

**14th January 2022**

**Dear Parents and Carers,**

### **Engaging events in school**

It has been a great week in school. Year 3 have enjoyed their time in the Egyptian puzzle tomb solving lots of problems and learning all about how the ancient Egyptians used to live comparing their lives today. Year 4 have also enjoyed a visit from the Science man who delivered a workshop linked to their science topic - Sound. They were very interested in how to make their own musical instruments.



### **Parents/Carers Meetings - REMINDERS**

Class teachers will soon be contacting parents/carers to arrange meetings to discuss your child's progress in school. This will be an opportunity to also share with you any extra support that your child may be receiving. Due to the revised Covid Risk Assessment these meetings will be carried out via a Teams meeting or via a phone call. Parents/carers will receive a paper report based on the discussion through Class Dojo.



### **Breakfast Club**

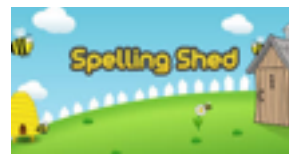
Just to let parents and carers know that we are once again offering a hot breakfast for children who attend Breakfast Club - Owl Club. If you wish your child/ren to attend breakfast club from 8am in the morning please contact the school office or speak to Mr Clarke and/or Miss Thompson.



### **Bounce Forward**

Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.

Please find attached more information for parents/carers to support their child/ren.



### Spelling Shed Winners

Place	Winners	Total points awarded for correct spellings
1st	Class 6	33,793,444
2nd	Class 4	8,694,832
3rd	Class 12	6,910,644

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

Congratulations to our top speller this week 'Hareem Almas' Class 4 for the second week in a row with an incredible 5,122,464 points. Amazing determination!

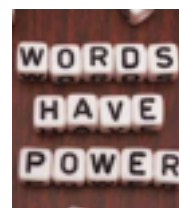


### TT Rockstars - CELEBRATIONS!

The most accurate Class	Class 5
The most active class	Class 2
The most improved child	Zabiullah Sahil - Class 4
The most active child	Amir Khan Cuevas - Class 2

### Word Aware

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



### ATTENDANCE

Well done to classes 6, 8, 9 and 10 for achieving over 96% attendance in the last week before the holidays.

Over the next few weeks we will be celebrating children who have achieved 100% attendance. Certificates will be presented in assembly. Attendance in school everyday has a significant impact on children's achievement and attainment. As a reward for this they will be allowed to come into school in their own clothes. Parents/carers will be informed if your child has achieved this highly recognised award and the dates for the non-uniform day are below. A HUGE well done to all these children and their families.



Day for children with 100% attendance to wear non- uniform

Year 3 - 14.01.22  
Year 4 - 21.01.22  
Year 5 - 28.01.22  
Year 6 - 04.02.22

## **COVID UPDATE**

From Monday 17th January, people with COVID-19 in England can end their self-isolation after 5 full days, as long as they test negative on day 5 and day 6.

For more information visit:

<https://www.gov.uk/government/news/self-isolation-for-those-with-covid-19-can-end-after-five-full-days-following-two-negative-lfd-tests>

## **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](mailto: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.





# ANXIETY AND RESILIENCE

## Supporting My Child With Anxiety



### A three-session on-line course for parents

**Option 1:** 1st, 8th and 15th February Tuesday's, 6 - 7pm

**Option 2:** 4th, 11th and 18th May Friday's, 10 - 11am

Funded by Oldham Opportunity Area supporting parents.

Children and young people will feel anxious and worried from time to time. Anxiety is a normal or usual response to uncertainty. The way we respond as parents, and deal with our own anxiety plays a significant part in building our children's capacity to develop resilience.

Covid has certainly generated lots of uncertainty and changed the way we go about our everyday lives. You may be more worried than you might usually be as you think about the impact on you and your family. Perhaps you are in the midst of a growing cycle of worry and concern that you'd like to unravel. You are not on your own.

It is possible to use this experience to learn how best to help children not only understand why human beings experience anxiety, but also to help them, and you, develop strategies that will really help in a practical way.

Join Bounce Forward for a series of **three 60-minute webinars** to explore anxiety. The sessions will provide a space to think about your own responses and provide some practical tips and advice that you can use at home to help your children develop their resilience to anxiety.

**BOOK NOW**

**LEARN MORE**