

Principal's Newsletter 22nd November 2024

Dear Parents and Carers, -

Zones of Regulation



Feelings are complicated. They come in different sizes, intensities, and levels of energy that are unique within our brains and bodies. To make them easier to talk about, think about, and regulate, The Zones of Regulation organizes our feelings, states of alertness, and energy levels into four coloured Zones – Blue, Green, Yellow, and Red. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them. We learn to regulate our Zones to meet our goals and task demands, as well as support our overall well-being.

In school, we have introduced 'The Zones of Regulation'. Miss Varley is offering a parent workshop to share what we are doing in school and answer any questions.

All parents are welcome to attend on Monday 2nd December 2024 at 9.30am to learn more.

Swim Camp

Dive into fun this winter with Oldham Active's Winter Swim Camp! Perfect for children from ages 6-11 with limited swimming experience, our camp offers a fantastic opportunity to learn to swim in a safe and enjoyable environment. With experienced swim teachers, engaging activities, and a focus on building confidence in the water, your child will make a splash while developing essential swimming skills. Join us for a winter of fun, fitness, and new friendships at Oldham Active! 🏠 ❄️

[Winter Swim Camp 2024 - 2025 | Oldham Active](#)



Let's get reading - BOOM Reader

"If you are going to get anywhere in life you have to read a lot of books." - Roald Dahl




Well done to all the children and families who have logged onto Boom reader. We are pleased to announce the most home reading logs recorded on Boom reader this week.

Position	Name	Reads at home
First Place	Aleena Ahmed Class 8	29 parent reads
Second Place	Raja Ahmed Class 11 Aayan Ali Class 6	9 parent reads
Third Place	Yahya Abdul-Shahid Class 1 Noah Arbane Class 1 Zara Yasin Class 10	7 parent reads



Spelling Shed Winners

Top Spelling Shed Pupils

#	Avatar	Pupil	Groups	Score
1.		Aleena Ahmed	Class 8 24/25, Mrs Yasar Stage 5	100,167,076
2.		Raja AHMED	Class 11 24/25, Year 6 - Group 1b Miss Nolan	89,732,533
3.		Aliyah Iqbal	Class 8 24/25, Mrs Yasar Stage 5	25,008,464



TT Rockstars – CELEBRATIONS!

The most accurate Class	Class 8
The most active Class	Class 4
The most improved speed	Aayat Noor Class 11
The most active player	Neha Subhani Class 11

Word Aware

This week's word is 'bellow'.

Please encourage your child to use this word when out and about.



Attendance

Superb attendance last week!

Well done to these classes for achieving 95% or above:

Classes 5, 6, 9, 10 and 12.

Class 9 received their waffle treat as they had the highest attendance in school.



Get Oldham Working

Get Oldham Working are supporting WorkWell Vanguard, a service that is dedicated to helping Oldham residents who might be at risk of losing their job or have recently become unemployed due to health-related issues. Please find the attached flyer for more information.



Festive music events across Oldham

Get into the Christmas spirit with a fantastic line up of festive music events:

The Mince Pie Gig – Friday 29 November 2024 | 5.30pm at The Lyceum Building. Enjoy performances by some of the borough's best musicians | Tickets: £5/£3 | [Queen Elizabeth Hall. Pop Department Christmas Concert \(Mince Pie Gig\) Tickets, Oldham Music Centre, Oldham | Try Booking United Kingdom](#)

Junior Festival– Tuesday 3 December, 7pm at Queen Elizabeth Hall. See the stars of tomorrow perform Christmas classics Tickets: £6/£3 or £15 (family ticket) | [Junior Christmas Festival Tickets, Queen Elizabeth Hall, Oldham | Try Booking United Kingdom](#)

Christmas Festival– Wednesday 4 December, 7.30pm at Queen Elizabeth Hall. Experience top young singers and musicians from Oldham Music Centre
Tickets: £8/£5 or £21 (family ticket) | [Christmas Festival Tickets, Queen Elizabeth Hall, Oldham | Try Booking United Kingdom](#)

Community Christmas Concert– Wednesday 18 December, 7.45pm at Royton Band Club. Featuring festive tunes from local community musicians | Tickets: £5/£3 | [Adult Groups at Royton Band Club Tickets, Royton Band Club, Oldham | Try Booking United Kingdom](#)

Enjoy these incredible performances and celebrate the season with music.



Get Oldham

Working

Are you struggling in work or recently left work due health issues.

The Get Oldham Working team can help you to improve your physical and mental health to enable you to remain or return to work, or even find alternative employment.



E: getoldhamworking@oldham.gov.uk
T: 0161 770 4674



WorkWell Vanguard

At Get Oldham Working, we're supporting WorkWell Vanguard, a service that is dedicated to helping Oldham residents who might be at risk of losing their job, or have recently become unemployed due to health related issues.

If you're an Oldham resident that is working, but could face unemployment, or you have been out of work less than eight weeks, please get in touch today for access to:

- Individualised, tailored support from your own personal adviser
- Therapy and counselling for up to 26 weeks
- Oldham Community Leisure, with a bespoke plan for your health needs
- Volunteering opportunities
- Employment support
- Support applications to Access to work
- National Careers service for independent Information, Advice and Guidance for learning, training and work

Get in touch with our friendly team today:

E: getoldhamworking@oldham.gov.uk

T: 0161 770 4674

Just mention **'WorkWell Vanguard'** and our team will contact you for a chat to discuss your needs.



E: getoldhamworking@oldham.gov.uk

T: 0161 770 4674

Funded by local government



Free
HAF
Places



Scan QR code
to book your place

Winter SWIM CAMP

Oldham Leisure Centre

10:00am - 2:00pm

Ages
6 - 11
Years

FREE HAF places



This Winter, check out our fantastic Swim Camp at Oldham Leisure Centre!

Our fun-filled swim camp sessions are led by our qualified Oldham Active swim team.

The swim camp is free for those with a HAF code. HAF places funded by the Department of Education. For those who are not entitled to a HAF code, it is £16 per child per day.

Location: Oldham Leisure Centre
Middleton Road, OL9 6AF

Dates:

- Monday 30th December
- Tuesday 31st December
- Thursday 2nd January
- Friday 3rd January

Time: 10:00am - 2:00pm

Contact and bookings

For more information about our swim camp, please email the following address: sport@ocll.co.uk

To book, visit the link below:
oclactive.co.uk/activities/half-term-sports-camp



Zones of Regulation

Parent Workshop

Monday 2nd December 2024

9.30am – 10.30am



The ZONES of Regulation

Blue Zone	Green Zone	Yellow Zone	Red Zone
Sad Bored Tired Sick	Happy Focused Calm Proud	Worried Frustrated Silly Excited	Overjoyed/Elated Panicked Angry Terrified