

Abacus Primary School

Newsletter 519

15/2/24



School closes for children today, tomorrow is an INSET day for staff where we will be looking at behaviour with a session being delivered by Steve Phillips from CSS (Children's Support Services) and in the afternoon spending time looking at and planning our curriculum. We hope you all have a lovely half term break and we look forward to seeing the children back on Monday 26th February 2024.



Introducing Maisie from Essex Therapy Dogs, who will begin working with our school after half term. Maisie belongs to Danny Baker's (Year 4) family and is fully training and raring to go after the half term break.

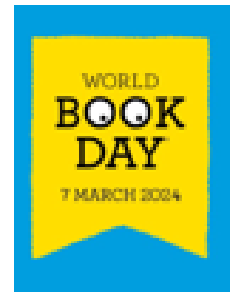


Next week we are on Week 3 of our revised menu. Which you can view on our website:

<https://www.abacusprimaryschool.co.uk/school-meals>

World Book Day

On **Thursday 7th March**, we will be celebrating World Book Day.



This year, the celebrations will encourage children to **Read Your Way**. Every reader is different, and there's no right or wrong way to enjoy reading. Therefore, we will encourage children to think about what reading looks like for them, focusing on 6 key elements to support them to read for pleasure:

- Being read to regularly
- Having books at home and at school
- Having a choice in what to read
- Finding time to read
- Having trusted help to find a book
- Making reading FUN!

We will be asking children to think about where their favourite places to read are. As many children read in bed, they are invited to come dressed in their pyjamas for the day.



Each child will be given a £1 book token which can be exchanged for one of the World Book Day books, available in all major book shops and supermarkets. Thank you for your support in helping our children to read for pleasure!

We love to read!



Well done to Vinnie, Austin, Layla, Daisy, Willow and Bertie from Year 1 who put the biggest smiles on our resident friends faces at Silvana Court on Monday afternoon.



We will not tolerate behaviour that is

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- ☹ abu\$ive
- ☹ vi*lent

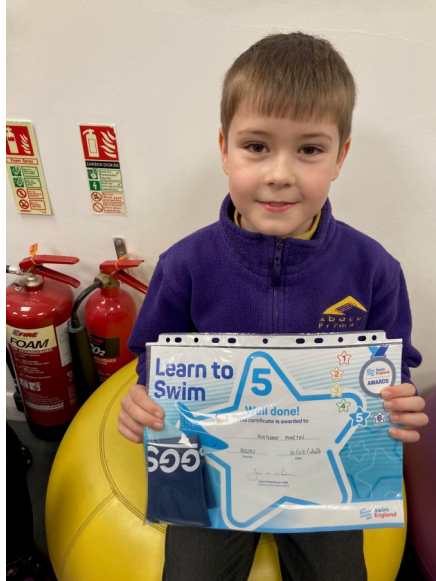
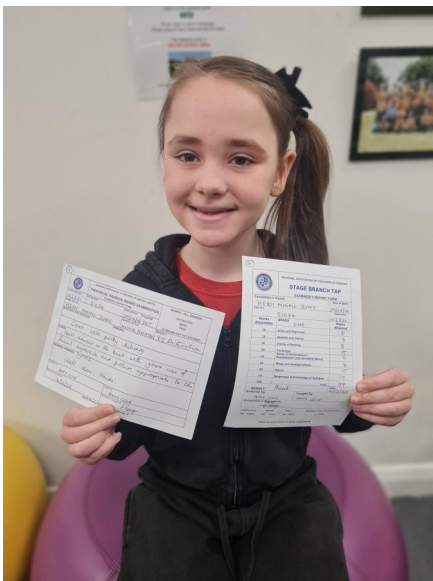
NO EXCUSE FOR ABUSE

We strive to create a safe secure environment for staff, pupils and parents alike.

And we will take action if necessary.

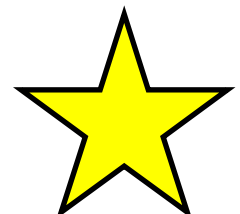
Following on from our previous correspondence, can we remind everyone that we do not tolerate abuse towards anyone in our school community....this includes staff, parents and children.

LET'S CELEBRATE!



Well done to James, Teddy, Bow, Heidi, Nathan and Kanishk for their achievements outside of school this week in football, gymnastics, dance and swimming.

We love hearing about your children's achievements. Please note that due to space on newsletters, photos may not be published the same week as their photo has been taken, but they will feature on a newsletter.



sports

news



Today, 30 children across KS2 took part in the Wickford cross country competition at Wickford Primary School. We will update you on their results when we return after half term. Good luck to them all!

NEARLY 
 **NEW SALE**



We have some great items in our nearly new uniform, located in the foyer by the office. All items are £1 and include jumpers, polo shirts, fleeces etc. Please feel free to have a look through and grab yourself some good condition bargains.



KELLYCARE

Breakfast & After School Club

Based at Abacus Primary School

We have a range of Activities and Outdoor Play
for the children to enjoy while they stay with us

Term Time Sessions Times

7am - 9am

3pm - 6pm

Price include Breakfast / Snacks & Dinner

Put your Mind at rest with our fully qualified & DBS Checked Staff
Ofsted registered & Childcare Vouchers Accepted

Exclusively for children attending Abacus Primary School



07887 994 133



KellyCare, Before & After School Club



kellycare.childcareservices@hotmail.com



What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between when a young person initially downloads an app and what they *actually* end up using it for.

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

SEND PARENTS & CARERS SUPPORT GROUP

For further info text
Holly on 07852
508007



Do you care for a child with SEND?
Either diagnosed or suspected?

Come and join us for a cuppa and a chat
with those who share similar experiences
at our coffee morning!

- Meet other parents/carers
- Visits from professionals involved with SEND
- Share useful information and advice
- Have your questions answered
- A safe space to speak to others
- Free parking and refreshments



Everyone is welcome! Please feel free to bring
friends / family members with you for support
Please note this is a child-free session

Join us every other Thursday
10:30am - 12noon

@sencapsbasildon



Spring Term Dates:
1st, 15th, 29th February
14th, 28th March
18th April



BOSP Skills for Life Building,
Wat Tyler Park, Pitsea, SS16 4UH

FREE SEND Coffee morning

Special guest
ADHD Specialist

Steve Challen

will be joining us to present
& answer your questions.



Thursday 28th
February
10am-12pm

Mental Health and Wellbeing

MiniMe
Mindfulness®
Mindset Coaching 4 Kids

**Wickford Primary
Care Network
invite their patients to:**



FREE Parent & Child 20 Week Course

Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Children 3-5 years
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
@ New Life Church Crouch Valley

Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
**Increase Inner Calm
& Happiness**
**Encourage Resilience
& Communication**
Reduce Anxiety
Have FUN & Make Friends



Tuesday 12:40 or Friday 10:40

Email: emma@minimemindfulness.co.uk Call: 07984 449843



**Wickford Primary
Care Network
invite their patients to:**



FREE After School Club 20 Week Course

**Exclusively for patients of:
Robert Frew Medical Centre
Swanwood Partnership
The London Road Surgery
Starting: w/c 5 February 2024
Weekly term time only (45 mins)
© New Life Church Crouch Valley**

**Build Confidence
Raise Self Awareness
Recognise Emotions
Understand Feelings
Self Regulate Responses
Increase Inner Calm
& Happiness
Encourage Resilience
& Communication
Reduce Anxiety
Have FUN & Make Friends**



Tuesday (4-7yrs) & Thursday (8-11yrs) 3:55
Email: emma@minimemindfulness.co.uk Call: 07984 449843

Mental Health and Wellbeing



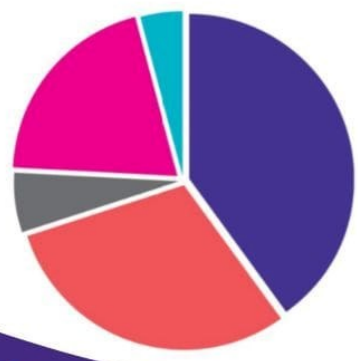
WE'VE LAUNCHED A LOTTERY

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.



SPLITTING THE £1
40p School funds
30p Local prizes
6p Jackpot prize
20p Administration
4p VAT

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