

Abacus Primary School

Newsletter 520 1 / 3 / 24



VOLUNTEER AWARDS



What a privilege it was to accompany 'Abachorus' to their first performance ton Tuesday evening at 'The Towngate Theatre Volunteer Awards'. Their enthusiasm and excitement was infectious, well done to each and everyone of you. Thank you to all the family members who came along to support the children and a **HUGE THANK YOU** to Miss Waters and Mrs Mugford for all your efforts in preparing the children for this event.



Next week we are on Week 1 of our revised menu. Which you can view on our website:

<https://www.abacusprimaryschool.co.uk/school-meals>

NEXT WEEK

World Book Day

On **Thursday 7th March**, we will be celebrating World Book Day.

WORLD
**BOOK
DAY**
7 MARCH 2024

This year, the celebrations will encourage children to **Read Your Way**. Every reader is different, and there's no right or wrong way to enjoy reading. Therefore, we will encourage children to think about what reading looks like for them, focusing on 6 key elements to support them to read for pleasure:

Being read to regularly

Having books at home and at school

Having a choice in what to read

Finding time to read

Having trusted help to find a book

Making reading FUN!

We will be asking children to think about where their favourite places to read are. As many children read in bed, they are invited to come dressed in their pyjamas for the day.

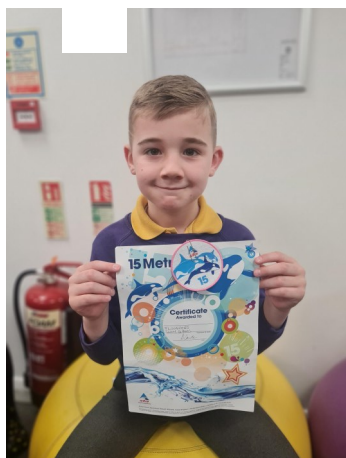


Our 2024 £1/€1.50 books



Each child will be given a £1 book token which can be exchanged for one of the World Book Day books, available in all major book shops and supermarkets. Thank you for your support in helping our children to read for pleasure!

LET'S CELEBRATE!



Well done to Lewis, James, Molly, Olivia, Georgia and Posey on their achievements outside of school this week.

Abacus Sign Language Club

We're really excited to announce a new after school club here at Abacus- Sign

Language Club. This will be for children in Years One and Two and will be led by Miss Waters. The club will take place on a Tuesday, in Red Class from 3.15pm to 4pm. If you're interested then please talk to

Miss Waters.



Sportshall Final

On the 28th February 2024, our team of athletes from Years 5 and 6 represented Wickford in the area final against 7 other schools from South Woodham, Billericay and Maldon.

Well done to the team who focused on their own performances in their field events (throwing and jumping) and then went on to compete in their relay events with great teamwork.

It was a very competitive event and they were announced in 5th place overall as a team (out of 8 schools) which is still a great result for an area final. We sometimes forget that we have already done well to qualify, so shouldn't be disheartened by the final result.



Girls 1st Football Festival



On the 29th February 2024, our Girl's Football Teams finally got to play their first tournament after their previous event was postponed due to the weather. Once again the weather was not on our side but this did not deter the girl's enthusiasm and effort.

Our Abacus United team (pictured back row) played 4 games in total against other Wickford Schools, drawing 1 and losing 3.

Our Abacus Athletic team (front row) played 3, 5 a-side friendly games against Grange. No scores were kept as these were friendlies to gain experience for the girls.

Well done to all the girls for persevering in cold, wet and very muddy conditions.

Thank you to former pupils Charlotte and Cameron who came along and refereed as without them the games wouldn't have been played. Thank you also to the parents for their support in transporting the children and cheering them on in the rain.



At the time of writing this newsletter, 10 children are on their way to Ultima in Wickford to take part in a trampolining event...we can't wait to hear all about it.

Our Curriculum



Early Years Foundation Stage

Back to work and we have enjoyed learning about 'Kevin the Koala'. We asked questions about where Koalas live, eat and what they do. We wrote about what games we would like to play with Kevin and adventures he could go on. In Maths we have enjoyed counting to 30 and recognising the patterns in numbers. We have enjoyed our PE with our dance unit- Mrs Smith's favourite. We worked together as a group to gain confidence in a new situation this week, with a PE session with Mr Adams. He was very impressed with our listening skills. We also have had a go at using musical instruments and learning a song using rap! Ask us to sing Hey You! to you.

Year 1

First week back and we're straight back into our learning. In English we have been doing poetry and creating a poem about how wonderful we all are. In Maths we have been learning the difference between length and height. We also had a go at measuring using a ruler and non-standard units. In RE we have started to learn about the importance of the cross to Christians and in Art we are beginning to look at 3D sculptures.

Year 2

This week in Year 2 we have been revisiting the 4 operations of addition, subtraction, division and multiplication. We have been looking at where the largest and smallest numbers should be in each equation as a way to check our answers. In English we have started a new unit which is based on the book 'Yeti and the Bird'. In Geography we have learnt about where we live, which includes the town, county, country and continent. We have also talked about how to keep safe in PSHE. What a busy week back!

Year 3

Year 3 have started looking at fractions in maths. We have identified unit fractions and non-unit fractions. Can your child tell you the definition of a numerator and denominator? In English, we have been reading 'Ice Palace'. We are using this book to inspire our adventure story writing. In P.E, we started our first cricket lesson. In Science, we experimented the strength of different magnets by seeing how many paper clips they could hold. We have also been doing lots of singing in preparation for our class assembly that will be soon!

Year 4

English: We have started our new English genre- A Journey Tale. The story we are looking at is 'The Miraculous Journey of Edward Tulane'. We looked at this story in our reading lessons last term and we are really enjoying revisiting the story. Maths: We have progressed onto Fractions. We've been looking at mixed numbers and how to find them on a number line. PE: Is all about Dance and how to move like a spy. Friday's lesson is about learning how to improve our fitness. Reading: The book we have been looking at is 'Beowulf', which has been really enjoying. Science: We have been learning about 'Electricity'. We've been learning about how to keep safe and the different components of a circuit.

Year 5

In Year 5 this week we have been completing our discussion texts. We had to write a balanced argument asking should we bring back Victorian style workhouses. As a year group we all decided it wouldn't be the best idea. In Maths we have been learning short division with remainders. We have really enjoyed learning a new skill. In PE we are continuing our gymnastics journey and have been learning how to perform inverted movements. We have been trying hard to perfect the bridge- it was quite tricky. In Science this week we started our new topic which is Materials. We have been carrying out lots of experiments include to check the strength of carrier bags and which material would be the most suitable to keep our food warm or cool for a new lunchbox. It has all been very interesting.

Year 6

Year 6 have had a busy first week back! We had an informative morning with a Crucial Crew session on Wednesday where we learnt about important issues: the dangers of vaping; anti-social behaviour and respect in our community; and gangs and exploitation. At the beginning of the week in English, we focussed on our British Values of Democracy and the Rule of Law by learning about parliament and how our voting system works. This led to us debating about key issues such as animal testing, social media age restrictions, SATs and school uniform. Everybody had a role as either chairperson, speaker or summary speaker and we were so impressed with the well-structured arguments that were made and the confidence with which everyone spoke. Things got a little heated during the floor debates and there were some interesting 'Points of Information' made - ask us what this means!



Colchester Royal Grammar School

Sci-Fest 2024

Saturday 16th March
10am - 4pm

6 Lexden Road, CO3 3ND

Free entry

Families welcome - fun interactive activities



Premium activities will incur a small charge. Refreshments available.

Activities include

Colchester Zoo - Rangers & Wildlife
Coding - Python & Scratch
Dinosaur Escape Room
Dissection Lab
Essex Wildlife Trust
Essex University - Baby Lab & Maths
Face Painting
Mini Monsters
Planetarium

Puzzle Rooms
Sci-High Forensics
Smoothie Bikes
Tech Hub
VR Mini Beasts
VR Oceans
VR Space
VR Wild Beasts
Wipeout

Lunch & refreshments will be available to purchase from Ronnie's Kitchen, the CRGSA and the school's canteen.

Limited parking on site, entrance via Creffield Road or St Mary's Public Car Park, CO3 3AA, a short walk from the school.

 @ColchesterRGS  @colchesterroyalgrammarschool



 **ALL YEAR ROUND**
School's OUT
Activities

Swimming
Everyday during
May and
Summer

Essex's number one premium school holiday activity camp is at CRGS!
Whether it's the long Summer Break, Easter, or the shorter Half-Terms, we can't wait to welcome children from all schools in Colchester!

 Ofsted

Easter
May Half-Term
Summer Holidays
October Half Term
Christmas

Choose individual days or come for the week for 20% OFF

CREATIVE CREW

Scan for Info



Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



#WakeUpWednesday®

The National College®

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/788040/survey_of_pupils_and_their_parents_or_carers-wave_5.pdf
<https://www.oecd.org/education/tais/tais2018tables.htm> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/521070/health_behaviour_in_school_age_children_cyberbullying.pdf

Essex Local Offer Roadshows

Are you a parent/carer of a young person with special educational needs and disabilities (SEND) and want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

Meet representatives from across education, health and social care as well as local support groups.

No need to book, just drop in!

Parent/carer workshops will also be running. More information to follow soon.

Scan the QR code to
find out more
information



or go to

[The Essex Local Offer Website](#)

Join us...

Monday 4 March 2024

The Holiday Inn, Basildon

Thursday 7 March 2024

Hamptons Sports and Leisure,
Chelmsford

Wednesday 13 March 2024

JobServe Community Stadium,
Colchester

Tuesday 19 March 2024

The Harlow Hotel, Harlow



In Partnership with



COMPETITION TIME!

ABACUS

Easter Bonnet

COMPETITION & PARADE

THURSDAY 28TH MARCH



Prizes for every year group

If you would like to enter the Easter Bonnet competition please ensure your bonnets are in school by the end of the school day on Wednesday 27th March 2024.



The next Bags 2 School collection is on 14th June 2024.