



NEWSLETTER - MAY 2025

# ABBOTSWELD PRIMARY ACADEMY



Dear Parents and Carers,

As we near the end of another busy and productive half term, we want to take this opportunity to celebrate the fantastic efforts of our pupils and staff. From SATs success to inspiring speeches and everything in between, there is so much to be proud of at Abbotsweld. This newsletter highlights some of these special moments and also includes a few important reminders to help keep our school running smoothly and safely for all.

## Celebrating Year 6 – SATs Success!

A huge congratulations to our Year 6 pupils for completing their SATs with resilience, determination, and a fantastic attitude. We are immensely proud of all of you — the hard work, maturity, and calmness you displayed are a true reflection of your growth this year. Well done!

## 10 Years of NET Academies – Voices of Abbotsweld

This year marks the 10th anniversary of NET Academies in Harlow. As part of the celebrations, children from across the trust gathered to reflect on what makes our schools special. We were especially proud of our Abbotsweld pupils who spoke so thoughtfully and eloquently about what having a Sense of SELF means to them. Their reflections were heartfelt and inspiring. Thank you to all the children who entered the speech competition — your words were truly heart-warming, and you represented Abbotsweld beautifully. We are proud to share the winning speeches with you on the next page.

Thank you for your continued support. We wish you and your families a restful and enjoyable half-term break! We look forward to seeing you on Monday 9<sup>th</sup> June 2025.

Mrs Benson and The Abbotsweld Team



I am here to tell you what Abbotsweld has given me throughout my seven years here. First, I would like to say Abbotsweld has never disappointed me during my years. This amazing school has given me everything one would need: support, encouragement and more to be the person I am today. For example, every teacher that I have had throughout my time here, has nurtured my capacity for growth and believed in me so that I could fulfil my true potential. This encouragement amalgamated in my decision to apply to become a Pupil Advocate (which I was successful in). I am thankful for this opportunity because it has helped to prepare me for the responsibilities of the real world. I don't think of Abbotsweld as a school but as a safe place.

My sense of self has grown because of the amazing and supportive teachers always eager to help. The reason I have understood and perceived my own unique identity and traits is because of their help. Furthermore, Abbotsweld has helped my mental wellbeing by giving lessons on a programme called 'My Happy Mind'. My happy mind is amazing as you learn about your brain and how the brain works. This really fascinated me because I learnt the science behind my thoughts and feelings, as well as strategies to help calm myself when feeling overwhelmed. This is a life skill I will take with me as I grow up and throughout my life. One of my favourite things to do on my happy mind is happy breathing. Happy breathing is a method to help you calm down if you are distressed.

I am confident that the foundations I have built at Abbotsweld will set me up for a successful future. Thank you for listening to my speech. I wish I could stay at Abbotsweld for another year, however as much as it pains me to say this, every child has to grow up.



I am in year 3 and would like to explain to you how Abbotsweld has helped me.

In reception, I was struggling to say my 's' sounds some of my teachers helped me to practise these sounds, by taking me out of classes to give me extra time to build my confidence. They gave me ideas to take home so I could practise with my mum and dad.

In year 2, I entered a competition for Cadent Gas which is a company that teaches children about the dangers of Carbon Monoxide. so I decided to go and make a 5ft Safety Seymour to come with me to explain the importance of having a Carbon Monoxide alarm in your caravan as we have one. Being part of this competition is one of the biggest achievements ever. I am now in year 3 and my dad received an email, I won the KS1 prize and the national prize so I got £450 for myself and £900 for the school. How awesome.

Abbotsweld has given me the opportunity to become a librarian. I had to write a letter to explain why I would make a good librarian. I had to explain that I had to keep the books tidy, also be able to help my friends in choosing books. Being a librarian is so much fun. I get to go to meetings and talk about World Book Day. I also got to go to the British Library in London by train.

I am a very sporty person, who loves PE. I play football, Rugby and participate in swimming. When I got the chance to represent Abbotsweld in sports I was very excited. In Dodge Ball, I played with Latton Green, Longwood and Katherines. I am pleased to say I was a part of my team and I am proud of my team mates as we came second overall.

My PE teacher, Miss Ings, chose me in year 3 alongside other pupils in KS2, to run in a cross country competition. We travelled to Hare Street School and I came third out of year 3's from other schools that took part. I was very proud of myself as this was my first time ever taking part in a sporting event. I was then lucky to go to a national cross country competition where I came 54th out of the whole country.

Being a pupil at Abbotsweld has helped me grow in confidence and make new friends. This also has helped me improve my speech, which has given me confidence to perform in school plays and speak in front of the whole school about world book day.

All the teachers at Abbotsweld allow me to express my feelings and be myself. It is a huge thing that I have been able to represent my school in so many different ways. It makes me feel very proud of myself.

I wanted to take part in a speech writing competition so that I am able to speak to others about how amazing being part of Abbotsweld is and I am incredibly proud to be part of Abbotsweld Academy. All the teachers have helped me learn new skills, challenge myself to be the best I can be. Abbotsweld has helped me understand how important Learning is to me.

I hope this speech has given you a little insight on how amazing Abbotsweld has been in giving me lots of opportunities and I look forward to many more



Abbotsweld – the most captivating and immaculate place, which I believe is my second home. Today, it is my privilege to speak to you all about how fortunate I consider myself to be a member of the Abbotsweld community, which stimulates us to have a sense of self at all times.

From academics to athletics this is a place where my fellows, juniors and myself come together to support one another to strive for excellence. Although it has only been around 2 years since I joined, this phenomenal place has never made it hard-going on anyone. Plus, I am very jubilant as well as grateful because according to what I think, this school treats everyone very fairly.

Furthermore, as I transitioned through the school a myriad of other incredible adventures awaited like open invitations. Some of the main occasions I cherished were: sports days, productions, art sessions, Young Voices, Science Fair, trips (to a variety of places) meeting the MP of Harlow and much more. Most decisively, throughout all of these processes I have improved my sense of self by helping others, understanding a range of topics and treating everyone around me as I want to be treated.

Essentially following the 3 school rules: Be honest, be respectful, be safe.

Of course how can I not be feeling blessed with teachers who have always supported and helped me during this year.

Exceptional thanks to Mrs Benson, Mrs Griffiths, Mrs Mbofana and Miss Steer.  
Thank you.





Good afternoon , Today I want to talk about what Abbotsweld has given me.

I moved to this beautiful country, from Pakistan a year ago. Though it was hard to leave my old friends and teachers behind, I have been lucky to make new friends here. We play together, share stories and learn about each other's cultures.

My new teachers have been incredibly supportive, helping me adjust to the new school environment. I was not fluent in English since it was not my first language but my teachers were patient, kind and willing to lend a hand. My teacher especially, Mr Hession, Mrs Stone and Mr Summerford helped me build my confidence. I am learning new things and overcoming challenges.

My best friends treated me kindly and supported me when I was new and terrified. I truly feel that I belong here.

I am grateful to Mrs Benson and everyone at Abbotsweld and I look forward to learn and grow at this school.

Thank you.



# Reminders for Parents & Carers

To help ensure our school environment remains safe, calm, and respectful for everyone, we kindly remind all parents and carers of the following expectations:

## Toilets

School toilets are for pupil use only. We have noticed the same families using them daily —toilet use at the main office should be avoided unless an emergency and permission must be sought from the office for safeguarding reasons.

## Older Siblings and Visitors

It is wonderful to see ex-pupils and celebrate their successes however on occasions older siblings or children who are not current Abbotsweld pupils are regularly waiting in the office area, this is a busy area at the end of the day.. If they are collecting a younger sibling please ask them to wait in collection point.

## Lost Property

Please check lost property regularly and ensure your child's items are clearly named.

## Lunchboxes and Water Bottles

Please ensure your child arrives at school with everything they need for the day — including lunchboxes and water bottles. These should not be dropped off later.

## Jungle Gym Safety

Children must not use the jungle gym or climbing equipment at the beginning of the school day or at home time for safety reasons. Scooters should not be ridden on school site.

## Collection

Please ensure children are collected on time at the end of the school day. Late collections can be distressing for children and disruptive for staff.

## Sickness Procedures

If your child feels unwell during the day, please remind them to speak to an adult. Please do not state to your child that you will collect them if they feel ill, this at times can cause them to want to come home without reason. The school will contact you if needed. Health and wellbeing is our main priority.

## Trip and Meal Payments

Non-payment for trips may impact your child's ability to attend future activities. Please speak to the office if you need support with payments.

## Toys in School

Toys from home should not be brought into school, unless part of a pre-agreed activity.

## Pets on Site

For health and safety reasons, no pets are allowed on school grounds at any time.



# Summer Dates

## June 2025

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

## July 2025

1st Summer Safety Assembly  
2nd Reserve Sports Day  
4<sup>th</sup>, 5<sup>th</sup> 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

## What You Need to Know: Violent Content Online | Free Guide

With around 70% of teens reporting they've seen violent real-life content on social media in the past year, this guide shines a light on a disturbing – and increasingly common – aspect of young people's digital lives. From shocking videos to hate speech, many children don't go looking for this material, it finds them via algorithms or peer sharing.

The guide outlines key concerns, including the mental toll of repeated exposure, shifts in behaviour, and the worrying normalisation of harmful ideologies. It also explains how such content can escalate from screen to street, and why some young people may feel pressured to share or even create violent media themselves.

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](http://nationalcollege.com).

### What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

#### WHAT ARE THE RISKS?

##### MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short-term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'keep up' violent content to fit in with friends, even when they find it distressing.

##### BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

##### ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even seem to sharing or creating violent content themselves to gain attention or boost their reputation.

##### DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

##### HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can distort how others see you, violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

##### DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

### Advice for Parents & Educators

#### CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their world. Build trust through non-judgemental listening. If they don't want to speak to you, offer trusted services they can turn to for support.

#### AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

#### UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

**CLICK HERE**

**#WakeUpWednesday** The National College

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](http://nationalcollege.com).

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.05.2025





# 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



# CONTACT US

ABBOTSWELD PRIMARY  
ACADEMY  
PARTRIDGE ROAD  
HARLOW, ESSEX, CM18 6TE

01279 630120

OFFICE@ABBOTSWELD.NET  
ACADEMIES.NET

VISIT US ON THE WEB AT  
[WWW.ABBOTSWELD.NETACADEMIES.NET](http://WWW.ABBOTSWELD.NETACADEMIES.NET)

# FOLLOW US

@NET\_Abbotsweld



Academies Trust