

Abacus Primary School



Newsletter 558 14/2/25



What a busy half term we have had, thank you to all the family members who came along to the book look session this week, we hope you enjoyed looking through your children's books and seeing the progress they have made. On Tuesday I had the pleasure of accompanying KS2 children at the Wickford swimming gala, we are still awaiting the results, but all staff that attended could not have been more proud of the children for their efforts, sportsmanship and team spirit...well done to everyone who took part.

One of the highlights this term was Year 5 taking part in Young Voices at the 02. Children will be performing the songs here at Abacus on Wednesday 26th March 2025 at 10am, parents are invit-

ed to come along and watch.

School closes for children today for the half term break. Staff will be in school tomorrow for PE training, thank you to the children who have offered to come in and support this training. I'd like to take this opportunity to wish you all a great half term break and we look forward to seeing you all back on Monday 24th February 2025.

After the half term break we will return on WEEK 3





What a lovely surprise we had on Wednesday when Mickey Mouse came along to our school. Thank you to Silvana Court for organising this for us. Children in Foundation and Year 1 enjoyed dancing along with some of our resident friends and Mickey, and Year 2 were very surprised when Mickey appeared in their classrooms!

A special visitor came to visit Abacus...

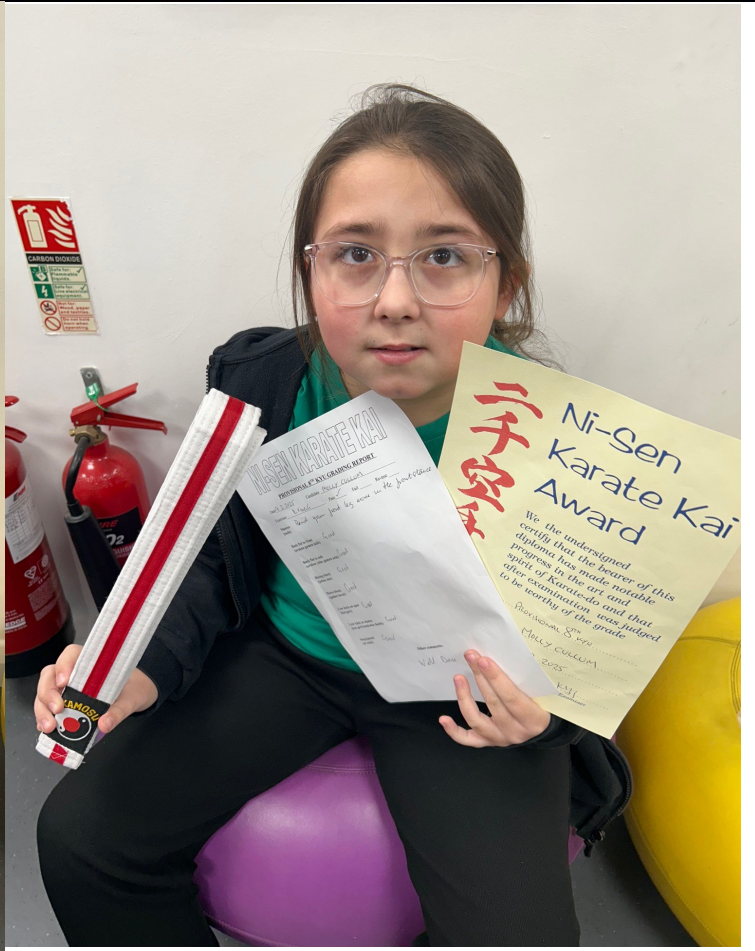
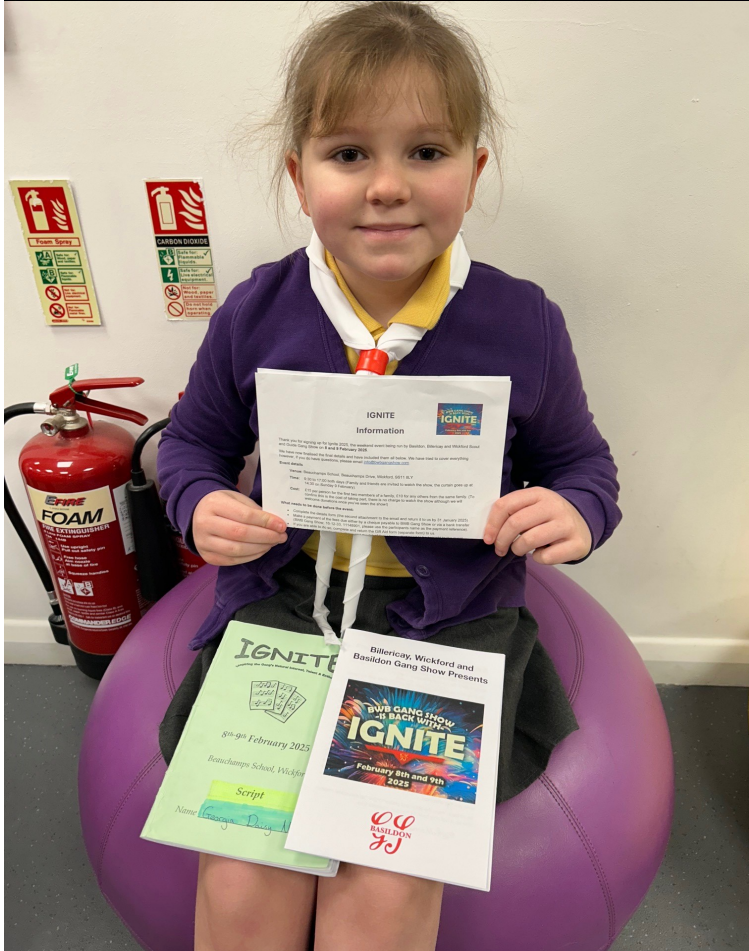




Thank you to everyone who came along to support our cake sale on Tuesday afternoon and well done to our Young Leaders for organising this event as part of their Dementia Champion work with Silvana Court. It was lovely to have Jean and Shelia come along to help out at the sale. Over £200 was raised which is amazing. This will go towards purchasing a selection of children's books for residents to enjoy in their lounges and the rest of the money will go towards setting up a sensory room at Silvana Court.



LET'S CELEBRATE!



Well done to Georgia and Molly for their achievements outside of school as a Guide and in Karate.

House Points

			
			
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On Tuesday this week classes took part in a live session with 'Now Press Play' to learn about safer Internet use as part of Safer Internet Day. Topics covered included:

- To ignore pop-ups, fake competitions and spam emails
- The dangers of giving out personal information online
- People online are not always who they say they are
- The importance of reporting abuse and how to go about it
- The difference between online and offline friends

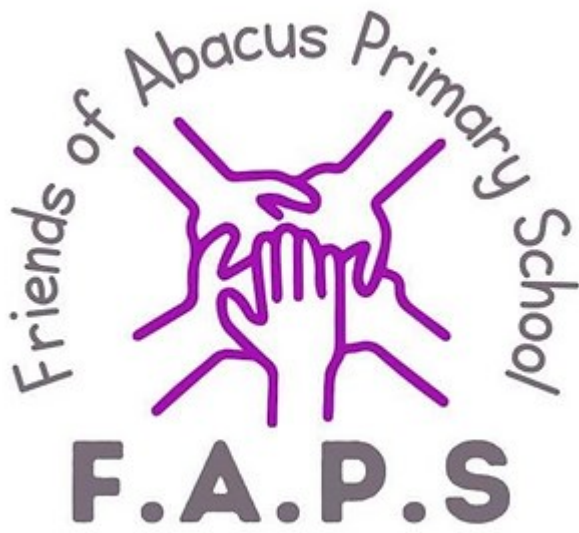
The BBC have produced some great resources to support online safety

<https://www.bbc.co.uk/teach/topics/cp440njz78zt>

Please ensure, as parents that you continue to monitor your child's/children's online activity to keep them safe.



Miss Mitchell will be holding a meeting for parents focusing on the Year 6 SATs. This will take place on Tuesday 25th February at 9am in our large school hall.



Could you be the next Charlie Bucket?
Find out by buying one of our delicious
Abacus Bars and seeing if you've got the
golden ticket!

Fantastic prizes will be won to coincide
with this year's World Book Day.
FAPS will be selling the bars for £3 each
every afternoon after school w/c 24th
February in the playground between
Green and Orange Class.

Our free-from friends have also been catered for .



This year, FAPS will be doing something a little different to help you and your children celebrate
Mother's Day.

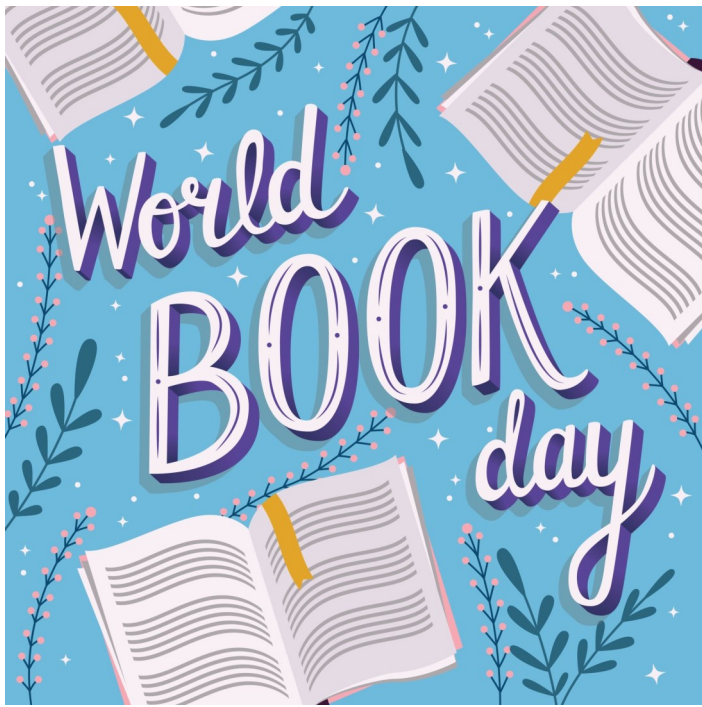
We want to keep the gift a surprise, but the children will be making something AMAZING!

This will be happening on 20th and 21st March throughout the day.

Gifts cost £5 each, and could be for Mothers, Grandmothers, Stepmothers or anyone else you'd
like to celebrate!



If you would like your child to participate, please use our online
booking system at
<https://www.pta-events.co.uk/faps-abacus> - the sale will be open
from 10th February and will close on 7th March – **please note, no
further orders will be possible after this date.**



This year to celebrate World Book Day, we are inviting children to come to school dressed as **their favourite Roald Dahl book character**. There are a wealth of characters from his books to choose from. Please do not feel you need to go and buy an outfit, this can be made by using normal clothes e.g. Danny the

Champion of the World, George's Marvellous Medicine, Please remember this is not compulsory and if children do not want to dress up then they can come to school in their school uniform.

Thursday 6th March 2025





Swimming Gala

On the 11th February, 31 children from KS2 took part in the 10th Wickford Schools Swimming Gala at Wickford Swimming Pool as part of the School Games initiative. This was the 1st day of the Gala and they competed against children from Wickford and Grange School. The 2nd Gala will take place on Friday 14th February.

There were individual races for each year group— front crawl, breast stroke, back stroke and an additional race for Year 6 for the butterfly stroke. These were then followed by relay races. All races were timed and will then be compared over the 2 days to place swimmers.

Great team spirit and support was shown by the squad and each child put in a great performance. We will update you with the final results in the next newsletter but we are extremely proud of everyone who took part as swimming to compete is very different to swimming lessons.



Gymnastics

On the 12th February 2025, 8 children from years KS2 visited Carousel Gymnastics Club in Wickford to experience the gymnasium.

They got the opportunity to try out different activities using the: bar, beams, vault, sprung floor and tumble track. They all said what a great experience they had.

Thank you to family members for transporting the children. If you would like to try out the facilities at Carousel here is their half term activities list.



February HT ACTIVITIES

Tuesday 18th 9am-3pm	Full Day Rochford	£35
Wednesday 19th 9am-3pm	Full Day Wickford	£35
Thursday 20th 9am-12noon	Half Day Rochford	£20
Thursday 20th 9am-3pm	Full Day Wickford	£35
Friday 21st 9am-12noon	Half Day Wickford	£20

All camp bookings must be made via the customer portal

Fun sessions: POSTPONED Until further notice. We hope to be back soon and will be in touch with an update

BOOK our camps using the QR code



SPRING TERM

ESSEX LOCAL OFFER ROADSHOWS

Help us
improve our
information

Tell us about your
experience to help us
make our website work
better for you

© Essex Local Offer

The Essex Local Offer

Find out about the available
children and young people aged 0-25
with special educational needs and
disabilities (SEND)



Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



Book your place on free workshops

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

