

**Oak Meadow Primary School Weekly Newsletter - Friday 7<sup>th</sup> February 2025: Issue 20**



**A message from Mr. Lane...**

As we enter the final week of this half-term, I reflect on how quickly time has passed since we returned at the start of January for 2025 and also how the academic year is rapidly going by as we reach the half-way point of the school calendar. The children continue to make me so proud in showing their exemplary approach to learning that has been illustrated in yet another fabulous assembly today by our magnificent Year 2 – well done children, you are the best! Next week, we hope you are able to attend the Maths Workshops to work alongside your child(ren) where a project will be introduced for the remainder of this year based around maths in the ‘real world’ with fortnightly challenges set by teachers for both children and their families. Online safety will be key to our learning next week as we encourage our culture of keeping safe and promote the importance of staying safe when using devices to the children. Finally, we will **‘Wear it Red’** on Friday before the half-term holiday with anticipation growing for our return on Monday 24<sup>th</sup> February when the University of Oak Meadow will come alive! An amazing week in store that I hope will inspire all of our wonderful children! Take care everyone and have a lovely weekend.

**Stars of the Week**

The next scheduled celebration assembly will be held on:

**Monday 3<sup>rd</sup> March 2025 at 8.50am.**



**Upcoming dates for the diary**

- 10<sup>th</sup> Feb – “Numbers Day”  
Parent/Carer Workshops for Y1/Y2/Y3 at 8.50am
- 11<sup>th</sup> Feb - “Numbers Day”  
Parent/Carer Workshops for Y4/Y5/Y6 at 8.50am
- 11<sup>th</sup> Feb – Safer Internet Day
- 14<sup>th</sup> Feb – **“Wear it Red Day”** in support of Midland Air Ambulance
- 17<sup>th</sup> – 21<sup>st</sup> Feb – HALF TERM**
- 24<sup>th</sup> Feb – Children return to school for Spring Term 2
- 24<sup>th</sup> – 28<sup>th</sup> Feb – University of Oak Meadow. Please contact the office if you haven’t received a letter about this event.
- 1<sup>st</sup> Mar – St David’s Day
- 3<sup>rd</sup> Mar – Book Fair arrives in school.
- 6<sup>th</sup> Mar – World Book Day – children dress as their favourite book character.

**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](mailto: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).
- Mrs. Parker-Thornton (Home/School Liaison Officer).



## 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%
RT	92%
1B	100%
1E	96%
2B	90.7%
2H	98.7%

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



### Key Stage 2

3H	97.2%
3J	92%
4B	98.7%
4N	93.5%
5CH	94.7%
5T	95.5%
6H	96.4%
6W	93.5%

Attendance HERO bear winners are class 4B – well done!



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

**95.1%**

Everyday  
COUNTS!

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





# Parent Health Workshops

**Does your young person have an EHCP or have health challenges relating to SEND?**

**Scan the QR code to book and discover how to make health improvements for your family!**



Monday 17 February  
Sensory Challenges

Tuesday 18 February  
Toileting and  
Constipation

Wednesday 19 February  
Restricted Eating and  
Dental Care

Thursday 20 February  
Sleep

**Each session runs 11am - 1pm**

**Cherry Street  
SEND & Sensory Hub  
Wolverhampton  
WV2 0QR**





23 January 2025

**This is a message from West Midlands Police for parents, carers, and older brothers or sisters.**

Police and schools across the West Midlands are committed to working together to protect our young people from becoming victims of robbery and violent crime, but to do this we need your help.

In the darker nights, we are urging everyone to talk to their child about increasing their phone security and their safety.

We have seen an increase in criminals targeting young people who carry iPhones or iPads. Thieves are forcing young people to log out of their iCloud to prevent the phone being tracked after it's stolen. By enabling two-factor authentication on iCloud or your child's phone, can make thieves lose interest in taking their phone.

**Increasing the security on your child's iPhone and iPad:**

1. Firstly, talk to your child about enabling two-factor authentication on their devices to help keep them, and their phones, safe from theft and exploitation.
2. Reassure them that turning on location and enabling better privacy settings allows them to communicate with their friends and family safely and securely.
3. Turn on two-factor authentication for your child's Apple Account: On your iPhone or iPad: Go to Settings > [your name] > Sign-In & Security. Tap Turn on Two-Factor Authentication. Then tap Continue and follow the onscreen instructions.
4. Discuss with your child who they would like to add to their 'trusted contact list' and encourage them to save these numbers in their emergency contacts list in case they get into trouble.
5. Add your child's devices to your 'Family' by heading to your Apple ID settings and adding the devices.
6. Make sure all the latest software is updated across the devices you're adding
7. From the 'Family' group you can enable content and privacy restrictions and two-factor authentication, as well as location sharing.

For further information about parental controls and privacy guidance please visit: [Use parental controls on your child's iPhone and iPad - Apple Support](#)

Please note, if your child has an Android phone there are additional security settings you can put in place to make sure the location of their phone and data is secure. Visit your phone provider website for further crime prevention advice.

**What to do if you are concerned about your child or a young person you know:**

Talk to them in a safe and quiet location that feels comfortable for both of you.

You may wish to contact a member of the Pastoral Team at school if you feel your child isn't listening or is at risk. You can reach out your school's officers to seek advice. They can talk through your concerns and plan a way forward together.

If you or your child has been a victim of crime or their life is in danger, call 999 immediately. Alternatively, you can call 101 if the crime has happened and you want to report this to the police.

You can contact Crime stoppers anonymously on 0800 555 111 or via [www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

Thank you, **West Midlands Police.**





## Building healthy habits: Encouraging physical activity

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

Children and young people aged 5 to 18 who are living with a disability should:

- aim to do 20 minutes of physical activity a day, splitting this into smaller chunks of activity throughout the day if needed
- do challenging but manageable strength and balance activities 3 times a week



[Physical activity guidelines for children and young people - NHS](#)



Yo! Active is part of Yo! Wolves, the City of Wolverhampton's young opportunities offer. Yo! Active provides eligible children and young people with free physical activity opportunities all year round. Their mission is to inspire and support Wulfrunians to move more every day.

[Yo! Active | Wolverhampton Young Opportunities](#)

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



# Helping your child open up about mental health

We know as parents you want the best for your children, and that includes their mental health. But let's be real—getting primary school children to talk about their feelings can sometimes feel like pulling teeth! That's where Time to Talk Day (February 6th) comes in. It's all about starting conversations about mental health in a simple, everyday way, and you can play a big role in making it easier for your child to share.

Here are some tips and ideas to get involved and encourage your child to talk about their emotions:

## 1. Talk while doing something else

Kids often find it easier to open up when they're not under pressure to make eye contact or sit still. Try talking while you're doing something together, like playing, cooking, or walking the dog. These relaxed moments can create a safe space for them to share their thoughts.

## 2. Keep it simple

You don't need to dive into deep or complicated topics. Start with questions like, "What made you happy today?" or "Was there anything that made you feel a bit sad or worried?" These small questions can lead to bigger conversations over time.

## 3. Use stories or characters

Books, TV shows, and movies are great tools to help kids understand emotions. After reading or watching something together, ask your child how they think the characters were feeling and why. This helps them connect feelings to real-life situations.

## 4. Teach them about emotions

Young children might not always know how to describe their feelings. Help them build a "feelings vocabulary" by teaching them words like happy, sad, frustrated, excited, or worried. You could even use emotion cards or draw faces together to make it fun!

## 5. Be a good listener

When your child does open up, make sure you're giving them your full attention. Let them know that it's okay to feel however they're feeling and resist the urge to jump in with solutions right away. Sometimes, they just need to know you're there for them.

## 6. Get creative together

Art can be a fantastic way for children to express emotions they might not know how to put into words. Set aside time to draw, paint, or craft together, and talk about how different colours or shapes might represent feelings.

## Why it matters:

Helping children learn to talk about their emotions early on is one of the best things you can do for their mental health. By taking part in Time to Talk Day, you're not just helping your own child—you're also showing them that it's okay to talk about mental health, breaking the stigma from a young age.

So, this February 6th, why not take a little time to start the conversation? A few small changes in how you talk to your child can make a big difference in how they handle their emotions now and in the future.

[Time to Talk Day](#) →



From tiny acorns mighty oaks grow...



For children aged 5-11

# Healthy Hydration

About  
6-8  
drinks  
a day

This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.

**Water**  
Drink plenty



Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth.

**Milk**  
Have regularly



Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.

**Fruit and vegetable juices and smoothies**  
Can have once a day



Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.

**Sugar-free drinks**  
Occasionally



Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Flazy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.

**Tea and coffee**  
Occasionally (and in small amounts if caffeinated)



Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milk and no added sugars.

**Sugary drinks**  
Avoid



Are best avoided as they provide sugars, but few other nutrients. Flazy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.

**Sports and energy drinks**  
Not suitable for children



Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.

The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children.

This is based on recommendations on fluid intakes for children from the European Food Safety Authority.





## Reminder...height and weight checks for children in Reception

Every year all primary school children in Reception and Year 6 will have their height and weight measured as part of the National Child Measurement Programme (NCMP).

It is important to know how children are growing so that we can provide the best support if needed.

This will take place within Wolverhampton schools for Reception between January to July 2024. Any missed measurements or absences will be completed from April 2024 onwards. If you have a child in either of these years, we will write to you before your child is measured where you will be given the opportunity to opt out if you wish.

[Find out more about the NCMP.](#)

If you would like to discuss your child's health with a school nurse, please contact our 0-19 Single Point of Access (SPoA) Hub on 01902 441057.

We would love to hear your thoughts on topics you'd like to be included in future bulletins.

Please email [ryh-tr-0-19marketing@nhs.net](mailto:ryh-tr-0-19marketing@nhs.net)



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

