

Abacus Primary School



Newsletter 395 05/2/2021

It's been so lovely seeing so many of you on our class assemblies this week, thank you for making the effort with your accessories and face paints. It's hard to believe that we're almost at half term! Just a reminder that Monday 22nd February 2021 is an INSET day in school, therefore there will be no work set for this day or live sessions. School will resume on Tuesday 23rd February 2021.

To celebrate everyone's efforts as half term approaches we're offering the opportunity for you to come along to school on Tuesday (9/2/21) between 10.30am and 1pm to pick up a little treat. I would also like to offer the chance for the year groups to meet up on Zoom for a

game and catch up next week—please see the schedule. I look forward to seeing you all online. Children joining the year group sessions will need to join with their cameras on.



Year group	Day/time
Foundation	Wednesday 9.30am
Year 1	Wednesday 10.30am
Year 2	Thursday 10am
Year 3	Thursday 1pm
Year 4	Wednesday 1.30pm
Years 5 and 6	Thursday 2pm



We will be on Week 2 of our new menu next week.



Times Table Rock Stars

5/2/21

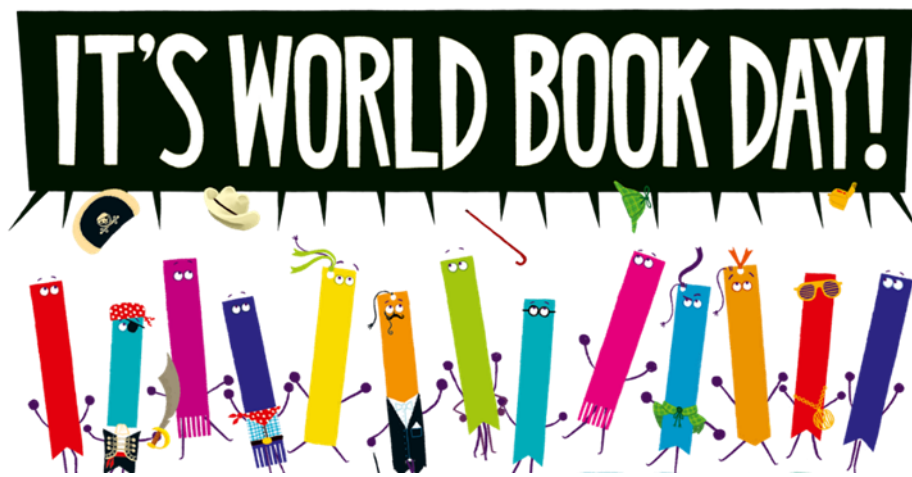
Silver Class 1st: Keira N 2nd: Mcrae K 3rd: Niamh O	Purple Class 1st: Neev V 2nd: Mia W 3rd: Dollie-Mae	Gold Class 1st: Sonny J 2nd: Ava T 3rd: Freddie B
White Class 1st: Charlotte N 2nd: Mason O 3rd: Grace B	Black Class 1st: Michelle H 2nd: Chloe L 3rd: Erin E	Green Class 1st: Jake W 2nd: Hannah F 3rd: Jack P
Lilac Class 1st: Bobbee B 2nd: Henry J 3rd: Ella J	Well done, all the first place winners will be entered into a prize draw.	

Reading At Home

The Book of Hopes

<https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

This extraordinary collection of short stories, poems, essays and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon and Jacqueline Wilson.



World Book Day – Vocabulary Parade

On Thursday 4th March, we will be celebrating World Book Day. Following the success of our Vocabulary Parade last year, we would like invite you to join us (whether in school or at home) in dressing up as a word! This could be a noun, adjective or verb – the more unusual the better! Our aim is to get everybody excited about the power of words and learn some new ones along the way. The word needs to be displayed somewhere on the costume so that everyone can learn and children will be expected to share the definition of their chosen word on the day. See below for some ideas and there are plenty of examples on the internet.

Thank you for your support in developing our children's vocabulary!



Coming to Abacus...



The Masked Singer is coming to Abacus! Just like the TV show, we would love for the children to wear a mask, perhaps one they've made, and be videoed singing a song of their choice.

Please send videos to silverclass@abacus.essex.sch.uk by 14th February. The children will then be able to watch the compilation of videos and guess who the singers are behind the masks!



We would like to thank Sainsbury's (East Mayne) for their kind donations to our school this week and to Kate Buchanan for nominating us and dropping off the donations.

Sainsbury's



Look at the poster image. What do we know about Captain Sir Tom Moore and his achievements? Do we know much about his life before last year?

- Boris said that Captain Sir Tom Moore was 'a beacon of hope for the world.' What do you think he means by this and do you agree?
- Read through the information found on the resource about Captain Sir Tom Moore's life. What do you think is his greatest achievement? What will he be remembered for the most? Why do you think he inspired so many? Captain Sir Tom's main goal was not to be famous, but to raise awareness of the NHS. He previously has said he remembers the days before its creation, when getting ill meant worrying about having to pay for treatment. Do you think Captain Sir Tom achieved his aim?
- Whilst undertaking his first challenge of completing 100 laps in his garden, initially hoping to raise £1,000 for charity, Captain Sir Tom had said, "One small soul like me won't make much difference". Why do you think he might have said this? Do you think he was right?
- Many people have said that Captain Sir Tom Moore will leave a huge legacy. What do you think we mean by legacy and what do you think the impact of Captain Sir Tom's lasting message will be?



Spotlight on our Curriculum

	<p>We have been listening to the story - "Back to Earth with a Bump!" in English- and enjoyed making a Moon Map. We have been sorting out socks this week and matching pairs in Maths. Our Zoom time has been lots of fun with stories, scavenger hunts and dancing.</p>
	<p>Another busy week in Year 1, as always. Learning to use capital letters properly, comparing bigger numbers, counting in 2s and 5s. Thinking about our feelings and expressing ourselves through Art and Dance (we love GoNoodle) and not forgetting our Topic for this term, learning all about reptiles. Did you know dinosaurs shared some of the same features as reptiles? You do now!</p>
	<p>This week in Year 2 we have been sharing and grouping in Maths ready to begin dividing next week. In English the children have finished off their journey stories and we have been learning about things that are alive, not alive and never alive in Science.</p>
	<p>In English, we applied our knowledge of persuasive writing to create adverts for luxury hotels of our creation. Some of the ideas include gaming hotels, all you can eat pancakes and chocolate fountains! In French, we started learning to say and read the words for some pieces of fruit. This week is Children's Mental Health Week, we enjoyed a class assembly where we got to 'express ourselves' with fun accessories; we also chose between a range of creative, physical and mindful activities set by our Wellbeing Mentor.</p>
	<p>This week in Year 4 we have been looking at Aliens!!!! In our writing we are using aliens as a theme to help us develop the detail within our sentences. In Maths, we have been looking at time and in Science we have been looking at the digestive system. In Geography we have been on a walk to create 'Messy Maps'. We have also celebrated Children's Mental Health week by taking part in an assembly and doing activities to look after our mental health.</p>
	<p>This week we have been learning all about contact and non-contact forces in Science. We have written character descriptions about the brute 'Grimy Nick' in English and have continued learning about area and perimeter in Maths.</p>

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love; underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

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



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk

