

Abacus Primary School

Newsletter 504

20/10/23



Year 2 had a fantastic visit to the Tower of London last Friday. Their behaviour was fantastic and considering they sat in a lot of traffic on the way home, due to the A13 being closed, they arrived back at school with big smiles. Thank you so much to all the family members who supported on this trip, your help was really appreciated.

School closes today for the half term break and reopens on Monday 30th October 2023.



After half term, we will be on **WEEK 3** of our menu.

Please see changes further on.



Well done to Year 2 for their two fantastic Harvest performances this week. You all sang with enthusiasm and spoke with confidence, we could not be more proud of you.



Our Wellbeing Ambassadors are busy planning a cake sale on Wednesday 1st November 2023 after school. Any money raised will be split between buying items for our wellbeing garden and breast cancer care. If you

would like to donate any cakes, please bring these into school from Tuesday 31st October 2023. Please ensure that any homemade cakes have ingredients clearly listed. Many thanks





Please note, the changes for next weeks dinners that have been highlighted on the menu below.

This only affects Thursday's options.

Please also note that Thursday's Green band is not Gluten Free

Week 3	Red Band	Green Band	Yellow Band	Purple Band	Dessert
Monday	Chicken Nuggets Peas or Beans & Wedges DF, EF	Vegetable Nuggets Peas or Beans & Wedges DF, EF	Jacket Potato with Filling	Cheese & Cucumber Sandwich Crisps GF, EF	Ice Cream Tub or Fresh Fruit
Tuesday	Burger in a Bun GF, DF, EF	Halloumi Burger in a Bun GF, EF	Jacket Potato with Filling	Tuna & Sweetcorn Pasta Pot GF, DF, EF	Coconut & Jam <u>Sponge</u> or Fresh Fruit
Wednesday	BBQ Chicken Sweet Tomato Pasta & Green Beans GF, DF, EF	Summer Vegetable Quiche Sweet Tomato Pasta & Green Beans	Jacket Potato with Filling	Fish Finger Wrap GF, DF, EF	Yoghurt or Fresh Fruit
Thursday	Sausage Baguette GF, DF, EF	Veggie Sausage Baguette DF, EF	Jacket Potato with Filling	Sweet Tomato Pasta Pot GF, DF, EF	Victoria Sponge or Fresh Fruit
Friday	Jumbo Fish Finger, Chips & Peas GF, DF, EF	Vegetable Finger, Chips & Peas EF, DF	Jacket Potato with Filling	Egg Mayonnaise Sandwich Crisps GF, DF	Cookie or Fresh Fruit

Secondary School Applications for September 2024 –

Reminder for Year 6 Parents



As you may be aware, the statutory closing date for applications from parents of Year 6 children (for a secondary school place in Year 7 from September 2024) is **31 October 2023**.

Year 6 children who have yet to submit an application, must do so **by 31 October 2023**. Any applications made late are dealt with after those made on time and so applying late reduces the chances of being offered a preferred school.

Applications can be made via our website www.essex.gov.uk/admissions

We love to read!



What a pleasure it was to accompany Chimdi, Jack, Albie, Amelia and Sophia to Silvana Court on Monday after-

noon. It was a pleasure to see the joy and happiness they brought to our resident friends with their enthusiastic reading. Well done Year 2.



PSHE Education (including RSHE)

- Abacus Primary School
- Burnham On Crouch Primary School
- Buttsbury Junior School
- Greensward Academy
- Poplar Adolescent Unit
- Ryedene Primary & Nursery School
- St Andrews C of E Primary School
- The James Hornsby School



Healthy Schools

Well done to Eloise and Anais who accompanied Mrs Ferrari and I to the Healthy Schools festival on Thursday where we were presented with two awards.

We received a certificate of achievement for the successful completion of the health improvement project linked to PSHE- 'Healthy Schools Expectation' and also 'The Best Practice Award' for our work on becoming a Dementia Friendly Aware

LET'S CELEBRATE!



Well done to Dana and George for their achievements in dance and football.

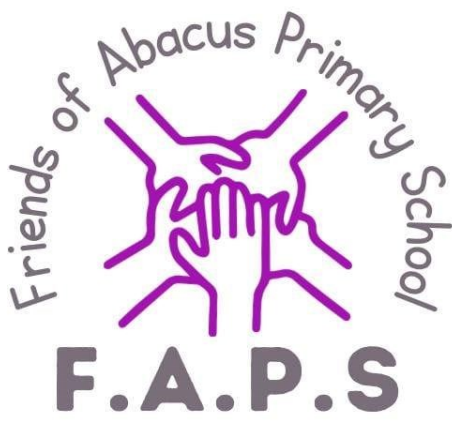
EXCITING NEWS



Well done to Tommy who is starring in the cast of Peter Pan at the London Palladium Theatre and to Teddy who is starring as Michael Darling in Peter Pan at the Cliffs Pavilion.

We are so proud of you both.





Do you have any Christmas jumpers or pyjamas that no longer fit your child?

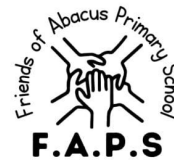
FAPS are asking for donations of Christmas Jumpers and Pyjamas, a box will be left in reception for them



to be dropped off, and then FAPS will sell them these in advance of Christmas Jumper Day.



Don't forget—Adventure Island wristbands are for sale from the school office for £18 each, card or cash. Southend are having a free fireworks display every weekend, so why not combine the 2 outings!



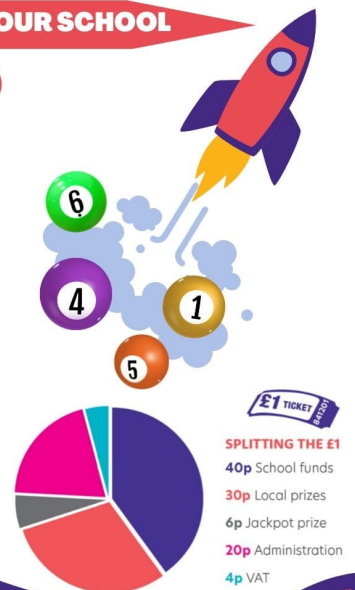
WE'VE LAUNCHED A LOTTERY

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.



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

STORYTime



Thank you to all the Foundation Stage family members who came along to the Storytime on Thursday afternoon.









Our Curriculum



<p>Early Years Foundation Stage</p>	<p>Another brilliant week in Foundation. We have thought about harvest this week. We have read a book about the apple harvest and how they are collected. We had been looking, smelling and tasting different fruit. We have learnt about capacity in maths as well as heavy and light. We enjoyed a family read on Thursday afterschool and proudly showed off our phonic knowledge. We cannot believe this is end of our first half term! Enjoy a lovely rest and see you after the holiday.</p>
<p>Year 1</p>	<p>We did it! We have completed our first half term in Year 1 and despite being the last week of term we have carried on with our learning. In English we focused on writing good sentences. Ask us what the four things we must always try to remember to write a good sentence. In Maths we have started to explore number bonds and use the part-whole model. In Geography we learnt some famous things about Wales. Art was fun again as we learnt how to print using Lego! So much learning in Year 1, think we definitely deserve the week off. Have a great half term!</p>
<p>Year 2</p>	<p>We have been so proud of the children this week; their effort in the Harvest Performance was just tremendous and their behaviour made us so proud. As well as learning about those key stories about Harvest, we have learned so much about the Great Fire of London this half term too - please ask us to tell you all of the facts we know about it and how it changed peoples' lives for ever. We have had an amazingly busy but fun half term and can't wait to see what the next half term will bring. Have a great week!</p>
<p>Year 3</p>	<p>Year 3 has finished off Autumn 1 in style, with lots of interesting topic work to round off our first half term of KS2. We have learnt about tools and food in Stone Age times (and we are SO looking forward to learning more about this on our trip!) and finished our RE big question on how people express commitment to their religions. We spent our Science time learning about Mary Anning's fossil discoveries and investigating the permeability of different soil types. We finished our Fundamentals unit in PE with some fun games based on the skills we have learnt this half term - see if children can remember what they are! (Balancing, jumping, skipping and dodging!) We have also finished writing our own instructions on 'How To Wash'... (a variety of creatures, ask your child what they wrote about) in English and learnt to spell irregular words (List 6 on Spelling Shed) in Spelling. We also practised the column method for addition and subtraction in Maths, all in all another fun but busy week in Year 3! Enjoy your week off; we look forward to seeing you after half term.</p>
<p>Year 4</p>	<p>In English we have been finishing our 1st person narratives, working more independently using the box plans we created. We have been editing our work using the skills we have learned. In Maths we have been subtracting two 4-digit numbers with one or more exchange. It has been tricky but we have been working so hard. During our spelling lessons we have been practicing our challenging words by segmenting words into the correct syllables and phonemes and spelling words with irregular spelling patterns. We've been using tone to create a 3D effect in Art, using different sketching pencils and techniques. In Reading we have been studying a poem by Ruby Archer who wrote a poem about a gondolier. We have been able to pull the poem apart to find out some information about the City of Venice.</p>
<p>Year 5</p>	<p>This week in English we have been writing persuasive letters about plastic pollution in our oceans. The children have been very passionate about this. In maths we have been using written methods for addition and subtraction as well as using estimation to check the reasonableness of our answers. The enquiry question that we have been thinking about in RE this week is: Is Believing in God Reasonable? We have looked at 2 philosophers views and what Humanists believe. We have had lots of interesting discussions around this. In PE we had an intra-sport competition to round-up our dodgeball unit and Teal Class beat Purple Class by 4 points, well done Teal. Great sportsmanship was shown by all. Have a well deserved half-term.</p>
<p>Year 6</p>	<p>Well done to Year 6 (children and staff!) for making it through another busy week after having such a brilliant (and tiring!) time away at PGL. We enjoyed taste testing Greek food in DT on Monday - the halloumi, Greek yoghurt and tzatziki went down particularly well. We then planned and cooked a delicious Greek feast using ambitious recipes and flavours - ask us about some of the mouth-watering meals we tried. We also had a fantastic Greek day where we enjoyed role-playing a quest as part of a Now Press Play session and created detailed Greek pottery using home-made scratch art. We finished the day by performing our chants in our city-state teams and competing in the 'Olympics'!</p>






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>Stay, Play & Learn 0-5 Years A 10-week rolling programme covering play and development, alongside crafts and singing 10:00 – 11:00</p> 	<p>SEND Stay, Play and Learn & Drop In 2nd & 4th Tuesday of the Month Support around SEND children. Meet other parents and carers from your local community. Suitable for children 0-5. 10.00-11.00</p>	<p>Healthy Family Drop In An opportunity to drop-in and weigh your child, seek advice about their development and wellbeing 9:30 – 11:30</p>	<p>Stay, Play & Learn 0-5 Years A 10-week rolling programme covering play and development, alongside crafts and singing 10:00 – 11:00</p> 	<p>Virtual Let's Talk Together A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language. *Referral only 10:00 – 11:00</p>
<p>2nd Monday of the Month Speech and Language Support Support session for parents and carers with concerns around child's speech. Contact drop-in@nelft.nhs.uk to book an appointment. 12:30 – 15:00</p>	<p>First Time Parents From 1st Tuesday of the Month 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</p>	<p>Say Hi Weigh and Play 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>Let's Talk Together Starts Oct A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language *Referral only 13.30-14.30</p>	<p>Virtual Rainbows (SEND) Drop-in virtual SEND support for parents. *Bookable 13:00 – 14:00</p> 
<p>Say Hi Twins 1st & 3rd Monday of the Month Come along and play with other families with multiple babies (0 to 18 months) 13:00-14:00</p>	<p>Introduction to Solids 4th Tuesday of the Month 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</p>	<p>2nd and 4th Wednesday of the month Typical Toddlers Drop-in sessions for children aged 18 months – 5 years, covering the following: Tantrums Boundaries & Routine Fussy Eating Toilet Training 13:00 – 14:00</p> 	<p>Please see our timetables for Northlands Family Hub and Fryerns Family Hub – Delivery Site in Basildon for today's available sessions.</p>	
	<p>Follow us on Facebook for updates</p> 			

MENTAL HEALTH & WELLBEING

Northlands Park Family Hub, Basildon



Monday	Tuesday	Wednesday	Thursday	Friday
Self Weigh 9:30 – 15:30	Self Weigh 9:30 – 15:30	Self Weigh 9:30 – 15:30	Self Weigh 9:30 – 15:30	Self Weigh 9:30 – 15:30
<p>Healthy Family Drop In An opportunity to drop-in and weigh your child, seek advice about their development and wellbeing 9:30 – 11:30</p>	<p>Stay, Play and Learn 0-2 Years A 10-week rolling programme covering play and development, alongside s and singing craft 10:00-11:00</p>	<p>2nd Wednesday of the Month Speech and Language Support <u>Support session for parents and carers with concerns around child's speech.</u> Contact: drop-in@nelft.nhs.uk to book an appointment 12:30 – 15:00</p>	<p>Healthy Family Drop In An opportunity to drop-in and weigh your child, seek advice about their development and wellbeing 9:30 – 11:30</p>	<p>Virtual Let's Talk Together A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language. *Referral only 10:00 – 11:00</p>
<p>BRAS Infant Feeding Support Breast Feeding and Lactation Support run in partnership with Breastfeeding, Relaxation, Assurance & Slings (BRAS) Please book your space: https://zeaaegtmpdrkdyjws.10to8.com</p>	<p>2nd & 3rd Week of the Month First Aid with ACL 2-week workshop to learn the basics of first aid 13:00 – 14:30 Term Time Only</p>		<p>Say Hi Weigh and Play 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>Baby Beginnings A 10-week rolling programme for babies aged 0 - 1 covering play and development. 10:00 – 11:00</p>
<p>Ready, Steady Let's Play 6-17 Months Drop in and have fun while further supporting your child's development, focusing on a different age-related topics. Communication Development. Physical Development 10:00 – 11:00</p>	<p>Let's Talk Together *Referral only A 3-week course exploring strategies for parents/carers to use, to help develop their child's speech and language. 13:30 – 14:30</p>	<p>Baby Beginnings A 10-week rolling programme for babies aged 0 - 1 covering play and development 13:30 – 14:30</p>	<p>Stay, Play & Learn 2-5 Years A 10-week rolling programme covering play and development, alongside crafts and singing 13:30 – 14:30</p> 	
<p>Ready, Steady Let's Play 2s 18-30 months Drop in and have fun while further supporting your child's development, focusing on a different age-related topics. Communication Development. Physical Development. 13.30-14.30</p>	<p>Community Stay, Play and Learn 0-5 Years A Peer Led Session to encourage community support through play. 13:00 – 14:30</p>		<p>Follow us on Facebook for updates</p> 	<p>Community Stay, Play and Learn 0-5 Years A Peer Led Session to encourage community support through play. 13:00 – 14:30</p>
<p>1st & 3rd Monday of the Month School Age Drop In Drop in for advice and support about your school aged child's health and development.. 15:30 – 16:30</p>	<p>SEND Stay, Play and Learn Support around SEND children. Meet other parents and carers from your local community. Suitable for children 0-5. 15:30 – 16:30</p>			<p>Virtual Rainbows (SEND) Drop in virtual SEND support for parents. *Referral only 13:00 – 14:00</p>

Below is a Focus on stressed behaviours and building resilience.

All children can get overwhelmed by school life, events at home and out and about. This can be seen to a slightly higher degree for children with SEN. It is important to know how to respond to these meltdowns and help to regulate our children so that they can become more resilient and better equipped to deal with life's ups and downs.

Tantrum vs meltdown/shutdown

Meltdowns are not tantrums. A tantrum is a result of frustration for not getting something a child wants and can occur more frequently if a child is hungry, tired or unwell and will end when the dispute is resolved. A meltdown occurs when a child is overwhelmed and cannot control themselves. If you get cross or impose punishments the meltdown is likely to get worse and will then last longer.

Building resilience in Neurodivergent children

Wait for the meltdown to completely finish before trying to talk about or address the situation that caused it. Always talk calmly (even if as parents you feel very emotional).

Step 1: Talk about the feelings and what happened. Ask what made them feel that way and when the negative feelings started (be aware that it is probably a mixture of lots of small things combined rather than one single thing).

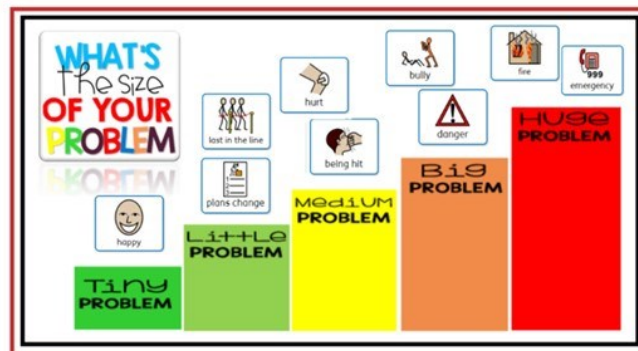
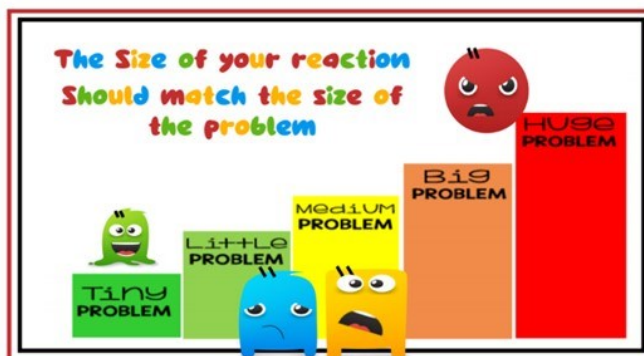
Step 2: Challenge the negative feelings– use the size of the problem chart to discuss where the problem belongs (lots of neurodiverse children catastrophise a problem!)

Step 3: Focus on the positive, what could we do next time that would help? What can we learn from what happened– use this to teach them how the world works! Think about the things you are good at rather than focusing on the things we might not be so good at.

Step 4: Think about the people around you and how they make you feel. Spend more time with the people that make you feel good and less time with the people who don't.

Step 5: Get active! Do an activity that makes you feel good– dance, trampolining, play a game.

Step 6: Set yourself some fun goals. Achieving something new makes us feel good. Teach someone else how to do it too!



For More Information



<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/meltdowns/all-audiences>

<https://exceptionalindividuals.com/about-us/blog/building-resilience-against-neurodiverse-workplace-challenges/#:~:text=Acknowledge%20any%20weaknesses%20and%20focus, strategies%20and%20strength%20based%20thinking.>

<https://www.youtube.com/watch?v=jrSSeT5z5F8>

What Parents & Carers Need to Know about EA SPORTS FC 24

After two decades of holding the official FIFA licence, EA Sports' phenomenally successful football video game series has embarked on a solo run at goal. This season's iteration marks the debut appearance of a new name and branding, but don't let those fool you – EA Sports FC 24 is still a very similar proposition to last year's FIFA 23. Popular features such as Ultimate Team remain a big focus, meaning that potentially costly in-game spending is still among the line-up of risks that parents and carers should be aware of.

WHAT ARE THE RISKS?

RECURRING RELEASES

EA Sports FC 24 effectively picks up the FIFA template – meaning that after a year, we can expect EA Sports FC 25 to hit the shelves. Updates between versions of the FIFA franchise tended to be minor, but young fans of the game are almost certain to want the new edition in around 12 months' time, so they can keep playing with updated team kits, players and squad lists.

OFFENSIVE VOICE CHAT

FIFA 23 introduced cross-platform play, and EA Sports FC 24 goes a step further with Clubs, Seasons and Ultimate Team cooperative modes across PlayStation 5, Xbox Series X and S, and PC. That's exciting news for youngsters who love to play with friends online – but connecting a much wider audience does potentially open lines of communication between children and far older online gamers.

IN-GAME PURCHASES

In FIFA, Ultimate Team proved to be a profitable innovation for developers Electronic Arts (EA), and is now found in many of their other titles. Players spend in-game currency to recruit better footballers for their team, but this process can take a frustratingly long time – so young fans may be tempted to skip the grind by paying real-world cash to unlock that coveted star midfielder.

CONTROL SPENDING

If your child enjoys Ultimate Team mode, check that your payment details aren't linked to their account. Bundles of FC Points (the game's currency) start at just £1, so multiple payments can easily slip under the radar. You could consider setting your child an in-game allowance, perhaps through a prepaid card, which will help them to realise that online spending has a real-world effect.

SHOW TOXIC CHAT THE RED CARD

Playing EA Sports FC 24 with friends is highly enjoyable, but if competitive types start to turn toxic online, it can ruin everyone's fun. You could occasionally listen in on the voice chat of your child's game for any warning signs that things may be about to boil over. This goes double when playing online with strangers: voice contact with unknown players can be turned off in the game's settings.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

Source: <https://www.windowcentral.com/youngster-spends-over-8000-lla-bao-highlighting-predatory-game-design-ec/> <https://www.who.int/news-room/questions-and-answers/item/addictive-behaviours-gaming-disorder> <https://www.eurogamer.net/18-european-countries-call-for-better-regulation-of-loot-boxes-following-nsw-report>



ULTIMATE TEAM SCAMMERS

Since the mode was introduced, Ultimate Team has been a target of scammers who attempt to coax players into buying or selling outside the terms of service from EA and console manufacturers. This shady practice can lead to accounts being banned and in-game items being lost. In some cases, young gamers have also been hoodwinked into handing over their payment details to the fraudsters.

POTENTIAL FOR ADDICTION

Just like real-life football, EA Sports FC 24 offers a thrilling, dynamic blend of tactical awareness and skill that fans find absolutely engrossing. Among younger players in particular, this could lead to identifiers of a gaming disorder as they plead for "just one more game" before bedtime or spend practically all weekend playing more matches to earn additional Ultimate Team packs.

Advice for Parents & Carers

DEFEND AGAINST SCAMMERS

EA does contact players via email (although not to ask for usernames or passwords, so watch out for that scam tactic), but never through the game itself – so be wary of incoming messages and consider blocking and reporting suspected spam. Your child should avoid buying coins (the in-game currency) from external sites: it could end with them losing their money and being banned from the game.

AVOID EXTRA TIME

Many parents of young football-oriented gamers worry about their child playing too much EA Sports FC. There's now also a companion mobile app, which can also often provide another indicator that a child is struggling to disengage from the game. You could initiate discussions around set hours of play – or take stronger action by utilising the parental controls on their console or phone.

CELEBRATE THE VARIETY

Ultimate Team may be the game's 'star player', but there's plenty more to do in EA Sports FC 24 – including modes which allow access to all of football's big names without needing to spend money on packs to unlock them. This new version of the game includes even more women's teams, marking another step forward in representation: an important subject to discuss and celebrate with children.





NEW INTAKE SCHOOL TOURS

Our school is holding tours for prospective parents on the following dates:

TUESDAY 31ST OCTOBER

THURSDAY 23RD NOVEMBER

MONDAY 8TH JANUARY

We are holding 3 sessions on each of the above dates:

9.30am, 10.45am & 1.30pm

The tours will last for approximately 45 minutes and begin with a presentation sharing key information about our school, followed by a tour led by our "experts" in Year 6.

Please contact our school office on 01268 571018 to book a tour.

Tours are by appointment only

We look forward to meeting you all!