Parent Bulletin

Nurturing today's young people, inspiring tomorrow's leaders





Sunday 6th February 2022

5 Rajab 1443 AH

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Issue: 165

MENTAL HEALTH

7 - 13 FEBRUARY 2022

Hadith of the Week

The Prophet Muhammad said:

"The strong man is not one who is good at wrestling, but the strong man is one who controls himself in a fit of rage." (Bukhari & Muslim)

Pupils will be taught:

- Being strong doesn't mean you are good at fighting but rather you are able to control your anger.
- Anger is corrosive to those who harbour and yield to it as well as those who receive it, and the only solution is to control one's anger which requires strength of mind, heart and body.
- Self-control is a form of patience.

Faith & Character Education (FCE) homework from last week:

■ CLICK HERE or KS1 & KS2 homework

Safer Internet Day

All pupils will take part in Safer Internet Day 2022 on **Tuesday 8**th **February** with the theme 'All fun and games? Exploring respect and relationships online'.



From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. *Safer Internet Day 2022* celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends/family. On this day, all pupils will take part in a special assembly, themed activities, quizzes and a competition to help them develop their understanding of being safe whilst online.

Click on the links below to access helpful resources for specially made for parents/carers:

- Learn more about Safer Internet Day
- <u>Conversation Starters</u> Use these questions to help start discussions about how we can all use the internet safely, respectfully, responsibly, and positively when gaming and spending time online.
- Family Activities Work through these activities with your child to help start conversations about life online and make sense of the digital world together.
- Family Online Safety Plan
- Organisations and Resources this document provides parents and carers with useful sources of advice and information about online safety.

Parent Coffee Mornings (Online)

Here are the details for this week's parent coffee morning:

- Date: Thursday 10th February. Time: 8:45am 9:30am
- For Year 2 parents.
- Hosted by Assistant Principal (Ms. Choksy).
- CLICK HERE to join the coffee morning.
- Zoom Meeting ID: 872 7063 7736 Passcode: L767QJ

Message from Principal (Mr. Mirza)

Assalamu alaikum (peace be with you).

I hope you had a good week and restful weekend.

Thank you to *Year 3* parents who joined the online coffee mornings this week. I hope you found it useful.

We will sadly be saying farewell to *Mr. Ahmad Sayed* (teacher of Y4 Barakah class) who will be leaving Olive School at the end of this week. Mr. Sayed has been at the school for 5 years and has contributed enormously. Staff, parents and pupils will be very sad to see him leave. Please join me in thanking him for his wonderful contributions to the school. His legacy will continue in the hearts and minds of the children and the whole school community. We wish Mr. Sayed all the very best in his new role and for the future.

It is the final week of half term before we have a one week holidays (returning to school on *Monday 21*st *February 2022*). There will be lots of activities related to safeguarding and keeping children safe and well this week. Please encourage your children to take part. Have a fantastic week.

Children's Mental Health Week

Children's Mental Health Week is taking place on **7-13** *February 2022*. This year's theme is *Growing Together*.

We will be encouraging all pupils to consider how they have grown, and how they can help others to grow. Here are some activities for that pupils to get involved in this week:

- Reading a story or poem about growing.
- Growing a plant (e.g. Cress seeds activity).
- Making a growing together wall.
- Making a Wellbeing well.
- Making Support Balloons.
- Daily Journaling.
- Use of Worry Boxes in class.
- Reciting of Qur'an / adhkar / du'a.
- Listening to nasheeds.
- Dressing up in traditional clothes on Friday 11th February for non-school uniform day.

A list of top tips to help your child have been included on page 3 and 4 of this bulletin.

Non School Uniform Day (Surviving Winter Appeal)

This winter, families all over the world will be facing the cold season without the shelter of a proper home, the protection of warm clothes and blankets, or the sustenance of nutritious food. As if the daily struggle to survive war, poverty and the ongoing coronavirus pandemic is not enough, they now face the onslaught of winter.

Please encourage your pupils to dress up in traditional clothes on *Friday 11th February 2022* and to bring in £1/£2 for charity. Whether it's refugees in flimsy tents, victims of war in bombed-out houses or rough sleepers on our own streets, your donations will help them survive the winter.

Pupil Attendance

Last week's attendance was **95.2%**. which is slightly higher than the previous week. We are pleased to see a significant improvement in Year 1's attendance who achieved the attendance target for all year groups **(97%)**.

Year Group	% Present
Reception	95.5%
Year 1	97%
Year 2	93.8%
Year 3	94.3%
Year 4	96.4%
Year 5	95%
Year 6	93.9%
Overall	95.2%

Day	% Present
Monday	95%
Tuesday	94.5%
Wednesday	94.7%
Thursday	96.2%
Friday	95%
Overall	95.2%

Classes with highest attendance	% Present
Bint Muhammad	98.8%
Ibn Thaabit	98.2%
Ibn Zayd	97.8%
Ibn Sa'd	99.6%
Ibn Jabal	98.1%
Ibn al-Awwaam	97.7%
lbn Umayr	97.7%

The Principal met with a number of parents this week to address poor attendance/punctuality. A number of parents will also be receiving penalty notice warning letters over the next few days. Please take attendance/punctuality seriously.

Punctuality

Punctuality is still poor for a number of pupils. Parents of pupils who are persistently late will be invited to a meeting with the Principal. Here are lates from last week:

Day	Total Lates
Monday	41
Tuesday	24
Wednesday	51
Thursday	31
Friday	31

Please ensure that your child is in school no later than **8:30am** every day.



Sports Update

- Congratulations to the Year 6 boys football team who won their match against St John & St James Primary School last Monday (5 – 1). Well done to them!
- On Monday 7th February, Year 5 will be taking part in a Benchball match v St John St James Primary School (11:15am – 3:15pm).

Year 6 Mock SATs

Year 6 pupils will be sitting mock (practice) SATs papers on the following days:

- *Monday 7th February* Reading paper
- Tuesday 8th February Maths Arithmetic & Maths Reasoning paper
- Wednesday 9th February Maths Reasoning 2 paper
- Thursday 10th February Grammar, Punctuation and Spelling paper

Please ensure that your child is fully prepared by having enough sleep, being calm, having breakfast and arriving on time to school every day before the tests.

PE Lessons

As the sports hall will be used for the Year 6 SATs mocks next week, <u>all PE lessons</u> in the mornings on the following days will take place in the Sports Hall at the *Kings Hall Leisure Centre* which is located opposite our school building.

- *Monday 7th February* Year 3 classes
- Tuesday 8th February Reception classes
- Wednesday 9thFebruary Year 2 classes
- Thursday 10th February Year 4 classes

If any parent has any concerns or does not wish for their child to have their PE lesson at the Kings Hall Leisure Centre, then please let the school office know on Monday morning.

Announcements from School Office

- All pupils to return data collection forms no later than 11th February 2022.
- The lunch payment deadline has now passed.
- Outstanding breakfast payments to be paid by 11th
 February 2022.
- Reception trip payment to be made.
- If you owe the school money, it is essential that you pay this outstanding debt as soon as possible. Please contact the school office to pay off your debt.

Reading Books Reminder

A gentle reminder to return reading books on time. Your children are thriving and really enjoying the newly bought Oxford Reading Books and RWI books. Please teach your children to responsibly return their reading books on time on their allocated day. This allows all pupils to make effective use of the reading books and teaches your children to be responsible and return amanat (trust) on time. Unfortunately, if your child fails to return the book on time and does not return the book after two reminders, you will receive a fine letter asking you to pay £10 to replace the lost title.

GROWING TOGETHER



TIPS FOR PARENTS AND CARERS

Dear parents and carers,

7 - 13 February is Children's Mental Health Week. The week is run by the charity Place2Be, and focuses on the importance of promoting good mental health and wellbeing for children and young people.

WHAT'S IT ALL ABOUT?

Human beings change and grow – we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults. But growing emotionally is also an important part of our development.

As parents or carers, you are an important role model for your child. Your child does not need you to be perfect - in fact seeing you make some mistakes can be really useful! What is important is that you are able to show them that you – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most.

WHAT CAN YOU DO?

Here are a few simple ways you can support your child's emotional growth.

1. Talk about when your child was younger

Most children enjoy hearing their parents tell stories about when they were younger. Recall stories that highlight how your child has developed and changed over the years. For example, how you enjoyed teaching them to learn to ride a bike, or swim. Or how proud you were when they took part in a school assembly – even though they were nervous.

If you are an adoptive parent, foster or kinship carer, you will still have lots of memories to share from when you first came together as a family.

2. Notice when your child has developed and grown

You may have made marks on the walls to recognise how tall your child has grown over the years, or looked at old photos together. It is important to also recognise and praise emotional growth. This could be letting them know how proud you are when they have learnt to walk away rather than fight with a sibling, or how they have learnt to ask others to play when they used to be too shy to do so.

GROWING TOGETHER



3. Encourage your child to try new things

This could be new foods, a new activity or a new experience. Praise their willingness to 'give things a go' rather than whether they were 'good' at it. This will give them confidence to continue to develop and grow.

4. Listen to your child's hopes and dreams for the future

Encourage your child to see that everything they are doing right now is a tiny step towards who they might want to become in the future. For example, your child staying away from home for a night is a step towards them being able to leave home for study or work in the future. Your child helping another child is an important step towards them becoming a counsellor, a doctor, a nurse or a teacher etc.

5. Support your child to learn from tough situations

It can be really hard when your child is not getting on with friends or having a problem with a teacher, or is disappointed with how something has worked out. Acknowledge the difficult feelings, but help your child to see that these situations help us to grow and develop so that we are better able to cope with life's ups and downs.

Activities from Place2Be's Art Room

Support Balloon – have a go at this simple art activity with your children. Aimed at primary-age children, this activity from can help children think about who supports them to grow.

bit.ly/3m2R9ib @

My Changing Shapes – try this activity designed for secondaryage children. This activity supports young people to look back at their past growth.

bit.ly/3nhiYTI €

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting the emotional wellbeing and growth of primary-age children.

parentingsmart.org.uk &

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: $place2be.org.uk/help \mathscr{O}$

COMPETITION 5705

DEADLINE FOR ALL ENTRIES: TUESDAY 22ND FEBRUARY 2022



WIN A PAIR OF COOL BINOCULARS!



HOW TO TAKE PART

Choose one of the following:

- Make a bird feeder from recycled materials
- Observational drawings of birds
- Design a poster to raise awareness of the need to protect birds