

# Abacus Primary School



# Newsletter 531 07/6/24

# WELCOME BACK!

We hope you all had a great half term break and managed to dodge the rain clouds. What a fantastic first week back and we even saw some sun!

On Wednesday we met with parents of children who are joining our school in Foundation. Thank you to the kitchen team for organising some school meal tasters for this event and the EYFS team for

their presentation. Our Foundation team have put together some great induction opportunities for our new intake, please keep up to date with information by visiting our website (cut and paste the link) <https://www.abacusprimaryschool.co.uk/new-intake-sept-2022>

Year 6 had a great evening on Wednesday when they went to London to watch the Lion King musical. It was lovely to see the children talk about this experience with such enjoyment and enthusiasm. Thank you to the Year 6 team for giving up their own time to make this trip possible. Well done to the children for their commendable behaviour, staff had members of the public stop them and comment on well behaved Year 6 were. In our whole school assembly this morning, we announced that The Lion King will be the Year 6 summer show this year.



Our mobile swimming pool arrives this weekend, which we are really excited about and hope that this can become a yearly event at Abacus. The pool will be here until 15th July, with setting up and closing the pool down there will be four full weeks where the children will swim. Please see Page 3 with more details about swimming. We understand that with this being a different opportunity for the curriculum and for some children this might be a challenge but, as we do with all other areas of the curriculum, we will support the children with this.



Next week, we are on Week 2 of our new menu which you can view on our website:

<https://www.abacusprimaryschool.co.uk/school-meals>



We are looking forward to our two Sports days next week. These will begin at 9.30am with an opening house teams procession. KS2 (years 3,4,5 and 6) will take place on Tuesday 11th June 2024 and KS1 (Foundation, Yr1 and Yr2) will take place on Thursday 13th June 2024.

Following all the races we invite you all to stay for a picnic lunch, children will then return to class (at approximately 1pm )when parents leave. We are hoping that the weather will be on our side, but should we have to cancel it a decision will be made by 8am.

Following each race there will be an opportunity for children to stand on the podium and for you to take photos.

To ensure that these events run smoothly and to make it fair for all our children and family members please can you all abide by the following:

- **Two family members may attend for each family—please make it fair for everyone by adhering to this.**
- Following the races, children can be collected from classroom doors for their picnic lunch.
- Children will return to their classrooms after the picnic lunch, approximately 1pm, depending upon when the last race finishes.
- Unfortunately siblings in other key stages will not be allowed to join you for the picnic lunch.
- Please ensure children have a water bottle, hat and that sun cream is applied **before** children attend school.
- Please ensure that any babies/toddlers are supervised to ensure there are no accidents when the races are taking place.
- There will be a section allocated for parents/spectators, please stay in these areas, staff will take care of the children and support them should they get a little upset.
- FAPS will be selling drinks throughout the morning and during the midday break.
- Toilet facilities should be used in the new build block only and not the staff toilets within the school building.
- Please can we ask that you take all litter home with you.
- Ice creams will be available during the midday break by the parents area.
- Please do not climb over fences to enter the school site, please use the gates provided.
- Children in Foundation, Year 1 and Year 2 can still order a school lunch on Thursday.

Lots of planning and preparation goes in to making these events run smoothly. Please do help us by following the above.

# Swimming

We are really excited ( and so were the children when we spoke about this in our whole school assembly today) that our mobile swimming pool is arriving this weekend. It will take a week to set up and we are hoping that lessons will begin from Monday 17/6/24. With this being the first year that we have had this, there may be a few teething problems but we are hoping that this is something that we will be able to become a yearly fixture.

There is an expectation that all children should be able to swim 25m before they leave Primary School.

Thank you to everyone who has responded to the texts regarding your child's swimming ability. The school has made a significant contribution to the hire of this facility , we will be asking for a payment for children to swim.

- **A charge of £15 will be added to ParentPay accounts. Your payment is your permission for your child to swim. This needs to be paid by Wednesday 12th 2024 to enable us to start organising the timetable.**
- **Non payment indicates that you do not wish for your child to swim.**
- All children will have at least one lesson a week, but we hope they will get more.
- Children will swim in groups of a maximum of 12 children in the pool at one time. Non swimmers will be in a smaller group of 6
- Once we have spoken with the swimming coordinator we will let you know the days and times that your child will swim.
- Older children (Years 3,4,5 and 6) will be able to use the changing rooms to change.
- The pool comes with a lifeguard and a swimming instructor.
- **All children will need to wear a swimming hat to swim and appropriate swimwear.**



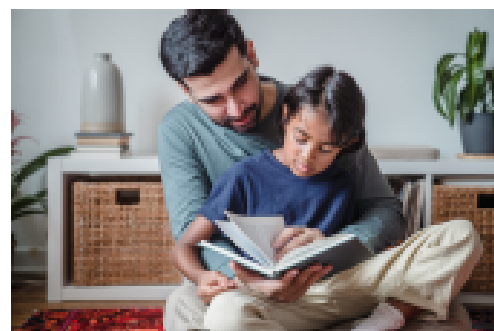
# Multiply Maths



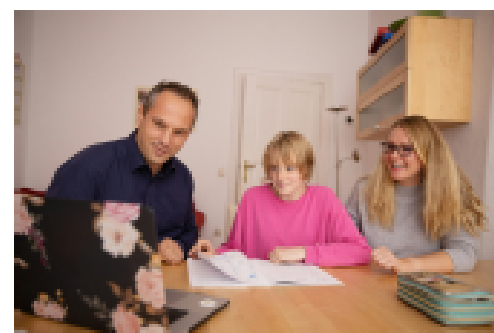
for parents of children in Year 6  
(Key Stage 2)

Want to support your child as they transition  
from Year 6 maths to secondary school Year 7?

Including an overview of the  
curriculum at Year 7, common  
challenges and concerns,  
strategies to support children  
and exploring useful resources.



Claim a **£10 celebration voucher**  
on completion of the course!



Abacus Primary School,  
Tresco Way, Wickford, SS12 9GJ

The transition course consists of one session:

11th July - 9.30am to 11.30am

Book your **FREE** place today! [Click here](#) to book online

Contact the school office or email: [info@tiegr.org](mailto:info@tiegr.org)







Pink



Blue



Red



Orange



Yellow



Turquoise



Lilac

**Dress in bright colours  
& donate a prize for  
your class hamper**

**On**

**Friday 14th June**

**Rainbow Raffle**

**Be  
Creative**

**Prize for  
the best  
class effort**

**We are asking all children to donate  
prizes of their class colour**

**Green**



**Black**



**White**



**Teal**



**Purple**



**Gold**



**Silver**





# LET'S CELEBRATE!



Well  
DONE!

Well done to Harry, Mae, Donald, Teddy, Olivia, Layla and Jaxon for their achievements in football, gymnastics and dance.



# What Parents & Educators Need to Know about PALWORLD



## WHAT ARE THE RISKS?

In Palworld, players head out into an environment where they must craft items and survive alongside creatures called 'Pals'. In this sense, it's similar to Minecraft: fight monsters while maintaining a base. Palworld has sold more than six million copies and often has over two million people playing online simultaneously.

## MATURE CONTENT



While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

## VIOLENCE



Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

## SUGGESTIVE WRITING



Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

## ONLINE PLAY



Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

## DIFFICULTY



Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

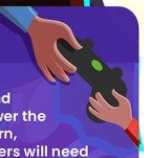
## Advice for Parents & Educators

### WATCH GAMEPLAY



Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

### LEND A HAND



By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

### SET CONTENT LIMITS



As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

### PLAY TOGETHER

By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.



### PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

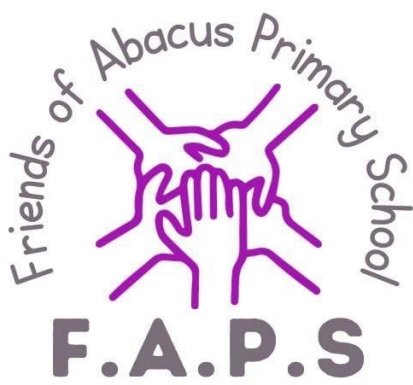


## Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.







*Thank you to our FAPS committee for their amazing efforts with the Father's day gifts this year. It was so lovely to see the children enjoying visiting the gift room today.*

# Summer Bounce



The Summer Bounce is taking place on Friday 28th June 2024. You can purchase tickets ( all tickets will be £5 each) from FAPS at Frozen Friday

this evening, along with adventure Island wristbands. You will also be able to purchase Summer Bounce tickets at Sports days.



We are very excited that our recycling bin has arrived. Please ensure you recycle the current items in here.





# SEND



## Meet & Greet with Miss Tutty (SENCO)

Meet parents of other SEND pupils over a coffee & cake

An opportunity to ask questions

Get a feel of the school

Parents/Carers only



Please use the Book Now button to  
secure your slot on either 21st or 28th.  
There will be sessions available (9-11am,  
12.30-2.30pm or 3.30-5.30pm)

Book your slot  
now

Contact us:



[SEND@bromfords.essex.sch.uk](mailto:SEND@bromfords.essex.sch.uk)



01268 471 201 ext 462/445



Below is a Focus on building resilience in neurodivergent children

## 1. Adopt a growth mindset

Those with a growth mindset believe that their abilities can be developed and improved over time. In contrast, people with fixed mindsets believe their abilities are innate and cannot be improved upon. Research has shown that people with growth mindsets tend to be more resilient. Both children and adults can default to a fixed mindset; a growth one requires active nurturing and awareness. But once it becomes a part of your natural way of thinking, resilience will improve as children will learn that effort and perseverance are key factors in achieving success. Aim for progress, not perfection.

## 3. Create a safe environment

Accommodate your child's physical needs as much as possible in their home and school environments. For example, at home, you could use comfortable lighting, soothing colours, and 'visual reminders' of their schedule that give them a sense of structure and routine they can easily follow.

## 5. Practice gratitude

Gratitude builds resilience by encouraging us to focus on the positive aspects of a situation or day, instead of ruminating on the negative ones, thus boosting our mood and self-esteem, and reducing

## 7. Build self-belief in a positive and supportive environment

In combination with the growth mindset, build self-belief in your children with 'positive affirmations' and reminding them of times they've faced similar challenging situations in the past and made it through. It can also be helpful to share your own examples of difficult times so that they know that they're not the only one who've faced difficulties and have come out on the other side. Offer unconditional love and understanding. By doing so, children feel that their parents are a safe place, and feel more secure in their relationships, hence helping build resilience.

## 9. Teach them to advocate for themselves

Teach your child about their condition, and together, learn what works best for them—do they thrive with structure? Do they need additional tools to cope with sensory overload? etc. And using role-play scenarios, practice various situations in which they might need to advocate for themselves and communicate their needs effectively. *Self-advocacy skills* are crucial for self-confidence, and subse-

## 2. Improve emotional intelligence

Emotional intelligence is a term used to describe the ability to recognise emotions in yourself and others, and react appropriately, and is crucial for healthy relationships and coping skills. A strategy you can use to build this skill is 'Name the Emotion.' Start by telling your child, "I am feeling ...." before asking them how they feel.

## 4. What is within my control? Problem-solve together

If your child is worried about something, purposefully analyse together 'what is and what isn't in their control.' Another similar approach you could take is thinking of 'what is the best or worst' that could happen? you can talk through their worries but also focus on the good things that could happen. Focusing on factors within your control can reduce the intensity of emotions a challenging situation might generate, and help your child feel more able to tackle the situation.

## 6. Reframe 'thinking traps'

Our thoughts create our reality. You can encourage gentle shifts in thinking by reframing a 'thinking trap' your child may be falling into and reframing the situation in a more positive and/or accurate light. An example of a thinking trap is catastrophising: dwelling on the worst possible outcome. In this thinking trap, by believing that the future is negative and set in stone, it can become

## 8. Build upon your child's strengths

'Identify your child's strengths and passions,' and nurture them whenever possible, as this builds your child's confidence and sense of purpose.

## 10. Practice, practice, practice

Building resilience comes with *practice*. Create a series of small challenges that your child can complete (start small), and then up the challenge in small increments. With each successful completion of a challenge, your child will gain a new sense of confidence and belief in themselves, which can translate into a confidence that they can tackle other challenges that may come their way.



<https://www.dr.rigada.co.uk/how-to-build-resilience-in-neurodiverse-children/#:~:text=Build%20self%20belief%20in%20a%20positive%20and%20supportive%20environment&text=Offer%20unconditional%20love%20and%20understanding,relationships%2C%20hence%20helping%20build%20resilience.>