

19th November 2021

Dear Parents and Carers,

Anti-bullying Week



Anti-Bullying Week is coordinated in England and Wales by the Anti-Bullying Alliance and takes place from 15 to 19 November 2021 and it has the theme One Kind Word. This week we began with Odd Socks Day which is supported by CBBC and CBeebies star Andy Day and his band Andy and the Odd Socks. Kindness is more important today than it has ever been. The isolation of the last year has underlined how little acts of consideration can break down barriers and brighten the lives of the people around us. This is one of the reasons, that 'One Kind Word' has been chosen as the theme of Anti-Bullying Week taking place from 15 to 19 of November 2021.

If you wish to support your child at home please do visit this webpage which has a good resource pack for families.

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>



National Sleep Helpline

The National Sleep Helpline helps anyone with sleep issues including adults, parents and young people. The helpline is available between 7pm and 9pm, Sunday to Thursday on 03303 530 541. Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep or staying in their own bed, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time this affects up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis). These problems are typically persistent and do not resolve themselves without intervention.

Families often don't know where to seek help and yet issues can often be nipped in the bud with basic and accessible interventions.

This helpline has been created with a set of leaflets and posters which families can download here:

<https://6282.s3.eu-west-1.amazonaws.com/The+National+Sleep+Helpline+Posters+and+Leaflets+Nov+2021.zip>

Bike-ability



Bike-ability cycle training equips children with vital life skills, they not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bike-ability, children are better at responding to risk and report increased confidence. As a result, more children cycle to school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement. Healthier habits lead to increased attendance and improved academic results. We thank all our families for supporting their children in bringing in their bikes even when the weather was wet!

The children have really enjoyed the last few days and the team who have provided this training for children have been amazing.



Spelling Shed Winners

| Place | Winners | Total points awarded for correct spellings |
|-------|---------|--|
| 1st | Class 6 | 83,274,624 |
| 2nd | Class 2 | 22,352,276 |
| 3rd | Class 8 | 20,908,800 |

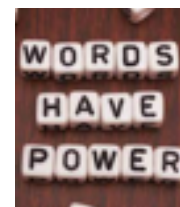
What an amazing increase in points this week. Class 6 you have been working extremely hard indeed!

Congratulations to our top speller this week is 'Abdul Latif' for the second week in a row with an incredible 33,092,872 points. Amazing determination!

Keep practising children!

Word Aware

This week's word is '**Flourish**'. Please encourage your child to use this word when out and about and complete the activities, which Miss Valery will share on Class Dojo.



ATTENDANCE

Absolutely AMAZING attendance last week!!!

Well done to classes 5, 6, 7 and 12 for achieving over 96% attendance in the last week before the holidays.

A SUPERB well done to class 12 with 100% attendance.



COVID Test results - REMINDER

A reminder to parents to send any results to us directly regarding COVID test results. This email is covid@alexandrapark.oldham.sch.uk



We thank all parents for the immediate responses we have had. You have certainly worked with staff to support the safety of children and staff with high levels of communication.