

Oak Meadow Primary School Weekly Newsletter – Friday 12th September 2025: Issue 2



A message from Mr. Lane...

With the school year now well and truly in full swing, it has been wonderful to see the children settle so quickly into their new classes and make such strong relationships with their teachers and support staff. Relationships at our school are the foundation for the many successes we enjoy and mean everything to me in the culture we have created. Every child at our school should feel safe, valued and know they are special, full of potential and possibility to make a difference in our world. I am proud of our newly formed school council who have already decided to hold a bake sale in aid of Macmillan Cancer Support later this month as well as our newly elected House Captains who have shown responsibility in their roles. Pupil leadership groups will continue to be established in the weeks ahead for children to take an active role in deciding the future of our school – their voice matters so much. Finally, I have been thrilled with the quality of our school dinners since our return and wanted to share some pictures with you (below) of the dinner service that is exactly what our children deserve! Take care everyone and have a lovely weekend.



Stars of the Week

- 1B: Willow T
- 1TW: Maximilian B
- 2B: Imogen S
- 2H: Sofia B & Coby M
- 3H: Violet W
- 3J: Alfie T
- 4B: Riley D & Ella-Rose R
- 4J: Tyler D & April-Leigh B
- 5H: Oliver-John D
- 5T: Imogen G
- 6H: Logan L, Lily M & Chloe T
- 6W: Remi K, Bradley H & River R

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

- 15th Sept – Teaching staff extra-curricular clubs begin (**no Monday clubs until 22/09/25 due to staff training**)
- 18th Sept – National Fitness Day
- 24th Sept – Write with us Parent/Carer Workshops – Y5 & Y6 at 8.50am
- 26th Sept – European Day of Languages
- 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 – Y4 Harvest Assembly for Parents/Carers at 8.50am

Communication

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

The school email address is oakmeadowprimaryschool@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. Worrallo (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	93.3%
RE	98.5%
1B	90.7%
1TW	99.3%
2B	99.3%
2H	95.6%

Attendance HERO bear winners are class 1TW & 2B – well done!



Key Stage 2

3H	97.3%
3J	98%
4B	98%
4J	96%
5H	98.7%
5T	95%
6H	99.4%
6W	96%

Attendance HERO bear winners are class 6H – well done!



Our combined whole school attendance for this week was...
96.8%

Everyday
COUNTS!

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



10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

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The National College

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