

Abacus Primary School

Newsletter 511

15 / 12 / 23



Thank you so much to our amazing kitchen team for all their efforts this week in preparing and serving over 400 Christmas lunches!

The children had a great time being served by their teaching teams and enjoying their meals with their friends. More photos will be uploaded to our school gallery very soon.



We have a special menu for next week offering some of the children's favourites!

Monday: chicken nugget wrap, veg nugget wrap, JP or cheese roll

Tuesday: sausage baguette, veg sausage baguette, JP or ham sandwich

Wednesday: fish finger & chips, cheese & onion pastry, JP or egg & crispy bacon baguette



BREAK THE RULES DAY

★ ★ ★ FOR just
★ ★ ★ ONE day

Wednesday 20th December 2023

Have squash in your water bottle

Wear non-school uniform (this can include odd socks)

Paint your nails

Wear a glitter tattoo

Come to school with funky hair and wear any hair accessory

Wear a football kit to school

Bring sweets or chocolate for your snack instead of fruit

Eat your dessert before your main course at lunchtime

Wear make up or face paints

Wear trainers for the day

Each rule broken costs 50p. To be paid in cash on the day



'Abachorus'



Starting on Monday 8th January 2024, Abachorus is back on a Monday from 3.15pm to 4.15pm. In this club, children will learn popular songs and sing together as a choir.

Spaces will be limited to 30. If you would like to attend please collect a letter from Mrs Mugford .

We are really excited to announce that we have already secured your first performance at the Volunteer Awards at the Towngate Theatre on Tuesday 27th Feb 2024.

We will be recycling Christmas Cards up to 30th January 2024. There will be a box in the reception area following the Christmas break.

FREE Christmas Card Recycling Challenge!

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

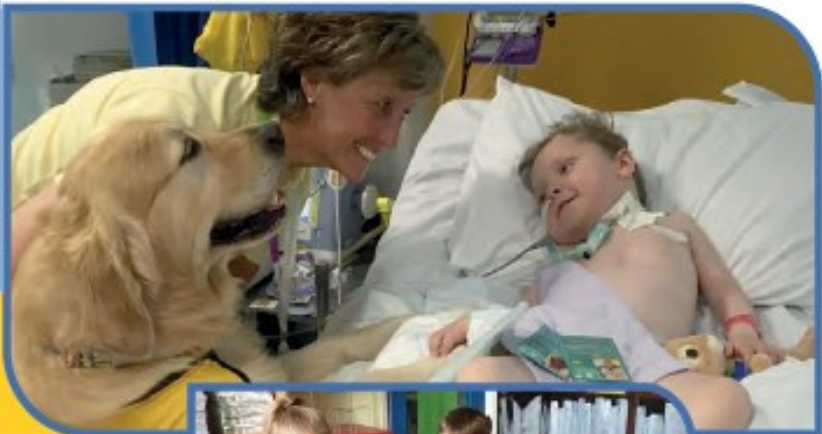
Approximately 1 billion Christmas cards are thrown away each year - that's around 33 million trees worth!

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!**

**PETS AS
THERAPY**

Our pets and people enriching lives,
one visit at a time

We are looking for our own PAT Volunteer. Could it be you?



Become a volunteer with your pet and you will:

- 🐾 Help your local community
- 🐾 Bring joy to those you meet
- 🐾 Make days a little brighter
- 🐾 Boost your own wellbeing

There's no minimum commitment – we can't
wait to welcome you as our PAT Team!



For more information or help:

🌐 petsastherapy.org
✉ reception@petsastherapy.org
☎ 01865 671440

🐦 [petsastherapyUK](https://twitter.com/petsastherapyUK)
📘 [Pets As Therapy UK](https://www.facebook.com/PetsAsTherapyUK)
📷 [petsastherapy_uk](https://www.instagram.com/petsastherapy_uk)



**Please scan
to apply**

SPORT NEWS

On the 1st December 2023, our Sports Ambassadors invited children to take part in their annual Santa Dash Challenge.



Each class were led by the Sports Ambassadors on a 2 lap walk to festive tunes.



Gymnastics

On the 8th December 2023, it was the turn of 10 children from Years 5 and 6 to visit the gymnasium.

They also got the chance to use the facilities at Celebrate Gymnastics at Barleylands and use the equipment: the sprung floor, vault, beam and rings.

Thank you to family members for transporting the children.



LET'S CELEBRATE!



Well done to Jenson for his achievements in Martial Arts this week.



We love to read!



What a lovely afternoon we had on Monday when six children from Foundation visited Silvana Court to make gingerbread houses. James, Giorgio, Lucy, Elsie, Ethan and April left the biggest smiles on our resident friends faces.



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

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



tweetsandbricks




Kids with bricks



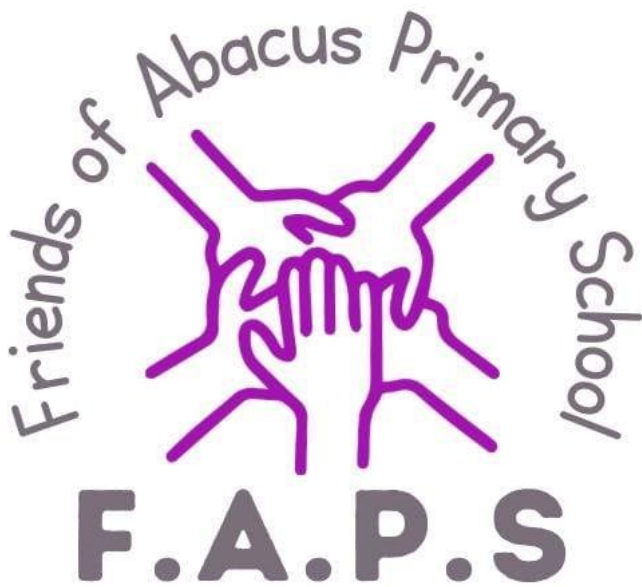
kidswithbricks



is at Vange Library on
16 December, 11am-12, 12:30pm-1:30, 3pm-4

 Ask us how to book a session!





Bag2School is a **free eco-friendly fund-raising scheme** that helps schools, businesses, community groups, local councils, and charities **raise funds through textile recycling** as well as spreading textile recycling awareness.

We will be taking part in this scheme after Christmas...more details to follow.

To keep up to date with FAPS events keep an eye on their Facebook page

<https://www.facebook.com/profile.php?id=100064628444729>



www.bag2school.com



Are you planning on giving your child a new games console, mobile phone, tablet, or computer game this Christmas? Or

do you have friends or family who are?

Visit www.essex.police.uk/sortyoursettings for practical things you can do to help make your child's new device safer when they are online.

#StaySafe

Our Curriculum



<p>Early Years FOUNDATION Stage</p>	<p>A very Christmassy week in Foundation. We have been making lots of different things to bring home for Christmas, which we hope you will enjoy. We have been practising making 3,4,5. What numbers go together, how they add up and what the numbers look like. Ask us at home if we can show you. Our foundation elves- Elvis and Snowdrop have been up to lots of mischief in the room and we enjoy coming in each morning to find out where they are, what they have been up to and enjoy telling the teachers what our elves do at home.</p>
<p>Year 1</p>	<p>Almost a normal week in Year 1 with no Christmas play but how lovely to finish off the week with a pantomime! We really enjoyed it... oh yes we did! However, our learning has continued with more poetry in English, recognising and representing numbers up to 20 in Maths and using our senses in Science. We also managed to find time to make our Christmas cards, learn how Muslims celebrate Eid and finish our History unit about Florence Nightingale and Edith Cavell. Ask us who they were.</p>
<p>Year 2</p>	<p>We've had a great final full week of 2023 in Year 2. We've been enjoying some wonderful Christmas Art and have felt very festive as we concluded our RE unit which was exploring the nativity and what it teaches Christians about Jesus. We have enjoyed practising our poem for the poetry slam next week and in Maths we have been exploring the properties of 2D and 3D shapes. We have had such a busy term and have worked so hard; our teachers are very proud of us indeed and we are looking forward to ending the term with lots more festive activities next week.</p>
<p>Year 3</p>	<p>In PSHE, Year 3 have been learning about the importance of First Aid and how to respond when somebody is in need. In Art, we have been creating a cave art wall and painting a Stone Age animal onto it. In Maths, we have been revising addition/subtraction methods using the column method. We have also been practising our Christmas poem for the Poetry Slam and reading some Christmas texts.</p>
<p>Year 4</p>	<p>It's nearly the end of term and it is definitely becoming more festive. In English, we have finished our persuasive texts, and we are top copying our work. In Maths we are consolidating our learning and using our knowledge to help complete Christmas puzzles. We have finished our French topic of the half term and completed an assessment. In our Art lesson we worked collaboratively to create a piece, linking everything we have learnt in previous lessons. On Thursday we had a Now Press Play lesson about the Rainforest which we really enjoyed and on Friday we watched the pantomime. We are really in the Christmas spirit!</p>
<p>Year 5</p>	<p>This week in Year 5 we had an out of this world experience when Starlight Planetarium came to school. We went inside a dome and the instructor told us all about Space, we got to look at the stars and all of the Milky Way. But it did make some of us feel a bit dizzy! We also had a workshop in the afternoon where our instructor Mark knew the answer to all of our questions, it was amazing! In English we created our own double page spreads in our Science books. You can see them on our next book look. In Art we have created amazing futuristic prints, they were really effective. In PE we completed our dance topic by creating our own hand jive routines.</p>
<p>Year 6</p>	<p>We have really enjoyed free-writing on the laptops in English this week. Everyone has worked really hard to punctuate their sentences accurately and the writing has been very imaginative! We have had lots of fun building circuits in Science for our electricity unit - ask us to tell you what happens each time you add a bulb to a circuit with only one cell. We look forward to creating some Christmas themed board games next week using our new knowledge. In Art, we have learnt about the artist Kathe Kollwitz and completed a charcoal portrait and sculpture inspired by her work. We have been busy learning our poems for the poetry slam and look forward to performing them next week.</p>

FLU VACCINE CATCH-UP CLINICS

Time is running out to vaccinate your child with this season's flu nasal spray*.

The flu vaccine reduces the risk of serious illness and will top up their protection even if they've been vaccinated before.

Drop into one of our catch-up clinics for primary and secondary aged children and those eligible for a COVID-19 vaccination:

2 December, 9 December

8.30am – 1.50pm

Vaccination Centre, The Lodge, Runwell, SS11 7XX

No booking required. Just walk in.

Booked appointments only on:

16, December

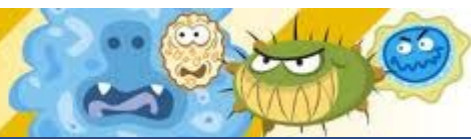
8.30am – 3.50pm

Vaccination Centre, The Lodge, Runwell,
SS11 7XX

Ring 0300 790 0597 to book.

*flu injection is offered as an alternative to the nasal spray





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 nationalcollege.com for further guides, hints and tips for adults.

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparking stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College®



National Online Safety®

#WakeUpWednesday



Special Educational Needs
& Disabilities

Below is a Focus on support and advice around picky eating written by Lucy—the dietician who came to school and a feeding psychologist.

Fed up with what your child is (or isn't!) eating? Don't be.

We've got your back. As parents ourselves, we know how difficult it is parenting a picky eater. With Sprout, you'll understand the reasons behind your child's picky eating and then work with us to apply personalised strategies to bring calm to your mealtimes.

Put picky eating in the past.

The only place to discover your child's unique fussy eating profile and learn how to start tackling it once and for all.

Get started for free

Parents rated the Sprout Picky Profile 8.4/10

Step 1

Build your child's Picky Profile

Your first step to tackle picky eating is to build your child's personalised digital profile. This will lay the foundation, helping you identify and start addressing the reasons why your child is picky.

Built in 30 minutes, you get...

- ✓ Clarity on the 7 causes of picky eating.
- ✓ A picture of how they affect your child.
- ✓ Simple tips to start to tackle them.

Build our child's profile for free

How does it work?

Picky eating can be pretty complex and unfortunately, there's no one sized fits all approach. Our Picky Profile helps you to focus on the things that will work for you and your child. No more stabbing in the dark, just effective targeted strategies.



Build

Your child is unique. In around 30 minutes you'll build your child's unique fussy eating profile to find out what factors your child is HIGH, MEDIUM and LOW in.



Understand

Say goodbye to guesswork. With personalised guidance you'll start targeting the root causes of fussiness in your child with the ability to know what information to use and what to ignore.

Then what?

After completing your Picky Profile, you'll be able to book a free call with one of our experts. You'll learn more about joining a small group of parents on a Sprout team and how we'll work together to put a plan of action in place to overcome your child's picky eating.

For More
Information



<https://eatwithsprout.com/>