

# Abacus Primary School



# 5/9/25

**WELCOME**  
  
**SCHOOL**

We hope that you all had a wonderful summer break.

We welcome Mr McIntyre to our site team, as our site manager and Miss Wild to our office team.

I am so pleased that our new academic year finally got started, albeit it a day later.

We apologise for an inconvenience

caused on Wednesday but there was no way we could safely have children in school with no electricity or water. Thank you to the parents who called or popped by and offered to help clean and for your understanding.

Our dates for this term and the academic year are being added to the school website, you can find these on the calendar page (copy and paste the link)

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

The dates for our welcome meetings are:

These meetings will provide an opportunity for you to meet your child's class teacher and hear about

Year 6– Tuesday 9th September 2025 at 9.30am– this is an online meeting

Year 5– Tuesday 9th September 2025 at 10.30am– this is an online meeting

Year 4- Wednesday 10th September 2025 at 9.30am– this is an online meeting

Year 3– Wednesday 10th September 2025 at 10.30am– this is an online meeting

Year 2– Thursday 11th September 2025 at 9am in Large hall

Year 1– Monday 15th September 2025 at 9am in Large hall

Foundation– Monday 29th September 2025 at 9am in Large hall

The children all enjoyed an ice pole today, thank you to FAPS for organising these.

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

# Fun Walk 26/9/25

Following the success of last years fun walk, we will be doing it again this year. This will be taking place on Friday 26/9/25 where we are inviting parents/grandparents or family members to come and join us for a walk around the Wick. Sponsor forms and times will be sent home very soon.



## LET'S CELEBRATE!



Our out of school achievements from the end of last term, well done to Harrison, Austin, Sophia and Lily.

# RHS School Gardening Awards



Congratulations

**Abacus Primary school**

- You all contribute to your gardening plans
- You are learning new gardening skills
- You use gardening to support your wellbeing

Date: 23 July 2025

**Alana Cama**  
Schools and Groups  
Programme Manager, RHS

**Clare Matterson CBE**  
Director General, RHS



We're proud to receive our second gardening award.

We have got lots of lovely ideas for gardening projects around the school, if this is something you would like to be involved with, please let us know.

# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS

Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING

Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY

Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS

Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS

Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES

Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS

Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION

Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING

Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED

Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Holroyd Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and Lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



# #WakeUpWednesday

The National College