

Abacus Primary School

Newsletter 515

19 / 1 / 24



On Tuesday, Year 5 and 6 got to attend a special assembly in preparation for our upcoming NSPCC Number Day. We were joined by Emmanuel Asuquo (TV Financial Adviser) who spoke to the children about money. Year 6 also took part in a money workshop where they learnt about budgeting. If you were watching BBC news earlier this week, you might have seen some familiar faces as they also came along to visit and enjoy the session. We are really proud of how the children represented our school and were praised by the staff at the NSPCC for their engagement and eagerness to ask questions.



Next week we are on Week 2 of our menu.

Please note that Thursday's menu changes are:

Red: Sausage Baguette,

Green: Veggie Sausage Baguette

Purple: Cheese Roll



Number Day 2024

We are delighted to be supporting the NSPCC by taking part in Number Day on **Friday 2 February 2024**. We are having a non-uniform day to help raise money for the NSPCC, we are asking for donations, and we'd love everyone in the school to take part in this special event .

Optional: Pupils could choose to wear an item of clothing with a number on it or get even more creative by dressing in a Maths or numbers theme.

We're really looking forward to all the fun of Number Day, and we really appreciate your support. All the money we raise at Abacus Primary School will make an enormous difference to children today and help the NSPCC be there for children tomorrow. Donations will be via ParentPay, we will text a link out to you nearer the time.

MENTAL HEALTH

If your older children are struggling with their mental health, Here4you are hosting a live school broadcast on 25/1/24 from 8.30am. There are six of the UK's leading mental health charities standing by – for you.

If you're a young person struggling with any kind of mental health worries, you'll be able to find the details of people ready and waiting to help you.

Whether it's speaking to someone, webchat, text, or simply finding useful information.

BBC **Teach**

**Roman Kemp:
Live School Broadcast**

HERE4YOU

**25 Jan
8:30am**

LET'S CELEBRATE!



Well done to Imogen, Jenson and Scarlett for their achievements at Brownies and Kick Boxing



Year 6 SATS meeting—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.

Should you not be able to make any meetings, please speak with class teachers and we will try our best to meet with you at a different time. Historically meetings at 9am have always had the best uptake and we have staff available to cover classes at this time.

SEND Coffee Morning



Our next SEND coffee morning is taking place on **Monday 29th January 2024 from 10am.** Essex Family Forum will be in school to talk about how they can support families of children with SEND.

<https://essexfamilyforum.org/>

The forum is also part of a wider network of parent carer forums including the Eastern Region Parent Carer Forum and the National Network of Parent Carer Forums. For more information on the group and what they can help with, you can watch a video on Essex County Council's YouTube channel.

<https://www.youtube.com/watch?v=UNgyAxCP-hA&t=481s>



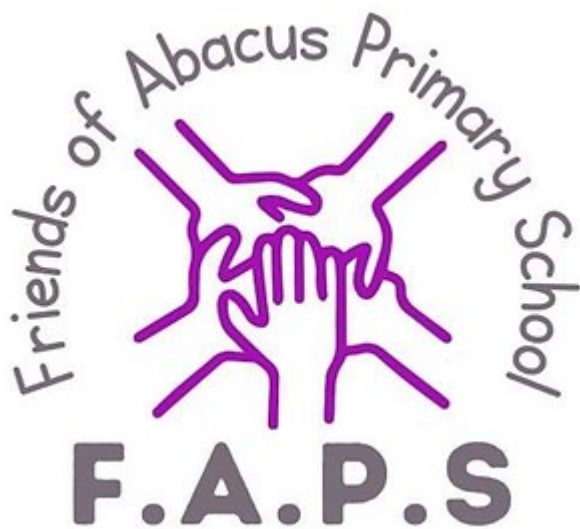
Please let the office know if you will be attending.

We love to read!



Well done to Buddy, Abigail, James, Muhariba, Niam and Poppy from Year 3, who put the biggest smiles on our resident friends faces at Silvana Court on Monday afternoon.





Wristbands are still available from the school office for Adventure Island.

MOVIE NIGHT

FAPS will be hosting two Movie Nights; KS1 will be on Wednesday 31/1/24 and KS2 on Friday 2/2/24.

Tickets cost £5/child and will include a snack and drink.

Please book your child's place through our website www.pta-events.com/faps-abacus

Both events are live on there, so please make sure you select the correct one!

Letters with more information will be text out and can be found on the website on our FAPS page:

www.abacusprimaryschool.co.uk/faps



You should have all received a leaflet about the Bag 2 School scheme.

Filled bags can be dropped off at the school office from **3.15pm Friday 26/1/24** up until **8am on 30/1/24** when they will be collected.





We may all be different but
we have the same smile



Well done to James, Joshua, Lauren, Myah, Elsie, Darcie, Nadia and Oscar who all took part in online training with Kierran Pearce (founder of The Multischools council) on Monday morning and completed their Good Practice Seekers training. As part of their training they looked at support, environment, inclusion and enjoyment by walking around the school and talking with pupils before feeding back to Kierran. Mrs Hunter and I are so proud of the enthusiasm and confidence they showed throughout their training. I was delighted to present them with their certificates in our whole school assembly this morning.

Below is a Focus on getting good sleep.

Top Tips for Good Sleep



We all need a good amount of sleep. See over the page for how much sleep we need at different ages. Getting enough sleep is important for

- Concentration
- Memory
- Learning
- Performance at school or work
- Emotional well-being
- Physical well-being
- Maintaining a healthy body weight

1. Do regular exercise

This helps your body sleep better.

2. Cut out caffeine after about 3-4pm

Caffeine (found in cola/chocolate/tea/coffee/some energy drinks) is a stimulant that can stay in the body for up to 6 hours and prevents the body from relaxing.

3. Talk with someone you trust about things that are worrying you

Try to find ways forward by talking with the right people to help deal with stress or anxiety, to help you get to sleep and stay asleep more easily.

4. Don't eat late

Eating too much or too little close to bedtime can prevent sleep, due to an overfull or empty stomach.

5. Have a sleep-friendly bedroom

Have your bedroom dark, quiet and comfortable at night. Blackout blinds can help insulate against the light from nearby streetlights or early summer mornings/late evenings.

6. A screen-free hour before bed

Light from screens increases alertness and reduces melatonin (the sleepy-making hormone). You will go to sleep more quickly and sleep more deeply if you don't use mobiles/tablets/computers/TVs etc before bedtime. Also, keeping your bedroom free of electronic devices can help boost sleep.

7. Have a winding-down routine

These things can help:

- A warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- Writing 'to do' lists for the next day to organise your thoughts and clear your mind of any distractions.
- Relaxation exercises (e.g. light stretches) to help to relax the muscles. Don't exercise vigorously as it will have the opposite effect.
- Use relaxation CDs.
- Read a book or listen to the radio to relax the mind by distracting it.

8. Have a regular sleep routine

Go to bed and get up at the same time each day, even at the weekend. You will 'train' your body to know when to sleep and when to get up. Don't have 'cat naps' in the day, and avoid getting up in the night. Even if you are awake in bed, remind yourself to relax as your body is resting even if it is not sleeping. Don't look at the clock or you might worry about the time and how long you are awake – worrying about not sleeping is a key cause of not sleeping! Re-setting your body's "circadian rhythms" or sleeping patterns like this can take some people a few days or weeks, so try to persevere 😊

For more information, see e.g. www.nhs.uk/Livewell/sleep/Pages/sleep-home.aspx

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For More
Information



<https://www.good-thinking.uk/resources/nhs-choices>

<https://www.brainbalancecenters.com/blog/sleep-tips-adhd-asperger-syndrome>

Our Curriculum



Early Years Foundation Stage

If you came into the classrooms in Foundation this week, you would have clues about our story this week. We have been looking at the 'Lighthouse Keepers Lunch'. We enjoyed a fun afternoon of making our own baskets to carry snack - and used the pulley system across the class to see what was the best basket for the job! We are enjoying our rhymes in phonics this week and have some silly ones, which of course make us laugh. Our word this week has been 'independence'. What can we do for ourselves and what are we still learning. We are getting better at putting coats on, doing our zip up is taking a little longer for some to master. In Maths we have been looking at the numbers 1-5, making them with blocks and noticing the step between each number. Ask us how much each number goes up? We have a challenge to find out how many stairs or steps we have at home. Pop the answer on tapestry.

Year 1

Supertato to the rescue! We finished our versions of 'Supertato' in English and created some great comic strips. In Maths we compared and ordered numbers to 20 and recapped number bonds to 10. It would be great if you could help us remember them too. In Science we went on a investigation to look for objects and to identify what materials they were made from. In RE we looked at why Shabbat is important to the Jewish community and in History it was fun comparing the different toys that we played with and that of our parents and grandparents. In PE we have been practising how to control a ball and doing more poses in Yoga.

Year 2

This week in Year 2 we have continued to practise our money skills. We have been practising making a specific amount of money, finding different ways to make the same amount, adding amounts & finding change. Maybe next time you go to the shop, ask your child to count the money! In English we have been looking at our finding tale called 'Bubbles'. We have been describing the character & creating our own version of the story to write up. In Art we have been learning about ways to create texture to our drawings - ask us about cross hatching, stippling & squig-gling. We have also been exploring the properties of different materials in science & learnt some tricky new yoga poses. In addition we have learnt that a 'y' makes an 'i' sound in many words where a vowel is not present and been sharing a book about the oceans during shared reading. Our weeks are so busy!

Year 3

In Year 3 this week we have been writing our class journey stories, using interesting vocabulary & correct punctuation for speech. We have been dividing 2-digit numbers by 1-digit numbers in Maths - some children found this tricky, so please encourage them to use TTRS (it will help, promise!). We recapped Y2 knowledge of UK countries, capital cities & seas in Geography, we practised using an atlas to find other cities & rivers around the UK - why not see how many the children can remember? We practised using specific search terms & the phrase 'for kids' in computing to help us use search engines more effectively. The weather was on our side in PE this week so we continued to work on our dribbling skills in football, we also learnt some new poses in yoga to develop flexibility. Ask your child to share them with you - the cat cow is great for back aches! We have also recapped contractions (where the apostrophe replaces the missing letter) and worked on the 'ey' spelling that sounds like /ay/ (list 15 on Spelling Shed).

Year 4

This week we have been identifying 'determiners'. Ask your child, where do we find them? What happens if there is an adjective? In our spelling lesson, we have been looking at words ending in '-ous'. Maths lessons have been challenging our times tables knowledge. We've been multiplying 2-digit and 3-digit numbers by 1-digit. In PSHE we have been talking about our feelings and 'Zones of Regulation'. We have discovered that we go through so many emotions in one day and that it is ok to have the different feelings. Really exciting, Year 4 have been learning to play the ukulele. We had our first lesson today and can't wait until the next one. In English, we have been developing our initial ideas using the modelled text. We've been inventing a playscript for a traditional story and sharing our ideas with others.

Year 5

In Year 5 this week we have started our innovation writing. We will be writing a diary entry based on Bernie Doherty's Street Child. We have been looking at emotive language, time adverbials and fronted adverbials to move our writing along. In PE we continued to work on our gymnastic skills, in pairs we worked together to create symmetrical and asymmetrical balances. We started to use equipment like benches and agility tables to improve our skills. We started our new geography topic this week too. We were looking at Europe and finding out which countries. In maths this week we have continued our fractions and have been working on adding mixed fractions greater than 1. We have done an amazing job and our teachers have been really impressed.

Year 6

This week we had a special treat when Emmanuel Asuquo, TV's financial advisor, came to speak to us linked to NSPCC Number Day. He explained the importance of saving and budgeting and it was great fun to design our own businesses with hypothetical amounts of money. It was even more exciting to watch some of our peers talking about their experience on the news that night! In English, we have been writing diary entries as Syms the cabin boy from our class book, detailing his escape from the 'sky-beast' and ensuring that we make appropriate language choices to suit his character. We have all enjoyed our first foray into the world of algebra in Maths this week and it was interesting to discover it may not be as tricky as we first thought! In Science, we have continued learning about inheritance and evolution focussing on selective breeding in dogs and natural selection. Ask us to explain an example of this using the peppered moths during the Industrial Revolution.

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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

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#WakeUpWednesday