

Abacus Primary School



7/11/25



We hope that you all had a wonderful half term break. It's been great hearing about all your half term adventures.

Our tours for September 2026 began this week, and we were overwhelmed with the positive feedback from the prospective parents. They were all so impressed with the

confidence and enthusiasm demonstrated by the children, in Gold, Silver and Teal classes, when showing them around our school. There are more tours planned for Thursday 20th November 2025 and Monday 12th January 2026, please call the school office, if you would like to book onto one of these.

Next Week: On Monday 10th November 2025, we invite children to come to school wearing odd socks as part of Anti Bullying Week. The theme this year is Power for Good .



ODD SOCKS DAY



Photo Day

Individual school photos are taking place on Thursday 13th November. Siblings that are in school will be taken during the school day.



Next Week, we will be on:

WEEK 2

LET'S CELEBRATE!



So many things to celebrate this week-Well done to all the children for their achievements outside of school - Swimming, Football, Dancing, Karate, Acting and Gymnastics.



Tommy (Year 6) had a successful and busy weekend filming at the NFTS for a new short film featuring Daniel Portman, who plays his dad in the film.

Brody (Year 4) competed in Telford at the U9s Elite Men's Artistic Gymnastics National Final. He got awarded Bronze overall across the whole of Great Britain.

WELL DONE!

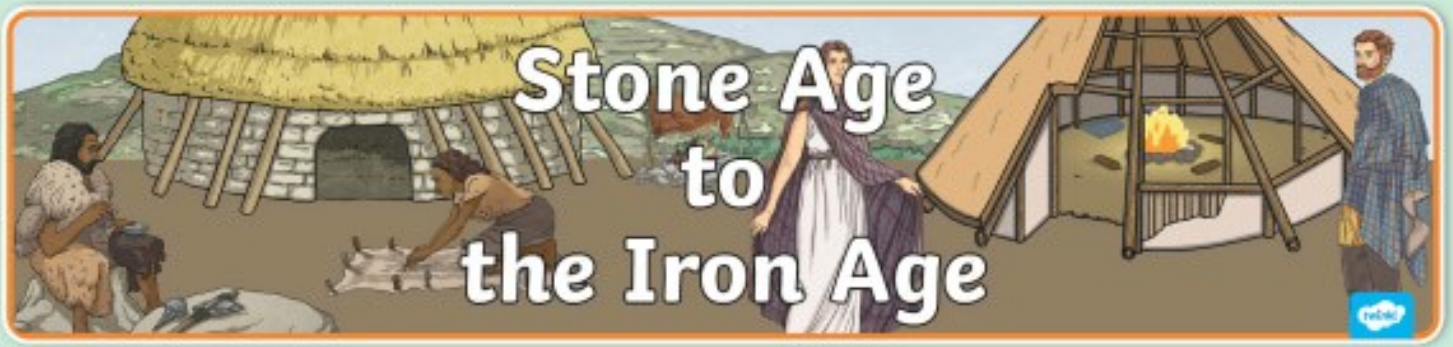
House Points

 	 	 	 
1333	1373	1198	1178

We love to read!



Well done to Elena, Ronnie, Arthur, Seb, JJ and Erla for their enthusiastic and confident reading and Silvana Court on Monday afternoon.



Year 3 had a great time on Tuesday when they went to Barleylands, as part of their, Stone Age to Iron Age topic. The children had a great day cooking Stone Age stew and flatbread, learning about how the Stone Age was different to modern times, feeding the animals and going on a tractor ride.

The children were so enthusiastic talking about their visit:

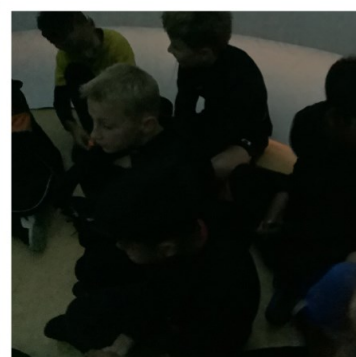
“ I loved making the flatbread and the whole day with my friends” (Stanley – Green) “I enjoyed feeding the animals, one of them licked my hand!” (Amelia –Green) “I enjoyed cooking, but not eating the Stone Age stew!” (Masoon– Lilac) “I loved the tractor ride, it was very bumpy” (Vienna – Lilac) “I loved feeding the cows because they licked my hand!” (Ariella– Lilac) Thank you to the parent helpers who went along to help on the trip.

OUR CURRICULUM

On Wednesday, our large hall transformed into a Planetarium. Year 5 got to step inside and learn about the constellations. The children were so excited as they stepped in and became engrossed. The children learnt about the planets and the solar system, in the afternoon they spoke about the meanings behind the planets names.

They all thoroughly enjoyed their day and for many of them, this was their first time in a Planetarium.





Friday 14th November 2025



On Friday 14th November 2025,
we invite children to come in non-
school uniform to support Children
in Need.

Details of where to send your dona-
tions, will be sent by text.

10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES

Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS

Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS

When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP

Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING

Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS

Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE

Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING

Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION

Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



#WakeUpWednesday®

The National College®

See full reference list on our website.

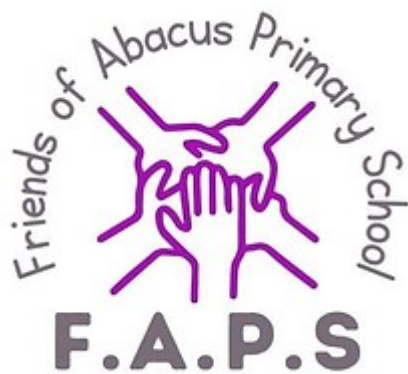
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FAPS Events



Bingo Night – 28th November 2025

7th November 2025

Dear Parents/Carers,

Skittleman is coming back to lead us through our next Bingo Night!

This is an **adults-only event**, so organise a babysitter, and bring all your friends!

We'll be in the School's Large Hall - doors open at 6.30pm. Please arrive in advance of the start time of 7pm.

Tables will be set up for groups of 8-10, so you may be asked to sit with other people if your group is smaller than this. Please bring cash, nibbles (nothing containing nuts), alcoholic drinks (in moderation) and lots of enthusiasm! We will have dabbers and soft drinks available to purchase.

We're expecting this to be a very popular event, and there are very limited numbers of tickets, so please don't delay if you'd like to join the fun.

Tickets cost £10 and are available from www.pta-events.co.uk/faps-abacus

This covers your first book of 7 games; more will be available to purchase on the night – please bring cash for this.

Any questions, please contact faps@abacus.essex.sch.uk

Thank you

From the Friends of Abacus Primary School Committee





FAPS would like to invite you to our

SEN SOFT PLAY EVENT



@ **MEGACENTRE
RAYLEIGH**



**Wednesday 3rd December
4:30pm-6pm**

We have exclusive access to the soft play area for the duration and would love for the SEND children of Abacus to have their own event. Parental supervision is required while children are playing. Refreshments and cold food will be available to purchase from the soft play cafe.

Places are very limited to keep numbers low so don't delay to book

This is not a fundraiser but we are asking for £6 per child to help cover the cost of the event

Book via
pta-events.co.uk/faps-abacus



The MegaCentre Rayleigh

7 Brook Rd, Rayleigh SS6 7UT

CHRISTMAS CRAFT & GIFT FAIR

In aid of BCCS a charity which supports the emotional health and wellbeing of children

Registered Charity Number - 1000661



Mill Arts and Events Centre,
Bellingham Lane,
Rayleigh (Free Parking)

SUNDAY 16TH NOVEMBER 2025

10.30am till 4.00pm

CRAFT STALLS ★ GIFT STALLS ★ & MUCH MORE

£1.50 Adults, Children Under 14 Free

For more information contact Damian on 07912 308000 / ddillon@bccs.org.uk



F.A.P.S Christmas Photoshoot

With Lou Sutton

22nd November

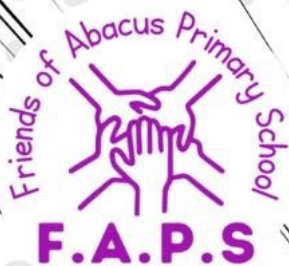
limited slots available



Scan to book or visit

www.lousutton.co.uk

**PLEASE DONATE
PRIZES FOR
OUR**



**JOLLY
TROLLEY**



**We are accepting
donations outside school
office from 10th - 24th
November**