Personal Development at Oak Meadow! 😊

Autumn

Wednesday 16th September



National Fitness Day

We enjoyed an action-packed National Fitness Day, exploring how movement can help us to move more, feel good and learn better. We began the day with our Morning Mile, walking, jogging, wheeling or running together around the school track before taking part in a range of active learning challenges throughout the day.

Children were encouraged to get "up and GO!" by taking part in walk-and-talk discussions, active maths games, moving between learning stations and using movement to support their learning. They also completed fun Move Mission challenges at lunchtime, collecting stamps as they visited different activity stations.



Throughout the day, children discovered how physical activity can boost our mood, improve concentration and help us feel more alert and ready to learn. Every active learning minute contributed to our whole-school 10,000-minute mission, encouraging everyone to work together and make movement part of the school day.



It was a fantastic day of movement, teamwork, laughter and learning, helping our children understand that being active is not only good for our bodies, but also for our brains and wellbeing.

Thursday 18th September

Visit from Manny Singh Kang!

We were delighted to welcome Manny Singh Kang to Oak Meadow Primary School as part of his 50 Miles in 50 Schools challenge, raising money for charity.

Manny inspired our children to think about the importance of **Healthy Body, Healthy Mind**, while his commitment to helping others demonstrated **More Than Me**. The children listened, asked questions and shared their thoughts, **embracing I See, I Wonder**. His incredible challenge also showed the importance of determination and resilience, perfectly demonstrating our value **Rise to the Challenge.**

A fantastic visit that inspired our children to be active, curious, caring and courageous!









Visit from a chef!

Oak Meadow Primary School welcomed a visiting chef who delivered an engaging and interactive assembly for the whole school, bringing the importance of healthy eating to life through a live cooking demonstration. Pupils watched with excitement as the chef prepared food in front of them, demonstrating how fresh ingredients can be combined to create delicious and nutritious meals. A colourful display of healthy foods helped children explore a variety of ingredients and consider the different food groups that contribute to a balanced diet.

Throughout the assembly, the chef discussed the importance of making healthy food choices and explained how eating a balanced diet helps our bodies grow, provides energy and supports our physical and mental wellbeing. Pupils were encouraged to think about the foods they eat every day, the benefits of trying new ingredients and how small changes can help them develop healthier habits. The live demonstration provided a memorable, hands-on approach to learning, sparking curiosity and helping children make meaningful connections between healthy eating and everyday life. The visit supported our school's commitment to promoting healthy body, healthy mind, empowering pupils to make informed choices about their nutrition and wellbeing.







Monday 12th October

Year 4 visit to Carding Mill Valley





Year 4 enjoyed an adventurous educational visit to Carding Mill Valley, immersing themselves in the beautiful Shropshire countryside and experiencing the challenges of the natural environment first-hand. The children embarked on a challenging walk through the valley, navigating uneven terrain, steep inclines, loose rubble and streams along the way. Despite the demanding conditions, they showed fantastic resilience, determination and perseverance, pushing themselves beyond their comfort zones and refusing to give up when the going got tough. They supported and encouraged one another throughout the journey, demonstrating teamwork, positivity and a real willingness to embrace the challenge. The visit provided a valuable opportunity to develop their geographical knowledge by observing the landscape and exploring its physical features, whilst also strengthening their confidence, independence and problem-solving skills. It was wonderful to see the children embody our school value of 'Rise to the Challenge', showing that with determination and a positive attitude, they can overcome obstacles and achieve things they may not have thought possible. The trip was a memorable experience that combined outdoor learning with personal development, leaving the children with a great sense of pride in what they had accomplished.



Autumn Term Parent Workshops





Our Foundation Parent Workshops provided a fantastic opportunity for parents and carers to come into school and experience learning alongside their children in Years 1 to 6. During the sessions, parents joined their children in the classroom to take part in a lesson, gaining a valuable insight into the curriculum, teaching approaches and learning experiences that take place each day. The workshops showcased the wide range of skills pupils are developing across the school, including their ability to collaborate, solve problems, communicate their ideas and apply their knowledge in different contexts.

A particular highlight was seeing how technology is integrated into learning to enhance engagement and support pupils in developing their digital skills. Parents had the opportunity to explore how digital tools and resources are used to support learning, encourage creativity and enable children to demonstrate their understanding in different ways. The sessions also allowed children to share their confidence in using technology, explaining how it supports their learning and helps them to work independently and collaboratively.





Throughout the workshops, pupils were enthusiastic about sharing their learning with their families, proudly demonstrating their skills and explaining the strategies they use to overcome challenges. Parents were able to experience first-hand how lessons are structured, how children are encouraged to think critically and how teachers create engaging learning opportunities that meet a range of needs. These sessions strengthened the partnership between home and school, helping parents feel more connected to their child's educational journey and better equipped to support learning beyond the classroom. It was wonderful to see families learning together, celebrating achievements and recognising the progress children are making across the curriculum.

Oak Meadow Show Racism the Red Card!

At Oak Meadow, pupils took part in the 'Show Racism the Red Card' event, exploring the importance of equality, respect and celebrating diversity. Through engaging activities and discussions, they developed their understanding of racism and the impact it can have on individuals and communities. The event encouraged children to challenge discrimination, stand up for what is right and recognise the importance of creating an inclusive environment where everyone feels valued, respected and safe.



