

Abacus Primary School



10/10/25



What a wonderful experience Year 6 had this week, on their residential to Bawdsey Manor in Suffolk. The children had the opportunity to take part in a number of activities, including Fencing, Survivor, Jacob's ladder, Beach/Coastal walk, Climbing, Challenge Course, Problem Solving, Zip Wire, Archery and Trapeze. Such lovely memories have been made. Thank you so much to Miss Mitchell, Mrs Matthews, Miss Dooley, Mrs Hassell and Mrs Cox for making this experience possible. Thanks also to Mrs Bragg for going up on Tuesday to visit and to Mrs Haley for all her efforts with the administrative organisation of this trip.



Next week we will be on
WEEK 3 of our menu



Layer Marney Tower



What a fantastic day Year 2 had on Monday when they visited Layer Marney Tower as part of their 'The Great Fire of London' topic. What beautiful weather they had too.

Phonics and Reading



We will be holding two meetings to share information and strategies for Phonics and Reading.

PARENT MEETING



Miss Lee and Mrs Borley will be delivering a session on Tuesday 21st October 2025 at 9am. This is aimed at Foundation and Key Stage 1 focusing on Phonics and Reading.

On Friday 24th October 2025 at 2.30pm Miss Mitchell will be leading a session on Reading at Home, this

is aimed more for Key Stage 2 children. Please let the office know if you will be attending.

Book Look 15/10/25



On Wednesday 15th October 2025, parents of children in Years 1-6 are invited to visit classrooms from 3.15pm to 4.15pm and look through the children's work books.





Our Good Practice seekers attended an online meeting, on Wednesday afternoon with 8 other schools.

Topics covered included:

Relationships with the Police

Achievement

What makes a good role model

What makes a good school council.



Well done to Molly, Daniel, Frankie, Charlie and Lauren.

Spy Dog Books...please be aware...

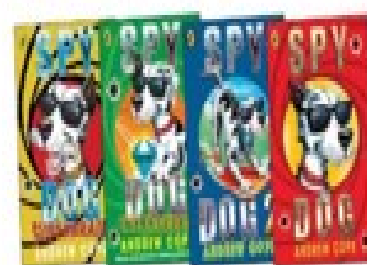
You may have seen in the press today or heard from your county library service that the children's publisher Puffin has issued an alert about books by Andy Cope including those in the Spy Dogs, Spy Cats, and Spy Pups series.

The books include a link to additional content, but the link is no longer owned by Mr Cope. This means that children visiting the link are seeing highly inappropriate webpages.

As a result, libraries, bookshops, retailers and schools have removed the books from their shelves until such time as there is a resolution.

We have not got any of these books in school.

The story of course is fine to read, It is only the additional online content that is affected.



We are looking forward to the Year Two performances next week and invite families to make a donation to our Harvest collection. All donations will go to the Gateway project who currently support over 50 families a week in Wickford

The Harvest collection food is going to be collected on the 17th October. So please ensure that all food is brought in by Thursday 16th October 2025.



We are grateful for donations in the following categories:

- Rice pudding/custard
- Tinned pies
- Packet rice
- Packet pasta
- Tinned meat
- Tinned fish
- Tinned fruit
- Long-life milk
- Tea
- Coffee
- Tinned vegetables
- Tinned potatoes
- Tinned tomatoes
- Pasta sauce
- Jam/ Marmalade



Also, we are grateful to receive donations of Toiletry items - shower gel, deodorant, shampoo, toothpaste and toothbrushes, and feminine hygiene products.



Basildon Family Fun

Free Event

11th October

Basildon Library

1-4pm

**Supporting transition to
Reception through Reading**

Essex Library
Oral Health Team NHS
SPACE (Support for Parents and Carers in Essex)
Essex Child & Family Well-Being Service
Home Start
ACL - Adult Community Learning
BOSP - Brighter Opportunities for Special People
SNAP
Active Essex including HAFF
Essex Family Forum
MYOTAS - my own time and space
Daisy First Aid for Families
Talk, Listen, Cuddle- TLC



A Community Project for Families and Children

This exciting project is all about:

- Closing the 'word gap'
- Improving the journey into school
- Encouraging a love of reading and language



We are inviting Parents, carers and grandparents to get involved in their child's learning journey.

Children can enjoy fun, language-rich activities in our specially set-up library space, while adults explore and connect with local stallholders.

Lets build brighter futures- together through stories, play and community!

TLC - Talk, Listen Cuddle -
Communication and Language,
transition into school and lots more
support for parents,



Story telling and lots of fun
activities for children - sign up for a
library card on the day



Information on **training and courses**
to support parenting and getting back
into the workforce

Support for neurodivergent
children and their **families**



Oral Health - good tooth brushing
and dental care

Support parents and caregivers to
feel less isolated, build confidence
in themselves and their parenting.



Lots of great support and
information on **toileting**,
baby groups, **SEN drop**
ins, **family support**,
well-being, transition to
school.

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



#WakeUpWednesday®

The National College®



Laser Night – 23rd October 2025

FAPS will be hosting a Laser Night event, on the school field, on 23rd October 2025.

Gates will open at 4.45pm for a 5pm start, with food, drink, light-up toys and a Silent Disco to entertain you, before the Laser Show at 6pm.

Entry will be from the front gates (Tresco Way) only – please bring a torch for when you leave.

Tickets for the Laser Show **only** will be £5.

Tickets **including a pre-ordered Jacket Potato** will be £8.

Jacket potatoes will include a choice of 2 toppings from:

Cheese

Beans

Chilli

Vegetarian Chilli

(Sweet treats and drinks will be available for purchase and do not need to be pre-ordered).

The Silent Disco will be run on a first-come, first-served basis, with children and adults able to enjoy 20 minutes for £3 each. This does not need to be pre-booked.

Tickets for the Laser Night MUST be pre-booked and are available through our website www.pta-events.co.uk/faps-abacus.

YOU WILL NEED TO BRING A COPY OF YOUR TICKETS TO THE EVENT (PRINTED OR ON YOUR PHONE).

When you book, you will be asked if you're able to help with this event – please consider if this is something you could do – we do need extra pairs of hands!

Bookings with food will be open from today until 16th October; bookings without food will be open until 22nd October – please note, we will not be able to add anyone in after this date.

Children under 3yrs are free.

If you have any questions or could help in any way at this event, please contact faps@abacus.essex.sch.uk

Thank you



SAVE THE DATE...

Adults only



Friday | 28th Nov



Keep eyes out for details 👁️👁️