



Abingdon Primary School

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Newsletter Friday 2nd February 2024

Dates for your diary:

Monday 5th February – Children’s Mental Health Week
Tuesday 6th February – Safer Internet Day
Friday 9th February - Chinese New Year celebrations in classes
– Finish for half term

Monday 19th February – back to school
Tuesday 5th March – DEAR for parents 8.50 – 9.10



SAVE the DATE
Safer Internet Day
2024 | Tuesday
6 February
www.saferinternetday.org



Dear All,

What a fantastic week we have had. It has been so busy! We have had firefighters, trips out and lots of hard work and lovely writing across the school. Next week is Childrens mental Health week and Safer Internet day. There will be lots of activities across school to add to their wellbeing toolkit.



Well done to Marley in Year 3. She is doing brilliantly with her swimming out of school. She has moved up a group and brought in her certificate to show everyone! Well done Marley!! What a superstar!



Wellbeing Challenge

The theme for childrens mental health week is 'My Voice Matters' on the website they have some lovely activities for families to do together to talk about what matters to them.

<https://www.childrensmentalhealthweek.org.uk/families/what-matters-to-you-activity-for-4-11-year-olds/>

Above is a link to a lovely art activity that would be nice to do together at home – it doesn't need much to do, it is more the talk around it that matters – and everyone can get involved!

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!

Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.

DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:

Do you want to be my friend?

Do you want to play?

Shall we tell an adult?

Would you like me to find your friends?

I'm here for you.

You're a star!

*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

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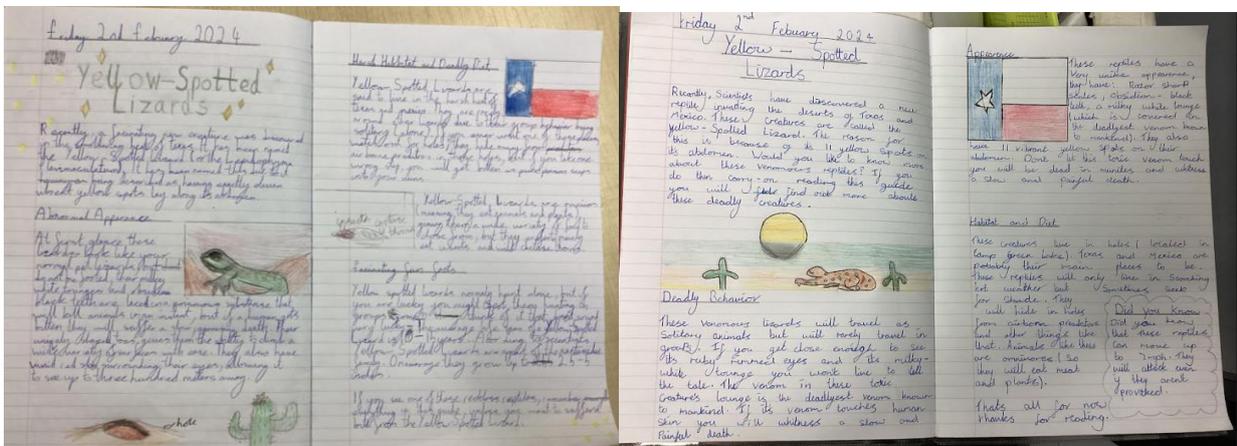
Sports event

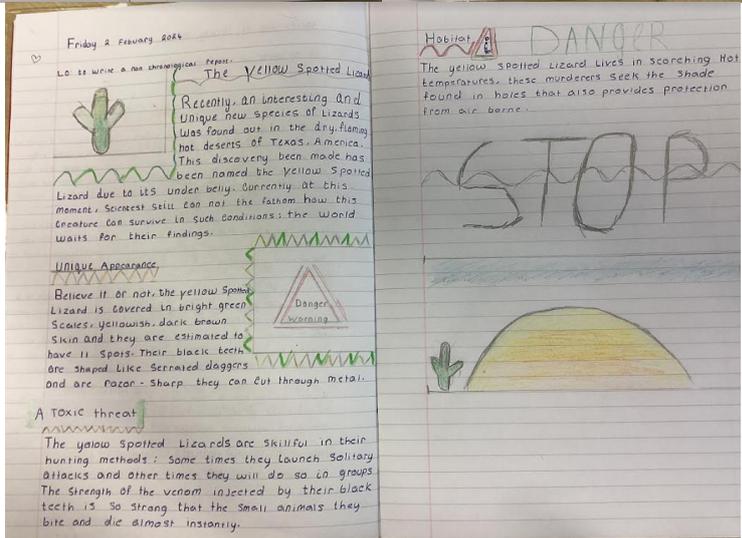
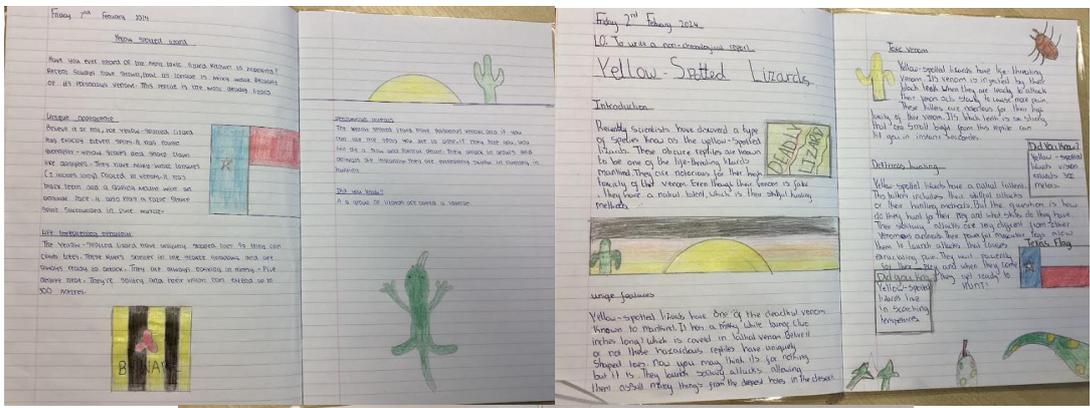
Mrs Lamb took a group of children to a Shapes Multisports event this week. The children did brilliantly and came in 2nd place out of the 8 schools. They were fantastic ambassadors for our school and this was recognised by the organisers. They helped out with the events when needed, supported children from other schools and their behaviour was impeccable. A huge well done to them all!!



Year 6 Writing

Year 6 have been publishing their writing this week. They have been writing non-fiction texts about Lizards and have produced some great work. Here are a few examples:





Cookery Club

Cookery Club have been celebrating Chinese New Year this week. They made homemade noodle pots – just add water!



Fire Fighter visit

The local firefighting team came to visit Year 2 this week. They talked to the children about safety at home and how to call the emergency services if they need to. The team even let the children have a look around their fire engine.



Contacting staff

Please remember your first portal of call is your class teacher. ☺ KS1/Reception staff are always on their classroom doors to meet and greet. KS2 staff are always available at the end of the day. Class Dojos are picked up by teachers during 'office hours' and they do endeavour to reply as timely as possible.



ClassDojo

NumBots and Time Table RockStars



There are two brilliant apps, which school purchase each year. – Numbots and TTRS. Both can be used at home and we would love them to be used more! Numbots is for our KS1 children (Reception will get a log in in the Spring term) and is a great way to practise fluency of numbers. Times Table Rockstars is a great way for Y2 onwards to practise their times tables. All the children should have logins – the login is the same for both apps. Even just 10 minutes a day on an app like this can really boost children's confidence, number recognition and fluency with numbers – and although it is screen time, you know they are doing something worthwhile and educational.

Dogs on School Property

We would like to remind all parents and carers that dogs are not allowed on school premises. This includes dogs on leads, dogs being carried, or even in a buggy. Thank you for your support in this matter

Breakfast Club Timings

Just a reminder that breakfast club does not open until 07.45am. We are beginning to see children arriving earlier than this. The staff are not responsible for the children until 07.45am, therefore the children are not supervised before this time and are still the responsibility of parents.

Parking

Reddish Vale Start Well Nursery next door have politely asked us to remind parents about not parking in their car park. The car park attached to the nursery is for their employees and visitors, and on occasions, there are no parking spaces for them at critical times. They will be closing and locking their gates between 8.30 and 9.00 am and 2.30 and 3.20 pm.

Jumpers

We are seeing a bit of an increase in hoodies and other non-uniform jumpers, particularly on PE days. Please refer to the uniform list below. Teachers will offer spare uniform jumpers to children who come wearing different jumpers. Please also put your child's name on their jumper, we have another big pile of unnamed jumpers forming- which will be disposed of at the end of the term.

Snacks

Our local authority advisors tell us that there is a huge increase in dental decay and obesity in children in our area and as a community we should all work together to tackle it.

Here is our plan for a healthier day at school:

In the morning, the children have bagels – these are from the National Schools breakfast programme and are nutritionally balanced. They are served with a small amount of margarine.

At snack time, the children are able to bring a *normal sized* snack if they wish, but please ensure that it is fruit, or low sugar snack. Examples might be food like – cheddars, soren, raisins, crackers etc (crisps, sweets, chocolate will not be allowed)

At lunch time Taylor Shaw provide us with nutritionally balanced low sugar hot meals, if you are bringing a packed lunch please look at the sugar content and the amount of food within the lunchbox.

Afternoons – KS1/Rec children have free fruit (national scheme)

Water should be in all bottles.

We will sometimes have rewards that are food/sweets – however, these are very occasional, which models the idea of everything in moderation.

Some children bring in sweets for their birthday - this is not an expectation, but if you choose do to we ask parents to only do this on a Friday. Their birthday will still be celebrated in the class on the day of the birthday of course - as all children’s birthdays are.

Please also remember that we are a nut free school – no nuts or nut products should be brought in as snacks/lunch including snacks like peanut butter.



As a school, many of us are parents ourselves and understand the frustrations around snacks. However, we want the best for the children in the school and eating healthily supports this.

Free School Meals

A reminder that families can apply for Free School Meals via this link: <https://www.stockport.gov.uk/free-school-meals/apply-school-grants-free-school-meals> - all you need is your NATIONAL INSURANCE NUMBER. If your child has just gone into year 3 they will no longer be on Universal Free School Meals, so if you think you might qualify please apply as soon as possible.

Even if your child is in Reception, Year 1 or Year 2, it is beneficial to apply for Free School Meals as your child can also access a range of other benefits and school help supplement some additional provision for you and your child(ren).

If you would prefer to apply using a school computer/internet, that is no problem and we can arrange a private area with a computer for you to apply. Just ask at the office, call 0161 480 4531 or email admin@abingdon.stockport.sch.uk.

School Uniform

We have a lot of lost property – mainly jumpers with no names in. Please make sure **names are in all items of clothes** – especially cardigans/jumpers and coats! It is impossible to find lost items without this.

White polo shirt

Red cardigan/jumper – with or without logo (**NO other jumpers**)

Black/dark grey trousers/shorts/skirts/pinafores

Black shoes or all black trainers (no colour variations accepted)

PE Kits for PE days

White t-shirt and black shorts/joggers with school jumper. (**NO other jumpers/PE kits!**)

School Lottery

For those families new to school, we have a school lottery that is run by the website below. Every ticket sold provides much needed funding for our school.

If you would like to take part please do sign up using the link below. Thank you.

<https://www.yourschoollottery.co.uk/>

Last week, one of our parents won £6.00!

Our **first Super Draw of '24** is just around the corner, and guess what? This weekend one of our supporters could be the lucky winner of a **£1,000 luxury holiday!**

But hold on, we get it – everyone's got their own idea of the perfect getaway. So, we're spicing things up a bit. If travelling isn't your cup of tea, no worries! The winner can also opt for a **£1,000 cash alternative**. Yep, we're all about making dreams come true, your way.

A cabin in the Lakes, a luxury spa break, a West-End musical weekend, or jump on the Eurostar for a European escape: the choice is yours – so make 2024 the start of your next great adventure!

How the lottery works

<p>£1 per ticket</p>  <p>That's right, unlike many other lotteries, our lottery tickets are only £1 per week.</p>	<p>Help us do more</p> <p>For every ticket you play, 76% goes to our school and prizes.</p> 	<p>£25,000 grand prize</p>  <p>Match all 6 numbers and you win the JACKPOT!</p>
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Attendance:



★ The class with the highest overall attendance each week will have the opportunity to 'spin the wheel'! The wheel has lots of different choices on – some of these have been updated this year by the children.

★ Each class who achieves 97% or higher each week, or who show great improvement, will have an extra playtime the following week.

Attendance monitoring includes broken weeks and lateness. You MUST contact school if your child is late or absent.

The class with the highest attendance this week was: **Rec Otters with 97.6%** They have won 'a Pyjama day in class! The class teacher will let you know what day it will be on.

Both Reception Otters and Y5 Kestrels had over 97% attendance this week, and both classes have earned extra play!

Hot chocolate

Each week we invite a child from each class (who is chosen for being a role model for behaviour) to come and have hot chocolate and marshmallows with the headteacher. It is definitely my favourite time of the week! It was lovely to hear today why the children were chosen.



Gold Table

Children are chosen by their midday supervisors for their lunchtime behaviour. Each Friday we have a 'Gold table' in the hall where the children have their lunch, they also receive a prize from the 'Gold Box'.

Otters – Aseida, Badgers – Jaxon, Hedgehogs – Jacob, Squirrels – Sudaysah, Foxes – Freddie, Falcons – Jacob, Kites – Cassidy, Owls – Nhyiraba, Kestrels -Isaac, Merlins – Archie, Hawks – Max, Ospreys – Peter

Class Stars of the Week

Each week children are chosen for showing our core values. We award certificates in Celebration Time each Friday. Well done to all our stars:



Reception Badgers: Aysha
Reception Otters: Aseeda
Year 1 Hedgehogs: Oscar
Year 1/2 Squirrels: Blake
Year 2 Foxes: Florence
Year 3 Falcons: Linkon

Year 3/4 Kites: Kyra-Rose
Year 4 Owls: Cain
Year 5 Kestrels: Alfred
Year 5 Merlins: Frankie
Year 6 Ospreys: Lacey
Year 6 Hawks: Sophie D

Golden Broom

Rec Otters won the Golden Broom this week for having the tidiest classroom. Well done for setting a fantastic example to others.

The Golden Broom is awarded by Mr Bosson (Site supervisor) .



Finally, I hope you have a lovely restful weekend.

Ms Spendlow
Headteacher

Holiday Dates 2023-2024

Autumn term

Monday 4th September	INSET
Tuesday 5 th September	INSET
Wednesday 6 th September	Back to School
Friday 20 th October	Finish for half term holiday
Monday 30 th October	School returns
Friday 22 nd December	Finish for Christmas

Spring term

Monday 8 th January 2024	INSET
Tuesday 9 th January	School returns
Friday 9 th February	Finish for half term holiday
Monday 19 th February	School returns
Thursday 28 th March	Finish for Easter

Summer term

Monday 15 th April	School returns
Monday 6 th May	May Day Holiday
Friday 24 th May	Finish for Whit holiday
Monday 10 th June	School returns
Friday 26 th July	Finish for summer holidays
Monday 29 th July	INSET
Tuesday 30 th July	INSET

Covid-19 advice

- Children with mild symptoms of a respiratory infection include covid-19 but are otherwise well should continue to attend school. They should stay home if they have a high temperature and are unwell, and can return to school when they no longer have a high temperature/feel well enough.
- It is not recommended that children should have a covid-19 test unless directed to by a health professional, but if a child under 18 does test positive, **they should stay off school for 3 days after the day they took the test. They can return to school after the 3 days if they are well enough.**

The isolation period for COVID-19 is 6 days with a negative LFD test (24 hours apart on day 5 and day 6). See the link below for more information

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

School advice is still:

If your child is displaying any of these COVID related symptoms

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

or

if your child receives a positive lateral flow test, **they should remain at home until they are feeling well again.**

Please inform school if anyone in your child's household tests positive for Covid-19.