



29<sup>th</sup> January 2021

# OPAK NEWSLETTER

FOREVER TOGETHER,  
STAY POSITIVE.  
#OUTWOODFAMILY



@OPA\_KHG

This newsletter aims to provide any updates, important links or information we think you may find useful at this time.

We would like to begin by saying how immensely proud we are of all our children. It has been amazing to see their dedication to learning and we are so impressed with the level of engagement from children learning from home.

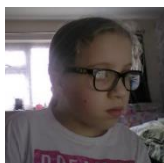


Well done to parents and carers too - you have all done such a tremendous job with supporting and encouraging your children, whilst also juggling a number of other important roles.

**"Be kind to yourself. Keep reminding yourself that you are doing your best, even if you wish you might have handled something differently that day."**

If you'd like some advice about managing the days, have a look at this great website which has advice from other parents who are going through the same thing: <https://youngminds.org.uk/blog/a-parents-tips-for-home-schooling/>

We are really enjoying seeing pictures of children engaging in their online learning, so if you would like to share with us on Twitter some of your child's fantastic learning, please do so. @OPA\_KHG.



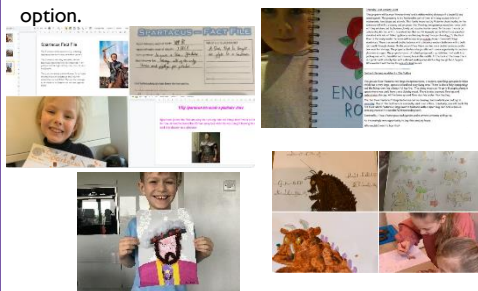
## Google Classroom

Teachers are setting work via their Google classroom; this includes live lessons, pre-recorded assemblies and appropriate resources to ensure online learning provides the best experience for all our children.



The curriculum is fully mapped to the Oak National Academy, which provides resources to complement live teaching: <https://classroom.thenationalacademy/>

Children have been submitting their work to their Google Classroom in a variety of ways and teachers have been providing feedback in order that the children are confident with their next steps. We can also provide home learning packs which can be collected from school should this be a more suitable option.



Wakefield School Sports Partnership have recorded fitness videos so that all our children can stay physically active and understand the importance of this for their mental health and wellbeing. The children have enjoyed taking part in these sessions both at home and in school.



If you have any questions, problems or concerns about the Google classroom and online learning, please use this email and Ms Leonard will be happy to help you: [remoteteaching@kirkhamgate.outwood.com](mailto:remoteteaching@kirkhamgate.outwood.com).



## Top tips for learning online

Eat a good breakfast.

Be organised with the resources that you need.

Find a quiet area to work.

Sit at a desk or other suitable surface.

Focus on learning and don't be distracted by your surroundings.

Ensure you take regular breaks away from the screen

Have regular movement breaks.

Look after your mental health and wellbeing - make time to do things you enjoy.

Exercise and fresh air are important – take yourself outside to play or go for a walk.

Establish a good sleep routine.

Be safe online- only communicate with people you know.

Listen carefully to your class teacher. Ask them for help if you do not understand.

Watch recorded lessons afterwards if you think you might need further help.

Have your camera on but mute your microphone when you are not talking.

Be respectful and polite.

Use the 'raise your hand' button if you need to ask a question.

To support with your child's learning, visit the Outwood Learning Library Website. Click the link and then

choose a year group, subject and current topic to browse the resources.

<https://sites.google.com/outwood.com/primary-learning-library/home>

In addition, our Reading Ambassadors reviewed a number of reading websites which include audio books and books to read online, so please visit our website, to read their reading newsletter.

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

## World Book Day

We would love everybody to continue to celebrate World Book Day on Thursday 4<sup>th</sup> March and read for pleasure so whether you are in school or at home you will be able to dress up as your favourite book character. This year you will receive a new single-use digital version of the £1 book token. Click this link to see inside some of the books you might be interested in: [https://www.book2look.com/bookwall/y1hf9cz7qj\(worldbookday.com\)](https://www.book2look.com/bookwall/y1hf9cz7qj(worldbookday.com))

## Mental Wellbeing

Mental Wellbeing

Throughout this period, we will remain in contact with you through scheduled phone calls to check on welfare issues as well as engagement in remote education. Please do not hesitate to contact us if you would like to arrange a conversation with a class teacher to discuss your child's needs.

Please visit the school website and click on the Mental Wellbeing green button for support.

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



**Children's Mental Health Week** is taking place on 1<sup>st</sup>-7<sup>th</sup> February. This year's theme is Express Yourself. Look out for our MHWB Champions newsletter next Friday and for details about challenges they will be setting that week.

Please find below a link to all the services for a range of issues available in the Wakefield area:

<http://earlyhelp.wakefield.gov.uk/children-and-families-zone/family-support/>

### Other useful information

Citizens Advice Adviceline  
**3 0800 144 8848**  
Free from mobiles and landlines  
Monday-Friday 9am-5pm  
[wakefielddistrictcab.co.uk](http://wakefielddistrictcab.co.uk)



Keeping children safe during COVID-19

Visit the NSPCC website by clicking this link for advice on supporting children's mental health:

<https://tinyurl.com/yx9xm57p>

During this challenging time stress levels at home may be increased. Please follow the ICON guidance for coping with crying.

I – Infant crying is normal;

C – Comforting methods can help;

O – It's OK to walk away;

N – Never, ever shake a baby



<https://www.wakefieldscps.org.uk/professionals-and-practitioners/icon/>

<https://www.lullabytrust.org.uk/>

