



# OPAK NEWSLETTER



@OPA\_KHG

Friday 29<sup>th</sup> May 2020

A big hello to everyone!

We hope you are all staying safe and well. This newsletter aims to provide any updates, important links or information we think you may find useful while school is closed at this time.

## Home Learning

First of all, we would like to say a huge thank you for all your support with home learning and embracing the work that has been set.

From 1<sup>st</sup> June, work will continue to be set for your child to access via the virtual classroom.

The Outwood Virtual Primary Academy will replace your child's Google Classroom. When school is closed to your child's year group, we will be providing learning material on this site.

Please be aware that from 1<sup>st</sup> June, there will not be the facility for teachers and children to interact as frequently as they have done. This is due to the fact that all teachers will be involved in teaching the groups that are in school.

Remember to keep checking the home learning website, which is being updated all the time.

[www.phl.outwood.com](http://www.phl.outwood.com)

## Returning To School

Thank you again to everyone who completed the survey.

A reminder that once we are ready to welcome your child back into school, we will contact you by text and letter to inform you of this. Your child should **not** come to school before a start date has been confirmed.

You can find copies of all the letters on our school website through the following link:

<https://www.kirkhamgate.outwood.com/letters-to-parents>

## Contact Us

If you have any questions, please use the 'Contact Us' section on the school website.

<https://www.kirkhamgate.outwood.com/contact>

## Mental Health & Well-being

As we are all still in challenging times, we would like to remind you about the resources available to support your mental health.

You can access them through this website:

[www.phl.outwood.com](http://www.phl.outwood.com) and clicking on 'Learning with the directors'.



MINDFULNESS

Mindfulness activities are great at helping us to notice and understand our feelings.



BRAIN BREAKS

Brain breaks are a great way to carry blood and oxygen to the brain! These breaks can be used to give you energy or to relax.



NO ONE CAN STOP US NOW  
GROWTH MINDSET

Learn about what a 'Growth Mindset' is! Try the activities too.



RESOURCES FOR ADULTS

Your teachers and parents need to look after their mental health too!



NEUROSCIENCE

Learning about the brain is called Neuroscience!  
Do you know how powerful your brain is? It can produce enough electricity to power a lightbulb! Discover the exciting world of the brain!



JOURNAL ACTIVITIES

Journal activities are a fun way of sharing our feelings, build our writing skills, and communicating our amazing ideas!



DIFFERENT BUT THE SAME!

We are all similar to look at with eyes, ears, noses, hands and feet, but inside our bodies we are very different.



MICRO ORGANISMS

Learn about what microbes, hand hygiene, respiratory hygiene, food hygiene and antibiotics all mean!



GREAT WEBSITE LINKS

There are some fantastic websites that can help us feel mentally strong and healthy!

There is a wealth of material on there. Please take a look. The information is for parents and children.

Furthermore, please remember our green button is available on our website if you require external services or support.

Mental Wellbeing

Social Media Guides



Mental Wellbeing Strategy

#Happy+HealthySafe