

Principal's Newsletter 16th May 2025



Dear Parents and Carers,

Well done Year 6

A huge well done to our Year 6 children for doing their absolute best in their SAT tests this week. They demonstrated effort, determination and such resilience. They enjoyed their session drumming on Thursday afternoon to release the stress of the week.

A huge thank you to all the staff for supporting the children and the timetable arrangements.



Gold Work

Miss Bradley sent two children in Year 6 for gold work last week because of their superb writing linked to their Science Topic. Please find attached to this newsletter these outstanding pieces of non-fiction writing and well done to Anaya Ali and Yahya Mohammed.



BRING AND BUY STALL

Our annual Summer Fair is back with a bang on **Tuesday 15th July**. We know it a couple of months away, but we would like your support in making it a success.

We will greatly appreciate if you can help donate any unwanted items you may have at home such as unwanted gifts, toys, books, board games etc that you do not use anymore which are in good condition.

If you have any, please send them with your child or drop them off at reception.

We will love for any parents that would like to help too. INFO regarding this will be sent to parents in a couple of weeks.

So please help us to make our summer fair a success by donating.

Any further questions please contact Miss Yasmin or Ms. Booth.

Thank you.

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	Farhaan Mohammad Class 1 Noah Robin Class 5	26 parent reads
Second Place	Aryaan Ahmed Class 5	16 parent reads
Third Place	Ayeza Umair Class 2 Mohammed Wasif Islam Class 5	12 parent reads

Alexandra Park Junior School, Brook Lane, Oldham, OL8 2BE
Principal : Mrs J.L. Seabright BEd NPQH PgCert



Spelling Shed Winners

Top Spelling Shed Pupils

#	Avatar	Pupil	Groups	Score
1.		Muhammad Ayaz HUSSAIN	Class 4 24/25, Mrs Mellor - phonics Y4	3,269,364
2.		Mohamed YOUSEF	Class 11 24/25, Year 6 - Group 4 Miss Hussain, 1b - Miss Hussain	1,815,878
3.		Khadija NOOR	Class 11 24/25, 6b - Miss Nolan	1,754,144



TT Rockstars – CELEBRATIONS!

The most accurate Class	Class 11
The most active Class	Class 5
The most improved speed	Saara Khan Class 12
The most active player	Anum Ahmed Class 9

Word Aware

This week's word is **'expert.'**

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



Attendance

Well done to the below classes for achieving 95% or above last week.

3, 4, 5, 6, 7, 10, 11 and 12.

Class 10 and 11 will receive their waffle treat as they had the highest attendance in school – WELL DONE!



REMINDER: Food Vouchers to cover the May Half Term Holiday 2025.

You may have read in the local media that Oldham Council has been allocated Government through the Household Support Fund. Some of this funding will be used to cover food voucher support for children eligible for means tested Free School Meals over school holidays to prevent holiday hunger.

We want to ensure that those eligible for free school meals on the grounds of low income receive a food voucher to cover May half term at a rate of £15 per eligible child.

The most effective way of ensuring vulnerable families receive the vouchers that can be used in the Oldham supermarket of their choice is via a third-party online hub – known as Evouchers. Evouchers is a data integration company already used by many schools in Oldham who offer a free school meal voucher system. This voucher system has a live link to your school's data therefore automatically recognises the students who are eligible for Free School Meals. The system should be quick and easy to use and produces the vouchers that can be used in most Oldham supermarkets.

If your child is entitled to income based free school meals, please look out for an email and/or text confirming that your voucher has been issued.

For more information go to: <https://help.evouchers.com/hc/en-gb> This includes a step-by-step guide of how to access the vouchers (once your school has issued them to you).

If you have any questions, please contact the school in the first instance.

For any families needing support with food and essential supplies over the school holiday, please visit the Oldham Council website www.oldham.gov.uk/wecanhelp which lists financial support and benefits that are available for residents.

If you need any support with this, please contact Miss Booth or Mrs North in the school office.

Oldham Active Easter Holiday Camps

Please see posters attached to this newsletter.

All activities can be found on the system or links on Oldham actives website.

<https://oclactive.co.uk/activities/half-term-sports-camp/>

Join us for the Foster Care 5K Park Run

Foster for Greater Manchester is inviting you to join a free, fun, and family-friendly 5K Park Run at Heaton Park at **9am** on **Saturday 17 May 2025** as part of Foster Care Fortnight.

Whether you're just curious about fostering or already thinking seriously about it, this is a great chance to meet our team and chat with real foster carers.








You can run alongside some of our team and foster carers in the 5k Park Run or just come a long and have an informal chat with us at the Lakeside Pavillion near the boating lake where we will be based for the morning from **9am-12pm**.

You can walk, jog, run, or just spectate – it's totally up to you.

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Register at <https://www.parkrun.org.uk/heaton/> or learn more about fostering at <https://fosterforgm.com/>





Friday 21st March 2025

Page 1

Keeping your heart healthy.

Why is your heart important?

Your heart is important for several reasons: it pumps blood around throughout the body, delivering oxygen and nutrients to every cell. Without a healthy heart, your body cannot function properly; this can lead to fatigue and other health issues. It also plays a critical role in maintaining blood pressure, which is essential for overall health. Therefore understanding why keeping your heart healthy is crucial and is the first step towards a better lifestyle. So if I were you, I would read this explanation text to find out more.

Keeping your a healthy diet.

A healthy diet is vital for heart health; it provides the necessary nutrients to support your heart's functions. Eating a variety of foods including fruits, vegetables, whole grains and lean proteins, helps reduce the risk of heart disease. On the other hand, consuming too much processed ^{foods}, sugar and unhealthy fats can lead to problems like obesity and high cholesterol. Healthy food should be eaten regularly by you to keep your heart strong. Thus making informed food choices is essential for maintaining a healthy heart.

What is heart disease?

Heart disease is a serious condition that affects millions of people worldwide; it can occur when the arteries become clogged or when the heart's rhythm is disrupted. Understanding what heart disease and its risk factors can help you take preventive measures. Factors such as smoking, excessive alcohol consumption and sedentary lifestyle can increase your risk.

How to keep your heart healthy and avoid heart disease.

To avoid heart disease and keep your heart healthy, you can follow several simple guidelines:

Engage in regular physical exercise, aiming for 150 minutes (2 hours and 30 minutes) of moderate exercise each week; this can include walking, biking and swimming.

Maintain a balanced diet rich in fruit and vegetables and limit your intake of processed foods and sugars.

Manage stress through relaxation techniques like yoga or meditation; this can help lower your heart rate and blood pressure.



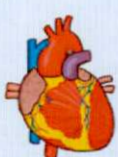
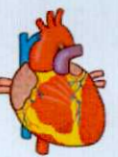
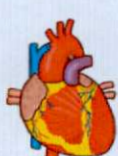
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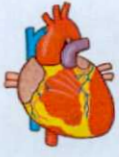
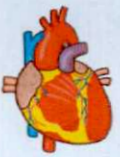
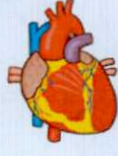
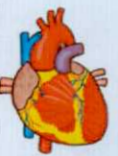
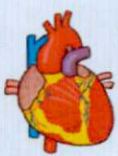
Why you should keep your heart healthy.


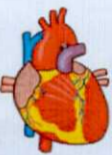







In conclusion, keeping your heart healthy is essential for a long and active life. By making small changes to your diet and lifestyle, you can significantly reduce your risk of heart disease. Remember, a healthy heart means a healthy you, prioritize your heart health and you will reap the benefits for years to come.



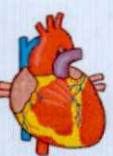

Anaya Ali Class 12







Friday 21st March 2025



Page 1



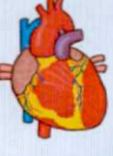

How to look after your heart : an explanation.



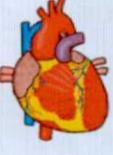

Why should you look your heart?



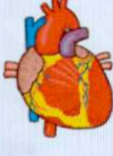

Your heart is a muscle in your ~~body~~ chest that pumps blood around your body to give your organs the oxygen and nutrients they need. To stay healthy, a balanced diet is recommended to ensure that the heart receives all the necessary nutrients. Without your heart you would definitely be deceased.





How to Keep your heart healthy?




Simple. One way to keep your heart strong is by doing the right actions. You do not need to run a marathon or even keep yourself on a strict diet. Instead, you could walk, run and even jog. It is recommended for an adult to exercise for around 20-30 minutes everyday. Meanwhile a child on the other hand, is recommended to exercise for an hour everyday.



Who is at risk of heart disease?



Honestly everyone. Everybody and everything is at risk of heart disease. Mostly all people who drink alcohol



Page 2

and smoke repeatedly for a long period of time have an increased risk of heart disease than most others. You would not want any type of heart disease as in most cases it seems to be fatal.

Exercising

Exercise should be done everyday to keep the heart fit. Physical activity like running, cycling, or even swimming that helps keep your heart strong and healthy is very good for you.

Prevention

To prevent heart disease you should keep fit. To do that you can have a balanced diet, quit bad habits, start good habits, start being more productive and overall just do the best things you possibly can.

Yahya Mohammed Class 12



Scan QR code
to book your place

May Half Term SPORTS CAMP

Failsworth Sports Centre

9:00am - 3:30pm

Ages
6 - 11
Years

£16.50 Per Day



This May Half Term, check out our fantastic Sports Camp at Failsworth Sports Centre!

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

The sports camp costs £16.50 per day, per child and
is open to children aged 6-11.

Location: Failsworth Sports Centre, Brierley
Avenue M35 9HA

Dates: Tuesday 27th - Friday 30th May 2025

Time: 9:00am - 3:30pm

Contact and bookings

For more information about our sports camp,
please email the following address:

sport@ocll.co.uk

To book, scan the QR code
or use the web link below:

oclactive.co.uk/activities/half-term-sports-camp





Scan QR code
to book your place

May Half Term Swim CAMP

Oldham Leisure Centre

10am - 2pm

Ages
6 - 11
Years

£16.50 Per Day



This May Half Term, 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 costs £16.50 per day, per child and is
open to children aged 6-11.



Location: Oldham Leisure Centre
Middleton Road, OL9 6AF

Dates: Tuesday 27th - Friday 30th May

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, scan the QR code
or use the web link below:

oclactive.co.uk/activities/half-term-sports-camp

