

Dear Parents

Children's Mental Health Week takes place between 1st and 7th February, and the theme for this year is **Express Yourself**. Teachers will be sharing ideas and an assembly from Oak Academy on the theme of mental health. Next week we have decided to consider children's mental health by reducing the amount of screen time we provide for children during the working week.

As staff we are very aware that our remote learning offer is screen based and it does not always fit the message of it being good for us to step away from the screen, both as adults and children. Next week teachers have focused on planning a range of activities that are creative, mindful and can be completed outdoors. Reducing screen time can also simply be taking some time to read a book, build a Lego model or play outdoors. These reduced screen time activities will be different for each class and age range.

Just a reminder to all parents and children that doing the best you can with the pressures of work and childcare is good enough. Each family will be having their own challenges and what success looks like will be different for everyone. Some days more work will get done than others and that is OK. For our older children, where you can, try and encourage them to work collaboratively with their friends—can they discuss their work together via Facetime or complete their work together via video call. In school children would rarely sit on their own, without discussing their work and complete a task.

From next week we will not run a Google Meet on a Friday or set any additional work to be completed on a Friday afternoon. Friday afternoon will be an opportunity for children to finish off any work from the week, or complete some non-screen based activities.

Have a good weekend.

Mrs Murrey



### Reading Achievements

Congratulations to the following children for achieving their milestone this week: Children can update their teacher with their Reading Achievements via the Google Meets.

	Reception	Nethercote	Harborne	Rousham
<b>25 Reads</b>				
<b>50 Reads</b>		Kaitlyn H		
<b>75 Reads</b>				
<b>100 Reads</b>				
<b>125 Reads</b>	George C, Tilly G, Percy M, Pippa V	Sophie H	Albert M, Pippa M	George D

### Children's Mental Health Week

Children will be bringing home, or have delivered this week, a postcard. On the postcard we are asking you to "express yourself" however you wish. It could be a drawing, painting, words, poem or writing. Parents please join in too.

### Free virtual online safety workshop for parents—8-9pm via Zoom on Wednesday 10th February 2021

Join this live webinar workshop to help you as parents or grandparents understand more about the risks young people face online, and what you can do to support them and to help minimise those risks. We also explain how you can get help if your young person encounters issues online. Lots of great resources and links will be shared during the session. There will be an opportunity at the end to ask questions. This workshop lasts around an hour and will take place exclusively on Zoom. Because this session is being run single-handedly there will be NO ADMISSION after 8pm. You will be able to join the Zoom session from 7:45pm. Places are strictly limited. Book your free place via the link at <https://123parents.oxon.in>

### School Lunches

The below is the weekly school lunch menu until further notice. Vegetables, jacket potatoes, fresh fruit and salad are available every day. We will return to the full menu when all children return to school.

- Monday Chicken Nuggets or Cheese and Tomato Pizza with New Potatoes. The dessert is a Cookie
- Tuesday Pasta Bolognese or Salmon Fishcake with Potato Wedges. Dessert is Chocolate Cake
- Wednesday Roast Beef/Turkey or Quorn Sausage with Potatoes. Dessert is Waffles and Chocolate Sauce
- Thursday Sausages and Mashed Potato or Macaroni Cheese. Dessert is Flapjack
- Friday Fish or Quorn Dippers, both with Chips. Dessert is Ice Cream