

Abacus Primary School

Newsletter 544

18/10/24



We are looking forward to our Year 6 children returning from their residential trip this afternoon. We cannot wait to hear about their personal achievements from this week. They have all had the opportunity to take part in a number of activities including Trapeze, Giant Swing, Archery, Rifle shooting and Zip Wire. A big thank you to the six staff members who have given up their time this week to make this experience possible. I am sure the children have made memories which will last a lifetime.



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

**THIS SCHOOL IS
NUT FREE**



THANK YOU
for keeping our school safe!





A huge well done to Year two for their fantastic Harvest performances this week. All children spoke with confidence and sang with enthusiasm and we were all so proud of them. Thank you to all the family members who came along to watch the performances and for your lovely feedback, we are so pleased that you enjoyed it.

We will be collecting harvest items for our local foodbank from Monday (until the end of the school day Wednesday)

We are grateful for donations in the following categories:

- Packet rice
- Packet pasta
- Tinned meat
- Tinned fish
- Tinned fruit
- Long-life milk
- Tea
- Coffee
- Tinned vegetables
- Tinned potatoes
- Tinned tomatoes
- Pasta sauce



We are also grateful to receive donations of toiletry items - shower gel, deodorant, shampoo, toothpaste and toothbrushes, and feminine hygiene products.



On Friday 11th October 2024 Year Two visited Layer Marney Tower as part of their The Great Fire of London topic. The children took part in four workshops throughout the day and got to the climb the tower—all 99 steps up and 99 steps down. The weather was beautiful which meant we could all enjoy a picnic lunch outside.

The tower staff commented on how impressed they were with the children's knowledge of historical facts linked with the topic and commended them on their behaviour.— well done Year Two.





On Tuesday 15th October, eight children from Years 3 and 4 attended an art exhibition at St Andrew's Church with Mrs Playle. They participated in an engaging art workshop inspired by the exhibition Trials and Tribulations by Leigh-on-Sea-based artist John Paul Barrett. He is known for his mixed media paintings, exploring modern interpretations of Eastern European religious iconography, which provided the foundation for the workshop.

The children learned the technique of box gridding, a method used to scale images up or down. Using this technique, they created their own portraits of Jesus based on John Paul Barrett's artwork, focusing on drawing one square at a time to complete the full image.

In addition, the children were introduced to the concept of using dark and light colours to create contrast, helping them understand how to add depth and dimension to their portraits. The workshop was a wonderful opportunity for them to develop new artistic skills while connecting with a unique style of art.

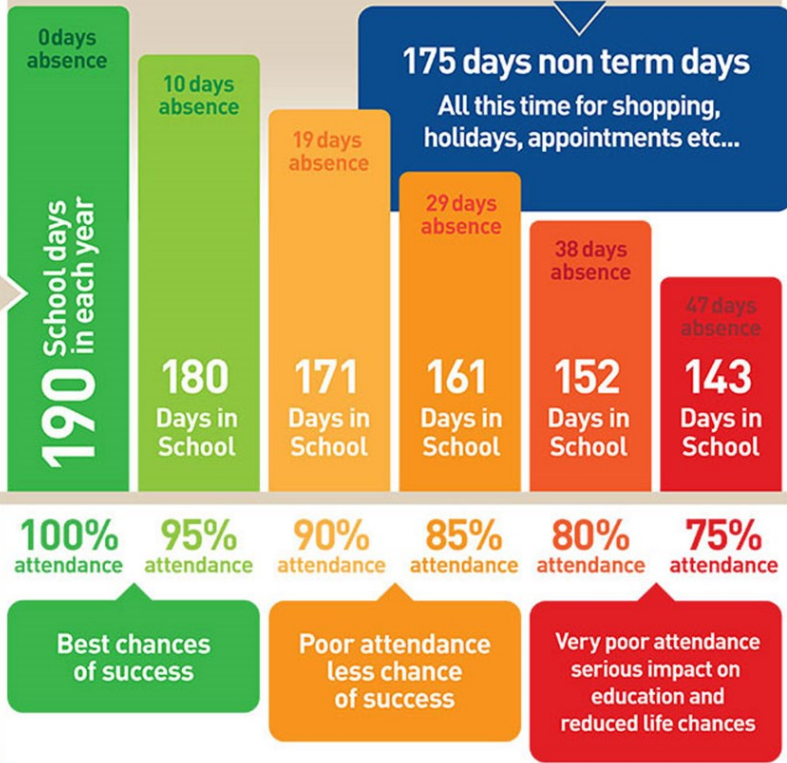


Well done to Harry and Oliver for their achievements outside of school in football and Martial Arts.



365 days in a calendar year

Good attendance means being in school at least 95% of the time (180 to 190 days)



DID YOU KNOW? A two week holiday in term time means that the highest attendance you can achieve is 94.7%

...being in school, on time, every day, ready to learn.



DID YOU KNOW? If you are 15 minutes late each day you will have missed a full 2 weeks of school in one year?

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Attendance

It's cool to come to school!

Register

Blue Stick

Blue

Green

Yellow

Red

Black



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!

Below is a Focus on ADHD



October is ADHD Awareness Month, a great time to spread the word and raise awareness about this condition, especially in children. By understanding their unique experiences, we can take meaningful steps to help them thrive.

WHAT IS ADHD?

ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental condition characterised by persistent patterns of inattention, hyperactivity, and impulsivity, affecting focus, behaviour regulation, and daily functioning across various settings.

Approximately 5% of children in the UK have ADHD, one of the most common neurodevelopmental disorders, with most diagnoses occurring between ages 6 and 12.

ADHD affects various aspects of daily functioning, including academic performance, social relationships, and family dynamics. Children with ADHD may face challenges in school due to difficulties with attention and organisation, often resulting in lower grades or increased disciplinary actions. Socially, they may also struggle to make and keep friends, leading to feelings of isolation or frustration.

HOW OUTDOOR PLAY CAN MAKE A DIFFERENCE

Outdoor play is crucial for children with ADHD as it offers numerous physical, emotional, and cognitive benefits that help manage their symptoms and foster overall development.

Children with ADHD often struggle with impulsivity, hyperactivity, and inattentiveness. Outdoor activities provide a natural environment where they can channel their excess energy in a productive and healthy way.

Children with ADHD often experience high levels of energy that can be challenging to manage in structured indoor environments. Outdoor play allows them to expend this energy through activities like running, jumping, climbing, and playing sports. Engaging in vigorous physical activity helps to burn off excess energy, leading to a calmer state of mind when returning to quieter tasks.

Outdoor play encourages social interaction with peers, which is crucial for developing social skills. Children with ADHD may struggle with social cues, but the dynamic nature of outdoor play allows them to practice communication, teamwork, and conflict resolution in a less pressured environment. This interaction helps build friendships and enhances their social support network.



For More Information



<https://adhdaware.org.uk/october-is-adhd-awareness-month/>

[https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/#:~:text=Attention%20deficit%20hyperactivity%20disorder%20\(ADHD\)%20is%20a%20condition%20that%20affects%20a%20man%20s%20on%20impulse.](https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/#:~:text=Attention%20deficit%20hyperactivity%20disorder%20(ADHD)%20is%20a%20condition%20that%20affects%20a%20man%20s%20on%20impulse.)

ENHANCING FOCUS

Engaging in outdoor play activities can help improve attention spans and focus. The variety of stimuli in playground equipment keeps children engaged, paying attention to different elements around them. Additionally, physical activity increases blood flow to the brain which promotes cognitive function and improves concentration.

STRESS RELIEF

Nature has a calming effect that studies have shown can reduce stress and anxiety levels. For children with ADHD, outdoor play provides an opportunity to escape the pressures of structured environments, allowing them to relax and unwind. This natural setting can help lower cortisol levels, contributing to improved mood and emotional regulation.

What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step-up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Inley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>



**THE HIVE
NEEDS YOU!
COME AND TRY
RUGBY**

BECOME A BEE!

**BILLERICAY BEES JUNIOR RUGBY CLUB IS
SEARCHING FOR NEW PLAYERS**

**BABY BEES (RECEPTION) TO ACADEMY
(YEAR 12/13)**

**NO EXPERIENCE REQUIRED
FREE 4 WEEK TRIAL FOR NEW PLAYERS**

CONTACT THE HIVE NOW FOR DETAILS!

**FOLLOW
OUR SOCIALS!**

 **Billericay Bees**
 **billericaybees**

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