



Oak Meadow Primary School Weekly Newsletter

Friday 29th September 2023 - Issue 3

A Message from Mr. Lane...

As we look forward to the month of October, can I firstly say a huge thank you to all of the Year 5 and 6 parents and carers who attended the first 'Read with us' workshop this week. We look forward to welcoming the families of our Year 3 and 4 children on Tuesday as we promote a love for reading across our school. Please note as well that from Monday we will be accepting harvest food donations in readiness for the Year 4 assembly on Friday. These can be given in via the main school office or given to your child's class teacher to be taken to the school hall. All donations received will be sent to The Good Shepherd charity. Thank you for your support and I hope everyone enjoys a lovely weekend.

Stars of the Week

- 1CB: Mason B
- 1HB: Annabella P
- 2BT: Sophie W
- 2H: Harvey B
- 3C: Sophie W
- 3J: Freddie S-P
- 4F: Jackson D
- 4T: Ava W
- 5E: Finlay G
- 5H: Layla P
- 6H: Alice H
- 6W: Tyler L

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

Upcoming dates for the diary

- 2nd Oct – Black History Month begins**
- 2nd Oct – Harvest donations welcome on the hall stage from today**
- 3rd Oct - Read with Us Parent/Carer Workshop for Year 3 and Year 4**
- 5th Oct - National Poetry Day**
- 6th Oct - Year 4 Harvest Assembly for Parents/Carers**
- 10th Oct – World Mental Health Day**
- 11th Oct - Read with Us Parent/Carer Workshop for Year 1 and Year 2**
- 19th Oct – Harvest Discos for Reception to Year 4**

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 Twitter [@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. Arnold (Executive Headteacher);
- Mr. Lane (Head of School);
- Mrs. Parker-Thornton (Home/School Liaison Officer);
- Miss. Tomlinson (SENDCo).



Attendance and Punctuality

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%**.



Our combined whole school attendance for this week was **93.1%**

Make sure your child is an **Oak Meadow attendance HERO** (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	91.3%
RT	90%
1CB	94.7%
1HB	97.2%
2BT	93.8%
2H	88.3%

Attendance HERO bear winners are class 1HB – well done!



Key Stage 2

3C	98%
3J	89%
4F	96.6%
4T	94.7%
5E	96%
5H	90.7%
6H	93.3%
6W	90.3%

Attendance HERO bear winners are classes 3C – well done!



From tiny acorns mighty oaks grow...



What do we do?

Working with children and young people: First you will have an information gathering appointment or initial assessment where we will identify your needs.



Working with schools: We work alongside the school's Mental Health Lead (MHL) and school staff to identify, discuss and plan for your mental health and emotional wellbeing needs.

We work with children and young people who may need support with:



Low mood

Exam stress



Problems with sleep



Low self esteem

Anxiety

Contact us

If you or someone you know would like to be referred to our service please speak to the Mental Health Lead at your school.

If you would like more information about the Reflexions service please email bchft.reflexions@nhs.net or contact your area's Reflexions team via telephone:

Sandwell

0121 612 6620

Wolverhampton

01902 444 021

Walsall

01922 607400

Dudley

01384 324 689



Reflexions is a Mental Health Support Team (MHST), we are a service that helps increase access to mental health support for children and young people in schools.

Information for children, young people, parents and carers



What do we offer?

1:1 Low/High Intensity CBT

Mental Health assessments

Weekly interventions with young people and their families



Whole School Approach (WSA) including:

School Assemblies

Staff Training

Psychoeducational groups/workshops



In our team we have...

Leadership Team which includes Service Manager, Service Clinical Lead, Clinical Leads and Team Leads. The leadership team support the whole of the Reflexions team.

Educational Mental Health Practitioners (EMHPs) who will be based in schools as a first point of contact working closely with the school's Mental Health Lead. EMHPs usually carry out your first appointment.

Specialist EMHPs who are trained to see children and young people for more complex and high intensity treatment.

Children's Wellbeing Practitioners (CWP) who will focus on 1:1 sessions with children and young people.

Educational Psychologists who will support your school with mental health whole school approaches, referrals and queries.

Administrators who will be your first point of contact when contacting your Reflexions Team.



Be kind to your mind

Your mental health is just as important as your physical health.

Thoughts, feelings and behaviours (what we do) are all linked together and can impact each other. Sometimes, you can get stuck in a cycle of unhelpful thoughts, feelings and behaviours and this can affect your mental health.

We cannot see our feelings and thoughts, but we know they are there, because we feel them.

Our mental health can change how we feel about ourselves, our bodies, our family or our friends.

Sometimes our feelings can be too big for us to manage on our own – and that's okay!

This might be where Reflexions can help.



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

