



Our school value this half term is: “**courage**”

“Be strong and courageous; do not be frightened or dismayed, for the Lord your god is with you” Galatians 5.13

Good afternoon everyone,

At the end of another week I want to take this opportunity to wish everyone a lovely weekend. I have really enjoyed seeing all the children during the week on class assemblies and the teachers continue to be so impressed with how everyone is working in their remote learning classrooms. I have certainly thoroughly enjoyed seeing the fantastic work the children are sending into school.

Please take some time to look at this newsletter **three** key notices and updates on school life. As next week is children's mental health week, I especially hope everyone finds some time to enjoy being together over the weekend.

Thank you

Mr D Kennedy
Headteacher

Whole school Staff Testing

Everyone will now be aware that in line with Government policy and for the safety of everyone in our community, our school is now able to test all staff twice a week. This asymptomatic testing is a new aspect within our risk assessments and has now completed its first week. This new testing regime means, that although staff may be showing no symptoms, they may be identified as positive for Covid-19.

In the event of a member of staff testing positive, the class that the member of staff has been working in will be alerted. Children who have been part of this provision will be asked to isolate and the provision for critical workers in that year group will be closed down for the isolation period.

Whilst this has always been the case, we have never had to close an aspect of our provision due to a positive test. We are one of the very few schools in the country that has not had to do this. However, as we are now testing staff regularly there is more of a chance of identifying an asymptomatic person. This means there is a greater chance of part of our provision having to close and children having to isolate as a contact. In this event, we would contact you with full details.

In particular, I am asking everyone accessing our critical worker provision to **be aware that you may receive notice that your child has to isolate** if they have been a contact. It may be that we have to alert you in a morning of the provision.

It is also important to be aware that your child's **provision will no longer be available** even if they **have not been a contact**. As a school we are currently working at full capacity to manage **remote learning** and **critical worker provision** within strict risk assessments. If staff cannot attend school due to isolating, it will not be possible to offer additional provision for children in that class who may not have been a contact due to the days they attend school.

It is therefore essential that everyone accessing this provision has alternate plans for their children and is also aware that their child may be asked to isolate at home as a contact of a staff member.

Critical worker provision

Everyone will be aware of our provision for critical workers. As I have said previously on many occasions, the staff and I are committed to this provision.

However, the requests for provision in our school continues to rise. Currently, we have between 50 and 70 children in school on any one given day, this is **increasing**.

I would like to remind everyone that In the Government's guidance for this provision they do state **“Parents and carers who are critical workers should keep their children at home if they can.”**

As I have also said before, we continue to be incredibly appreciative of the many people who have taken such steps and worked around their shift patterns for the exact emergency provision they need, as this reduces numbers of children in the school at this time. We are asking everyone to **continue review their needs** to see if their place in school is **absolutely necessary**.

Alongside our comprehensive risk assessments, we want to ensure there is as little an opportunity for any transmission of Covid-19 through less people in school. This is in support of the national lockdown and Government advice of **stay at home** whenever possible, **including the children of critical workers**.

Reducing transmission is crucial for the well-being of our staff, families and our wider community. This is important to everyone. In particular, reducing transmission opportunities to staff at this time is crucial to ensure staff are safe and we can continue provide this provision and remote learning.

It is also important to continue to stress, the more children we have in school impacts on our capacity to provide remote learning, as staff are now running two different systems for teaching and learning. **All children at home are receiving the same learning as the children in school.**

If you feel that your needs have changed please send an email through to:

bursar@oughtonchristchurch.lancs.sch.uk

Children's Mental Health week

In our school we value supporting every aspect of children's well-being. In particular, this includes their mental well-being. Next week is **Children's Mental Health Week** and we will be focussing on this with key activities that will be introduced by your child's classteacher.


In these challenging times, it is more important that ever, to ensure we support all children in feeling good about themselves and ensure they have strategies to manage feelings and emotions, express themselves correctly and seek help if needed. As a school we recognise the importance of this aspect of a person and wish to support and educate all children in keeping well and looking after their mind as well as their body.

As part of this week long initiative, we are inviting all children to wear their favourite colour clothing on Friday 5th February to express their own choice.

Please click on the link to access the well being part of our website and take time to look at page two of this newsletter.

[Click here to access the well being section of our website for ideas and information on keeping well and supporting your child at this time.](#)

9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with your or problem solve to overcome them

THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.

WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

