

Abacus Primary School News

Newsletter 343

24/10/19



What a busy half term we have had. Well done to our Foundation children who have all completed their first half term in school.

We'd like to take this opportunity to wish you all a great half term and we look forward to seeing everyone back on Monday 4th November 2019.

Thank you for your feedback on our online booking system for the upcoming parents evening. So far over 90% of appointments have been booked.

Thank you to our amazing FAPS committee for organising tonight's firework event...we hope that you all enjoy it. We have sold over 350 tickets.

Parent helper coffee morning.

Mrs Lewis and I will be running two sessions for any parent helpers that help in school on a regular basis. This is to go through safeguarding and questioning techniques/ideas.

Monday 11th November 2019 at 2.30pm

Monday 18th November 2019 at 9.15am.

Please sign up at the school office

As you will be aware we had two Parent governor vacancies, I am delighted to inform you that both of these vacancies have been filled by Mrs Oduwole (parent of Grace Oduwole and Miss Wyatt (Parent of Zac and Mia Windley)

After half term we will be on WEEK 1 of the Summer menu. (Please see menu changes further down)



Please note that due to staff absence there will be some changes to our menu next week.

Tuesday 5th November 2019—

Red Band—Pasta Bolognaise

Wednesday 6th November 2019—

Red Band Chicken

Thigh



Medication Safety



No child should be given medication (including creams, lozenges or tablets) to keep on them or take during the school day. This presents a safeguarding risk to the whole school. Any medication found on children will be confiscated to ensure the safety of all of our children.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

'Sadsfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadsfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.

ATTENTION NEEDING
This is sometimes also called attention seeking. The urge to belong is universal. Everyone seeks attention. The feeling of belonging and knowing that others are thinking about you is part of what it is to be human. As the use of social media has grown, the opportunity for attention is enormous but this sometimes comes at a price. Positive interactions (such as someone liking your tweet) trigger the same kind of chemical reaction (dopamine) that is caused by gambling and recreational drugs. This reaction reinforces a behaviour and for minimal effort, a young person is rewarded with dopamine and attention.

OVERSHARING
Oversharing is the act of revealing too much personal information. When young people share too much about their feelings or problems they are often desiring very much to connect and belong. In order to gain more attention and likes a young person might be tempted to overshare their feelings beyond a normal face to face conversation. The challenge with this is that the young person is sharing personal thoughts and feelings with people they do not know and the support they gain back is 'unregulated' and might be very unhelpful.

SHOWING VULNERABILITY
Being vulnerable and oversharing can sometimes lead young people open to being groomed online, offering predatory social media users an opportunity to gain their trust by offering sympathy. A Digital Awareness UK report includes the case study of a teenage girl who, after posting about her depression online, was approached by a friend of a friend who shared their experiences and later ended up pressuring her to send him explicit pictures.

BULLYING AND DISAPPOINTMENT
According to Status of Mind report by Royal Society for Public Health UK, social media platforms are a useful tool to maintain or build on real world relationships, improving mental health and wellbeing. When young people do share their feelings and worries online, they are seeking emotional support from others. However, whilst some friends may comment and like a post to be helpful, other friends may accuse the post of 'sadsfishing' and trying to gain attention, ultimately making the situation and feelings about themselves worse.

Safety Tips for Parents

- A CULTURE OF OPENNESS**
Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.
- ASK MORE THAN ONCE**
Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.
- POSITIVE ATTENTION**
Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.
- PROMOTE HEALTHY FACE TO FACE RELATIONSHIPS**
Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.
- TALK ABOUT THE IMPORTANCE OF BOUNDARIES**
Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.

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 of Education, advising them on their mental health green paper.

SOURCES: <https://www.digitalawareness.co.uk/>, <https://www.rsgp.org.uk/our-work/campaigns/status-of-mind.html>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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WELL DONE TO OUR CELEBRATED CHILDREN



Well done to Kayla, Maxwell Ava and Alfie for their achievements outside of school.



Year 5 Buddy Boot Camp



On the 18th October 2019, our Year 5 children attended a Buddy Boot Camp session at William De Ferrers School in South Woodham Ferrers.

The aim of the session was for the children to solve problems; develop teamwork; work on determination and perseverance skills whilst having lots of fun in the mud.

Isabella said 'the men were very strict and we had to crawl under a net but it was fun.. Daniel said 'I was exhausted and very muddy but I really enjoyed it.'



SPORTS

NEWS

Dodgeball Competition



On the 22nd October 2019, 10 children from 5/6 took part in a dodgeball competition with children from Oakfield and Grange Schools.

They played 12 games in total, winning 6, drawing 2 and losing 4. During the games there was lots of dodging, powerful throwing and even some catching which is a great way to get an opponent out and get your own player back in.

Their efforts were rewarded as they came 1st overall and will now go on to represent Wickford in the Partnership final against schools from Billericay and South Woodham on the 20th November 2019 – Good Luck to them.





YOUNGMINDS

The voice for young people's mental health and wellbeing



Thank you to everyone who has brought in spare change to donate to Young Minds as part of our efforts to raise awareness of how important it is to look after our Mental Health. During lunchtimes we have been putting coins on the sunshine and in turn paying compliments to one another. We have also been discussing how we can help each other if we feel sad or down and have all agreed that talking to your friends and family is one of the best ways to look after your mental health. Special thanks to Jan Myers, our Chair of Governors, who donated a huge bag of pennies and also to Isabelle Plowman, White Class, who kindly did a bake sale in her own time to raise extra money to donate – what an amazingly kind thing to do. We will let you know the total raised after half term.