



#### 12th June 2020

#### Dear Parents.

It has been a busy week this week in school as we prepare the school site in our further re-opening to year 6 on Monday the 22nd of June. Next week staff will take part in training (adhering to social distancing rules) in order that we effectively implement the government guidelines. We thank year 6 parents for working with us to ensure that safety is our utmost priority. Parents have had to make some difficult decisions about sending their children back into school and we hope these discussions have supported you.

Again if you need any support please do contact us by email on <a href="mailto:info@alexandrapark.old-ham.sch.uk">info@alexandrapark.old-ham.sch.uk</a>, text us on 07786201169 or alternatively you can phone the school on 0161 770 8321.

More and more families are now joining us on Twitter and it is wonderful to see how our children are getting on at home. Staff are also sharing videos of their lives in lockdown and this is a great way to stay connected.

Please do follow us @Alexpark\_sch



#### Fun activity to try at home

This week our key worker children enjoyed more fun activities in school. They have been making cookies which were enjoyed by the residents in Abbey Hey Care Home. They also enjoyed making their own ice-cream and also made a superb den in which they ate their lunch.

Watch this video and why not try making your own den at home. Remember to ask an adult to help.

#### https://vimeo.com/428216012

Thank you to all our teachers for planning such creative and exciting activities throughout each and every week.











# **Online Safety**

The impact of COVID-19 means that most of us will be at home for an extended period and are likely to be spending increasing amounts of time online. The online world is a necessity for many children in accessing school work and it delivers huge benefits, not least in enabling us to stay connected to family and friends during this period. However, many parents may feel concerned about the content their children are accessing.

### What steps can I take to keep my child safe online?

If you have downloaded new apps or bought new technology to help stay connected at this time, remember to review and adjust privacy and safety settings if you or your child is signing up to a new online service.

The government has encouraged Internet Service Providers to allow parents to easily filter content to put you in control of what your child can see online.

You can switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home.

The UK Safer Internet Centre provides guidance on how to do this.

## https://www.saferinternet.org.uk

Internet Matters has also provided step by step guides on how to setup parental controls.

https://www.internetmatters.org/parental-controls/?gclid=EAlalQobChMI59C-DyN376QIVibbtCh3A5ws6EAAYASACEgIFr\_D\_BwE

### Oldham's Lockdown Museum

Oldham's Lockdown Museum is a new digital project to collect a snapshot of what life is like in our local area during the Covid-19 pandemic.

There is a saying: 'Change is the only visible sign of life' and what changes we've gone through. Gallery Oldham is looking for objects that tell the story of life in lockdown so that we can share them with future generations. Have you bought or made something unusual? What object sums up the changing world outside or the unchanging reality of staying at home? Sometimes it is the most ordinary object that tells the most amazing story. We'd love to share your experiences and ideas, and see pictures (photographs or drawings/paintings) of the objects that sum them up, whatever they are.

If you would like to enter any of the above then please visit;

https://galleryoldham.org.uk/exhibitions/oldhams-lockdown-museum/



#### **Oldham's Local Authority Update**

We attach alongside this newsletter a letter from leaders in the Local Authority updating parents on the approach that is being taken in Oldham to determine whether schools should wider re-open in light of the COVID crisis.





# Free online emotional health and wellbeing courses for parents

Sarah Lever, the Oldham Brokerage Service (OBS) Project Manager, collates local service provision for the Oldham community with a focus on improved emotional health and mental wellbeing.

ABL and Oldham Council are delighted to announce that we have invested in a multi-user licence for Solihull Approach online courses, this is for all parents and parents-to-be. We would greatly appreciate it if you could help spread the word about this fantastic opportunity by letting everyone in your networks know about the courses, and encourage people to take advantage of the offer. I've attached a leaflet and information sheet that helps explain the offer.

#### FREE ONLINE COURSES FOR RESIDENTS OF OLDHAM:

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child

These courses are for everyone who wants to be the best mum, dad, grandparent, carer that they can be.

The Solihull Approach aims to improve emotional health and wellbeing by supporting relationships (<a href="www.solihullapproachparenting.com">www.solihullapproachparenting.com</a>). The courses are written by CAMHS professionals with other health and education workers. They are evidence based and accredited by the DfE. Together we are aiming to change the culture around parents' self-development and improve children's wellbeing at the same time. A smoother home life is good for concentration, emotional health, learning and performance at school.

## **Key information:**

Website: www.inourplace.co.uk

Codes to access the courses for FREE: DAISY

Participants will need an Oldham postcode

The courses are available in the following languages: English, Urdu, simplified Chinese, Polish, Modern Standard Arabic and Bulgarian

There is also an audio feature to engage visually impaired members of the community, this may prove useful to people who understand spoken English but not necessarily read it.

Offer Valid until: April 2021

The course can be completed at the users leisure, once an account has been registered, the course will be accessible for as long as needed.

Any questions please contact at <u>SLever@ablhealth.co.uk</u> or Dr Rebecca Fletcher at <u>Rebecca-fletcher@oldham.gov.uk</u>

For any technical queries please contact solihull.approach@heartofengland.nhs.uk or 0121 296 4448

We hope you agree that this is a great investment for our children and families and will help parents and families in 'normal' circumstances but especially those struggling in lockdown.



#### **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.



