



Old Oak Primary School Update

Friday 13th December 2024

Dear families,

FAREWELL

We at Old Oak are sad to announce that long term teacher and Nursery Manager Mrs Smart has decided to retire.

Mrs Smart has been a valued member of the Old Oak team for 30 years and in this time she has made a difference to the lives of many children and families with her support that very often extended beyond the classroom.

In her 30 years she has taught many generations and thousands of children and to this day works with the 2nd generation of some families.

We all thank Mrs. Smart for her dedication, commitment and expertise and wish her well for the future. We are sure she will be back for the odd Nativity or Christmas Party and we will stay in touch.

The Christmas disco went well and the children seemed to have had a very good time on Tuesday. On Wednesday, the school choir took part in the Hammersmith and Fulham Christmas Festival which took place in the Town Hall in Kensington and Chelsea. This is a bi-borough event attended by many other schools but, as usual, the children of Old Oak were praised for both their singing and their behaviour on the trip.

A reminder that **school finishes at 1.30pm next Friday 20th December** and reopens for pupils on **Tuesday 7th January**. Monday 6th January is a training day for all staff.

EYFS & KEY STAGE 1 NATIVITY: YEARS N-2

The children have been practising hard and are excited to perform their Nativity '*A Camel Called Humph!*' next week. Families are invited to the performance on **Tuesday 17th December at 10am**. We look forward to seeing families then.

KEY STAGE 2 CHRISTMAS SINGING: YEARS 3-6

Families of those higher up the school are invited on **Tuesday 17th December at 2:50pm** to watch each class perform a Christmas song with some whole key stage performances and a chance to join in as the audience, we look forward to seeing you there.

CHRISTMAS LUNCH – WEDNESDAY 18th DECEMBER

On 18.12.24, Christmas lunch will be served. If you wish your child to have a Christmas lunch, please select it on the Pantry system. We believe some of you are still having issues booking Christmas Lunch, if so, please let the school front desk know and we will ensure the lunch is arranged for your child. The menu can be found attached.

CLASS PARTIES – THURSDAY 19th DECEMBER

Class parties will take place during the afternoon of 19th December and will involve party food and drink and a visit from Santa! We would appreciate any donations for the party. Please see the list of items that teachers will post on Seesaw next week. Please note we cannot accept any items containing nuts due to allergies and any homemade dishes should have the ingredients clearly labelled. Thank you so much for your support.

KEEP SMILING: TEETH BRUSHING WORKSHOP

All children in Nursery-Year 2 are invited to sign up for a Toothbrush & Fluoride Application workshop at school on Tuesday 14th January. To sign up please scan the QR code on the attached flyer.

BIRTHDAYS IN SCHOOL

From January 2025, please remember that any child who has his or her birthday will get to wear the school's birthday jumper or birthday hat which will tell everyone in the school community that it is their special day.

Please donate a book to the class which will have a special stamp with your child's name in it and which can be enjoyed by lots of other children in years to come. Please ask if you would like some suggestions of possible books to donate. Please don't worry if we already have the book in school. Multiple copies of really good, well-written books are always useful to have.

As a result of this change, you are no longer required to provide cakes or party bags for any birthday in the school.

ATTENDANCE – OUR TARGET IS 96% FOR THE SCHOOL

Magnolia class, with 97%, have the best attendance in the school. However in the rest of the school, the percentage is much lower. In key stage 1, Acacia class could only achieve 86%, with 6 lates. Olive class is even lower.

Please call the school office by 9am if your child is unwell, you can either call and leave a message if no answer or send us an email.

Lateness- this was also a concern this week. Aspen had the best punctuality in school with 2 lates but in other classes it was much higher. School begins at 8.50am.

SICKNESS

Please remember that if you child vomits or has any episodes of diarrhoea they must not return to school for 48 hours after the last episode.

SCHOOL UNIFORM: It is now available the first **FRIDAY of EVERY MONTH.**

Please remember that football kits and tops with big logos/images are not part of the PE school uniform.

Please remember that chewing gum/sweets are not allowed in school.

With the colder months often children may bring a lip balm, please ensure this is not a gloss or some kind of make up as this is not allowed.

Please write your child's name on all his or her school clothes and jackets.
Somebody loses something every day!

UPCOMING DATES:

Tuesday 17th December	Nativity- Early years and key stage 1 (Nursery/Reception/year1/year2)	10am
Tuesday 17th December	Key stage two Christmas Singalong (years 3/4/5 and 6)	2:50pm
Wednesday 18th December	Christmas lunch	
Thursday 19th December	Class parties and visit from Santa	
Friday 20th December	Last day of term.	1.30pm finish

Monday 6th January 2025	School closed for staff training	
Tuesday 7th January 2025	School reopens for pupils	

For photos of the week, please check the school's Instagram page.

Have a great weekend

Mrs Beardsworth and Mr. Brown

Find us at:



@oldoakprimaryschool

www.oldoakprimary.co.uk



Keep Smiling Toothbrushing & Fluoride Application At Old Oak Primary School.

Tuesday 14th January 2025

Children in **nursery to year 2** are invited to participate in the toothbrushing and fluoride application programme.



Please complete the consent form for your child by scanning the appropriate QR code below.

Golden Sunburst
Nursery



Reception Peach



Year 1
(Olive)



Year 2
(Acacia)



Consent forms must be submitted by 3pm on
Friday 10th January 2025



Roast Turkey or Veggie Sausage Roll
Roast Potatoes
Yorkshire Pudding
Carrots & Sprouts
Christmas Cookie



The Power of PACE at Christmas Time

There are a lot of feelings flying around at Christmas time for children and adults alike. Finding the right balance for YOU is something to work towards. PACE can help. PACE - Playfulness, Acceptance, Curiosity, Empathy



Playfulness isn't the same as playing but is enjoying time with someone else or yourself in an unconditional way.

This can look like a 5 minute sofa snuggle with someone, walking hand in hand, swapping cringey cracker joke or even taking yourself off for a cry on your own if that's where you're at and trying to leave behind any guilt about it.

It's about showing a real interest in someone, or yourself, and finding something you really enjoy about them - or you. Even if that's 2 minutes alone with yourself outside the front door!



Beacon House
Therapeutic Services and Trauma Team

Acceptance means sitting with strong emotions or perspective of another and knowing that you might not be able to take these away. There may be no words of advice to give, strategies to implement or thoughts to share, only comfort by offering your safe presence.

It is allowing uncomfortable sensations and emotions to be in your own body without judgement. Accepting their existence.

For an example of this and Empathy, watch the YouTube clip called 'Brené Brown on Empathy' or find inspiration from the song 'Hold Space' by Ward Thomas.



Curiosity isn't about asking "why?" even when this is exactly what we want to know! It's about wondering what is going on inside for someone or ourself.

It's about taking the risk of being wrong "Can I share my ideas with you... I wonder if... I might be wrong, so tell me if I am, but here are my thoughts..."

A way of letting someone know that your mind is on their mind and genuinely interested in anything at all that's going on in there without judgement.

It is practising this same non-judgemental curiosity within ourselves.



Empathy can take a lot of energy at Christmas. Sitting with the disappointment of a child who hasn't got the gift they hoped for "*I can see the sadness in your eyes that it's not what you wanted*" or accepting our own disappointment that the time hasn't felt very festive "*I am where I am and things are how they are and I'm going to do my best to feel okay with that*".

A top tip is try to move away from reassurance or denial of feelings - others or your own. Naming what is happening for ourselves or another helps us in our offering of empathy.

To PACE oneself: "*To do something at a speed that is steady and that allows one to continue without becoming too tired.*"



"IT'S GOOD TO GET OUT"

**Come & join us in Little Wormwood Scrubs
every Friday morning 10am to 1pm**



**Ride Side by Side and/or
Walk & Talk with Twizzle & Goosha
meet at 10am outside Old Oak Community Centre
76 Braybrook Street W12 0AP**

For more information:
Email: clare@forbrian.co
Text/leave a message/WhatsApp: 07923380346

www.forbrian.co/old-oak-community-website



HELPING
OUR HOSPITALS
DO MORE

 **bikeworks**



**For Brian
for brain health**

enabling dementia inclusive community



Christmas Celebration

SATURDAY 14TH DECEMBER

2 - 3.30 PM

WORMWOOD SCRUBS PONY CENTRE

EVERYBODY WELCOME



OPDC
OLD OAK AND
PARK ROYAL
DEVELOPMENT
CORPORATION

Games Club

At Shepherds Bush Library

Every Wednesday

16:15 - 17:15



Come along and join in the fun
For ages 7 - 11