

Abacus Primary School



Newsletter 547 15/11/24



Well done to our raffle winners

Well done to our Young Leaders for all their efforts in promoting and running the 'Children in Need' raffle. They raised £234.20 profit, which will all go to the charity.

Just a reminder that school is closed to children on Monday due to an INSET day where staff will be attending a conference alongside other Wickford Schools



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





Remembrance Day



Year Five visited the Memorial Park and Silvana Court on Monday . We were so proud of the maturity and respect that they showed on this trip.





Year Two walked to the Wick Country Park to visit the pill box that is there. We learned that a pill box is where soldiers would hide and look out for enemy planes during the First World War. We stood silently for two minutes to show our respect for the soldiers who gave their lives during wars for us to be free.

PIC • COLLAGE

Dodgeball Competition

On the 12th November 2024, our Year 5 Dodgeball team took part in a competition against other Wickford Schools.

This was a chance for them to put into practice the skills they had learnt in PE last term. There were some very close games and out of the 5 games played they won 3 and lost 2. This put them in 3rd place overall out of the 6 teams.

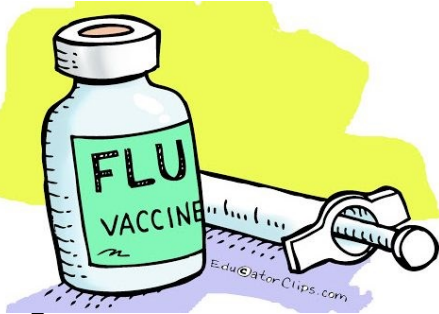
Thank you to the family members for transporting the children to the event.



We love to read!



Well done to Year Three this week who put the biggest smiles on our resident friends faces reading books of their choice, which also included some stories about remembrance.



Your child's Annual Flu vaccination is now due, please click the below link to complete a consent form.

[LINK HERE](#)

The deadline for parents to complete is 19/11/2024. We cannot guarantee any forms submitted after this date and time will be accepted at the school session.

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Most children are offered a nasal spray vaccine which is a quick, simple and painless spray up the nose.

The nasal spray vaccine is the most effective vaccine. The nasal spray vaccine contains a very small amount of porcine gelatine as an essential ingredient to keep it stable and able to work. For those who may not accept medicines or vaccines that contain porcine gelatine, a flu vaccine injection is available – please call 0300 790 0597. Even if your child had the vaccine last year, the type of flu can vary each winter, so it is recommended to have it again this year or they won't be protected.

Since the programme was introduced, most children offered the vaccine in schools have had the immunisation.

For further information, please refer to the following leaflets:









Primary – [Flu vaccination primary school - for parents - Health Publications](#)

Secondary - [Protect yourself from flu-secondary school - English - Health Publications](#)

A confirmation email will be sent to the email address provided on the consent form. If you do not receive this confirmation within 24 hours please contact the service on 0300 790 0597.

If you have any queries, or need to discuss the alternative flu vaccine injection please Contact the immunisation team on 0300 790 0597 or at epunft.south-immunisations@nhs.net



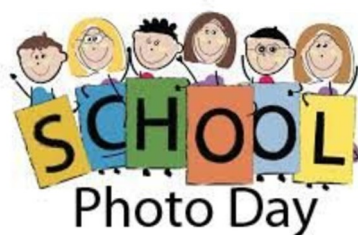
			
			
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LET'S CELEBRATE!



Well done to Sophia and James for their sewing and football skills this week.

WELL DONE!



Individual and sibling –photos were taken this week. All children should have brought home information on how you access and order the photos, these will be uploaded in the next week or so.

Kittle
PHOTOGRAPHIC

10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are Bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signaling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger bike will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

we are
cycling
UK

#WakeUp
Wednesday®

The
National
College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.11.2024

FAPS and Moji will be hosting a Christmas Disco on Thursday 12th December full of dancing, games and fun!

3 separate events will be held, as follows:

Foundation 2pm-3.15pm – Cost per child £3

Children to come to school that day dressed for the disco. Those not attending will watch a video in their classroom. All children to be collected at 3.15pm, as usual.

Year 1 & 2 3.30pm-5pm – Cost per child £5

Children to bring party clothes to change into in the classroom at 3.15pm and be escorted to the party by class teacher/FAPS. Those not attending to be collected from classroom doors at 3.15pm as usual.

KS2 5.15pm-6.45pm – Cost per child £5

Children to be collected at 3.15pm to get changed at home and come back for 5.15pm.

Spaces are bookable through our website www.pta-events.co.uk/faps-abacus.

Please make sure you use your child's full name and current class when booking and that you select the correct event.

Included in the ticket price will be all the entertainment, plus a drink and snack.

We will also have various glow stick items and tuck available to buy – please send your child with no more than £5 cash for this.

Bookings will be open from today until 6th December – please note, we will not be able to add any children in after this date.

If you have any questions, please contact faps@abacus.essex.sch.uk

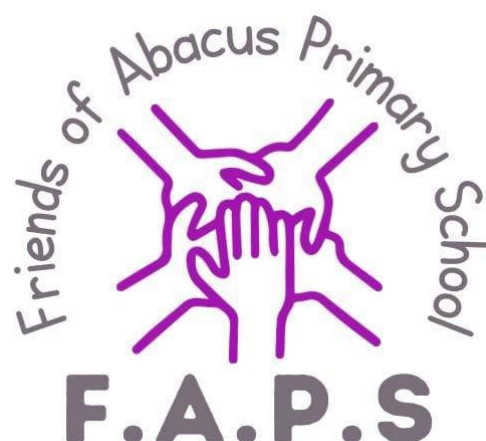
Please see below the link to book for the Abacus Christmas photo shoot with Lou Sutton on 30th November 2024.

<https://tinyurl.com/3hrb383x>

Lou Sutton Photography

www.lousutton.co.uk

01268 661315



YOUR SCHOOL NEEDS YOU



Would you like the opportunity to speak about how your child's school can improve inclusion for it's neurodivergent pupils?

Join us at a 'cuppa and chat' hosted by Essex Family Forum as part of the PINS project.

(find out more [HERE](#))

Your school are committed to working with EFF to hear your voice and want you to speak openly with EFF about how the school can improve.



The next meeting is-

Wednesday 15th January 2025 at 9am



AUTISM REALITY EXPERIENCE

HELPING TO UNDERSTAND THE MANY SIDES OF THE AUTISM SPECTRUM DISORDER

BY

training2care

Date the training will take place:

3rd December 2024

.....10am to 1pm.....

The Autism Reality **Experience** is an innovative and inspirational training session...

...designed to give participants a virtual experience of living with autism. This is a very practical, hands-on experience that give participants a greater insight into autism and helps us see the world from an autistic person's perspective. Suitable for all professionals, from people working across all sectors, including family members, or informal carers who want to have a better understanding of autism.

