

# Abacus Primary School



## Newsletter 499 15/9/23

What a lovely first full week back we have had this week, the change in temperature has been welcomed. We're really proud of the children's efforts and enthusiasm this week. It was wonderful to hear about achievements already made by our first stars of the week for this academic year. It was lovely to see Miss Neilson in school on Thursday afternoon for a short visit, Red Class were delighted to see her. Her recovery is going well and we hope to see her again very soon.

**Welcome Meetings:** Thank you to all the parents who attended the welcome year group meetings, apologies about the technical difficulties. These presentations have all been added to the school website under the News section, we have also added dates for this term...more to be added very soon. Monday is the Year 1 and Year 2 Welcome meetings ( 9am for Year 1 and 2.45pm for Year 2) these will take place in our school hall.



**Starting School:** Today, we welcome our newest members to the school. Welcome to Pink and Blue class children and their families, we are delighted that you have joined our school community and look forward to working in partnership with you.

**FAPS circus:** To add to the excitement of the big top coming to Abacus on Thursday 5th October, we invite children to come to school dressed for the circus. Children will be taking part in circus skills workshops throughout the day...we cannot wait! If you haven't purchased your tickets for the circus in the evening yet please visit <https://www.pta-events.com/faps-abacus/> (copy link)



Next week, we will be on  
**WEEK 1** of our Summer menu.



## **CIRCUS COMPETITION**

We would like to invite all children to take part in a competition to design a 2D circus themed picture.

There will be 2 winners, one for each key stage and the winner's design will appear on our Circus night programmes on October 5th 2023.

All designs need to be handed in by midday on 20/9/2023 so they can go to print in time for the event.

We look forward to seeing your amazing pictures.

FAPS



# Thursday 21/9/23

On Thursday (21st) next week, we invite all children to come to school in their PE kits to take part in some activities throughout the day to celebrate National Fitness Day.



If you would be happy to have a Temme English board in your garden to advertise the circus, please let FAPS know by emailing:

[faps@abacus.essex.sch.uk](mailto:faps@abacus.essex.sch.uk)

*Wickford Town Council invites you to a free event...*

# ALL ON BOARDS

## SKATE DAY

**FREE**

**EVENT FOR CHILDREN, YOUNG PEOPLE AND  
FAMILIES OF WICKFORD**

**SATURDAY  
16TH SEPTEMBER**

**11AM TO 4PM | NEVENDON PARK  
WICKFORD SS12 0QG**

**GET ACTIVE AND TAKE PART – GREAT ACTIVITIES  
AND WORKSHOPS FOR ALL**

Sin Cru presents

Valoris and The Expansions - Hip Hop culture; Djing, Design and  
Graffiti | Tic-Tac Skate School Mobile Skatepark | Smoothie Bike |  
Climbing Wall | Gaming Bus | FREE bike checks with CyCool\* |  
Music and performances | Food & Refreshments on sale

**JUST ROCK UP – NO TICKETS REQUIRED!**

**LIMITED PARKING, PLEASE ARRIVE BY FOOT, PUBLIC TRANSPORT  
OR USE MAIN TOWN CENTRE CAR PARK.**

\*chargeable repairs available on site

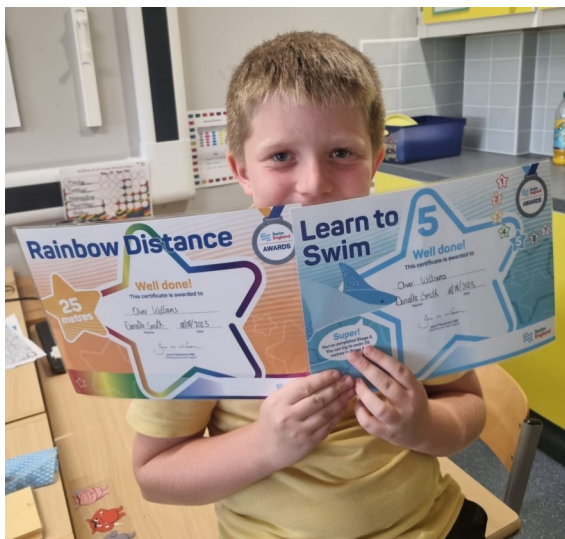


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# LET'S CELEBRATE!



Well done to Teddy, Charlie, Samuel, Kayla, Teddy M, Sinead and Oliver for their achievements in football, gymnastics, karate and story writing this week.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

### PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

### ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

### AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

### DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

18  
CENSORED

### Meet Our Expert

Daniel Upscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



Source: <https://hipal.app/about/privacy.html>

### FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

### ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undoubtedly, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

### TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

### BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

**NOS** National Online Safety®

#WakeUpWednesday