

Next week we are on Week 1 of our menu.

Please note that Wednesday is Roast Chicken instead of Roast Gammon

Also, we have a themed lunch on Thursday for Winnie The Pooh Day, see further on for details.



LET'S CELEBRATE!



Well done to George, James and Imogen for their achievements outside of school this week.

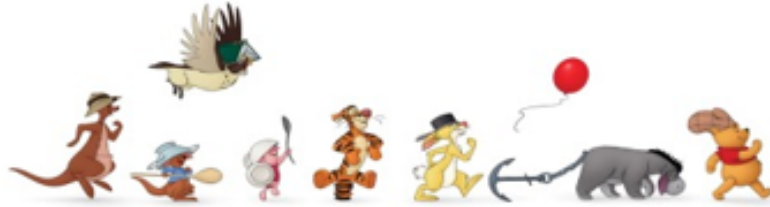


Wat Tyler meeting for Year 4, this is an opportunity to hear about the organisation of the Year 4 residential trip to Wat Tyler Country Park due to take place in the Summer term. This is taking place on Wednesday 17th January 2024 at 9am in our large hall.

Year 6 SATS meeting—Miss Mitchell will be leading a session for parents of Year 6 children to talk through the organisation for SATS week. This session will take place on Tuesday 13th February 2024 at 9am in the large hall.

Should you not be able to make any meetings, please speak with class teachers and we will try our best to meet with you at a different time. Historically meetings at 9am have always had the best uptake and we have staff available to cover classes at this time.

Winnie the Pooh Day lunch
Thursday 18th January 2024



Red Band - Pooh Bear's Sleepy Sausage
Baguette

Green Band - Christopher Robin's Cheerful
Cheese & Tomato Pizza

Yellow Band - Piglet's Perfect Jacket
Potato

Purple Band - Tigger's Tails Sweet Tomato
Pasta

Dessert - Kanga's Cookie or Roo's Fresh
Fruit



Winnie the Pooh Day

WELLBEING



Essex Child and Family
Wellbeing Service



Relaxed play group

A fun drop in play group for 0-8 year olds, aimed at children who may benefit from a calmer environment and supportive of children who may experience sensory overload. Inclusive session for children who may have a special educational need and/ or disability- no diagnosis needed.

Tuesday 16th January 2024

Time: 3.30pm-4.30pm



This weeks session includes information and support from
SEND Sensation- short breaks, groups and activities

Families in Focus Essex- supporting families of children with any disability/special need aged 0-25



Location: Chelmsford West Family Hub, Dixon Avenue, CM1 2AQ

Free admission and no booking needed.

If you have any questions or would like to speak to a staff member about accessibility needs prior to attending, please give us a call.

t: 0300 247 0014

w: www.essexfamilywellbeing.co.uk



School Aged Healthy Family Drop in

An opportunity to get confidential advice and support if you have concerns about your child's health.
No appointment is necessary - please just pop in.

Larchwood Gardens Family Hub Larchwood Gardens, Brentwood CM15 9NG	3rd Wednesday of every month 09:15 - 10:15
Sunnyside Family Hub Delivery Site Rosebay Avenue, Billericay CM12 0GH	2nd Monday of every month 09:15 - 10:15
All About Centre Family Hub Delivery Site Leinster Road, Laindon SS15 5NX	Every Monday 09:00 - 10:00
Northlands Park Family Hub Davenants, Basildon SS13 1QX	1st and 3rd Monday of every month 15:30 - 16:30
Highcliffe Family Hub 29A Rettendon View, Wickford SS11 8JE	2nd and 4th Wednesday of every month 09:15 - 10:15
Little Lions Family Hub Northwick Park, Canvey Island SS8 9SU	1st Thursday of every month. 09:00 - 10:00
Oak Tree Family Hub Grove Road, Rayleigh SS6 8UA	3rd Thursday of every month. 09:00 - 10:00

For further information please call **0300 247 0013**

Essex Child and Family Wellbeing Service

Service commissioned by:
Essex County Council



SEND

Drop In Sessions



An opportunity to speak to our Additional Needs Early Intervention Team
For advice and support - no diagnosis is required.
Suitable for families* and professionals.

Sunnyside Family Hub Delivery Site Rosebay Avenue, Billericay CM12 0GH 2nd Tuesday of each month 10:00 - 11:00	All About Family Hub Delivery Site James Hornsby High School, Leinster Road, Laindon SS15 5NX 3rd Tuesday of each month 10:00 - 11:00
Highcliffe Family Hub Delivery Site Rettendon View, Wickford, SS11 8JE 2nd Wednesday of each month 10:00 - 11:30	Northlands Park Family Hub Davenants, Basildon, SS13 1QX 1st and 3rd Tuesday of each month 15:30-16:30
Fryerns Farm Family Hub Delivery Site, Greenshoots Building, Churchill Avenue, Basildon SS14 2EQ 1st Thursday of each month 9:30 - 10:30	Little Lions Family Hub, Northwick Park Primary School, Third Avenue, Canvey Island, SS8 9SU 4th Monday of each month 13:30 - 15:00
Wishing Well Family Hub Delivery Site Waterman Primary School, Rochford, Essex, SS4 1QF 3rd Thursday of each month 11:00-12:00	

*Children do not have to accompany parents/carers to the drop in

For further information please call **0300 247 0013**

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Our next SEND coffee morning is taking place on **Monday 29th January 2024 from 10am.** Essex Family Forum will be in school to talk about how they can support families of children with SEND.

<https://essexfamilyforum.org/>

The forum is also part of a wider network of parent carer forums including the Eastern Region Parent Carer Forum and the National Network of Parent Carer Forums. For more information on the group and what they can help with, you can watch a video on Essex County Council's YouTube channel.

<https://www.youtube.com/watch?v=UNgyAxCP-hA&t=481s>

Please let the office know if you will be attending.





Essex County Council is committed to supporting the national wraparound program as part of the childcare reforms announced in the 2023 spring budget. It is the Government's ambition that by 2026, all parents and carers of primary school-aged children who need it, will be able to access termtime childcare, in their local area, from 8am-6pm to enable parents to access employment.

As a parent or carer of a child who attends primary school we want to know your requirements for wraparound care and we are asking you to complete this short survey – <https://forms.office.com/Pages/ResponsePage.aspx?id=TzK0qFwVFUKg8X7YzJqZLwjRBQ0e02BCvDZWV2-UaK9UQVhXVEtPOE9RT0hYWTJaSVdJRUJOWDdHNC4u>

Your answers will help us understand where Essex County Council should target support and/or funding. Participation is completely voluntary, and we really do appreciate your time in doing this. This survey will remain open until 28th of January, 2024.

If you need support with completing this form, or if you have any questions please

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Welcome to Abacus Primary School

Please be aware that we are experiencing some issues with the school website at the present time. Bare with us, we are doing our best to get this rectified as soon as possible. This may mean there are some delays in sending out the newsletter, adding sports news and uploading pictures.

Swimming Gala

On the 9th January 2024, 29 children from KS2 took part in the 9th Wickford Schools Swimming Gala at Wickford Swimming Pool. This was the 1st day of the Gala and they competed against children from Wickford and Grange School. The 2nd Gala will be held on Friday 12th January with the other Wickford Schools competing.

There were individual races for each year group— Front crawl, Breast Stroke, Back Stroke and an additional race for Year 5/6 for the Butterfly Stroke. These were then followed by relay races. As the event ran so smoothly there was time for champion races and medley relays. All races were timed and will then be compared over the 2 days to place swimmers.

Great team spirit and support was shown by the squad and each child put in a great performance. A special thank you to Kayla and Harriet who swam extra races to enable the Year 3 girls experience a relay and Lewis G who swam an extra length in the relay for the year 5 boys.

We will update you with the final results in next weeks newsletter, but we are extremely proud of everyone who took part.



Boccia County Final



On the 10th January 2024, our 5/6 Boccia team represented our partnership area (Wickford, Billericay and South Woodham) in the County Boccia final at Basildon Sporting Village.

They competed against 15 other schools from across Essex and had some very close games. They were placed 6th overall out of 16 schools which is a great achievement and we are very proud of them all.

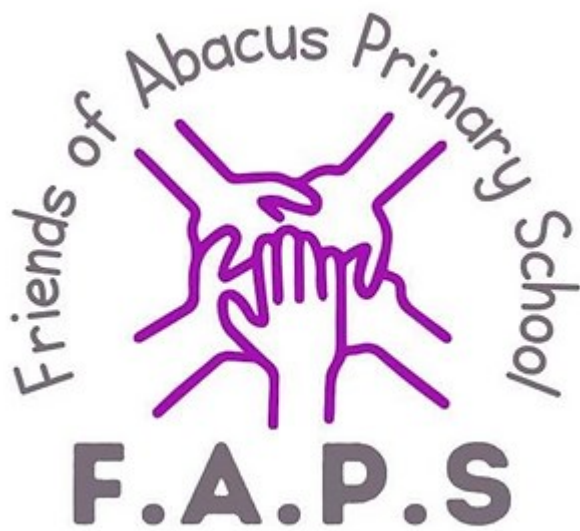
Thank you to parents for transporting the children to the event and for being their best supporters.



St Andrew's Church Spring exhibition for this term features a Polish artist who now lives in Essex and whose work has featured in several Holocaust Memorial exhibitions and whose work has been shown at Chelmsford Cathedral previously. Maciej Hoffman (<https://www.maciej-hoffman.com/>) grew up under Poland's communist regime before moving to England in 2012 in search of new artistic and life opportunities. Here he became in-

involved in leading art workshops for school students, encouraging self-expression through art therapy for young people from disadvantaged backgrounds, or coping with mental health issues and trauma.

The exhibition will open on 23 January, shortly before Holocaust Memorial Day, and will run throughout Lent until 29 March. Maciej's work will complement and be in dialogue with the large painting *Descent from the Cross* by David Folley (http://www.discover-folley.co.uk/contemporary_commentary/) which hangs permanently in St Andrew's Church.



Wristbands are still available from the school office for Adventure Island.

SAVE THE DATES:

KS1 will take place on Wednesday 31/1/24 until 4.30pm and KS2 on Friday 2/2/24 until 5.15pm— more details next week

£5 per child which includes a snack and drink. (please make us aware of any dietary requirements)

Children have voted on their choice of films.



You should have all received a leaflet about the Bag 2 School scheme this week. Bags can be dropped off at the school office from the end of school on Friday 26/1/24 until the beginning of the day on 30/1/24 when they will be collected.



Below is a Focus on ADHD and Sleep

ADHD and sleep

Jade Taktak and Mark Chapman look at sleep – the process and the issues.

We need good sleep to live and function optimally. The brain transitions through different sleep stages overnight, and these stages come under two broad categories: rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. These stages occur in a cycle, roughly every 90 minutes, until awakening.

Total sleep and the precise proportions of NREM and REM sleep are impacted by lots of factors, including age and, most noticeably, deep sleep decreases with age. As well as getting older, difficulties associated with Autism Spectrum Condition (ASC) and Attention Deficit Hyperactivity Disorder (ADHD) can significantly impact children's sleep.

A typically developing, school-age child often requires 10 or 11 hours of sleep. However, many children with ASC and ADHD appear to need less. It is important to keep this in mind as putting a child to bed too early to get more sleep may make falling asleep harder.

Sleep problems are common in children with ASC and ADHD. These include problems falling asleep, less restorative sleep, and early morning waking. Sleep difficulties in ADHD seem to increase with age, whereas those in ASC do not. Those with ASC or ADHD tend to get caught in a disruptive feedback loop of having difficulty falling and staying asleep, which worsens certain autistic features (eg repetitive behaviours) and ADHD features (eg inattention and impulsivity) and makes sleeping even harder.

Possible reasons for disturbed sleep for children with ASC or ADHD include:

- Difficulty winding down before bedtime
- Increased anxiety
- Irregular secretion of the sleep hormone, melatonin
- Co-morbid neurological conditions (eg epilepsy)
- Sensory differences (eg increased sensitivity to light)
- Signs of sleep deprivation including sleeping at inappropriate times, mood changes,
- difficulty paying attention, thinking and memory issues and making poor or risky decisions.

If sleep deprivation becomes chronic, this can increase the risk of physical health problems (eg weight changes, decreased pain threshold, and immunodeficiency) and mental health disorders (eg depression and anxiety).

Impact on education

Sleep deprivation can impact several aspects of a child's life, including their learning and social interaction at school. As children with ASC or ADHD are more prone to sleep difficulties and deprivation, the impact of this on their education can be elevated.

Sleep deprivation and memory


It is thought memories are solidified during the deep stages of sleep. If a child's quality of sleep is reduced, whatever they have learnt during a school day is not retained overnight, and so is more easily forgotten. Also, when sleep-deprived, children can struggle to make memories in the moment, leading to difficulty learning new concepts and accessing previously learned information.

Sleep deprivation and focus

A lack of sleep notably reduces reaction time. For a child at school, this means delayed responses to questions, lack of class participation, and difficulty concentrating. They are also more easily distracted as they do not have the capacity to filter out irrelevant information. As their attention is easily directed away from the information they should be memorising, plenty of time can be lost to a lack of focus.


Sleep deprivation and social interactions


Alongside learning, children in a sleep-deprived state can struggle to interact well with their peers and develop friendships. If a child is easily agitated and experiences mood swings due to sleep deprivation, the person on the other side of the interaction will start to form a negative perception of them. If this is repeated, peers will begin distancing themselves, impacting a child's self-esteem. This can result in a pattern of negative behaviour, such as truanting. Children with ASC or ADHD already find it much more difficult to pick up on social cues and navigate social interactions. With the lack of energy associated with sleep deprivation, it can become even more difficult for them to adapt and integrate with their peers.

It may be difficult to distinguish between what is a result of sleep deprivation, and what is a result of difficulties associated with ASC and ADHD. For example, inattentiveness and distractibility are commonly associated with ADHD, but are also worsened by poor sleep. Consequently, it is important to pay attention to common physical signs such as daytime sleepiness and dark circles under the eyes. Also, ensure to monitor any changes over time. If a child has always isolated themselves from peers and struggled to participate in class, ASC is likely underlying this, with sleep deprivation exacerbating the difficulties. 

About the author

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Dr Mark Chapman is a
Clinical Neurodevelopmental
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CAMHS Neurodevelopmental Assessment Service.



For More
Information



<https://senmagazine.co.uk/sen-online/sen126/#p=17>

Our Curriculum



<p>Early Years FOUNDATION Stage</p>	<p>We are back and working hard. Our book this week is 'The Lion Inside'- we have enjoyed drawing club, thinking about the lion and writing about what we thought would be in the mouse's bedroom. We investigated animals; What are they? Where do they live? What animal would we like to be or are we like? We then used art to investigate this and make a picture using the chalks in our sketchbook. A brilliant full week back!</p>
<p>Year 1</p>	<p>Our first full week back and we have been busy. In English we read Supertato and will be using it to create our own superhero story. In Maths we have been looking at number lines and how they can be a useful tool in working out number sentences. As it has been very cold recently we were able to observe the weather properly in Science. In History we also started our new unit on Toys. Please help us to answer our survey for our next lesson. In Computing we also learnt what an algorithm was. Ask us?</p>
<p>Year 2</p>	<p>We have had a busy first full week back this week in Year 2. In Maths we have started looking at money - making sure we can recognise the value of the different coins and notes we can use, and also starting to add up pence and pounds. Our number bonds to 100 will be really helpful as we carry on next week so using One Minute Maths at home to practise this would be really helpful. We have started to look at jobs we do in our community in PSHE and are enjoying our new PE units which are Yoga (Tuesday) and Invasion Games (Friday). We are looking forward to writing our own 'Finding Tales' over the next couple of weeks after a few bubble-based English lessons this week!</p>
<p>Year 3</p>	<p>What a great start to the new year! We have introduced our new topic 'Blue Planet' in Geography where we have been looking at the globe and maps to see where countries are. We have also linked this topic to our English lessons as we are reading a journey tale 'Flotsam' where we have been able to discuss the issues of marine pollution. In Maths, we have been multiplying a 1 digit number by a 2 digit number and in Science, we have introduced our new unit of forces. Can your child give you a definition of a force? We have started a football and yoga unit in P.E. Lastly, in R.E, we have been learning the difference between knowledge and wisdom. Can your child tell you the difference between them?</p>
<p>Year 4</p>	<p>We have hit the ground running in year 4. In our English lessons we have been focusing on Playscripts and finding out about the real story of 'The 3 Little Pigs'. Who knew it started with a sneeze! Maths has been about multiplication and division with the ones, tens and hundreds. Its more tricky than we thought. PE, we are continuing to with gymnastics on Tuesdays and handball on Friday. It is a lot similar to other sports such as netball, football and basketball. PSHE we have been discussing our feelings and how everyday things can affect them.</p>
<p>Year 5</p>	<p>In Year 5 this week we have been writing diary entries about a day in the Christmas holiday. We have been writing in the first person, past tense, using emotive and informal language, ensuring it is in chronological order and including fronted adverbials and descriptive language. In Maths we have been adding and subtracting fractions with common denominators and comparing fractions with different denominators less than and greater than 1. In PE we have been developing our netball and gymnastic skills. We have continued to read our class book 'Street Child' and have really enjoyed learning more about the Victorian times in our reading lessons.</p>
<p>Year 6</p>	<p>Year 6 have had another busy week! We're enjoying our new class book, 'Darwin's Dragons', and have learnt a lot about the Galapagos Islands which will help when developing description in our writing. This also links to our Science unit: Evolution and Inheritance. It was lovely to see photographs of everybody's families and to recognise which features had been inherited from where. We also enjoyed creating our own mold and cast fossils to help us understand this particular process of fossilisation. Ask us to explain it to you! In Maths, we have been converting imperial and metric measures and did a great job remembering some of the trickier measurements. Ask us a quick way to approximately measure an inch if we didn't have a ruler!</p>