



NEWSLETTER - OCTOBER
2026

ABBOTSWELD PRIMARY ACADEMY



Dear parents and carers,

As we come to the end of our first half-term, it is hard to believe that six weeks have whizzed by so quickly!

A huge thank you to all our parents and carers for your continued support and for engaging so enthusiastically with our workshops over the past six weeks. It has been wonderful to welcome so many of you to our phonics workshops, Meet the Class Teacher sessions, and writing and reading cafés. Your involvement makes such a positive difference to the children’s learning and development.

We would also like to extend a heartfelt thank you to everyone who contributed donations to our Harvest Festival. Your generosity and kindness are very much appreciated.

We hope you all enjoy a restful half-term break and look forward to welcoming everyone back for Autumn 2, which promises to be an exciting term filled with seasonal activities and winter celebrations.

Please take a look at the final pages of this newsletter for details of our upcoming events and important dates.

Thank you once again for your continued support. We wish you all a lovely half-term break and look forward to seeing you on Monday 2nd November.

Mrs Benson



Attendance Matters



Be punctual

- Arrive to school on time
- Arrive to lessons on time
- Aim for 100% attendance

Each day missed...

- Puts your child behind and makes it harder for them to catch up
- Can lead to lower achievement in reading, writing and numeracy
- Can lead to gaps in learning and connections to friends
- Makes school completion less likely
- Makes the transition into the workforce or tertiary education, post school, less likely to be successful

What families can do . . .

- ☒ Send your child to school every day, all day, unless they are sick
- ☒ Develop good sleep and morning routines
- ☒ Schedule appointments and extra-curricular activities outside of school
- ☒ Avoid taking holidays during term time

Schools are here to help...



- Going to school more often will make a difference
- Attendance habits will follow your child into work and life



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Missing more than . . .

1.5 years of learning by Year 12



As a student you can . . .

- ☒ Speak to a trusted adult about the reasons why you feel like not going to school.
- ☒ Trying hard every morning to get up and get to school.
- ☒ Get an early night so you're not tired.
- ☒ Making sure you get to school on time.



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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School Events

2026-2027

Dates below are subject to change and not exhaustive, notice will be given of any changes and additions

Autumn Term Events

September

1st and 2nd Inset Day- School closed to children
3rd First Day of Term
8th Meet the Teacher - 3pm
10th Mind in West Essex Coffee Morning
17th Tower Of London Y5 and 6 Trip
23rd Phonics Workshop - Year 1 & 2 - 3pm
25th Coffee Morning For Parents - Meet the support team - 9am
25th European Day of Languages
30th 2 Johns Internet Safety Workshop (via Zoom) - 8pm - 9.30pm

October

1st Free Lunch for all
2nd Class Name Day
2nd Harvest Festival
6th Technology Workshops
5th-9th Writing and Oracy Cafes with parents
7th New to EYFS Open Morning 10am
12th - 16th Recycle Week
15th Parent Consultations- school closes at 1pm
16th Poetry or Nursery Rhyme recitals sent home
16th Last Day of Half Term

November

2nd Children return to school
5th Individual and Sibling School Photos
2nd - 6th Poetry Recital Competition
W/C 9th Writing Moderation
11th Remembrance Day
11th-18th - Book Fair in school
10th New to EYFS Open Evening 5.00pm
16th Assessment Week
16th - 20th Random Acts of Kindness Week (in honour of Anti-Bullying week)
20th Parent Workshop My Happy Mind
20th Children in Need



December

1st KS2 Harlow Playhouse
2nd In-house theatre for EYFS and KS1
W/C 7th December Reports to Parents
9th Flu Immunisations (Catch-up Session)
9th Christmas Dinner Day and Christmas Jumper Day
11th Winter Workshops
14th Grotto and Christmas Fair
15th EYFS and KS1 Productions
16th KS2 Carol Concert
16th Last Day of Term

Spring Term Events

January

4th - School Closed to pupils - Inset Day
5th - First Day of Spring term
11th New to EYFS Open Morning 10.00am
W/C 11th - Winter Olympics
W/C 11th Maths Cafes and TTRS/Numbots Competition
14th Mind in West Essex Coffee Morning- Challenging Behaviour and Psychoeducation
21st - Fun Lunch

February

1st - 5th Year 3 and 4 Play in a week
W/C - 1st Year 5 Bikeability (previous sign up)
2nd Night Owls Visit - Whole School
3rd Young Voices at O2
5th - Play in a Week for Year 3 and 4 Performance
9th Road Safety for Reception and Year 5
9th & 10th - Safer Internet Day
10th- 12th Scholastic Bookfair
11th Parent Consultations
15th- 19th Half Term
12th Half Term Mathematics Challenge sent home
W/C 22nd - Numbots and TTRS challenge cup
25th - Swimming for year 5 begins (for 5 weeks)



March

4th World Book Day
W/C 8th – Science Week
12th – Science Fair
19th – Spring Workshop for Parents and Red Nose Day
W/C 22nd – Reports to Parents
25th Last Day of Term

Summer Term Events

April

12th School Closed to pupils- Inset Day
22nd Mind in West Essex Coffee Morning- Anxiety focus and psychoeducation
23rd St George's Day

May

3rd May Bank Holiday School Closed
10th –13th KS2 SATs
21st Finish for Half Term

June

7th Return to School
W/C 7th Y4 Multiplication Check
W/C 7th Phonics Screening
W/C 7th Year 5 and 6 Play in a Week
11th Year 5 and 6 Play in a Week Performance
18th Class School Photographs
18th Summer Workshops with parents
21st World Music Day
23rd Sports Day
30th–2nd July Year 6 Residential Trip

July

7th Sports Day Reserve Date
13th Class Swap
13th Reports Home to Parents
14th Curriculum Open Time for Parents 4–5pm
15th Dinner and Dance
19th Class Parties
20th Year 6 Leavers Assembly



Academic Year 2026-2027

September 2026							October 2026							November 2026							December 2026						
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January 2027							February 2027							March 2027							April 2027						
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May 2027							June 2027							July 2027							August 2027						
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31																					30	31					

	School days
	Weekends
	School Holidays
	INSET Day
	Bank Holidays





Be Honest

Be Safe

Be Respectful



CONTACT US

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