

15th May 2020

Dear Parents and Carers,

There has been so much information out this week regarding children returning to school and as the letter you will have received yesterday states that the safety of children and staff is our utmost priority and much could change before the 1st of June. We will continue to keep you all updated as the information comes through. In the meantime you are all doing really well in lockdown and if you need any support please do contact us by email on info@alexandrapark.oldham.sch.uk, text us on 07786201169 or alternatively you can phone the school on 0161 770 8321.

Lots of families have now joined us on Twitter and it is wonderful to see how our children are getting on at home. Staff are also sharing videos of their lives in lockdown and this is a great way to stay connected.

Please do follow us **@Alexpark_sch**

Emotional Well Being

Remember it is ok (and normal) for children to feel anxious and want lots of reassurance at the moment. Listening and talking to them can help support them with any specific anxieties and worries. These online resources can support your child/ren;



<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/> - links to apps and websites to support children to manage feelings of anxiety

<https://www.annafreud.org/on-my-mind/self-care/> - young people who have found this website useful

<https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1> - Well being lessons and resources

These relaxation resources may also be of use;

<https://bedtime.fm/peaceout>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>

Oldham Sport Development

As you may have seen on social media. Oldham Sport Development have launched an online programme of LIVE sessions, until schools fully return. This starts **Monday 18th May, all sessions will go live at 10am.**



They will be streamed on Facebook Live and shared on YouTube afterwards. They will include a KS1 and KS2 Sport PE lesson, 2 dance tutorials and a Dance lesson per week. We will also include some FRESH transition, Splay and Virtual Competitions.

Facebook - <https://www.facebook.com/OldhamSportDev>

YouTube – https://www.youtube.com/channel/UCLPUe71WcehYwmKndclSJQ?view_as=subscriber

Twitter - <https://twitter.com/VolSportOLDHAM>

Mr Clarke's Fundraiser

A huge well done to Mr Clarke who raised over £1000 for the Manchester MIND charity when he completed his two days of fasting last week. The charity supports children (and has supported children in our school) who are feeling trapped, isolated and alone to speak to someone and receive advice on how to remain emotionally well. This donation will go a long way and thank you to all those that donated.

WELL DONE

A huge well done to **all** our children who are trying their best with their learning at home. Just try and do what you can and remember to limit your time online.



**STUDY LADDER
STARS OF THE WEEK
8TH MAY 2020**

Class 2 - Mustafa. S for his amazing effort and increasing his use of Study Ladder, and to his Mum and Dad for encouraging him!

Class 3 - Sami for logging on everyday and using his thinking skills

Class 4 - Arsalaan for continuing to complete tasks daily, including spellings tasks.

Class 5 - Hasan A for trying his best to complete all tasks. Well done!

Class 6 - Hassan, for an amazing amount of work: 2683 questions with an accuracy rate of 83%!

Class 7 - Aisha A for excellent work, every day.

Class 8 - Eisha F for going on Study Ladder everyday and worked extremely hard.

Class 9 - Tasneem For logging into study ladder every school day since we closed and on some weekends too!

Class 10 - Simrah Naaz for having no red faces on any tasks.

Class 11 - Abbas Hussain for completing all tasks and getting many answers correct.

Class 12 - Jawairia for having the most correct answers in all subjects

Study Ladder
Inspire Motivate Achieve



Events this week

Here are some photographs of the activities that our Key worker children have been working on - their own individual Dream catcher!

Here are two websites that can support you to make your own Dream Catcher at home and please remember to send us your photographs. The information is at the top of this newsletter.

<https://www.bakerross.co.uk/craft-ideas/kids/paper-plate-dream-catcher/>

<https://www.tinyfry.com/make-dream-catcher-kids/>



Year 6

As we are all aware it would have been the SAT week this week for our year 6 children. Thanks to Mrs Rahman who has arranged for this poem to be sent to you all. We are of course thinking about all our children and particularly those in year 6 as it is your last year in primary school. We are arranging hoodies for all our year 6 children and have been in touch with some parents about this so do speak to your teachers in your welfare calls. We will hopefully meet again soon.

