

Abacus Primary School

26/9/25



Please return sponsor forms and money by the 10th of October.

Thank you to everyone who came along and supported our Fun walk today. Thanks also to FAPS for all their efforts in organising this event. We will let you know how much has

been raised once we have a final figure.

We are looking for new team captains and vice captains for this academic year. If you think you have the skills to take on one of these roles, please write a letter of application outlining why you think you would be a good team captain or vice captain. The role includes collecting and counting up your teams house points for the week.



I look forward to receiving your letters. Mrs Blakeley



Next week we will be on
WEEK 1 of our menu

LET'S CELEBRATE!



Well done to all our stars for their achievements outside of school this week in gymnastics, Futsal, Football, swimming and Beavers.

Congratulations to Brody who was awarded Silver at the Regional Men's Artistic Gymnastics competition - Elite category. He came second to a boy in the school year above. And, scored 66 out of 70



Mr Waddles returns...



Mr Waddles has returned to Abacus to stay! He stands with Elizabeth, our elephant just inside the front doors of the school.

Thank you to Mrs Playle and Sophie, (who designed the penguin)for going along on Tuesday afternoon and collecting him.

We are really proud to have been part of The Waddle on Sea trail and have the opportunity to support Haven's Hospice. We're already excited about the next trail and cannot wait to see what we will be creating next.

Waddle
~~
N-SEA



It was great to have Maisy back in school this week. You can see from the photos just how much the children (and Maisy) enjoy these sessions.

#MOVEWITHUS

BIG NATURE SCAVENGER HUNT

For National Fitness Day 2025

Take part in our Big Nature Scavenger Hunt or primary schools this National Fitness Day!

Once you've gathered your items, use them to create a nature inspired object. It could be a tree, a smiley face, a sun, or anything else you can imagine. Get creative and become a Nature Master!

Created for #MoveWithUs Ambassadors

 Acorn	 Leaf	 Twig
 Flower	 Conker	 Stone
 Grass	 Feather	 Clover

Today (24/9) is National Fitness Day. We went on an autumnal scavenger hunt to get ourselves fit.

NATIONAL FITNESS DAY



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

We love to read!



Abacus Primary School Reads!

In September 2025, students have read...

620 Books









4,402,070 Words

for **20** minutes/day!
(individual student average)

RENAISSANCE

Accelerated Reader®



			
			
474	475	395	499

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®