

Abacus Primary School

Newsletter 393

22/1/2021



I have really enjoyed our class assemblies this week– thank you so much to everyone who logged on, engaged using the chat function and spoke on camera. It's been great to see the children excited to see their friends on screen, these assemblies have definitely been a highlight of my week and I am already looking forward to our next ones. I am hoping to offer these fortnightly and on the same days/times (diary allowing). I will confirm the assembly schedule for week beginning 1/2/21 on next weeks newsletter.



The assemblies were focussed on Wellbeing, Feelings and Mental Health. I am sure we will all agree that this is a very important topic to discuss at the moment. We will continue to talk about this subject as we plan activities for Children's mental health week at the beginning of February.

Thank you to the children who have already sent in their 'What makes them happy' / happiness pledge writing– we are really enjoying reading these and they are bringing our

whole school display alive.

We would like to make you aware of the wellbeing section on our school website. Mrs Tolley is going to be offering weekly tapping and yoga sessions, pre-recorded, from next week.

Tapping ((EFT))Emotional freedom technique also known as 'Tapping' is a self-help technique that sends calming signals to the brain. EFT can be used to calm the body by simply tapping on our energy hot spots (with hands or fingertips) located on the body or face. Along with mindful breathing, tapping allows the body to shift negative sensations or physical pain and bring balance back to our central nervous system.



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

To continue our drive with supporting our children's and families mental health during this challenging time I'd like to make you aware of an online free course which is currently available—A free course designed to support you and your family with the emotional challenges that we find ourselves faced with now.

AMAZING you & me

The idea of this course is to offer adults some insights to the science of positive psychology (PP) and how PP interventions support your emotional wellbeing. We offer you activities to try for your own wellbeing and activities for you to do with your children to support their wellbeing. Doing these activities together is a great way to enhance your relationships too.

<https://amazing-s-school.thinkific.com/courses/amazing-you-me>



we
miss
you!

We are missing you all! From time to time we will make some phone calls to check that you are all ok and see if there is anything we can do to help. We hope these 'check ins' don't offend you...

The welfare of our school community remains a key priority for us. Class teachers still worry about the children in their classes.

If your child/children is not part of the daily live sessions, please give us a call, send us a text or send a class email/ message on Tapestry and let us know that everything is ok.

TOGETHER



WILL GET THROUGH THIS



Times Table Rock Stars

22/1/21

Silver Class 1st: Keira N 2nd: Cameron K 3rd: Mcrae K	Purple Class 1st: Neev V 2nd: Mia W 3rd: Miley M	Gold Class 1st: Peyton R 2nd: George P 3rd: Isabelle P
White Class 1st: Harley B 2nd: Charlotte N 3rd: Emmi P	Black Class 1st: Erin E 2nd: Chloe L 3rd: Donovan L	Green Class 1st: Haroon A 2nd: Jake W 3rd: Isabel R
Lilac Class 1st: Bobbee B 2nd: Darcey S 3rd: Jake S	Well done to our draw winners from last term: George P (Gold Class), Miley M (Purple Class) and Keira N (Silver Class).	

Reading At Home

Take part in the Juniper Reading Challenge!

<https://junipereducation.org/reading-challenge/>

The challenge can be completed by reading and reviewing all six books in the recommended lists appropriate to your child's age group (Key Stage 1, Lower Key Stage 2 or Upper Key Stage 2).

Alternatively, reading or listening to six other preferred books and completing a review form will also complete the challenge.

Any child that completes the challenge by reading and reviewing any six books will receive a certificate!

Year 1 & Year 2



Your children's Tapestry accounts are now up and running. We will be using this platform to upload daily home learning videos and activities, which we hope will make things easier for you. Tapestry allows you to send your children's work over and message/engage with their class teacher. From next week, we will be closing class email accounts in Years 1 and 2.

FirstNews NEWS TO GET YOUNG PEOPLE TALKING

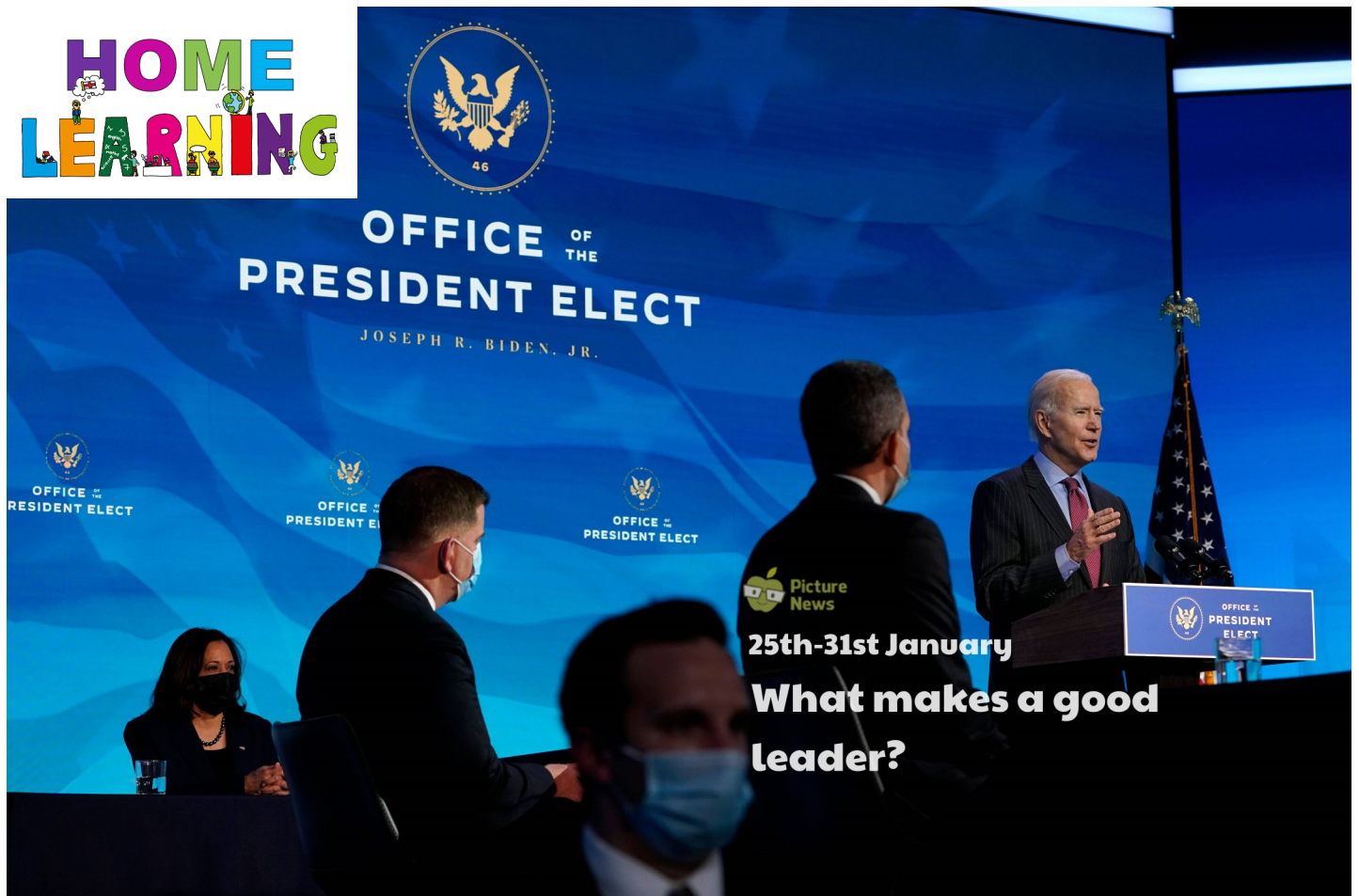
We will now be including the digital copy of First News (children's newspaper) as part of our weekly newsletter. We have been given permission to publish this on our website, due to the current situation. This is a great opportunity for children to read current information/ news related to current affairs.

Is your child/children missing their after school clubs?



If your child is missing their after-school clubs and interacting with other children. Captain Fantastic children's entertainment are offering some free zoom sessions including magic shows and film club. Click on the link for more information

<https://linktr.ee/CaptainFantastic>



On 20th January, Joe Biden became the 46th President of the United States, taking over from his predecessor, Donald Trump. The inauguration ceremony took place this week, marking the start of the new president's time in charge. Usually, the outgoing president attends to welcome in the next president, but this year Mr Trump did not attend the event. In the oath taken at the ceremony, Joe Biden promised to the American people to do his best to protect the country and do a good job of being their leader.

Things to talk about at home...

- **Talk about different types of leaders, e.g. at school, at afterschool clubs, of our country.**
- **Can you think of any traits that these people have in common?**
- **Do you think anyone could be a good leader? Why?**
- **Do you think you would like to be a leader? What do you think would be the benefits and**
- **What might you find difficult about leading others?**



Spotlight on our Curriculum

	<p>This week in foundation we have been investigating weight in Maths, finding things in the classroom or at home that are heavy or light. We also have enjoyed cooking; weighing out the ingredients and eating what we made! We investigated craters in our topic work. We have completed our astronaut training. We have been learning about the solar system, learnt a catchy song and have been writing about Saturn.</p>
	<p>Subtraction! Taking Away! Minus! We have learnt all the different ways to do it in Maths this week. It has also been a week full of different types of sentences and using the correct punctuation. Elsewhere Topic work has included learning about algorithms, fish facts, World Religion Day and how to look after ourselves.</p>
	<p>We have been working on story stones in English, based on the book "Where the Wild Things Are" In Maths we are learning all about multiplication and we have done some great art work this week, looking at Van Gogh paintings!</p>
	<p>In English, we have started looking at persuasive writing and wrote a persuasive advert for a gingerbread house. In Science, we have learnt about vertebrates and invertebrates; we used a table to sort animals into these categories. In PSHE, we explored how we keep ourselves safe by reflecting on what we should do in different scenarios e.g. wearing a seatbelt when we go in the car.</p>
	<p>This week in Year 4 we have been making our box plans to write a story based on The King of the Fishes. We have been looking at division in our Maths lessons and for R.E, we have been looking at all the different Hindu Gods and Goddesses. In Geography we have been exploring reading maps. We have also been computer programming and drawing buildings in Art. We are beginning an experiment about tooth decay for Science by putting eggs in different liquids.</p>
	<p>In History this week, we have been learning all about the Industrial Revolution and the changes this caused during the Victorian era. We started to read our new class book, Street Child, in English and have been analysing the characters. We have been discussing how to be safe online in PSHE.</p>



Are you concerned about child's safety on the internet and would like advice and support on how to keep them safe?

**The Essex Child and Family Wellbeing Service presents
Virtual eSafety Parent Workshops with**



eSafetyTraining
'The 2 Johns'

Thursday 28th January 2021 3:30pm-5:00pm

or

Thursday 4th February 2021 starting at 8.00pm-9:30pm

These free parent's workshops will look at the online world and how our young people are using it. How they are navigating around restrictions and using the internet without the parent's knowledge.

This includes :

- Favourite apps and games.
- Dangers they face
- How young people are being influenced online
- Solutions that parents can adopt to help keep their children safe.
- Stranger Danger message that parents are familiar with and make it ready for 2021



To book your place now please call us on **0300 247 0013**
Monday – Friday 9am-5pm

Services commissioned by:

www.essexfamilywellbeing.co.uk

