



NEWSLETTER - APRIL 2025




ABBOTSWELD PRIMARY ACADEMY



Dear Parents and Carers,

We are delighted to welcome you back for the summer term—a term full of celebration, achievement, and exciting events for our whole school community!

This term, our children will have the opportunity to showcase their learning through important milestones such as:

-  SATs – A chance for our Year 6 pupils to demonstrate their incredible progress.
-  Phonics Screening – Supporting our younger children in developing their reading skills.
-  Multiplication Check – Helping our children master key mathematical foundations.

We know how hard our pupils have worked, and we ask for your continued support in ensuring they attend school every day, arrive on time, and feel encouraged at home. Together, we can help them achieve their very best! On page 3, as part of our Safeguarding feature I have added in some information about managing worry. It is important we approach this time with positivity and celebration and if your child does show signs of worry there are ways in which we can all help and support them.

Beyond academics, we are also looking forward to celebrating physical development and teamwork through events such as Sports Day. This is always a fantastic occasion that brings our school community together, and we cannot wait to see the enthusiasm, effort, and school spirit on display!

Below, you will find a list of key events happening this term. Please note that dates are subject to change, and we will keep you updated on any adjustments.

We encourage all families to join us in celebrating the children’s successes this term. Your support and involvement make a huge difference, and we truly appreciate everything you do to help your children thrive.

Let’s make this summer term one to remember!

Thank you for your continued support.

Mrs Benson



Summer Dates

April 2025

21st Bank Holiday Monday- school closed
22nd School Returns
22nd Essex Cricket in for 6-weeks (Year 1 and 2)
23rd- St Georges Day
24th Year 5 swimming (all half term)

May 2025

5th Bank Holiday Monday
8th VE Day-
9th Y3/4 hockey tournament (select pupils)
Week Commencing 12th Year 6 SATs week
Week Commencing 19th Year 5 and 6 Play in a Week.
23rd Year 5/6 Performance, timings TBC
23rd Last Day of Half Term

June 2025

Week Commencing 9th Year 4 Multiplication Check
Week Commencing 9th Phonics Screening KS1
9th Year 5/6 Humanist Visitor in school
19th Class Photos
20th Summer Workshops- parents invited
20th Year 5/6 y5/6 rounders tournament- select pupils
23rd and 24th Premier Education Fundraising Day
25th Sports Day
26th Y6 Secondary Transition Day
27th EYFS Barleylands Trip
Week Commencing 30th Cultural Around the World Week

July 2025

1st Summer Safety Assembly
2nd Reserve Sports Day
4th, 5th and 6th Year 6 Residential
7th Class Swap and Reports to Parents
8th Harlow Music Festival
9th Curriculum Evening
18th Leavers Assembly
18th End of Term



Safeguarding

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

CREATE A SUPPORTIVE ENVIRONMENT

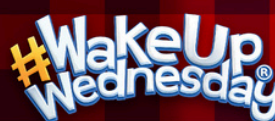
Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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Community News



Get FREE personalised meal plans with FiveDinners.com – LIMITED TIME OFFER!

If meal planning is a faff or you're fed up of choosing what to cook every night for you and your family (or just want to save money on food shopping!) then this is for you! Harlow Council are supporting their local community by providing FREE membership (usually £36 per year) to all parents and families of your school that live or work in Harlow.

FiveDinners.com is an online meal planning service created by celebrity TV Chef Theo Michaels.

You'll get a new meal plan designed just for you with five delicious, mouth-watering recipes and a complete shopping list for the week so you know exactly what to get. You can personalise your meal plans to suit your specific needs, like GF, vegetarian, kid friendly, under 20 minutes and more!

Sign up today by visiting the link below to get your FREE membership – no catch, just free, to help people living in and working in Harlow to save money and eat better. You may remember TV chef Theo and his kids when they did 36 live cookalongs during lockdown with thousands of families around the UK joining in. So he's very committed to helping everyone eat well!

Simply head to <https://FiveDinners.com/MyCommunity> to get your FREE membership!

Please note – you must visit that link otherwise you won't find the FREE offer!



Fundraising time

Please support us in raising funds for Abbotsweld.

You can support us and raise money every time you shop online? And the best part - it doesn't cost a penny!

Easyfundraising, is a free fundraising platform that lets us earn donations when we all shop online. With 8,100+ brands to choose from, including Tesco, Sainsbury's, John Lewis & Partners, Sports Direct, ASOS, M&S, Boots, Just Eat, and Booking.com, there's something for everyone.

Here's how it works:
Download the easyfundraising app,
Sign up,
Start your shopping journey and the retailer you shop with will send us a free donation based on your spending - with no additional cost to you.

Registering yourself takes just 2 minutes and all you need is your email address. I have attached our QR code which you can scan or please access via this link - <http://efraising.org/X1j5ISjppY>

So, why wait? Support by registering today! Download the app, join, shop, and make a difference!



**Sign up
and earn us a free
£1 bonus donation**

Scan, join, shop: To unlock the Bonus for
Abbotsweld Primary Academy Harlow



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