

Parent Bulletin

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Issue: 121

Children's Mental Health Week

Next week is Children's Mental Health Week and it is a week where we are raising awareness of the importance of good mental health, particularly in our children.

The theme this year is 'Express Yourself'.

At the end of this bulletin, you will find some important information and tips to help support your child's mental health and wellbeing now and in the days and weeks to come. We will be uploading different activities onto your child's class Teams page each day to go alongside their off-screen tasks and we would very much appreciate it if you could spend some time doing these with them. By doing these, we want to help our children continue to be resilient, but also to be happy with expressing themselves and talking about things that may be a worry or a concern to them. As always, please do send in pictures or videos of your child doing some of these activities so that we can upload them onto our Twitter page.



Pupil Engagement in Week 4 of Lockdown

We are very pleased that pupil engagement continued to increase in Week 4 of lockdown. We wish to thank parents and teachers for helping to ensure that pupils continue to learn during these challenging times.

Here is a summary of this week's pupil engagement figures during lockdown:

Week 4	All Pupils	All Pupils %
Total Pupils	620	
Fully Engaged	531	85.6%
Partially Engaged	75	12.1%
Not Engaged	14	2.3%

The table below shows the pupil engagement figures from each year group.

Week 4	YR	Y1	Y2	Y3	Y4	Y5	Y6
Fully Engaged	85.6%	78.7%	84.3%	88.9%	88.8%	85.6%	88.0%
Partially Engaged	12.2%	18.0%	9.0%	10.0%	10.1%	14.4%	12.3%
Not Engaged	2.2%	3.4%	6.7%	1.1%	1.1%	0.0%	1.2%

As we are aiming for full engagement from all pupils, the parents of the **14 pupils (2%)** who are not engaged will be contacted by the Principal to ensure that we get these pupils fully engaged as soon as possible. We wish to ensure that no child is left behind during this national lockdown.

Laptops

We continue to provide more laptops (on loan) to parents each day. We aim to get the remaining laptops out to families by the end of this week. We will contact you when your laptop is ready for collection. Thank you for your patience.

Message from Principal (Mr. Mirza)

Assalamu alaikum (peace be with you)

We have completed four weeks of remote learning this half term. Parents, you have been amazing! Masha'Allah! ☺ The Prime Minister announced on Wednesday that schools will not open more widely until *Mon 8th March* at the earliest, subject to a review of the public health evidence. This follows the Education Secretary's announcement last week that schools will be given a "clear two weeks' notice period" before their full re-opening. We will continue to update you on any future announcements about full school re-opening. Please note that school will not be open to any pupils over the half term holidays.

Thank you to those who took part in STAR Academies collective Qur'an recitation / readings and du'a (supplication) on Friday. The du'as (supplications) were for all people around the world affected by the Covid-19 pandemic.

On **Thurs 11th February**, will have a collective fast, further collective reading / recitation of the Qur'an and a sadaqah (charity) collection. More details in next week's bulletin.

Next week, please can we all focus our attention even more on promoting our child's mental health and well-being.

Thank you for your ongoing cooperation and support. May Allah grant us all patience, protection and safety. Ameen.

Revised Remote Learning Timetables

We have made some small changes to the remote learning timetables for both pupils at home and at school. The changes have been made following feedback and the need to ensure that no learning time is lost.

Timetable for pupils at **home**: <https://bit.ly/3pE9AJq>

Timetable for pupils at **school**: <https://bit.ly/2NMvKuZ>

Online Learning Code of Conduct

We value your support in ensuring that your child learns safely and helps to keep others safe whilst online. Parents and pupils are expected to uphold the principles outlined in the following two online learning codes of conduct:

Code of conduct for **Parents**: <https://bit.ly/3rbee1Q>

Code of conduct for **Pupils**: <https://bit.ly/3r4PsR6>

Author & Book of the Week

Your child can read or listen to ***The Girl***

Who Stole an Elephant by Nizrana

Farook completely FREE, watch an

exclusive video about Nizrana's new

book, ***The Boy Who Met a Whale***,

discover her top three children's books

and read an interview all about reading.

Click here to read: <http://bit.ly/3j1slnR>

Free eBook Library (Oxford Owl): <http://bit.ly/3qMx4MD>

Find your local library: <http://bit.ly/2Yc9gFT>



EXPRESS YOURSELF

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 is Children's Mental Health Week. The week is run by children's mental health charity Place2Be to focus on the importance of children and young people's mental health. This year's theme is **EXPRESS YOURSELF**.

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. 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.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.



WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

Educational Psychology Parent Advice Service

In light of the ongoing Covid-19 pandemic we wanted to draw parents' attention to the **free advice service** run by the Educational Psychology Service.

The Parent Advice Service is run independently of the Educational Psychology Service work in schools and is open to:

- All children and families living in Hackney including those children not yet in school
- Children who are out of school
- Children who live in Hackney and attend school in other boroughs

This is an opportunity for parents and carers to have a discussion about concerns that they may have about their children or young person.

If you would like **support and advice**, we are offering an opportunity for you to talk about your child/children with an educational psychologist for up to 30 minutes on our phone line.

We can help by talking through your concerns about your child, their development, any special educational needs that you may be aware of or any concerns you may have about their home or school experience.

We can give you advice about:

- **Behaviour at home or school**
- **Learning at home or school**
- **Your child's special educational needs**
- **Anxiety, wellbeing and mental health**

Schools and other services can make contact to discuss how we can work with them during the crisis.

**Please contact the EPS Parent Advice Service
on: 020 8820 7519**

**Wednesday afternoons 1pm - 3pm during
term time**

If we are unable to answer your call please leave a message and your number and we will call you back.

