

1st May 2020

Dear Parents and Carers,

We know that all our children and families are trying their very best through these difficult times. The staff at school are really missing the children and we know that the children will be missing the staff too. Staff are also missing each other but we are keeping in touch just as we are with our families through our welfare calls. It is wonderful for children and their parents to be able to share how they are managing to keep busy through this lockdown period.



Our children are really enjoying the phone calls from their teachers and if any of you would like to make a card or write a message please do send these to the address below and we will pass them onto your teachers.

Alexandra Park Junior School
Brook Lane
Oldham
OL8 2BE



Ramadan At Home (A message from the Local Authority)

Ramadan 2020 will be a very different experience for Muslims all over the world during the lockdown. Due to social distancing, acts of worship outside of the home have been suspended to stop the spread of the virus.

Public health matters blog

- [Stay at home for Ramadan](https://www.gov.uk/government/collections/ramadan-at-home) - gov.uk website

To help with **#RamadanAtHome** the Muslim Council of Britain has created guidance, available in multiple languages, on how to worship safely this year.

- [Ramadan at home guidance](#)

You can find more information on what Oldham Council is doing to work with local Mosque's [here](#).

Updated DfE guidance for parents and carers

The DfE have updated their guidance for parents and carers. We wanted to share this latest guidance with our families.

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Information on what to do if your child becomes unwell or is injured

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Alongside this newsletter is a leaflet providing advice to help.




Supporting your child and their behaviours at home

With the challenges we face during this current time it is likely that many of us, including our children, will be expressing our emotions through changes in our behaviour. For children this is much more difficult as they don't have the life experiences or the words to explain their emotions. For our parents please find the resources below to help you in strategies to help you to support your children to recognise these behaviours and emotions.

Some Behaviours you may Notice in your Children
(as a result of change / due to school closures)
Many of these are taken from parental reports during the current crisis

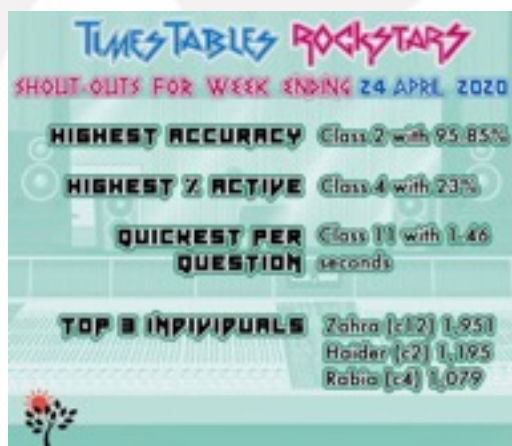
Changes in behaviour that may concern you.....	Changes in behaviour that you may be pleased to see.....
<ul style="list-style-type: none"> Mood swings, low mood Going backwards in skills, e.g. toileting, dressing Being lethargic Change in sleep patterns (more or less) More meltdowns/tantrums Less resilience (get upset more easily) Crying more Anxiety (particularly around the virus) Changes in eating habits and appetite Changes in personal hygiene practices Less patience Opting out of social contact (even where this is available) Trying to control the controllable (diet, appearance etc) Not wanting to talk much Confused about their feelings or unable to say how they feel 	<ul style="list-style-type: none"> Calmer Better bonds with brothers and sisters Happier Better able to talk about worries. More creative More able to sort things out for themselves More independent and able to amuse themselves More energy



<https://www.youtube.com/watch?v=Nfv5myu8Ruc&feature=youtu.be>

Well Done

A huge well done to **all** our children who are trying their best with their learning at home. Just try and do what you can and remember to limit your time online.





STUDY LADDER
STARS OF THE WEEK
24TH APRIL 2020

Class 1 - Hadi for completing the most tasks set. Well done.

Class 2 - Maheen for completing 100% of the activities set. Well done!

Class 3 - Hassan for never, never, never given up! logging on everyday!

Class 4 - Saglaim H for his fantastic maths work.

Class 5 - Kanzal for her super commitment when completing Study Ladder tasks.

Class 6 - Hajrah for completing 1066 questions with 88% accuracy.

Class 7 - Moon, for completing 100% tasks and logging on almost every day!

Class 8 - Mehra for accessing Study Ladder everyday and trying all activities set.

Class 9 - Kaab for completing excellent studyladder and brain builder.

Class 10 - Huriyah

Class 11 - Mohammed S for getting 96% accurate answers.

Class 12 - Anees for catching up with all the activities and scoring very well

StudyLadder Inspires. Motivates. Achieves.

Remember Stay Safe and Stay at home and protect the NHS.

Stay connected!

