

Abacus Primary School

Newsletter 501

29/9/23



Elizabeth returned to Abacus this week following her appearance on the 'Herd in the City Trail'. The children have been really excited to see her back at school. Thank you to everyone who sent photos of themselves with Elizabeth when they visited the trail over the summer. A final figure has yet to be shared but it seems the trail and auction was a huge success for Haven's hospice.

Please can I remind all parents that our car park is for staff parking only. This includes before and after school too.

We have had to make this decision following a number of staffs cars being hit and damaged by other cars, whilst parked in our car park.

There are two families, who have disabled badges, who are permitted to use the disabled bay, but other than this no cars other than cars belonging to staff should be entering the car park.

Also, please use the footpath, not the car park gate to enter the premises as cars turning in and out can't see little ones running across the car park. We want to keep the children as safe as possible.

We would really appreciate your cooperation with this, thank you.



**Staff
Parking
Only**



Next week, we will be on
WEEK 3 of our Summer menu.

Check out our special Circus menu on Thursday



Pokémon cards seem to be very popular at the moment and it is lovely to see children enjoying playing with these at lunchtimes. However, please ensure that:

- No cards should be swapped or traded at school.
- Cards should not be used in the dining rooms
- Cards must be able to fit in pupils trays, any containers bigger than this will not be able to come into school.

We really do not want to stop children bringing these cards in, but we will review this should the cards cause arguments or start to impact learning and lesson time.

On Tuesday 10th October 2023, it's World Mental Health Day.

We invite children to wear yellow (school or PE top is fine). Throughout the week we will be completing activities around wellbeing and mental health.





We are so excited for the Circus next week, the children will be taking part in Circus workshops throughout the day on Thursday and are invited to come to school dressed as a circus performer or someone coming to watch the circus. Gates open at 4.45pm and you will need to be in your seats by 5.40pm ready for the show to start at 5.45pm. Entrance is via the bottom gate on Tresco Way only. Burgers will be available to buy before the show, along with refreshments and snacks.



Well done to Year 3 who put the biggest smiles on our resident friends faces on Monday when we visited Silvana Court for the return of Book Club.



CIRCUS

CIRCUS DAY LUNCH

5TH OCTOBER 2023

Red Band – Strongman Sausage Baguette

Green Band – Circus Ring Cheese & Tomato Pizza

Yellow Band – Juggling Jacket Potato

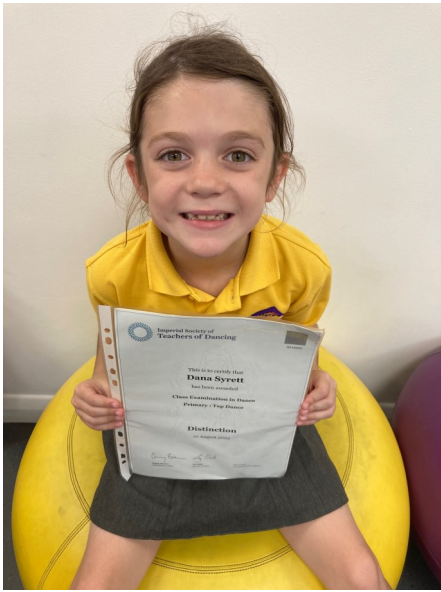
Purple Band – Spinning Plates Sweet Tomato Pasta

Salad Bar

Dessert – Ringmaster Ring Doughnut or Fairground Fresh Fruit



LET'S CELEBRATE!



Well done to Dana, Kayla, Theo, Imogen, Samuel, Sebastian, Jaxon and Sophia for their achievements outside of school in a range of sports this week.



Our Curriculum



<p>Early Years FOUNDATION Stage</p>	<p>We have had a brilliant week, getting to know our friends in the classes. We played with the parachute in the playground which was excellent fun, we made our own snack this week too, which was iced biscuits. We are still experiencing lots of firsts at Abacus, with our first PE session on the astro area. What a great space to run, hop and skip! We have met some of the supersonic phonic friends characters this week, can we tell you their names? We have begun to feel more settled, getting to know the routine and doing lots of things independently.</p>
<p>Year 1</p>	<p>Another full on week for Year 1. We have been busy writing our first piece of work for our Writing Wall. Our teachers were super impressed with our work. In Maths we have been learning about more than and less than as well as re-capping counting accurately. In Science we used our observation and recording skills to look at the weather. We also had our first Geography lesson and learnt about the United Kingdom. Ask us what the UK is. In Art we learnt about primary colours and how to make secondary colours, a little messy but lots of fun.</p>
<p>Year 2</p>	<p>This week in Year 2 we have independently written our warning tale based on the story of 'Not Now Bernard'. We tried to include an expanded noun phrase and a list of items using a comma and the word 'and'. We have been learning the spelling pattern 'ge' in words such as orange, strange, change and range and in Maths we have been looking at numbers on a number line which included counting in 10's and 1's. In History we have looked at the differences between the fire service back in 1666 and the present day. We have also been practising our Harvest Performance.</p>
<p>Year 3</p>	<p>We have had a busy week in Y3, writing our fables based on The Hare and The Tortoise and practising writing speech using inverted commas. We have been finishing off our Place Value unit in Maths by estimating, ordering and comparing numbers to 1000 on number lines. We have been learning the 'sounds like / i/ looks like 'y' rule in spelling, practising spelling words like gym, mystery and symbol. We have also learned about the 3 types of rock and how they are formed in Science, how archaeologists use and interpret evidence to understand the past in History, and how we can use pencils to shade shapes in Art.</p>
<p>Year 4</p>	<p>In Year 4 this week we have been up-levelling our diary entries by improving our vocabulary and using expanded noun phrases while using the influence of the book 'Rainbow Bird', which is an Aboriginal folk tale from Northern Australia. In our French lessons we have been learning the vocabulary in Ancient Britain, focusing on the Stone Age, Bronze Age and Iron Age. Ask your child what they have been learning. During Maths we have been learning about Roman Numerals and Rounding. Ask your child if they remember the rhyming song to help them with the rounding method.</p>
<p>Year 5</p>	<p>This week in Year 5 we have started to think about writing our narrative based on 'Kensuke's Kingdom'. In Maths we have been ordering and comparing numbers as well as rounding to 10, 100 & 1000. We have started our Geography unit this week looking at the Seven Summits and mountains. In PSHE we have been thinking about a range of factors that contribute to a person's identity and in Computing thinking about safe passwords relating to online safety.</p>
<p>Year 6</p>	<p>It has been another busy week in Year 6! In English we have written our own myths based on the Ancient Greeks - every one was fantastic! In Maths we have been focusing on multiplication including multiples, factors and prime numbers. Ask us to tell you what these are. We finished our History unit by thinking about the legacies of the Ancient Greek period and considering which have had the biggest impact on our lives. We started our Science unit based on 'light' and learnt that light travels in straight lines, using this fact to explain why shadows form the same shape as the object in front.</p>



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!

Essex County Council School Term and Holiday Dates for Community and Voluntary Controlled Schools - Academic Year 2024-2025

September 2024							October 2024							November 2024							December 2024						
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January 2025							February 2025							March 2025							April 2025						
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= Schooldays	= School holidays	= Bank holidays
= Weekends	= Inset Days	

In addition, schools allocate five non-pupil days out of the school days indicated, or the equivalent in disaggregated twilight sessions.

Autumn Term:	Monday 2 September 2024 – Friday 20 December 2024 <i>Half Term 28 October – 1 November</i>	75 days
Spring Term:	Monday 6 January 2025 – Friday 4 April 2025 <i>Half Term 17 February - 21 February</i>	60 days
Summer Term:	Tuesday 22 April 2025 – Tuesday 22 July 2025 <i>Half Term 26 May – 30 May, and May Bank Holiday - 5 May</i>	60 days
		195 days

Please note:
The above dates may vary for individual schools, especially Foundation, Voluntary Aided schools and Academies.
You are strongly advised to check with your child's school before making any holiday or other commitments.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals – often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65808924>



www.thenationalcollege.co.uk



@thenatcollege



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Are you concerned about your child's eating habits and limited food options?

Do you want your son/daughter to feel more confident around food?

We're delighted to say that we have invited Lucy, a specialist children's dietitian to come into our school to lead some Parent sessions.

There will be three sessions in total.

Session 1—will be an in person session at our school on: **6/10/23 at 1.30pm**

Session 2—13th October 2023 10-11.30am and will take place on Zoom

Session 3—20th October 2023 from 10-11.30am and will take place on Zoom.

Please book your places via the school office or call on 01268 571018

As a school, we will be funding these sessions.

THE
EARLY YEARS
DIETITIAN

Lucy Neary