

Abacus Primary School

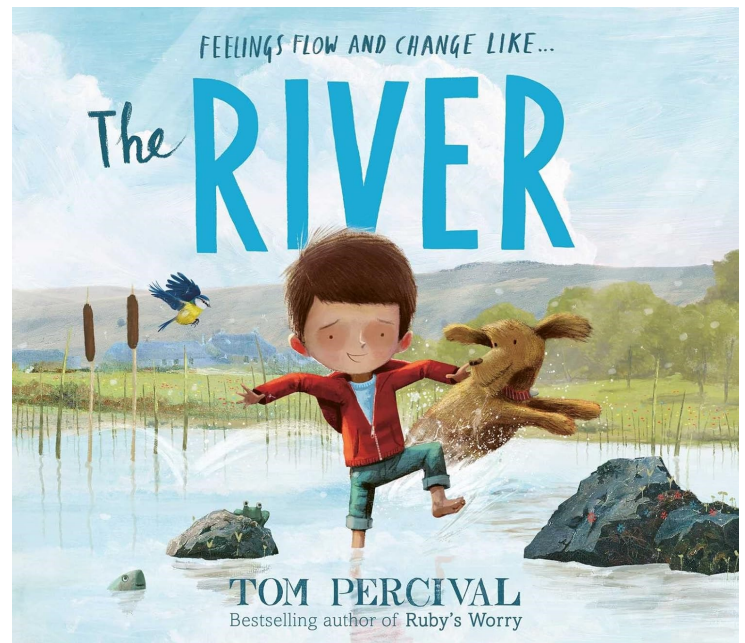
Newsletter 557

7 / 2 / 25



What an exciting week we have had celebrating Children's Mental Health week with visits from Maisie, Zumba sessions, Conversation Cards, Walk and Talk sessions, Silent Discos and finishing today with our 'Dress to Express Day.'

Each class has shared the story 'The River' by Tom Percival which talks about feelings.



Thank you to everyone for their efforts in making this week so enjoyable and to Mrs Ferrari and Mrs Smith for their efforts in planning the activities and to Mrs Evans for leading the Zumba sessions. Keep an eye out for photos on the class Padlets.



I am delighted to share the news with you that Miss Hodkin had a baby girl on 29/1/25 who she has called Elodie. Mum and Elodie are both doing well. I am sure you will join me in wishing Miss Hodkin, her husband and Elodie all the very best as they begin this new exciting chapter.

Next week we will be on **WEEK 2**



WEEK 2



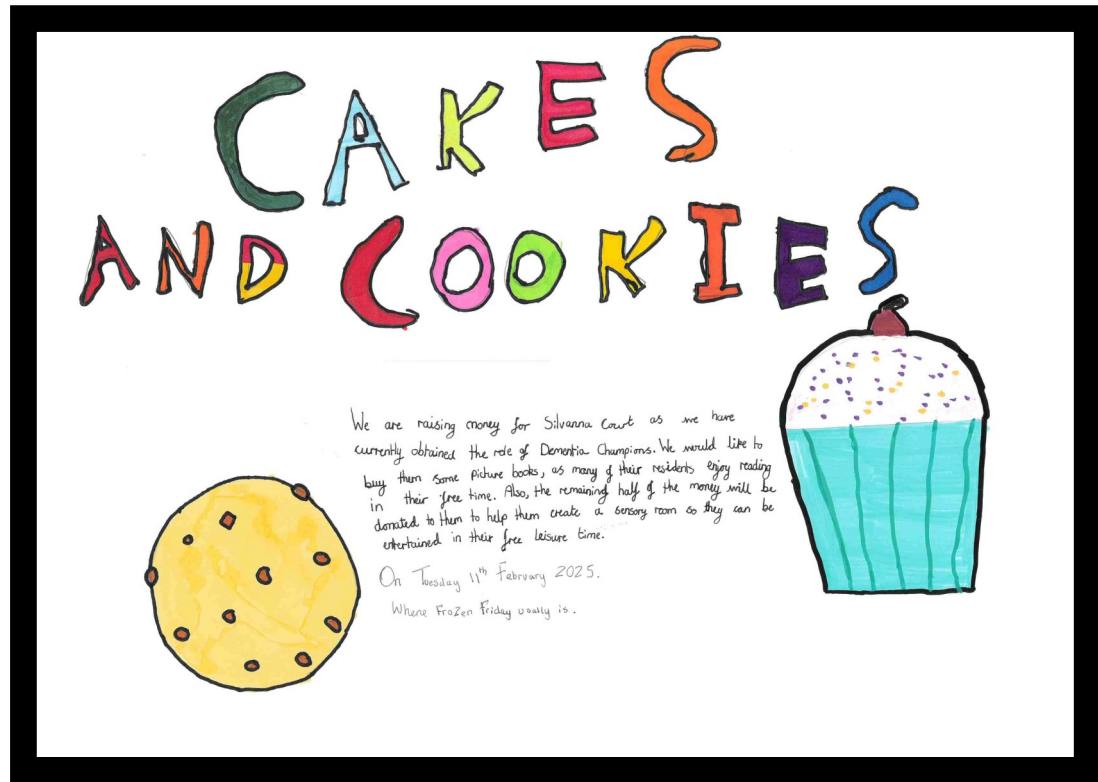


Our Young Leaders are planning their first 'Dementia Champions' event on Tuesday 11th February 2025— a Cake and Cookie

sale. This will take place after school, where Frozen Friday takes place. You are able to support this by coming along or donating cakes or cookies, please drop these off (including a list of ingredients) at the school office from Monday 10th February. Many thanks

Please make sure you keep an eye on our website: <https://www.abacusprimaryschool.co.uk/> to make sure you don't miss out on any of our events.

Book Look 12/2/25 from 3.15 to 4.15pm, this is an opportunity for you to come in and look through your children's books with them.



School Council

*New Menu
coming soon*

Our school council have been busy holding class council meetings, researching meal ideas for our new school meal menu.

LET'S CELEBRATE!



A huge congratulations to Tommy in Year 5 who is currently performing the role of Gavroche in Les Misérables in London. We all wish you the very best of luck.



Puddle Magazine for Early Years and Primary Schools – Winter Wellbeing Issue

This issue—Essex Museums feature, educational and fun days out, local events, ACL Essex learning spotlight, expert parenting advice, seasonal wellness articles, crafts, recipes and more. Share the latest issue with your families – [Puddle Magazine](https://www.puddlemagazine.co.uk/essex/issues/issue-3/read).

Copy and paste link- <https://www.puddlemagazine.co.uk/essex/issues/issue-3/read>



Well done to our 'Dementia Champions' who had the opportunity to go along to Silvana Court this week for Book Club.

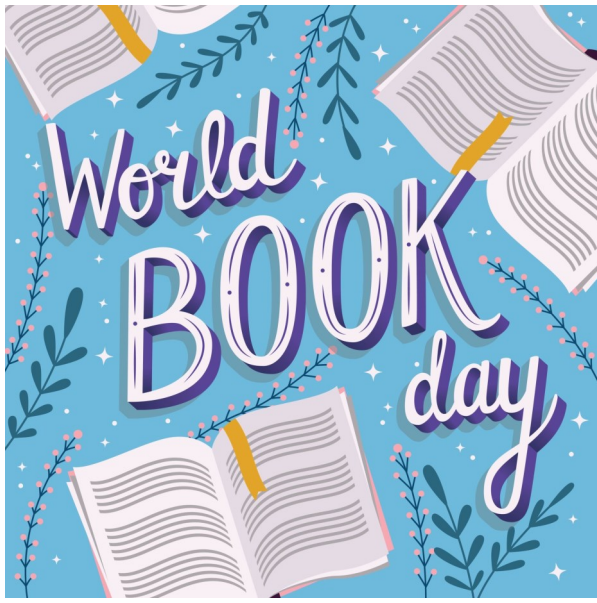


As part of our ongoing commitment to fostering an inclusive learning environment, we recognise the importance of understanding and respecting the diverse religious backgrounds represented within our school community. We would appreciate your assistance in sharing insights about your respective faiths, including **Christianity, Islam, Hinduism, Buddhism, and Judaism**. Your perspectives will greatly enrich our curriculum and help encourage mutual respect among our students. Should you be willing to participate in discussions, workshops, or resource sharing, please do not hesitate to contact our RE leads Miss Bradley or Mrs South, or the Office to let them know.

We value your contributions and look forward to working together. Thank you for your support.



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.



Thursday 6th March 2025

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.

To support this event FAPS will be selling 'Abacus Bars' ... more details to follow.



ABACUS BAR

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



#WakeUpWednesday

The National College



Special Educational Needs
& Disabilities

Below is a Focus on Healthy Screen Use



Thursday
20th Feb

19:00 - 20:00
FREE



FREE SESSION

Supporting Healthy Screen Use

A range of steps that can help minimise
the harms from screens

FREE - Supporting Healthy Screen Use

Screens are here to stay. How we can maximise benefits and reduce harms.

1 hr

online session

Service Description

We live in the digital age and using screens is pretty much unavoidable. This session aims to clarify the difference between healthy screen use and unhealthy screen use. The screen is a portal, you can access incredible educational material, or you can scroll through social media for hours at a time. There are many benefits to be gained from using digital technology but there are some risks too.

We look at the question of balance between sedentary behaviours and active behaviours, as well as the impact of blue light. The harms are identified and safety measures are explored.

This session gives parents a good overview of the situation and some actionable interventions to keep their children safe.

For More
Information



<https://www.facefamilyadvice.co.uk/service-page/free-supporting-healthy-screen-use>



Nurturing Harmony: FREE Wellbeing Courses for Every Household

Are you looking to strengthen your family bonds and enhance your overall wellbeing?

Perhaps you want to improve your own wellbeing?
Our free wellbeing courses are designed just for you!

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and type '**Family Wellbeing**' in to the
'Find a course...' box