



The Oaks Primary School  
Bringing Learning to Life



Monday 29th October 2018

# Weekly Newsletter

**Parents Evenings** this Tuesday and Thursday - please enter through the hall doors.  
After School Club will be in Reception classroom.

Look out for a letter about **Autumn Disco** Event. We are not issuing tickets but if you return the reply slip and payment your child will be added to the list for attending.  
Thursday 15th November 3.15-4.45pm. £3 each. After School Club still available.

## Christmas Presents

This year we are kindly requesting that parents don't send gifts in for staff at the end of term. Instead please just let us know your appreciation or thanks. Christmas is an expensive time of year for all families and as a staff we respectfully ask and have made the decision we would prefer to not accept gifts. Thank you.

## Shoe Box Appeal

This year we would like to support The Bolton Community Kitchen Shoe Box Appeal for Homeless and vulnerable people. Please send into school empty shoe boxes and items from the list below. We will compile the shoe boxes with the children.



### *Christmas Shoebox Appeal For Bolton's Homeless*

**Give A Gift To Our Homeless & Vulnerable Friends This Christmas**

- Canned & Dried Food
- Toothbrush & Toothpaste
- Alcohol Free Mouthwash
- Soap/Hand Sanitizers
- Feminine Hygiene Products
- Wind Up Torches
- Raincoats/Poncho's
- New Underwear/Socks
- Hats/Scarves/Gloves
- Sweets/Chocolates
- Cereal Bars
- Rucksack
- Waterproof Drawstring Bag
- Ziplock Bags
- Comb/Hairbrush
- Dry Shampoo
- Deodrant (roll on)
- Notepad/Pen/Envelopes
- Stamps
- Thermal Clothing/Blanket
- Powdered Drinks - Coffee/Hot chocolate/Mugshots
- Crisps
- Cartons Juice/Water



## READING BOOK AMNESTY

It's time to check under the bed, in the toy box and on your book shelves. Please return any books you find at home to staff on the doors in the morning or to the office. No questions asked, we will just be glad to have any school books back.. Thank you for

Year 4 have worked hard to create 30 wooden soldiers that will be on display in St Pauls Church as part of the Remembrance . There will also be two stunning display boards created by Y6 and Y4 as part of The Friends of Astley Bridge Remembrance Commemorations .

## After School Club

Thank you to the parents that have completed our After School Club questionnaires. If you haven't received yours please ask Club Staff next time you are collecting from club. We are really pleased with the addition of our after school club and your opinions are important to us as we establish the new club and the routines around it. Thank you.

Tuesday 6th November is **Year 6's Class Assembly** all about their trip to Robin Wood. Year 6 parents we hope you can join us.

Poppies, wrist bands, clips, pencils and rubbers will be on sale to raise money for the Royal British Legion. Donations please. School Council will be selling these before and after school next week.



## Autumn Diary Dates

Tuesday 30 <sup>th</sup> Oct & Thurs 1 <sup>st</sup> Nov	Parents Evenings
Tuesday 6 <sup>th</sup> November	Year 6 Class Assembly
Friday 9 <sup>th</sup> November	Wear it Blue Day ~ For Bullying UK
Friday 9 <sup>th</sup> November	Year 4 Walking to St Paul's Church for Remembrance Service
Wednesday 14 <sup>th</sup> November	SATS Awareness Evening for Year 6 parents 7pm
Thursday 15 <sup>th</sup> November	Autumn Disco 3.15-4.45pm
Monday 19 <sup>th</sup> November	Author visit for Years 4 – 6
Friday 16 <sup>th</sup> November	Choir at Canon Slade Christmas Fair
Thursday 22 <sup>nd</sup> November	5-6pm—Year 6 at Railway Pub Taster Event

## WELL DONE YEAR 6!

Our first residential to Robin Wood in Todmorden with Y6 was a great success. The children were wonderful ambassadors for school and behaved impeccably. We were so proud of them all. We were impressed with the level of independence that was expected of the children and how well they coped. There were so many activities crammed into the three days: caving, raft building, canoeing, zip wire, big swing, crating, climbing, archery, team building games, the dungeon, piranha pool! So on the back of this success with have booked the same visit next year for Y5. A letter with details and costings will be sent home to Year 5 parents in the next few days. For those of you that don't follow our **twitter page** it is worth having a look on there as there are some fabulous

## Great tips for Mental Health.....

**10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH**

WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL**  
Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you
- SLEEP**  
Support your child to build positive sleep habits. Develop a good sleep environment with your child
- PLAY**  
Promote play and creativity among your child. Allow them to explore
- RELAXATION**  
Help your child to relax. Teach them relaxation skills such as deep breathing
- TALKING**  
Support your child to talk about their problems and how they are feeling
- WELLBEING**  
Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety
- SELF CARE**  
Make sure your child has time and space to look after themselves. Involve yourself in their hobbies
- AUTONOMY**  
Allow your child to make their own decisions. This will help to build resilience
- RELATIONSHIPS**  
Support your child to build positive relationships with friends and family
- COPING SKILLS**  
Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

Thank you for your support, Jo Grundy Headteacher