

Abacus Primary School

Newsletter 518

9 / 2 / 24



What a great week we have had celebrating Children's Mental Health Week. Thank you to Mrs Ferrari and Mrs Smith for all their efforts in organising the events, the children thoroughly enjoyed the 'Improve Your Wellbeing' events on Wednesday and Thursday. Thank you for your support with the 'Dress to Express Yourself' event today.



Next week we are on Week 2 of our revised menu.
Which you can view on our website:

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





If you see someone
without a smile, give
them one of yours.



Dolly Parton



Number Day 2024

**We raised
£350.50**



Question

This week we asked the question which activities help your Mental Health and Wellbeing?



Class meeting results

Date: 8th February 2024

[View all](#)

[Results summary](#)

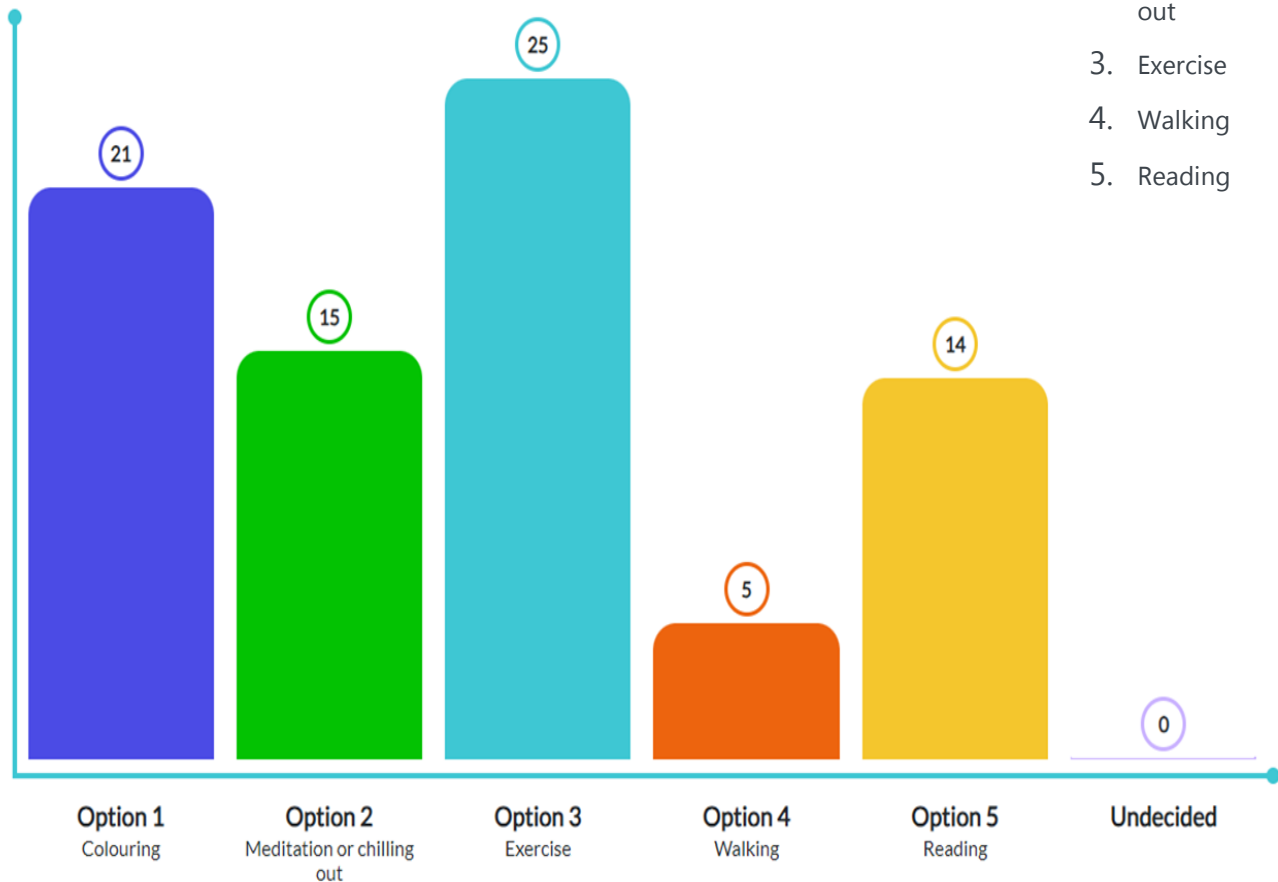
[Results details](#)

[Comments and ideas](#)

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? Which activity helps your Mental Health and Wellbeing?

1. Colouring
2. Meditation or chilling out
3. Exercise
4. Walking
5. Reading



Following our School Council meetings, class council meetings took place where children had the opportunity to be note takers and lead the meeting.

LET'S CELEBRATE!



WELL DONE

Well done to Louie, Kayla, Charlie, Olivia and Sonny for their amazing sporting achievements this week in football, acro, swimming and dance.

Year 6 SATS meeting—Tuesday

13th February 2024 9am

Miss Mitchell will be leading a session for the parents of Year 6 children to talk through the organisation for SATS week. This session will take place on **Tuesday 13th February 2024 at 9am** in the large hall.



Dates
for your



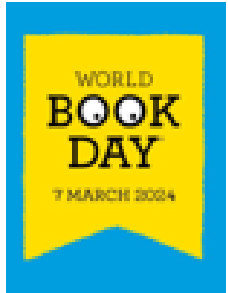
Book look— Wednesday 14th February 2024 3.15pm to 4.15pm

Parents are invited to come into school from 3.15 to 4.15pm on Wednesday 14th February 2024 to visit classrooms looking at work on display and in children's books.

To keep up to date with all the events which are taking place in school please visit the calendar page on our school website:

World Book Day

On **Thursday 7th March**, we will be celebrating World Book Day.



This year, the celebrations will encourage children to **Read Your Way**. Every reader is different, and there's no right or wrong way to enjoy reading. Therefore, we will encourage children to think about what reading looks like for them, focusing on 6 key elements to support them to read for pleasure:

- Being read to regularly
- Having books at home and at school
- Having a choice in what to read
- Finding time to read
- Having trusted help to find a book
- Making reading FUN!

We will be asking children to think about where their favourite places to read are. As many children read in bed, they are invited to come dressed in their pyjamas for the day.



Each child will be given a £1 book token which can be exchanged for one of the World Book Day books, available in all major book shops and supermarkets. Thank you for your support in helping our children to read for pleasure!

We love to read!



Well done to Flynn, Alfie, Keshav, Amelia, Isabel and Amelie from Year 6 who put the biggest smiles on our resident friends faces at Silvana Court on Monday afternoon.

**STAFF
PARKING
ONLY**

Please can we remind **ALL** parents that unless previously agreed with the school, you **MUST NOT** use the staff car park under any circumstances. This includes before and after school clubs, dropping off items to the office, picking up children during the day for appointments/unwell and school drop off/pick up. We have seen an increase of

this over the last few weeks and of children walking across the car park rather than using the pathways. Many cars/vans are turning and we are extremely concerned for the children's safety.

Our Curriculum



<p>Early Years FOUNDATION Stage</p>	<p>This week we have been working out how to catch a star! Ask us how we planned to catch it! We have been working hard looking at who has more, who has fewer. I don't think we like it when we have fewer! but with the help of our cuddly toys in the class we are able to spot the difference. On Wednesday we had choosing time in the hall with relaxing and calming activities. Throughout the week we have been trying different things to do each day, did we make someone smile? Did we say hello to someone new, How did we show kindness? A brilliant way to support Children's Mental Health Week.</p>
<p>Year 1</p>	<p>What a lovely week we've had focusing on keeping our minds healthy doing lots of different activities. In English we wrote a healthy mind poem. In Maths we focused on counting in 10s. In Science we had great fun testing the strength of different materials. We also enjoyed Safer Internet Day and know how to stay safe online. We completed our RE unit on Shabbat which is all about resting. A perfect link to keeping our minds healthy.</p>
<p>Year 2</p>	<p>We have had a great week this week in Year 2. We have spoken a lot about our mental health and thought about how we can speak up and use our voices to share our feelings. We understand how important it is to talk about our emotions and that it is normal to feel both positive and negative feelings throughout our day. We also talked about e-safety in class this week and explored the importance of knowing who we can talk to if we see something online that makes us feel uncomfortable or worried. We have looked at dividing numbers (equal groups / sharing) in maths, and have done some great diary writing in English. We are using different coloured pens in English to make sure we are really thinking about when to use a full stop. We are looking forward to next week when we can complete our art project that we started this week - a pirate themed story board.</p>
<p>Year 3</p>	<p>Year 3 have had a lovely week celebrating Mental Health Week. We participated in a wellbeing workshop where we had the opportunity to do lots of different mindful and fun activities. In Maths, we have been doing more measuring including equivalent lengths, comparing lengths and adding lengths in mm, cm and m. In our reading lessons, we have been reading a Non-Fiction book (Rivers and Mountains) and learning lots of facts. In, Geography, we have been labelling the counties of the UK as well as looking at the most populated areas. In Science, we have been exploring magnets and what type of materials they are attracted to. In Art, we have created another sculpture based on our design that we sketched. We thought about the 2D shapes we could join and fold.</p>
<p>Year 4</p>	<p>As part of Children's Mental Health Week, we have been involved in some activities to help support us. We have been to some Wellbeing sessions and this subject has been part of our PSHE lessons. Maths has been about perimeters, finding the perimeter of rectilinear shapes, progressing onto finding the missing lengths. In English we have been continuing with our discussion texts. It can be tricky to write a balanced argument, without showing bias to either side. We are really enjoying our History lessons. Finding out about our local history and the Wickford flood of 1958. On Tuesday was Internet Safety Day, we discussed the importance of staying safe when online. We talked about the progression of the internet and what might happen in the future. One more busy week until Half Term!</p>
<p>Year 5</p>	<p>It has been a busy week in Year 5, we have had Children's Mental Health Week and Internet Safety. We have enjoyed lots activities, but we especially enjoyed the Improve Your Wellbeing Event. We got to do lots of different activities including a silent disco, a smoothie bike, circus skills, colouring and Lego building. It was amazing! In Maths this week we started out new topic Multiplication and Division. We have been working hard with the grid method and are starting to look the written column method. We know by this time next week we will all be masters of long multiplication. In English we have been learning about discussion texts. We have been thinking about the structure of a balanced argument. We had the question 'Should the teachers clean the school?' We found it easy to think of the argument Against but found the argument For a lot harder. We aren't sure our teachers were very impressed with some of our ideas to keep them in school cleaning. In Art we have been working to produce multi media portraits. We have used lots of different mediums. You will be able to see our artwork in our sketch books at the book look next week.</p>
<p>Year 6</p>	<p>We have really enjoyed celebrating Children's Mental Health week, especially participating in activities such as the silent disco, arts and craft, circus skills and the smoothie bike. We have talked about mental health in assemblies and PSHE lessons and know that the best thing to do if we are feeling worried or down, is to share our thoughts and feelings with a trusted person. In Maths this week we have been calculating with decimals and enjoyed taking part in a 'Now Press Play' activity to consolidate our understanding. In Geography, we have enjoyed testing our subject knowledge by seeing if we could create a world map and label all the continents and oceans as well as some countries.</p>

Mental Health and Wellbeing

MiniMe
Mindfulness®
Mindset Coaching 4 Kids

**Wickford Primary
Care Network
invite their patients to:**



FREE Parent & Child 20 Week Course

Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Children 3-5 years
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
@ New Life Church Crouch Valley

Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
**Increase Inner Calm
& Happiness**
**Encourage Resilience
& Communication**
Reduce Anxiety
Have FUN & Make Friends



Tuesday 12:40 or Friday 10:40

Email: emma@minimemindfulness.co.uk Call: 07984 449843



**Wickford Primary
Care Network
invite their patients to:**



FREE After School Club 20 Week Course

**Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
© New Life Church Crouch Valley**

**Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Increase Inner Calm
& Happiness
Encourage Resilience
& Communication
Reduce Anxiety
Have FUN & Make Friends**



Tuesday (4-7yrs) & Thursday (8-11yrs) 3:55
Email: emma@minimemindfulness.co.uk Call: 07984 449843





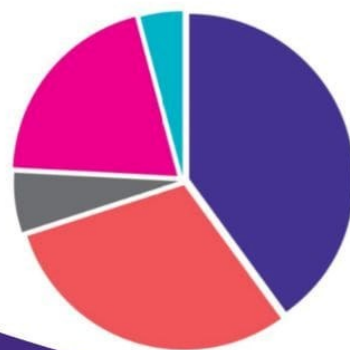
WE'VE LAUNCHED A LOTTERY

BUY A WEEKLY TICKET TO SUPPORT OUR SCHOOL

& win up to £25,000

HOW IT WORKS

- Tickets cost £1 per week (minimum period 1 month).
- Easy to sign up online (Payment by debit card or direct debit).
- Every week one member of our school community will win a cash prize.
- Winners are notified by email.
- Weekly chance to win up to £25000 in the national draw.



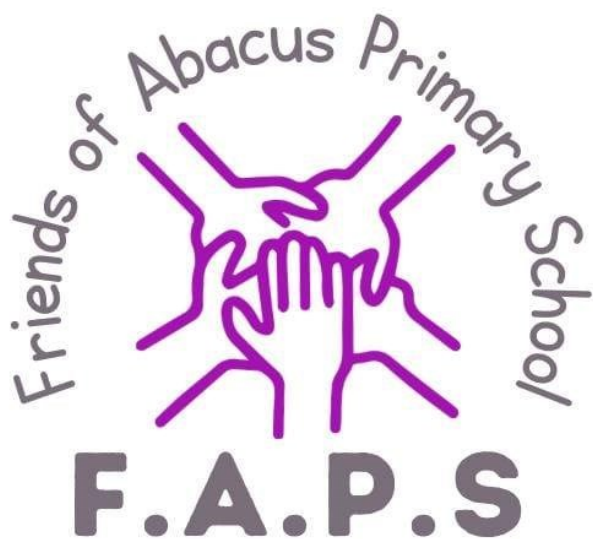
SPLITTING THE £1
40p School funds
30p Local prizes
6p Jackpot prize
20p Administration
4p VAT

THE MATHS

100 WEEKLY TICKETS SOLD
= £30 weekly cash prize
+ £2080 a year for our school

To start supporting visit
yourschoollottery.co.uk
and search for Abacus Primary





FAPS will be selling wristbands for Adventure Island on Wednesday, Thursday and Friday after school next week in preparation for the half term break. They will be £15 each.

**MOTHER'S DAY
GIFT SHOP @ ABACUS**

FRIDAY 1ST MARCH

**ORDERS MUST BE PLACED
BY 11TH FEB**

**£3.50
Per gift**

Order now

www.pta-events.co.uk/faps-abacus



FAPS Fundraising 2023

A BIG Thank you for all the support of our Fundraising events of 2023

FAPS are pleased to report a fantastic £7,800 was raised last year! WOW!

Some of the funds have been used for activities such as;

Easter Egg hunt
King's Coronation badges
Splats Circus Workshop
Christmas Panto

More exciting things to come this year!
Fancy getting involved? Committee members or general volunteers would be most welcome.

Please email
FAPS@abacus.essex.sch.uk

What Parents & Carers Need to Know about MONKEY

AGE RESTRICTION
17+

(although the lack of age verification means that someone younger could easily log in with a fake date of birth)

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

UNDER 18

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.

CONTACT WITH STRANGERS



The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.

IN-APP SPENDING



While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.

INTRUSIONS ON PRIVACY



According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.

Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

NOS
National Online Safety

#WakeUpWednesday