

Abacus Primary School

Newsletter 381

9/10/2020



Thank you for helping us support the Young Minds charity today. The children have certainly brightened up the school. We will let you know next week how much was raised, once we have finished counting up the money.

It's hard to believe that we are only two weeks away from half term. Children will finish for half term on Thursday 22nd October 2020 because **Friday 23rd October 2020** is an INSET day here at Abacus, this is a day where staff will be in school taking part in training on phonics, spelling, precision teaching and Kagan Structures.



Parents Forum

I am currently organising an online Parent Forum session. If you would like to join the Parent Forum or would like to know more about how it runs please let me know (Mrs Blakeley). We would like to have one representative for every class across the school. The meetings

will be online for the foreseeable future and will take place within the school day.



Please can we ask that you think about the language used when on our school premises, with classroom doors and windows being open to offer ventilation, we would appreciate your support with this matter.



Next week we will be on WEEK 1 of our new menu

Echo

**FIRST
CLASS**

ONLY IN THE
ECHO

TUESDAY, 13th OCTOBER, 2020






St★r of the Week!

Pink Class	Teddy M
Blue Class	Luca V
Red Class	Jaden D
Orange Class	Myles C
Yellow Class	Lucas H
Turquoise Class	Lewis G
Green Class	Nikolay Z
Lilac Class	Ella J
Black Class	Aimee D
White Class	Harley B
Gold Class	Mollie A
Purple Class	Chloe W
Silver Class	Ruby A



Baby
news

I am delighted to announce that Mrs Borley is expecting her third child in March 2021, I am sure you will join me in congratulating both Mr and Mrs Borley on their wonderful news.

Starting secondary school in 2021?

Due to the current Government restrictions secondary schools are not currently able to carry out tours in their schools. We have set

up a page on our school website with information that they have sent to us, which included virtual tours. You can find this here- [https://](https://www.abacusprimaryschool.co.uk/year-6-transition)

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We only get sent information from our local feeder schools. If you are looking at different schools, please let us know and we will see whether we can access some information from them. **Applications are now open and close on October 30th 2020, to apply please visit** <https://www.essex.gov.uk/apply-for-a-secondary-school-place>

Foundation September 2021

Make sure your application is submitted by the 15th January



Applications will open soon for Foundation places

Essex county council have produced a short video to guide you through the application process, which you can view here:

<https://www.essex.gov.uk/apply-for-a-primary-school-place>

TimesTable Rockstars

Silver Class

1st: Cameron K
2nd: Keira N
3rd: Ellie-Mae P

Purple Class

1st: Miley M
2nd: Leon M
3rd: Tilly M

Gold Class

1st: Isabelle P
2nd: Demi H
3rd: Jake C

White Class

1st: Charlotte N
2nd: Harley B
3rd: Emma T

Black Class

1st: Erin
2nd: Chloe
3rd: Donovan

Green Class

1st: Nikolay
2nd: Lena V
3rd: Haroon A

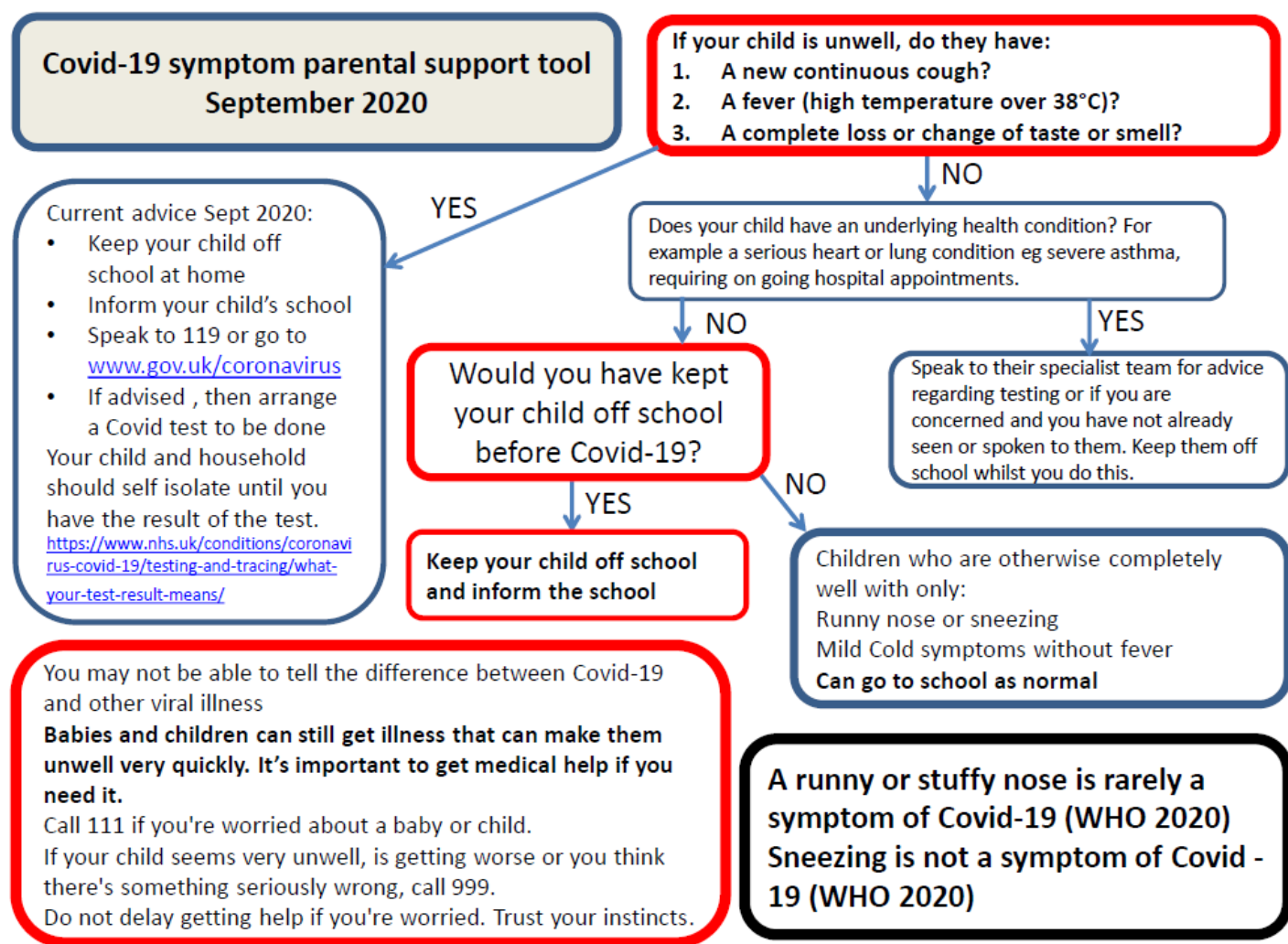


Lilac Class

1st: Darcey S
2nd: Henry J
3rd: Leo F

Well done to everyone. The top child in each class will be entered into a draw to win a prize at the end of the term.

We continue to receive updates in response to signs and symptoms of Corona-virus, please see our latest advice below:



West Essex CCG 01 10 2020 SEC v7

A child displays a high temperature at school but it quickly returns to normal when at home – should the child be tested?	<p>If a child has a high temperature, they may have covid-19. They should be tested for covid-19 and they must self-isolate with their household. This is true even if the temperature rapidly resolves.</p> <p>A high temperature at school is a high temperature, it does not have to be persistent and it does not matter if it has returned to normal on arriving back home.</p>
A child has been given Calpol and their temperature has reduced – can they come to school?	No. If a child has a high temperature, they may have covid-19. They should be tested for covid-19 and they must self-isolate with their household and not be sent to school. This is true even if the temperature has resolved after taking Calpol.
Parent reports that the child's symptoms have gone once at home – should they come back to school?	No. If the school was confident that the child was displaying a continuous cough, high temperature or loss/change in sense of taste or smell then they should be sent home to self-isolate at home with their household and parents should seek a test. It does not matter that symptoms have dissipated after a short time.



Be smart on the internet



At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Online Mental Health & Wellbeing Series



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What you need to know about...

PERSUASIVE DESIGN

What is it? 'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These equations are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the Founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.