

Abacus Primary School

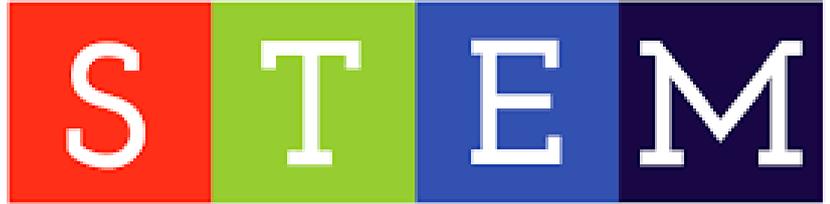
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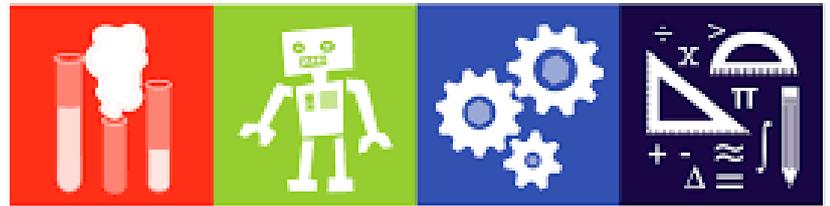


What a success our first STEM week has been. The children have taken part in a number of activities focusing on Science, Technology, Engineering and Mathematics. Children have been introduced to a number of inspirational people throughout the week including Steve Jobs, Ada Lovelace, Elon Musk, David Attenborough and Mae Jemison. On Thursday children in Years 2-6 took part in an online Science workshop along with Fitz-Wimarc School in Rayleigh. Thank you to our subject leaders Mrs Lee, Miss Lee and Miss Hodkin, for all their efforts in planning this week. Photos from the week will be added to our school website gallery very soon.

It's been wonderful to see the children dressed so creatively today— thank you for supporting us with this event and thank you for all your donations, these will all go to the NSPCC to support their Number Day fundraiser.



science • technology • engineering • math



Next week we will be on Week 2
of our Summer menu



Wellbeing



We have added the Meaningful May 2021 happiness calendar to our wellbeing page on our school website.

Watch Mrs Tolley lead a Tapping session - 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.

<https://www.abacusprimaryschool.co.uk/wellbeing>

SPORTS

NEWS



On Friday the 30th April it was National Daily Mile Day. As well as children in school going on their daily walk, 30 children took part in the Basildon's School Relay. They walked into Wickford to meet Grange

Primary School who handed over a virtual relay baton. Our Sports Ambassador Harry accepted the baton on behalf of our school which was followed by a virtual handing over ceremony. It is hoped this will become an annual event organised by Active Essex.



We also had a visit from the Active Essex Chairman who was carrying out a Charity Bike ride around Essex and stopped off for a quick visit at our school and chatted to our 5/6 Sports Ambassadors.

Let's Celebrate!

Well done to Kayla Ball for her swimming achievements.

TIMES TABLES
ROCKSTARS

Times Table Rock Stars

7/5/21



<p>Silver Class 1st: Keira N 2nd: Mcrae K 3rd: Ellie Mae P</p>	<p>Purple Class 1st: Neev V 2nd: 3rd:</p>	<p>Gold Class 1st: Peyton R 2nd: 3rd:</p>
<p>White Class 1st: Ethan L 2nd: Emma T 3rd: Chyler J</p>	<p>Black Class 1st: Erin E 2nd: Chloe L 3rd: Tahlia C</p>	<p>Green Class 1st: Lena V 2nd: Annabella D 3rd: Hannah F</p>
<p>Lilac Class 1st: Darcey S 2nd: Bobbee B 3rd: Eleanor M</p>	<p>Well done to everyone. The top child in each class will be entered into a draw which will be drawn at the end of term.</p>	



Crafty Katie
Half term fun

All activities taking place at Abacus School
 Suitable for boys and girls age 4 to 11yrs

Weds 2nd June – Craft and Fun
 Mystical Creatures - Unicorns and Fairies, Mermaids
 Dragons and Trolls – A fun themed craft session with all of
 our favorite things including a creative story games session.
 10am to 3pm - £20. 9am to 3pm -£23

Friday 4th June – Festival of Fun Day
 10am to 3pm - £20 9am to 3pm -£23
 Inflatables-Craft Zone-Dance Zone-
 Crazy Golf-Games Zone- Music and More!
 See separate flyer for more details.



To Book- Booking form required for track and trace purposes. Text or
 call Katie on 07929 044959 or email to Craftykatie10@gmail.com to
 request booking form. Multiples of 8 children allowed per booking
 form, up to 2 forms per full group.(Christmas credit notes can be used)

CRAFTY KATIE'S

FESTIVAL OF FUN

FRIDAY 4TH JUNE

CELEBRATING 10YRS OF CRAFTY KATIE ACTIVITIES

10am to 3pm -£20 9am to 3pm - £23

Inflatable fun - craft zone - games zone- crazy golf-
 dance zone - music & more

07929 044959 - GROUP BOOKINGS WELCOME

FOR BOOKING FORM EMAIL
 CRAFTYKATIE10@GMAIL.COM

VENUE – ABACUS SCHOOL

silva island way - wickford
 for ages 4 to 11 years
 staff insured and dbs checked
 packed lunch required

Made with PosterMyWall.com

There are a number of events that we have added to our school calendar which will be taking place this term. Some events will have to be run slightly differently this year. But we are trying our best to ensure children do not miss out. Following the success of our outdoor end of year events last year, we have planned these again for later this term– more details will follow.

You can find these events on our website:

<https://www.abacusprimaryschool.co.uk/term-dates>





Spotlight on our Curriculum



It is no surprise that our focus has been on STEM week. We have been carrying out experiments, predicting what is happening and being amazed by the results. We made and cooked pizza for snack and even found time for gardening. A busy week packed into 4 days.



We have had a fantastic STEM week learning all about Neil Armstrong and Stephen Hawking. We learnt so many facts that we just had to write a fact file about them for our Writing Wall. For **S**cience we have carried out two science experiments to practise our predicting and recording skills. For **T**echnology, we learnt to write an algorithm using Beebots. For **E**ngineering we have been busy making our vehicles and for **M**aths, we finished off with a Number Day. What a week it's been!



It has been a great week in Year 2 as we've done lots of great activities as part of STEM week! We have found out about STEM people: Marie Curie and Greta Thunberg and learnt of the amazing work they have contributed to our world. We have made our own crystal sun catchers and watched an exciting live Science show (put on by Fitzwimarc School, Rayleigh). As part of an engineering activity we have built things using Lego and made sculptures based on the artist Andy Goldsworthy.



As part of our STEM week, we have enjoyed learning about a significant person in the STEM field. Green Class learnt about Charles Darwin and Lilac Class learnt about Ada Lovelace. In Science, we have been learning about reflection, mirrors and light. We have set up a science experiment to see the impact of UV rays in sunlight which we hope to observe the results in a few weeks. In English, we invented our own traditional stories with an ancient Egyptian twist to the setting, characters and plot.



This week is STEM week at school. We have had special Computer, Maths and Science lessons and also joined up with a secondary school as well. We have learnt about Alan Turing this week and created fact files about this truly amazing individual. In History and English, we have continued to learn about the Romans. We have used this information to develop play writing and understanding the past.



We have really enjoyed our STEM week, especially learning about the technologists Steve Jobs, Bill Gates and Elon Musk. In Computing, we recorded our own podcasts about these icons. It was great to be a part of the science show - the experiments were so impressive and it was really interesting to do the chromatography one ourselves. In Maths we investigated the Fibonacci sequence using the book 'The Rabbit Problem' and then created some related artwork.



Picture News

at Home

3rd May 2021

What's going on this week?



Picture News

3rd-9th May

Is it always wrong
to copy others?

The retailer Marks and Spencer (M&S) has begun legal action against supermarket Aldi, arguing the supermarket's Cuthbert the Caterpillar cake infringes its Colin the Caterpillar trademark. M&S claim that their similarity leads consumers to believe they are of the same standard and "rides on the coat-tails" of M&S's reputation. M&S wants Aldi to remove the product from sale and agree not to sell anything similar in the future.



Things to talk about at home...



Have you ever tried a caterpillar cake?



Can you remember which one it was? Did you enjoy it?



Do you think other shops should be allowed to produce their own caterpillar cakes? Explain your answer.



Can you think of any other foods or products that are very similar to each other?

Helping Parents with Home Learning: Getting to Grips with Grammar!

This event is designed to help primary school parents with home learning.
In this session we will explore:

- Grammatical terminology. Consolidate your understanding of word classes including nouns, verbs, adjectives, determiners, conjunctions, pronouns and adverbs.
- Ways to support your child at home with their understanding of grammar.
- This 45 minute session is free to all parents who have children at Primary School.

Monday 10th May 2021 7pm – 7.45pm

Thursday 15th July 7pm-7.45pm

To book: <https://www.dandelionlearning.co.uk/helping-parents-with-home-learning-getting-to-grips-with-grammar/>

Raising a Reader: Top Tips for Parents to Foster a Love of Reading

This free event is designed to support primary school parents

We know from current research that children of all ages who read for pleasure perform better in all subjects. Reading for pleasure also builds empathy, improves wellbeing and has a dramatic impact on life outcomes. This session will explore practical tips on how to help your child to foster a love of reading.

This 45 minute session is free to all parents who have children at primary school.

Choice of dates and times:

Thursday 20th May 2021 7pm – 7.45pm

To book: <https://www.dandelionlearning.co.uk/raising-a-reader-top-tips-for-parents-to-foster-a-love-of-reading-free-training/>



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.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited videos, fake news and even unwitting advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman. Anna 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.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0800 8002222
- Young Minds Parents line, 0800 802 5544

SOURCES: <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>, <https://www.nationalonlinesafety.com/uk-public-consultation-on-mental-health-green-paper>