



5th June  
2020

# Oakmeadow Newsletter



Oakmeadow Primary School   
Part of the Marches Academy Trust

Recovery and Resilience

June 2020

Dear Homes,

This week we welcomed back groups of children into school after what has been a very long break away from the building for some. It has been an absolute pleasure after our time apart to see the children's smiling faces again and to see them adapting quickly to our 'new normal'. Phase 1 of the return has been smooth and it has been lovely to see how the bubbles are calm and settled – they have been producing some fabulous work and the staff are providing lots of engaging activities. We miss all of the children still at home though and are looking forward to the day we can all be together again!

At Oakmeadow, we recognise that in these unprecedented times our curriculum needs to adapt to help our children respond to the challenges that the transition and recovery period from the Covid 19 pandemic will present. This is the reason we have worked hard to develop an additional element to our curriculum that will support children with all of these areas and we are terming this our 'Recovery and Resilience Programme'. On the return to school, our pupils are receiving a mixture of basic skills teaching, to ensure their academic progress is maintained, and this programme in order to meet their possible social and emotional needs at this strange time. Teachers are planning and delivering daily activities around four themes:

- Developing mental resilience

- Emotional Regulation

- Teamwork

- Problem solving

Later in this newsletter there are details of what each bubble has been learning about in their RnR Curriculum this week. Well done to all the children at home still working hard on their remote learning, keep up the hard work and we look forward to seeing you as our phased return continues!

The Oakmeadow Team

## **Letters out this month**

**Parent Update 11.05.20**

**Online Safety Home Tips**

**Lunchtime provision**

**Copies of our letters are available on the school website.**

**There is also a new tab called “Reopening” on the website**

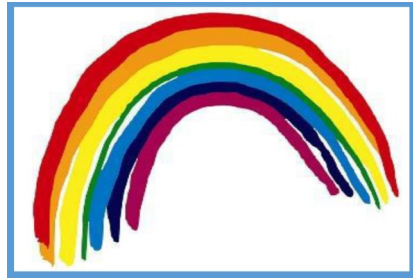
**This contains useful videos and information for those  
children who have returned to school**



**DEAR**  
PARENTS

# Recovery and Resilience Curriculum

## Our work this week!



Oakmeadow Primary School   
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### Nursery

This week in Ladybirds we have shared the book, 'While we can't hug.' The children really enjoyed this story and it has given us some ideas of ways we can show each other we care without hugging. The children have suggested that we can send a hug to each other; wave, send a smile, do a silly dance, thumbs up and make a funny face. We have made a display of the different ideas we have thought of!



## Year 1

This week Year 1 have been working hard on understanding what 'resilience' is and finding ways to improve our 'Resilience Skill Set'. We have been looking at recognising the gifts and qualities we each have. We have completed activities to help us in finding ways to deal with conflict and resolution and how to be brave. We have learned about being able to reframe negative thought patterns and the children have been very positive!

## Year 2

This week we have been exploring how to communicate feelings through colour; how different colours make us feel & what they remind us of. We have thought about who 'we are' by looking inside ourselves at their gifts and qualities. On Wednesday and Thursday we have been considering how we deal with conflict and our understanding & building of bravery. At the end of the week we have looked at reframing our thoughts. We all have negative thoughts & so have learned how to turn them into a positive thought!

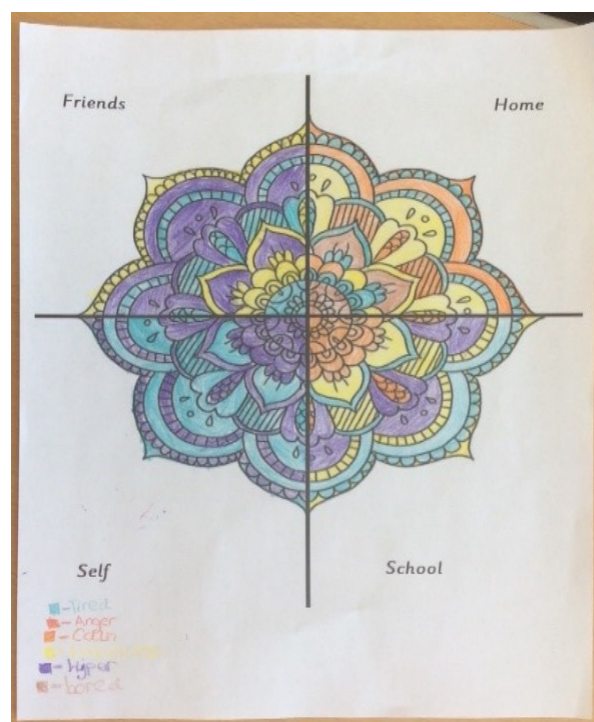
## Year 3

We have had such a wonderful, special week. We have learnt so many new things, but focused mainly on building mental resilience. We have really put an emphasis on considering our gifts and qualities. We each made our own special box, of which we popped in the qualities we believed we have. The children had the opportunity to share some of their chosen qualities to recognise that they have these as 'tools' to use when facing difficult situations such as: brave, thoughtful, creative, generous etc. The children also took the time to tell another person in the class, a quality they liked about them. This brought huge smiles to the children's faces! The box is now there for them to delve into, to remember their self-worth. We have also focussed on being brave and resilient by envisaging ourselves as superheroes – developing strategies and building on their recognised strengths they may 'need' to be resilient such as a rubber suit for 'bouncing back'! We have finished off the week by moving on and creating our 'things to look forward to' jars – encouraging them to look beyond the current cloudy situation and look for the positives.



## Year 4

This week we have been looking and understanding what resilience means, what worries we have and how we can make these smaller. We have reflected on our lockdown experiences and discussed how the Oakmeadow school values have been shown over the course of lockdown. The children really enjoyed making 'Feelings Mandalas' which have a colour code to show how the children have felt about different parts of their life during our time at home.



## Year 5/6

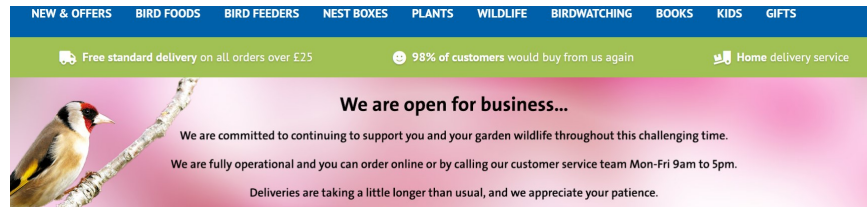
This week we focussed on our Zones of Regulation, looking at our feelings at the start of the pandemic throughout and now to see if they have changed. We thought about what zones we may have been in when discussing our feelings.

We have been thinking about our futures, where we see ourselves in ten years. We have talked about our hopes, dreams and ambitions, how they feel about ourselves and how others might see us.

We created some balloons with some mindset & growth targets for the next seven weeks so we can gradually start to lift the lid on the jar to let the goals float into the sky as they grow! Below is a picture of the beautiful 'thankyou' rainbows we made when considered who has helped us over the past few weeks.







We would like to say a big thank you to CJ Wildlife for kindly donating the beautiful Insect Hotel that has gone up in our Enchanted Oaks outdoor area. They have also provided books and DVDs for the children to use to support their outdoor learning. We will look forward to seeing which insects check-in over the next few weeks. Thank you!




CJ Wildlife is a local company based in Upton Magna. They sell a wide range of foods, feeders, habitats, plants for pollinators, wildlife needs, books, gifts and children's ranges. There is also a section of the website with activities and charity partner downloads, see The Den pages <https://www.birdfood.co.uk/the-den>. You can also visit their webcams <https://www.birdfood.co.uk/webcams>. They have 8 nesting camera live streams 24/7 which are likely to increase with more species over the breeding period, and already the Tawny

## PTA News



# SECOND-HAND UNIFORM SHOP

## PRICE GUIDE

<u>Official School Logo Items</u>			<u>Plain School Uniform Items</u>	
Coats	£5		£1	Lilac Summer Dresses
Jumpers / Cardigans	£3		£1	Daps / Shoes
T-Shirts/PE (House) T-Shirts	£1		50p	Skirts/Pinafores/Shorts /
Book Bag /Rucksacks/PE Bags	£1		50p	Trousers
Baseball Caps	£1		20p	P.E. Shorts /Leggings/T-Shirts
			Hair Scrunches' /Socks/Tights	

## PLEASE NOTE:-

To reduce the amount of people going in and out of school, second hand uniform requests can now be made my emailing [oakmeadowpta@yahoo.co.uk](mailto:oakmeadowpta@yahoo.co.uk) or by calling/texting 07720 290169

A member of the PTA will contact you back and will arrange directly with you the delivery/collection of the second hand uniform

Thank you for your assistance in this

This Service Is Run Entirely By Volunteers  
& All Donations Go To Oakmeadow PTA



✳ An exciting role has become available within The Marches Academy Trust for a PE & Sports Apprentice.

The role will see the apprentice support Oakmeadow C of E Primary School, with the possibility of travel to other schools within the Trust.

For full details please visit our website

[http://www.oakmeadowprimary.co.uk/website/job\\_vacancies/430716](http://www.oakmeadowprimary.co.uk/website/job_vacancies/430716)

#Apprenticeship #TogetherWeGrow #Sport



## UPDATE ON COMMUNICATION CHANNELS

### Communication addresses:

Please choose the pathways of communication according to your need/enquiry: Thank you.

General admin enquires and school money/etc:

[admin@oakmeadowprimary.co.uk](mailto:admin@oakmeadowprimary.co.uk)

General enquires on “return to school”

[return@oakmeadowprimary.co.uk](mailto:return@oakmeadowprimary.co.uk)

Enquires to Head and concerns/complaints of a general nature or issues:

[headpa@oakmeadowprimary.co.uk](mailto:headpa@oakmeadowprimary.co.uk)

Emergency concerns that require the Heads attention or confidential complaints:

[head@oakmeadowprimary.co.uk](mailto:head@oakmeadowprimary.co.uk)

## Free School Meals

Could you be entitled to Free School Meals? Under the current Government scheme all children in Reception, Year 1 and Year 2 receive Universal Free School Meals however some families may be entitled to Government (benefit related) Free School Meals which is a separate scheme.

Government Free school meals are available to pupils in receipt of, or whose parents are in receipt of certain benefits for more information about these please follow the link below.

[www.shropshire.gov.uk/free-school-meals](http://www.shropshire.gov.uk/free-school-meals)

Oakmeadow and Shropshire Local Authority encourage all parents who meet the eligibility criteria to apply for Government Free School Meals which can be done online by following the link within this letter. When a child is entitled to Government Free School Meals schools receive additional funding to support and enhance the learning of pupils who are currently or who have been entitled to Free School Meals within the last six years.

Further information regarding Government Free School Meals can be found on the Shropshire Council website however if you do have any questions we are more than happy to help.

## Call for Volunteers!

If you would be interested in volunteering one morning or afternoon in school when we return or when we walk to church on a monthly basis, please contact admin for further details so that a parent volunteer DBS can be initiated.

## VOLUNTEER FOR US







## YouTube

Are you concerned about your child using YouTube? Inappropriate content can be found on YouTube, there are some steps that you can take to make it a safer environment:

- Turn on Restricted mode — this mode restricts the availability of mature content.
- Sit with your child and see what they are watching or set rules that devices can only be used in family areas.
- Ensure your child knows how to report inappropriate content.
- Make sure your child understands that they can talk to you if they see anything that makes them feel uncomfortable online.

YouTube Kids (for children 12 and under) is also available with the option to select the shows you prefer your child to watch, however inappropriate content has also been found on here too.

To post videos on YouTube, you should be over 13 years of age. YouTube have produced these tips for those that do upload content: <https://support.google.com/youtu/be/answer/2802244?hl=en-GB>

### Further information

- <https://www.internetmatters.org/hub/guidance/youtube-tips-and-tricks-to-keep-your-children-entertained-and-safe/>

## Online Gaming: risks

Ofcom's latest report on media use shows 35% of children aged 5—7 are playing games online, this rises to 66% of 8—11 year olds and 72% of 12—15 year olds. There are risks associated with playing games online, one of these being that many games such as FIFA, Fortnite, Minecraft and Call of Duty (COD) feature chat facilities. This heightens the risk of bullying and potentially online grooming as some people may use the online chat features to build a relationship with your child. For some games, the chat can be turned off and depending on the age of your child, this may be the safest manner for your child to play games online.

### What can I do?

- Review what games your children are playing and check the PEGI rating (age rating). Should your child be playing that game? As always talk to your child about what they are playing and discuss the following points:
  - Do they know how to report and block players?
  - Encourage them not to share personal information online. If somebody asks them for personal information, to meet up or if they just feel uneasy then make sure that they know that they should talk to a trusted adult.
  - Tell your child that they should be very wary of anybody who encourages them to keep anything secret or who offers to buy them gifts.
  - Talk to your child about the importance of only accepting friends.

If somebody does do anything inappropriate then you should report that person using the in-game reporting options. If you think somebody has tried to groom your child online then you can report this to CEOP. CEOP can help in a number of ways, for example they can assist you if you are worried that your child is being groomed online or if somebody is asking your child to communicate with them on a live-streaming platform. (<https://www.ceop.police.uk/ceop-reporting/>).

### Further information about Grooming:

- <https://parentinfo.org/article/what-you-need-to-know-about-online-grooming>
- <https://learning.nspcc.org.uk/research-resources/briefings/grooming>

(source: <https://www.ofcom.org.uk/research-and-data/media-literacy-research/childrens/children-and-parents-media-use-and-attitudes-report-2019>).

Users of this guide do so at their own discretion. No liability is entered into.  
Current as of the date released 1.6.20.



## Online Safety ¶ ... Let's talk ¶

¶ It's really important to regularly chat to your child about their online lives but it can sometimes be difficult to start these conversations. We thought these resources may help you to start these conversations: ¶

- ¶ → <https://www.childnet.com/ufiles/Let's-talk-about-life-online.pdf> ¶
- ¶ → <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/> ¶

## Instagram ¶ ... update ¶

¶ Instagram is used to post photos and videos. Users can also DM (direct message), send disappearing messages, add to their stories (these disappear after 24 hours) and broadcast using IGTV. You should be over 13 years of age to set up an account. You should be aware that Instagram have released the following new features: ¶

- ¶ → The ability to delete up to 25 unwanted (negative) comments all at once as well as block or restrict multiple accounts at the same time. ¶
- ¶ → As tags and mentions can be used to target or bully, you can now choose whether you want everyone, only people you follow or no one to be able to tag or mention you in a comment, caption or story. ¶

### Further information ¶

- ¶ → Read about the new features in more detail here: <https://about.instagram.com/blog/announcements/continuing-our-work-to-fight-online-bullying/> ¶
- ¶ → More tips from Instagram including how to manage privacy: <https://help.instagram.com/154475974694511> ¶

## Zoom ¶ ... reminder ¶

¶ There has been a recent 'zoom bombing' incident in Plymouth where children were exposed to distressing content\*\*. Zoom bombing is a term resulting from those users who are entering meetings uninvited to post inappropriate content. ¶

¶ You can read further steps to follow as a host or participant to try and reduce this happening here: <http://www.knowsleyclcs.org.uk/wp-content/uploads/2020/05/Online-Safety-Newsletter-Zoom.pdf> ¶

¶ (\*\*Source: <https://thecpsu.org.uk/news/2020-05-nspcc-warns-of-zoom-security-risks/>) ¶

## The revised Childnet Film Competition ¶

¶ The Childnet Film Competition is now in its 11th year and is open to all young people based in the UK. The challenge is to create a positive, short online safety film or a storyboard with a script. The competition closes 22nd June 2020. Further information is available here: ¶

¶ <https://www.childnet.com/resources/film-competition/2020> ¶

## Is social media a concern for you? ¶

¶ This is an interesting short video for you to watch looking at the fear parents may have around social media. This page also includes further links to resources around social media: ¶

¶ <https://www.internetmatters.org/resources/social-media-advice-hub/> ¶

## Thinking critically ¶

¶ We need to develop digital literacy skills in our children by encouraging them to think critically of what they read online and fact checking. This blog contains some practical tips to help develop these skills: ¶

¶ <https://www.commonsensemedia.org/blog/new-s-literacy-101> ¶



# 0.5% CASH BACK ON AMAZON!

As we are a charity we have registered with Amazon smile.

If you shop with Amazon just go to <https://smile.amazon.co.uk>

Sign in as normal, search for Friends of Oakmeadow, select then shop as normal.

We get given 0.5% of the cost of your net purchase\* at no extra cost to you. Easy!

\*currently only on web not app shopping



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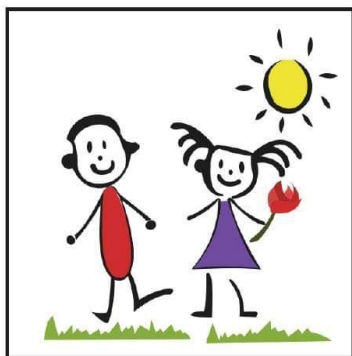
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**Office: 01743 874973    Mobile/Text: 07816 676263    Email: [kymcrippin@hotmail.com](mailto:kymcrippin@hotmail.com)**



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