

Oak Meadow Primary School Weekly Newsletter – Friday 26th September 2025: Issue 4



A message from Mr. Lane...

As September draws to a close, it is hard to believe where the first month of the school year has gone! All children are now firmly embedded within their new classes with routines established and our school calendar in full swing. Next week, we will celebrate Harvest time with the children where we show our appreciation for loved ones and the everyday items we use whilst also demonstrating empathy in a community effort to collect essentials for 'The Good Shepherd'. From Monday, any items you are able to donate will be taken to the school stage and at the end of the week - following Year 4's Harvest Assembly – we will then forward the donations on with love from everyone at Oak Meadow. On Wednesday, we will also host our next 'Write with us' workshop for parents and carers of Year 3 and 4 children. A huge thank you to everyone who attended the Year 5 and 6 workshops this week as we work in partnership to support the progress and achievement of the children. Finally, I am pleased to say that children in Reception and Key Stage 1 are now able to use the trim trail equipment (weather permitting) when supervised by Oak Meadow staff. Despite not being completed to our full expectation, I want the children to enjoy what has been installed although I anticipate further adaptations shortly and recompense. **For Oak Meadow children, nothing but the very best will do!** Take care everyone and have a lovely weekend.



Shopping List

To help us run our food service, we always appreciate donations of in date, non-perishable food items and toiletries, but in particular we need the following items:

- ☒ Tinned meat and fish
- ☒ Tinned vegetables
- ☒ Pot noodles
- ☒ Easy cook rice
- ☒ Chopped tomatoes
- ☒ Curry/Pasta Sauces
- ☒ Gravy granules
- ☒ Sugar
- ☒ Coffee
- ☒ Jams and spreads
- ☒ Long life milk
- ☒ Tinned fruits



MORE THAN ME

Stars of the Week

- 1B: Arthur D
- 1TW: Darcie A
- 2B: Georgia C
- 2H: Elsie Mac & Elloise D
- 3H: Carter-Lee S
- 3J: Annabella P
- 4B: Avianna B
- 4J: Zayn W & Alyssa P
- 5H: Oliver H
- 5T: Jack B
- 6H: Rocco G
- 6W: Jenson D

We hope the parents/ carers of the above children can join us for this Monday's assembly at **8.50am** to celebrate their award.

Upcoming dates for the diary

- 29th Sept – Harvest donations welcome on the hall stage from today
- 1st Oct – Black History Month begins
- 1st Oct – Write with us Parent/Carer Workshops – Y3 & Y4 at 8.50am
- 2nd Oct – National Poetry Day
- 2nd Oct – Local Governing Board Meeting
- 3rd Oct – Y4 Harvest Assembly for Parents/Carers at 8.50am
- 6th Oct – School libraries week
- 8th Oct – Read and write with us Parent/Carer Workshops Y1 & Y2 at 8.50am
- 10th Oct – "Hello Yellow" World Mental Health Day – Children to wear yellow
- 14th Oct – Flu vaccinations delivered by the school nurse team
- 15th Oct – Y4 Trip to Carding Mill Valley
- 15th Oct – Harvest Disco's for Reception to Y4

Communication

Our doors are always open whenever you need us and the main office number is 01902 558517.

The school email address is oakmeadowprimarieschool@wolverhampton.gov.uk

Also remember to check the school website and follow us on 'X' [@oakmeadow12](https://twitter.com/oakmeadow12)

Safeguarding Information

If you have any concerns about a child, please contact one of our designated safeguarding leaders (DSL):

Mr. Lane (Head of School).

Miss. Billingsley (Deputy Headteacher).
Mr. Hawkins (Assistant Headteacher).
Mrs. Worrall (Assistant Headteacher).
Miss. Tomlinson (EYFS/KS1 SENDCo).

From tiny acorns mighty oaks grow...



Attendance and Punctuality

Everyday
COUNTS!

Thank you for making sure your child is in school every day and on time. Remember that our minimum attendance target for all children is **96%**.

Everyday
COUNTS!

Attending school **every day** impacts significantly on your child's learning and their attainment. Please see the table below that shows the number of lessons missed as the attendance rate falls.

Every day counts over the school year:

Attendance during the school year	Equals this number of days absent	Meaning that approximately this number of lessons have been missed
95%	9 days	50 lessons!
90%	19 days	100 lessons!
85%	29 days	150 lessons!

Make sure your child is an **Oak Meadow attendance H.E.R.O** (Here, Every day, Ready and On Time) by arriving between 8:35 and 8:45am each morning.

Every minute counts over the school year:

- 5 minutes late each day = **3 days lost!**
- 10 minutes late each day = **6.5 days lost!**
- 15 minutes late each day = **10 days lost!**
- 20 minutes late each day = **13 days lost!**
- 30 minutes late each day = **19 days lost!**

Class Attendance for this week

Reception and Key Stage 1

RB	93.1%
RE	99.3%
1B	92.7%
1TW	92.7%
2B	98%
2H	91.1%

Attendance HERO bear winners are class RE – well done!



Key Stage 2

3H	92%
3J	90.7%
4B	94.7%
4J	94.5%
5H	94%
5T	97%
6H	91%
6W	92.7%

Attendance HERO bear winners are class 5T – well done!



Our combined whole school attendance for this week was...

93.8%

Everyday
COUNTS!

From tiny acorns **mighty oaks** grow...



A vertical poster for a Christmas Card Competition. The background is dark green. At the top, a red and white striped banner contains the text 'ST ALBANS CHURCH' in yellow. Below this, 'CHRISTMAS CARD COMPETITION' is written in large, white, bold, sans-serif capital letters. A red banner with the text '50p entry' in white script is positioned below the title. To the right of the banner is a small illustration of a snowman. Below the banner, the text 'CREATE A FESTIVE DRAWING AND YOUR DESIGN COULD BE ON OUR 2025 CHRISTMAS CARD!' is in white. Further down, there are two bullet points: '• Be in with the chance to also win mystery prizes!' and '• All entries to be delivered (posted) to St Albans Church Vicarage, Griffiths Drive, WV11 2LJ, including the 50p entrance fee.' Below these, it says 'Please add the following details: Childs Name / Age / Contact Telephone Number'. On the left side, there is a small illustration of Santa Claus. At the bottom left, the text 'CLOSING DATE' is in white, followed by 'Friday 31st October' and 'WINNER ANNOUNCED Friday 14th November'. At the bottom right, there is a white rounded rectangle containing the St. Albans Church logo (a yellow church icon), the text 'St. Albans Church', and the tagline 'Sharing the love of God in the community' with the website 'www.saintalbanchurch.co.uk' and 'Also find us on Facebook'.

From tiny acorns **mighty oaks** grow...



All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide has been one of many steps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before jumping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are, it's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Gailley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS National
Online
Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.10.2023

From tiny acorns mighty oaks grow...

