



Old Oak Primary School Update

Friday 20th December 2024

Dear families,

What a wonderful week we have had. A fantastic Nativity performance by early years and key stage one, a singing performance from Key stage two, Christmas lunch and class parties! The children have had an amazing time. Thank you to all the families who came to support their child/ren, this always means so much to them.

Please look at Instagram for plenty of photos!

We wish you a restful break and we look forward to seeing you on Tuesday **7th January**. Monday 6th January is a training day for all staff.

Please take care of yourselves.

MRS. SMART'S FINAL ASSEMBLY

Today was the final day of Mrs. Smart's career at Old Oak after almost 30 years.

It was amazing to think that Mrs. Smart has worked with almost all the children sitting in the assembly and many, many more who have already left the



school, some of whom are adults. Once again a huge thank you to Mrs. Smart on behalf of the whole school community!

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. We strongly recommend that you sign up for this workshop, as there is a crisis with children's teeth. Diet and good cleaning are so important for your child to learn about.

BIRTHDAYS IN SCHOOL – OUR FIRST BOOKS ARRIVE!



In Year 6, we were lucky to add the book –‘*The High Rise Mystery*’ -to the class library and look forward to many other books coming in after the holidays. This is amongst the first books to come into school. Many thanks to the family.

From January 2025, please remember that any child who has his or her birthday should bring in a class book for the school. They will also 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 do not provide cakes or party bags for any birthdays in 2025.

SPRING CLUBS

Our clubs offering will continue in Spring Term – please look out for details first week back. Speak Up drama can be booked now, please see the flyer attached.

ATTENDANCE – OUR TARGET IS 96% FOR THE SCHOOL

There are a lot of bugs, coughs and colds going round the school at the moment. Attendance for this reason is particularly low again this week. This is not unusual but will we hope improve in January. Please take the time to rest and allow the children to recharge ready for the Spring term.

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. This is vitally important.

Lateness- Please remember to drop your children at the gate from 8:45-8.50am. We are trying to support the children to learn the importance of punctuality as they get older.

Although 10 minutes does not seem a long time, over a week that is nearly 1 hour. Much of the important learning takes place in that first part of the day when the children are fresh – phonics (a key part of learning to read) is taught first thing. If your child is late, they will miss this key skill to help them decode new words.

UNIFORM UPDATES

Please remember that football kits and tops with big logos/images are not part of the PE school uniform. When children wear these it becomes a real issue for other children whose parents follow the rules, thank you for your support.

Be aware that there are often headlice in school somewhere and we ask that hair is tied back at all times. Also we are seeing more jewellery creep back in to school and this is not allowed – stud ear-rings only.

Please write your child's name on all his or her school clothes and jackets.

Somebody loses something every day!

UPCOMING DATES:

Monday 6th January 2025	School closed for staff training	
Tuesday 7th January 2025	School reopens for pupils	
Wednesday 22nd January	Year 2 class assembly 10:10 for a 10:15am start	
Wednesday 5th February	Year 1 class assembly 10:10 for a 10:15am start	
Wednesday February 12th	Reception class assembly 10:10 for a 10:15am start	
Thursday 6th March	World book day- details to follow	

Wednesday 12th March	Year 6 class assembly 10:10 for a 10:15am start	
--	--	--

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

Have a great holiday!

Mrs Beardsworth and Mr. Brown

Find as 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





Speak Up Drama Club



Spring Term!



DAY	YEARS	WHEN (£7.00 WEEKLY)	TIME
WEDNESDAYS	KS1 & KS2	22nd Jan - 26th March (9 week term)	3. 20 PM - 4. 20 PM

To book, please email: info@speakupuk.co.uk.

A payment plan is available—feel free to reach out with any queries

Join The Fun!

*Speak Up Drama: A safe space for kids to
boost confidence, unleash creativity, and shine!*

All payments are non-refundable and we operate on a first come first serve basis.





"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**

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."

Games Club

At Shepherds Bush Library

Every Wednesday

16:15 - 17:15



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

