



Oaklands Junior School

Learning to think - Thinking to learn

NEWS UPDATE - 29th January 2021

Children's Mental Health Week

1st-7th February

Next week, we will be adding many creative, fun and relaxing activities for our children to take part in, both in school and for home learning. We hope you and your family enjoy these ideas, beginning with a '**Share the Wave**' art idea to connect with our Oaklands Junior School community (details will be shared via Teams on Monday). Another creative activity on Thursday has been designed to brighten up the end of the terrapin wall that can be seen from the main Butler Road entrance. Children will be invited to think about what would look impressive to promote Oaklands Junior School and they will then be able to share their ideas and creativity with designs being judged when all children are able to return to school. We hope your children enjoy these and many more fun tasks next week.

Wellbeing Friday – 5th February

Non-School Uniform Day

As part of Children's Mental Health week, we have decided that our 'normal' provision of English, Maths & a Foundation subject will be relaxed on this day. A list of activities will be shared midweek, so that your children will be able to make their own choices from these on Friday and allow time to gather any resources. There will be a lot of choices and it is not expected for anyone to complete everything; we are purely giving a range of ideas and links for your children to pick what they would like to do and the ideas shared will be the same for every year group, so children in the same family may wish to do the same. It would be lovely if you are able to share with the teachers, their favourite activity and maybe a photo, if possible, for a display in school.

Wellbeing Friday is something we feel will give children and families a hopefully stress-free and more relaxed day, which will allow everyone to unwind and enjoy the forthcoming weekend. Everyone has been working so hard, whether this has been working from home or working in school, and we have all been very impressed with the range and quality of work being submitted – thank you to you all for your support.

Enjoy your weekend and stay safe.

Mrs. H. West



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Mental Health Matters

Of the many activities available, Now and Beyond are hosting an Inside Out Day on Wednesday 3rd 'Wear an item of clothing inside out. Be kind always. You never know how someone is feeling inside.'

- **For children:** Brain Boost with Bow-Wowza featuring CBeebies presenters Rebecca Wheatley and Katy Ashworth – a lesson on gratitude and kindness with favourite comedy canines 10-11am www.nowandbeyond.org.uk.
- **For parents:** BBC broadcaster and journalist Kate Silverton discusses her first book, "There's No Such Thing As Naughty", with Dr Dickon Bevington, medical director of the Anna Freud National Centre for Children and Families from 8-9pm. [Register free here.](#)

NHS Talking Therapies Support



Talking Therapies is a free NHS service here to support the residents of Berkshire aged 17+ who may be struggling with difficulties including: low mood, anxiety and stress at this unprecedented time.

They are currently offering a 4 week Stress Less course which you can access via the comfort of your own home. If you

would like to book onto the next available course please click on this [link](#).

To find out more about the services offered by Talking Therapies please [visit our website.](#)

Maths Whizz

After some cajoling, Maths Whizz have provided a video to support parents. This is available through the website under the parent's tab or by clicking [here](#). The video explains the key features of Maths Whizz and takes you through how to set up a parent account that allows you to see your child's progress as well as a breakdown of their attainment in key areas. In the description under the video is a list of the different features covered and the time stamp for when each section starts.

COVID Winter Grant Scheme

A £170 million [Covid Winter Grant Scheme](#) announced on 8th November 2020 is being run by local authorities in England. The funding will be ring-fenced, with at least 80% earmarked to support with food and essential utility costs, and will cover the period to the end of March 2021.

It will allow local authorities to directly help the hardest-hit families and individuals over the winter period. Local authorities have local ties and knowledge, making them best placed to identify and help those children and families most in need.

Stay Safe and Please Take Care of Yourselves