

# Abacus Primary School

## Newsletter 513 5 / 1 / 24



We hope that you all had a great Christmas break and we would like to take this opportunity to wish our whole school community a very Happy New Year.

We have another busy term ahead, please ensure that you are regularly checking our school calendar to make sure you do not miss any events- copy and paste the following link to access the calendar page on our website:

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

On Monday we will be carrying out our final tours for any families hoping to join our school in September 2024. These can be booked via our school office.

Year 4 Wat Tyler– We are busy planning the residential trip for our current Year 4's which will take place in May 2024. We invite parents of White and Black class to a meeting at **9am on Wednesday 17th January 2024.**



Next week we are on week 3 of our menu.

Please note that Thursday's Red & Green bands will be:

Red- Sausage Baguette

Green- Veggie Sausage Baguette





**UK WASTE DIRECT**

**FREE Christmas Card Recycling Challenge!**

Developed for Schools and Education Facilities across Essex & Colchester in partnership with UK Waste Direct

Approximately 1 billion Christmas cards are thrown away each year - that's around 33 million trees worth!

We want to encourage Children, Pupils and Staff alike, to recycle their Christmas cards which is why we are offering our Christmas Card Recycling Challenge - free of charge.

**We are recycling Christmas Cards up to 30th January 2024.**

**There is a box in the reception area .**

We have had a visit from our local police officers following a surge in complaints to the council regarding parking around the school. They have advised us that they will be carrying out unannounced visits to check the safety and wellbeing of children, residents and pedestrians. Please be mindful of your parking at all times– the safety of all must be everybody’s priority.



**Happier January 2024**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**





## Your Community

Are you interested in being involved in a community group? Would you like to develop your own group and work in partnership with your local Family Hub? Please contact our Community Engagement Worker, Debbie Hunt - Contact 0300 247 0013

## Volunteering Opportunities

If you have skills or time to spare and would like to volunteer with us across our service, please contact our Volunteer Coordinator, Clare Chinery - [clare.chinery@barnardos.org.uk](mailto:clare.chinery@barnardos.org.uk) who would be happy to discuss opportunities with you.

## Early Support

We have staff available Monday – Friday who can provide advice and support to families in our local community. We can also assist with 2-year funding applications for childcare.

## Drop in Self weigh

An opportunity for you to 'drop in' to our hubs and weigh your baby/child – no need to book an appointment. A member of the team will be available for support if needed.

## Developmental Reviews

All children will be offered a 9-12 month and a 2 ½ - 3-year development review. You will be contacted to book this appointment. If you have any concerns about your child's development, then please contact us.

## Timetable – January – April 2024

Welcome to your local family hub, where you can access **free**, friendly and high-quality health services in your community, school, online or family home. We offer a variety of sessions to support your child's development and build strong parent-child relationships.

Family Hubs ensure that children, young people and families (0-19 years or up to 25 years if SEND) can access integrated early support. We provide a one-stop shop of family support services for your mental and physical health plus your educational and social care needs. Our partner agencies include midwives, GP's, CAMHS and local community groups.

The focus of our service is making sure that everyone in Essex has the best possible start in life through meeting the identified needs of children, young people and families.

### Northlands Park Family Hub

Davenants,  
Basildon  
SS13 1QX

Monday to Friday  
9.00 – 17.00

### Highcliffe Delivery Site

Rettendon View  
Wickford  
SS11 8JE

Monday to Thursday  
9.30 – 14.30

### Fryerns Farm Delivery Site

Greenshoots Building,  
Churchill Avenue,  
Basildon  
SS14 2EQ

Tuesday, Thursday & Friday  
9.00 – 17.00

### All About Delivery Site

James Hornsby High School,  
Leinster Road,  
Landon  
SS15 5NX

Monday to Wednesday  
9.00 – 17.00



[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

0300 247 0013


Northlands Park Family Hub



Commissioned by



## Highcliffe Family Hub - Delivery Site, Wickford Now Open Monday-Thursday 9.30-15.30

Monday	Tuesday	Wednesday	Thursday	Friday
Open 9.00 – 3.30 Self-Weigh 1.00 – 3.00	Open 9.30 – 3.30	Open 9.30 – 3.30	Open 9.30 – 3.30	Closed Please see Northlands Park Family Hub
<p><b>Stay, Play &amp; Learn 0-5 Years</b> A 10-week rolling programme covering play and development, alongside crafts and singing 10:00 – 11:00</p> <p><b>Speech and Language Support</b> Support session for parents and carers with concerns around child's speech. Contact <a href="mailto:drop-in@nelft.nhs.uk">drop-in@nelft.nhs.uk</a> to book an appointment. 12:30 – 15:00 <b>2nd Monday of the Month</b></p> <p><b>Say Hi Twins</b> Come along and play with other families with multiple babies (0 to 18 months) 13:00-14:00 1st &amp; 3rd <b>Monday of the Month</b></p>	<p><b>Fryerns Library Rhythm and Rhyme</b> Session to support Speech and Language 0 -5 years 1:30 – 2:15 <b>Term Time Only</b></p> <p><b>First Time Parents</b> 3-week programme A course for first time parents to explore baby cue's, routine, family wellbeing, common childhood illnesses and learning through play 13:30-14:30 <b>Starting 1st Tuesday of the Month</b></p> <p><b>Introduction to Solids</b> A drop-in session supporting the introduction of solids and signs to look for when your baby is ready to start weaning 13:30 – 14:30 <b>Last Tuesday of the Month</b></p>	<p><b>Healthy Family Drop In</b> An opportunity to drop-in and weigh your child, seek advice about their development and wellbeing 9:30 – 11:30</p> <p><b>Say Hi Weigh and Play</b> A Peer led session to meet others in your community and a chance to speak to our qualified staff along with weighing baby 0-1years 9:30 – 11:30</p> <p><b>SEND Support Drop In</b> An opportunity to speak to our Additional Needs Early Intervention Team to get advice and support for children and young people 0- 25 years old 10:00 – 11.30 <b>2nd Wednesday of the Month</b></p> <p><b>Typical Toddlers</b> Drop-in sessions for children aged 18 months – 5 years, covering the following: Tantrums Boundaries &amp; Routine Fussy Eating Toilet Training 13:00 – 14:00 <b>2nd and 4th Wednesday of the month</b></p>	<p><b>Stay, Play &amp; Learn 0-5 Years</b> A 10-week rolling programme covering play and development, alongside crafts and singing 10:00 – 11:00</p> <p><b>Let's Talk Together</b> A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language <b>*Referral only</b> 13.30-14.30</p> <p>Follow us on Facebook for updates</p> 	<p><b>Virtual Let's Talk Together</b> A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language. <b>*Referral only</b> 10:00 – 11:00</p> <p><b>Virtual Rainbows (SEND)</b> Drop-in virtual SEND support for parents. <b>*Bookable</b> 13:00 – 14:00</p> <p><b>Please see our timetables for Northlands Family Hub and Fryerns Family Hub – Delivery Site in Basildon for today's available sessions.</b></p>

# Kids With Bricks

is  
coming  
to  
your  
school!



## Creativity - Teamwork - Problem Solving

Challenge yourself to create and build, exploring new topics every half term. Work independently and as part of a team to compete in a new exciting interschool competition every week!



£3.99 + VAT

(per child per session)

**To find out more and  
book tickets visit...**



[www.kidswithbricks.com](http://www.kidswithbricks.com)

Follow us on social media to see  
all of the amazing work created  
in schools across England and  
Wales!



tweetsandbricks



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