

Oak Hill Church of England Primary School

*'Jesus said, 'I have come that you may
have life in all its fullness'
(John 10:10)*

FAITH – VALUES – ACTION



Newsletter Friday 17th March 2023

Pyjama Day and Comic Relief



We celebrated Red Nose Day and World Sleep Day wearing our pyjamas which everyone seemed to really enjoy! The morning's assembly focused on the importance of sleep and looking after our mental health.

Thank you for any financial contributions for Red Nose Day.

Parents Evening

Just a reminder that Parents Evenings are next week. Please make sure that you have signed up for an appointment. Please see your child's teacher if there are any problems. FOOHs will be selling second hand school uniform during the evenings.

Fencing and Archery

Next week, we welcome Sporting Dreams Coaching to Oak Hill who will provide an opportunity for all children to try two sporting activities that perhaps they have not tried before: archery and fencing. We look forward to a fun, active day.

Oracy Competition

Next week, Alana, Mark and Megan will be taking part in the next round of the 'Look Who's Talking' Oracy Competition. They will each be visiting a different school to deliver a two minute speech on their chosen subject in front of the other finalists from local schools. Wishing all three of you the best of luck and we can't wait to hear about it next week.

Elm Class Collective Worship

On Tuesday 28th March at 9am, parents are invited to watch our class assembly where we will showcase some of the achievements of our wonderful pupils. Light refreshments will be provided. We look forward to seeing you then!

FOOHS Event



Friends of Oak Hill School and Alderton Acorns invite you to a joint fundraising event...

Community Table Top Sale

Saturday, April 22nd
09:30am-11.30am
Alderton Village Hall

Book a table to sell your preloved or small business goods (£15 per table/rail space) by email to friendsofoakhillschool@gmail.com

Or join us on the day for some shopping and delicious cakes, a children's sweet shop and refreshments

Alderton Acorns

The poster features a teddy bear, a stack of books, a rack of clothes, and a cake. It includes the logo for Oak Hill CofE Primary School and Alderton Acorns.

Therapeutic Gardening

This week the children were busy sowing more seeds to add to the school's growing crops. The groups planted cucumber, basil, honesty and calendula seeds. They really liked the look of the calendula seeds and referred to them as looking like 'prawns, snails and little worms'. The amazing teamwork was great to watch, especially between the younger members of the group. The daffodils outside the school entrance did not take too kindly to the strong winds we had earlier in the week so the older children used sticks to help give them support and they now look much happier!





World Sleep Day

Today is 'World Sleep Day' and this year's slogan is '**Sleep is Essential for Health**'. Just like eating well and exercising, sleep is a behaviour that is fundamental to a person's physical, mental, and social well-being. Sleep helps us to rejuvenate the mind, body and spirit and gets us ready for the next day's challenges and stresses:

- Sleep helps support memory and learning.
- Sleep helps clear waste from the brain and promote brain health.
- Sleep supports brain health, and brain health supports sleep.
- Sleep supports immune health, and immune health supports sleep.
- Sleep helps the immune system to clear bacteria and viruses.
- Sleep helps to recycle old cells and maintain our bodies and energy levels.

Seek NHS support if poor sleep is affecting your daily life or causing you distress. Call NHS 111 or talk to your GP. There are also the following charities and organisations that are available to listen and give advice:

- YoungMinds
– <https://www.youngminds.org.uk/>
- Mind- <https://www.mind.org.uk>
- Samaritans
– <https://www.samaritans.org/>
- The Sleep Charity
- <https://thesleepcharity.org.uk/>

Online Safety

Every year, Comic Relief goes all out to help people, both in the UK and internationally, who are going through a tough time. In our area of specialism, we at National Online Safety are acutely aware that – for children and young people in particular – many of those difficult moments increasingly originate from and unfold in the digital world.

From inappropriate content to the toxic behaviour of others, online harms can do long-lasting damage. That's why we're passionate about helping this new generation to build their digital resilience – equipping them to deal with digital dangers. This week's #WakeUpWednesday guide has a selection of tips for encouraging safe and healthy online habits.

In this guide we've compiled a list of useful suggestions which could help you and your family strike the right balance and build digital resilience.

This is part of our Online Information category.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children, from exams and deadlines to privacy and mental health struggles. It's quite easy to get overwhelmed, make plans for your future about the things that irritate us, but when we do the best time you... or your child... look at moments for something good or positive instead! In fact, when did you last stop and think about your family's digital footprint? It has a long term and can impact their healthy online habits. We need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've put together some popular strategies here.

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Resilience is the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and adapt to these digital situations that makes the difference. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential issues as they navigate with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to trusted people or organisations that could help.
- Follow people on social media who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you use it on, so they can take it down.
- Another option is to block the person in the account that's causing you a problem - or you could go back further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite? Has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remember yourself of all the ways you can take a person's being unkind online.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- Get social media, before people that make you feel good about yourself and amplify the ones who do.
- Spread some positivity; post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks of offline and away from your screens - ideally, taking a break for some revitalising fresh air.
- Exercise is a brilliant stress-buster. Even a walk around the block, a bike ride or a stroll to your local shop can really boost your mood.
- Be strict with yourself about putting devices away for plenty of time before bed. Your brain needs a good night's sleep, which is essential for staying healthy.

National Online Safety
#WakeUpWednesday

10.30am Dumbleton – Café Church an informal **Café Style Service** with refreshments to celebrate **Mothering Sunday**. Please come and join us for a short service of fun, fellowship and refreshments and receive a small posy of flowers for your Mum. We look forward to seeing you.

Sue Ryder Spring Fair

Sue Ryder Leckhampton Court Hospice

Join us at our Spring Fayre

Saturday 25th March
10am–5pm
Leckhampton Court Hospice grounds

Entrance fee on day: £2.50
FREE for children under 12

- BBQ, pop-up bar and tasty treats
- Live music and entertainment
- Leckhampton Court Tea Rooms
- Glitter face painting, bouncy castle, and family fun activities

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For more information
visit: sue Ryder.org/springfayre
email: leckhampton.fundraising@sue Ryder.org
f /SueRyderLeckhamptonCourtHospice
t @SueRyderLCH

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Sue Ryder Leckhampton Hospice is a registered charity (1032578) and is a member of the National Council for Voluntary Organisations (NCVO).

Sue Ryder palliative, neurological and bereavement support

Half Termly Christian Value

HUMILITY

Humility- humble attitude of mind
(Oxford School Dictionary)

"Humility is not thinking less of yourself, it is thinking of yourself less."

C.S. Lewis

Be completely humble and gentle; be patient, bearing with one another in love

Ephesians 4:2

HUMILITY
謙遜
"BE LIKE THE BAMBOO
THE HIGHER YOU GROW
THE DEEPER YOU BOW"
CHINESE PROVERB

"I can do all things through Christ who strengthens me"
PHILIPPIANS 4:13

Church Service in Alderton

9.00am Great Washbourne - HC for Lent

HAF Programme



The Holiday Activity and Food (HAF) Programme

HAF will be returning this spring for children and young people in Reception to Year 11 who are eligible for benefits-related free school meals.

Click [here](#) to watch our latest HAF video to get a taste of what you can expect this spring!

Between 3-14 April.
HAF eligible families will be able to access up to 4 days of free, fun activities in their district. To find out what days your district is delivering HAF, you can follow your [HAF district lead](#) on social media.

What will be available at HAF this spring?

- Family days out
- Football, basketball, cricket and more
- Forest skills
- Gymnastics
- Music production
- Sensory play
- Delicious food
- And more!

Bookings open 16 March-
Make sure you're HAF ready!
Sign up to our [HAF booking system](#).

To stay up to date on all HAF news...
Visit Gloucestershire's HAF website: Gloucestershire.gov.uk/HAF
or follow us on Facebook and Twitter for updates.

Department for Education | Gloucestershire COUNTY COUNCIL

Local Opportunity

NEW Under 6 (Year 1) Team & Coach

Following a number of enquiries Ashton 88 would like to start a new under 6 team for current year 1 Children .

Coaches required –Training and support provided .

If interested please contact Gary

Email : ashton88fc.chairman@gmail.com

Tel : 07500955411



ACCREDITED CLUB ★ ★ ★
FAFC OF ENGLAND FOOTBALL

Rowan Class

This week we had a very exciting discovery as after the heavy rain at the weekend we discovered frogspawn in one of our trays outside. We are very excited to see what happens! If anyone has a pond and would like some frogs, please let us know! Reception have done some wonderful writing this week about the frogspawn and learnt all about the life cycle of a frog. They have made signs so that no one will disturb them.

Year 1 and 2 have worked incredibly hard this week as it has been assessment week!

We have begun to think about Easter and in RE we have looked at Palm Sunday, Maundy Thursday and next week we are learning about Good Friday. We have also begun preparation for our Easter service and have been learning a song that we are excited to share with you.

In Topic, we have been completing our innovate journal this week as we have come to the end of our coastlines topic. The children designed their own coastal town and created a map with symbols of human and physical features that could be found in their town. They also gave some advice on how to stay safe at the coast, which they know lots about now after our visit from the RNLI.

Elm Class

The children in Elm Class have taken part in a number of assessments this week, similar to all pupils in school. They have worked very hard and we look forward to sharing each child's progress at next week's parent sessions.

Outside of these tests, pupils have written a recount of the Easter story, learnt about mountains of the UK and have been practising their gymnastic routines. Perhaps the activity that grabbed their attention the most, has been the construction of their own CAM model - a

follow-up to our visit to the MAD Museum last week.

Redwood Class

This week the children have been working incredibly hard on their end of term assessments. Over the week they have completed: Reading, SPaG, arithmetic and two Maths reasoning papers. Both Ms Battersy and myself have been very impressed with their attitude towards these as well as very proud to see them applying their skills to try to answer all the questions!

In topic this week, the children have been looking into polar expeditions, researching some of the incredible people that were involved in them. In R.E the children explored the events of Holy Week, looking at these different events through art. The children then picked on of the events and created their own piece of art using different colours and symbols to represent the mood of the event. The children then built on this by exploring who they believed was responsible for Jesus' death. They pulled on lots of previous learning and gave very well supported arguments for each person.

In P.E the children completed some circuit training on Monday which was a very blustery day, then on Wednesday continued to develop their cricket skills. On Thursday the children made some very special things to be shared this Sunday.

We also had a live online lesson called 'Discover a Love for Astronomy with Annaliese Avery' where Annaliese shared her love of astronomy with the children and explained how to draw her favourite constellation.



House Points

House point totals for this week:

Ashdown 185

Sherwood 100

Dean 174

Stars of the Week

Rowan Class:

Star of the Week - Amber, for a fantastic innovate journal showing us everything you have learnt about coastlines

Value of the Week - Tallulah, for showing perseverance in your tests this week

Elm Class:

Star of the Week – Penny, for working exceptionally hard all week

Value of the Week – Martha, for taking pride in her recount of Easter - it's terrific!

Redwood Class:

Star of the Week - Alana, for fantastic dedication to her homework this term

Value of the Week – Henry, for focus and perseverance with his tests this week

Diary Dates

Please be aware that these may be subject to change.

March

- 17th Year 3/4 Swimming
World Sleep Day
- 20th Bishop's Visitor visiting
- 21st Fit Fence and Archery Day
Parents Evening
- 22nd Parents Evening
- 24th Year 3/4 Swimming
- 28th Elm Class Collective Worship
- 29th Craft Day
- 30th School Disco
- 31st Easter Service 2pm
Term Ends