



# OAKLANDS INFANT SCHOOL

## OAK TREE NEWS

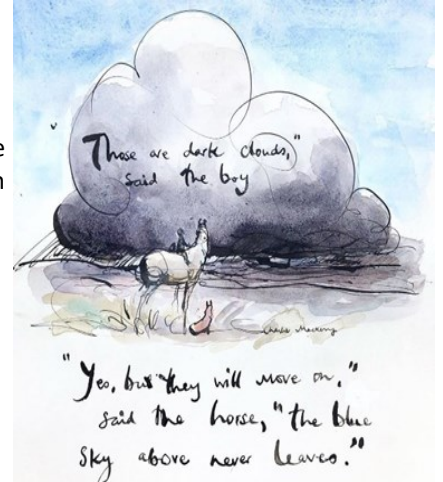
*Deep roots for future growth*



Dear Parents/Carers

As always, I hope you are all doing ok.

If I am honest, as this lockdown goes on for longer, it is hard to know what to say to keep everyone motivated. This is probably the hardest point as you've now completed a few weeks and the novelty of home schooling may be wearing off but I promise you, this will not last forever. You must remember you are parents, not teachers. You were never meant to be teaching your own children - your job is to love them, nurture them, play with them, enjoy your time together - not be teaching them maths, reading, writing, phonics etc.....but you are all doing an amazing job. Also, do not compare yourselves to others, every family has very different circumstances.



It doesn't matter if the work doesn't get done, it doesn't matter if they are watching more TV than you would like, it doesn't matter if they're going to sleep a bit later, it doesn't matter if they spend the day in their PJs. All that does matter is that you care for them and they feel safe.

Be kind to yourselves and keep in touch.  
Best wishes

*Mrs O'Neill, Head teacher*

### REMOTE LEARNING

Thank you for all your feedback and support with remote learning. We are continually trying to improve and we, like you, are learning as we go. We do recognise the challenges that you face at home for many reasons. Please do what works for your family and we will support you with this.



### ONLINE SAFETY AND BLUE LIGHT

Lockdown has inevitably brought an increase in the use of technology for everyone. Please ensure you take the time to talk about **online safety** with your children. **A handy top 10 tips can be found on page 2 of the newsletter.**

You may also have heard of **'blue light'** in relation to electronic devices and the impact it can have on sleep. Please see page 2 for help on turning on the **blue light filter** on a variety of devices.

### CONTACT US

PARENT SUPPORT ADVISOR - Nikki Lenon  
07748 415285 or email  
[nlenon@oaklands-inf.wokingham.sch.uk](mailto:nlenon@oaklands-inf.wokingham.sch.uk)

### SCHOOL CONTACT DETAILS

Oaklands Infant School Office: 01344 774644 or email  
[admin@oaklands-inf.wokingham.sch.uk](mailto:admin@oaklands-inf.wokingham.sch.uk)

### DIRECT CLASS EMAIL ADDRESSES

[chestnut@oaklands-inf.wokingham.sch.uk](mailto:chestnut@oaklands-inf.wokingham.sch.uk)  
[silverbirch@oaklands-inf.wokingham.sch.uk](mailto:silverbirch@oaklands-inf.wokingham.sch.uk)  
[beech@oaklands-inf.wokingham.sch.uk](mailto:beech@oaklands-inf.wokingham.sch.uk)  
[elm@oaklands-inf.wokingham.sch.uk](mailto:elm@oaklands-inf.wokingham.sch.uk)

### GOVERNING BODY

The governing body is a committee that is in place to steer the school's strategic direction and to make sure that the school remains accountable. If you have a concern about your child, normally it is best to speak to their teacher or Mrs O'Neill first as they know them well and will probably be able to deal with it quickly. However, do get in touch if you feel this isn't working or you have other things you wish to discuss - we are happy to hear from you! Thank you. Chris Rossiter (Chair of Governors)

[governors@oaklands-inf.wokingham.sch.uk](mailto:governors@oaklands-inf.wokingham.sch.uk)

Or via the school office

## ONLINE SAFETY—TOP 10 TIPS TO SHARE WITH CHILDREN

\*Taken from [safekids.com/kids-rules-for-online-safety/](https://safekids.com/kids-rules-for-online-safety/)

1. I will not give out personal information such as my address, telephone number, parents' work address/telephone number without my parents' permission.
2. I will tell my parents right away if I come across something that makes me feel uncomfortable.
3. I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents agree to the meeting, I will be sure that it is in a public place and bring a parent along.
4. I will talk with my parents about posting pictures of myself or others online and not post any pictures that my parents consider to be inappropriate.
5. I will not respond to any messages that are mean or in anyway make me feel uncomfortable. It is not my fault if I get a message like that. If I do, I will tell my parents right away.
6. I will talk with my parents so that we can set up rules for going online and using a mobile phone. We will decide upon the time of day that I can be online, the length of time I can be online and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.
7. I will not give out my passwords to anyone (even my best friends) other than my parents.
8. I will check with my parents before downloading or installing software or doing anything that could possibly hurt our computer or mobile device or jeopardize my family's privacy.
9. I will be a good online citizen and not do anything that hurts other people or is against the law.
10. I will help my parents understand how to have fun and learn things online and teach them things about the internet, computers and other technology.

## ADJUSTING THE BLUE LIGHT FILTER ON ELECTRONIC DEVICES

The **Blue light** filter decreases the amount of **blue light** displayed on the screen of the device. **Blue light** can suppress the production of melatonin (sleep-inducing hormone), so filtering it out can help you sleep **better**. It will also reduce digital eye strain, so your eyes won't feel so tired by the end of the day.

**To turn off the blue light on a Windows device** - Open the **Start Menu**, Click the **gear icon** to bring up the **Settings Menu**, Choose **System**, Select **Display**, Toggle the **Night light switch to ON**. Click **Night light** settings to adjust the level of **blue** displayed, or determine the time for **Night Light** to activate automatically.

**To turn off the blue light on a Mac** - Click on the **Apple icon** in the top-left corner of the screen. Select **System preferences**, Click **Displays**, Toggle over to the **Night Shift** section. Check the box next to **turn on until tomorrow** to turn it on; or you can **set up a schedule** by clicking into the dropdown next to **schedule**.

**To turn off the blue light on an iPhone or iPad** - Go to **Settings, Displays & Brightness**. At the **Display & Brightness** screen, **tap the Night Shift setting**. This feature alters the screen temperature of your device to a warmer colour, thereby filtering out the **blue light**.



## SOLO



This half term our character focus was Solo

### Solo would say:

Use your own ideas to be creative. Encourage others. Be independent. Be brave and try it on your own.

Be your own person.

The school characters Solo and Holly are useful learning behaviours for Home Learning right now. Remind your child to 'have a go' like Holly or 'be brave and try it on your own' like Solo.

Whilst at home encourage your child to be like Solo, such as...

Tie up shoe laces, zip up their coats, tidy their bedroom, complete a puzzle or look through a picture book.

If you haven't already then listen to Mrs. O'Neill read the story Marvelous Me:

<https://youtu.be/Fg4W8KFKakI>

## MENTAL HEALTH WEEK



Children's Mental Health Week is taking place this week 1-7 February 2021. This year's theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. Download top tips, draw your feelings and play the squiggle game. As parents and carers, you play an important role in your child's mental health. Check out our free resources at <https://www.childrensmentalhealthweek.org.uk/> and watch HRH The Duchess of Cambridge's video message.

## DOMESTIC ABUSE

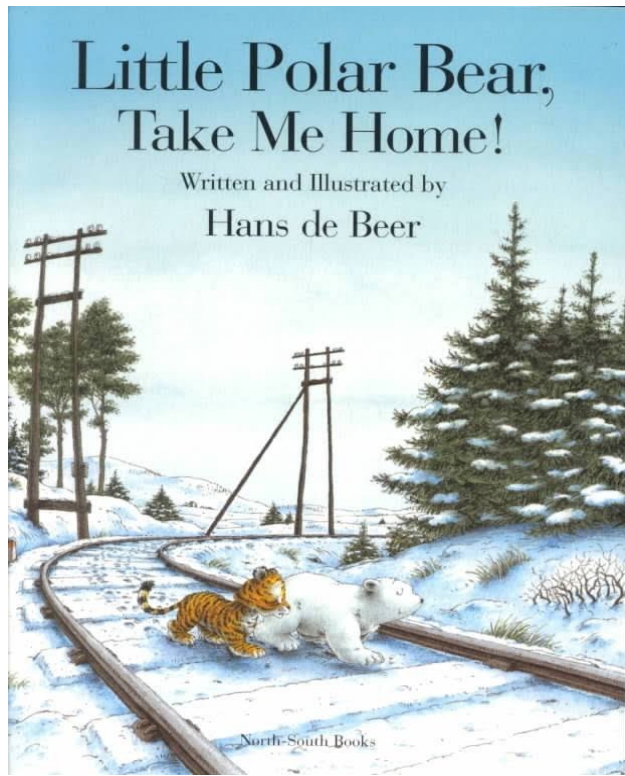
In these difficult times we know that rates of domestic abuse are higher than usual. This is due to many reasons including family spending increased time together and the anxiety that the pandemic brings, as well as job and financial worries. If you feel like you are being abused - mentally, physically, financially, in any way, please don't suffer alone. There are people who can listen, understand and help when the time is ready.

In our area **Berkshire Women's Aid** is the first port of call. BWA helpline is **0118 950 4003** or email [helpdesk@bwaid.org.uk](mailto:helpdesk@bwaid.org.uk)

The website is [berkshirewomensaid.org.uk/](http://berkshirewomensaid.org.uk/)

You can also call the FSA (Family Service Association), Sally-Anne, for advice and for a listening ear, on 01344 483920, option 3. Sally-Anne previously worked for BWA.





### Book Review from Foundation Stage

This term our topic has been all about Snow and Ice. We introduced it by reading the story *Little Polar Bear* by Hans de Beer. *Little Polar Bear, Take Me Home* is another story about Lars the polar bear cub who loves to have an adventure. This time he meets a lost tiger cub called Sasha. Sasha also wanted to have an adventure and see the ocean. Together they made the journey back to Sasha's home. On the way they met lots of animals who helped them on their journey. It is a lovely story! Alex and Aiyla loved the bit when "Lars and Sasha rode on the camel's back". "I loved it when Sasha got home" said Amelia. "I liked it when they had to cross the river on the tree" said Jack. We all loved the end where the animals looked out at the ocean "There's really nothing finer." Lars murmured to himself. We then imagined ourselves at the beach, looking out to sea!

**Ash and Willow**

### BIRTHDAYS

We would like to wish a very happy Birthday to:



Hamish in Elm  
 Jon Leonel in Elm  
 Thomas H in Chestnut  
 Lara in Silver Birch  
 Jack P in Elm  
 Mia in Ash  
 Polly in Elm  
 Arthur G in Chestnut

Please let us know if you have a **POSITIVE** COVID-19 case in your family.

[admin@oaklands-inf.wokingham.sch.uk](mailto:admin@oaklands-inf.wokingham.sch.uk)

If you have any feedback about our newsletter please email

[admin@oaklands-inf.wokingham.sch.uk](mailto:admin@oaklands-inf.wokingham.sch.uk)

### Term Dates 2021

Half term: 15 - 19 February 2021

End of term: 31 March 2021 (1:30pm)

Inset Day: 1 April 2021

Summer term starts: 19 April 2021

Bank holiday: 3 May 2021

Half term: 31 May - 4 June 2021

End of term: 20 July 2021 (1:30pm)

Inset Day: 21 July 2021



### Term Dates 2021/2022

Inset Day: 1 September 2021

Start of Term: 2 September 2021

Inset Day: 22 October 2021

Half Term: 25 – 29 October 2021

End of term: 17 December 2021 (1:30pm)