

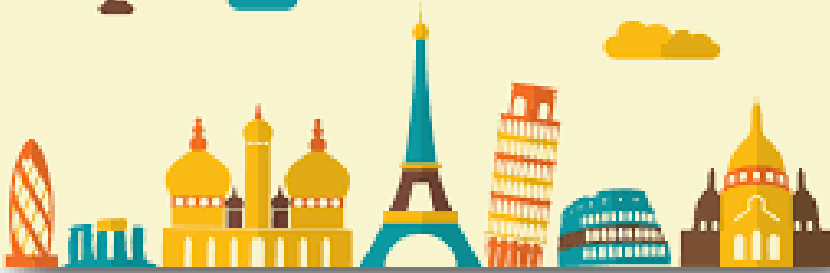
Abacus Primary School

Newsletter 541

27/9/24



EUROPEAN DAY OF LANGUAGES



What a joy it was to visit classrooms on Thursday and see the children dressed in a variety of colours as part of European Day of Languages. We were amazed by how many children had learnt some facts about their country and shared phrases in different languages. It was wonderful to see the children so enthusiastic and excited to share which countries they were representing.

Thank you to Mrs Craske, our MFL leader, for planning this event and the activities which the children took part in which included French Breton dancing.

I am sure this event will be added to class Padlets very soon.

This morning I have had a couple of concerned parents come to the office about the parking and how this is impacting the safety of children walking on pavements. Please consider others whilst parking or dropping off, we do not want anyone from our school community hurt.



Next week, we will be on **WEEK 1** of our school menu, which you can view on our website.



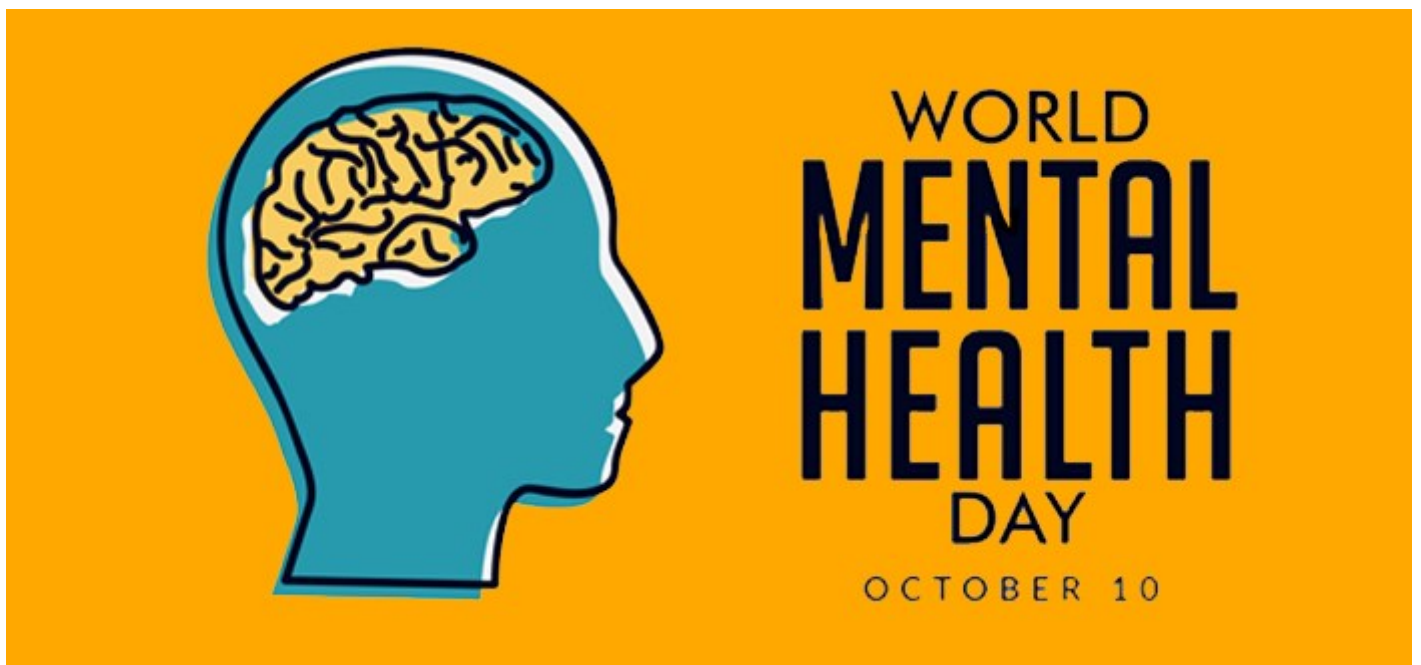
LET'S CELEBRATE!



Well done to Samuel, Sophie, Harry, Buddy, April and Flynn for their amazing achievements outside of school this week .



This academic year, our subject leaders are planning some wonderful events to develop a wider understanding and enjoyment for curriculum areas. These may include theme days or awareness days. Whilst we may invite children to dress up for these days this is not compulsory and we do not expect any parents to go and buy new clothes for these events.



On Thursday 10th October 2024,

We will be taking part in Mental Health Day. Mrs Smith, our PSHE leader, is busy planning activities for the children. As this event is sponsored by the Young Minds charity, children are invited to wear yellow. This can just be their school T-shirt or yellow PE T-shirt.



Could your child be entitled to a

FREE school meal?



Your child may be able to get free school meals if you get any of the following:

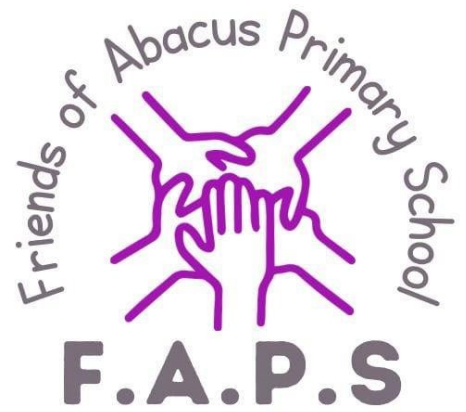
- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.
- Your child may also get free school meals if you get any of these benefits and your child is both: younger than the compulsory age for starting school in full-time education.

If you have any questions, please come to the school office .



Christmas Cards

Unfortunately the templates have been delayed arriving at the school, therefore children have yet to create their masterpieces.



We will update you on dates, once they have arrived.

Orders will then be arriving at school by the middle of November, to give plenty of time to send out to family and friends.

We hope the children will enjoy participating in this activity!



Fun Walk – 4th October 2024

This year, Abacus will be taking part in the John Baron 2km Fun Walk.

This is a sponsored event and the Fun Walk Trust will match fund what we raise from a bonus pot, through the support of local businesses.

Sponsor forms should have come home this week, if you have not yet received one please see classteachers or the school office.

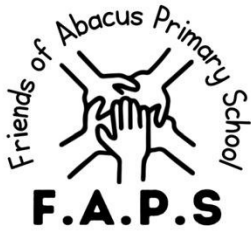
Each year group will be taking part throughout the day on 4th October by walking around the school block – Salcott Crescent, Mersea Crescent and Tresco Way.

Families are invited to join their children at their specific time, if they are able to (times TBC nearer the day.)

This will be a non-uniform day, and participants are asked to dress in bright colours.

Sponsor forms and money **MUST** be returned to school in the FAPS postbox in reception by 11th October at the latest, in order for us to apply for the bonus pot.

Any questions, please contact faps@abacus.essex.sch.uk



THE SOUTHEND SORCERERS SOCIETY



SCAN FOR TICKETS



SATURDAY
OCTOBER 19TH
7PM- 9:30PM

doors open
at 6:15pm **£8PP**

SUITABLE FOR SCHOOL AGE +

OR VISIT

www.pta-events.co.uk/faps-abacus

Back by popular demand, The Southend Sorcerer's Society will be performing an evening of magic for us - the first half will be close-up table magic, with some stage magic in the second half, after the short interval. This is family event, so school-aged children are more than welcome.

Join us in the School's Large Hall - doors open at 6.15pm. Please arrive in advance of the show start time of 7pm. The evening will end at 9.30pm.

Tables will be set up for groups of 8-10, so you may be asked to sit with other families. Please bring your own drinks and nibbles.

There are very limited numbers of tickets, so please don't delay if you'd like to join the fun.

Tickets cost £8 and are available from www.pta-events.co.uk/faps-abacus - when completing the booking, you'll be asked for each ticket holder's name, but this is optional, so please feel free to skip to the payment page.

Any questions, please contact faps@abacus.essex.sch.uk



NEW INTAKE SCHOOL TOURS

Our school is holding tours for prospective parents on the following dates:

TUESDAY 5TH NOVEMBER 2024

THURSDAY 28TH NOVEMBER 2024

WEDNESDAY 8TH JANUARY 2025

We are holding 3 sessions on each of the November dates: 9.30am, 10.45am & 1.30pm and

2 sessions on the January date: 9.30am & 1.30pm

The tours will last for approximately 45 minutes and begin with a presentation sharing key information about our school, followed by a tour led by our “experts” in Year 6.

Please contact our school office on 01268 571018 to book a tour.

Tours are by appointment only

We look forward to meeting you all!

**you scan,
we donate
££s TO
SCHOOLS.**



Asda Rewards Cashpot for Schools

[Cashpot for Schools Terms & Conditions](#) [Asda Rewards terms & Conditions](#)

1

Download and sign up to the Asda Rewards app

Opt into the Cashpot for Schools campaign and select a specific primary school or select 'Schools in Need'.

2

Shop in store across Asda and George, or online at Asda.com

Asda will donate a percentage of your shop to your chosen school each time you shop and scan.

3

Asda does the rest

The money raised will be donated through Parentkind to schools to spend on what they need most. This won't affect your own Cashpot earn.

Once opted in and selected a school, we will add £1 to your chosen schools Cashpot to help get them started.

Each school will get an additional £50 added to their Cashpot, after at least one customer has shopped and scanned their Rewards app.



Registering your school

A school, PTA or parent council can register on behalf of their school.

To register, they must sign up with our charity partner, Parentkind, via their [website](#). There is a free option for those unable to sign up for the yearly membership. If a school isn't registered by 30th November, the money earned will be transferred to the Schools in Need Cashpot, where it will be distributed to schools in disadvantaged areas.

**CASHPOT
FOR
SCHOOLS**



You may have seen Joe Wicks advertising the new Asda school scheme. You select Abacus Primary School on the Asda Rewards App and scan it every time you shop, Asda will then donate 0.5% of the value of your shop to our school.

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College