Old Hall Primary School

Weekly Newsletter 13.11.26

oldhall@keeplearningtrust.co.uk

Children In Need

The children showed their support today and looked fabulous in their spots, yellow and non-uniform. Thank you for your kind donations to 'Children in Need'. Today we have raised

£141.60

PTA Communication

Our PTA have a Facebook Page where they post important information about their events. Please give them a follow!

Old Hall PTA Facebook Page

Celebrate!

Our weekly stars and dojo winners this week are:

Class 1 – Hunter, Mikolaj & Seb

Year 2 – Jet & Mustafa

Year 3 –Freddy & Penny

Year 4 – Harry M & Coby

Year 5 – Sienna & Tom

Year 6 – Joshua & Caleb

We are so proud of you!

Class 1 – Freya & Tommy

Year 2 – Jet

Year 3 – Arthur & Dominic

Year 4 – Joshua

Year 5 – Zara

Year 6 – Timeo

ClassDojo

Parents Evening Arrangements

We will be holding our first Parents' Evening of the academic year next Wednesday 18th November. Class teachers will be based in the school hall and books will be available in the hall for appointments **2.30-3.10pm.** For appointments after school, books will be available in classrooms. Please collect your child as normal at 3.30pm and make you way to the hall for appointments 3.45pm onwards. Staff will be available once we have dismissed children and set up appropriately, thank you.

Old Hall Out of School Club will be based in our AV room on this day, please telephone 07564 422904 to collect, thank you.

Attendance

GOLD AWARD
Year 4 – 99.2%

Pre-Loved Uniform Shop

During Parents' Evening, there will be some pre-loved uniform for sale for a small price. **PLEASE BRING CHANGE!** Price list on p2 of the newsletter.

Cross Country Stars

On Thursday 12th November, 33 of our KS2 children represented Old Hall at the Bury School Games Cross Country event. The weather was very kind to us and course conditions were favourable, with no footwear lost in the mud – always a bonus!

All of our children had a great time and represented school impeccably – well done to all who participated.

Remembrance

Special thanks to our Year 2 class for their beautiful Remembrance class assembly. It is always an honour to be the class who lead on our Remembrance celebrations, and the children rose to the challenge beautifully. It was also wonderful to see lots of support from parents, grandparents and carers.



Anti-Bullying Week

Next week, we will be shining a spotlight on **Anti-Bullying Week** in school. Although this week gives us a special opportunity to focus on the importance of kindness, respect, inclusion and standing up to bullying, these are messages that we promote and explore with our children throughout the year in our lessons, PSHE sessions and assemblies. Tackling bullying and ensuring everyone feels safe, happy and valued is something we talk about all of the time, not just for one week.

To help us launch the week, we are inviting all children to come to school wearing **odd socks on Monday**, alongside their usual school uniform, to celebrate our differences and remind us that it is good to be unique!



Diary Dates

AUTUMN 2

Mon 16th Nov – Odd socks for anti-bullying week
Wed 18th Nov – Parents Evening
Fri 20th Nov – Non-uniform – Chocolate Donations
Fri 27th Nov – Non-uniform – Bottles
Fri 4th Dec – Non-uniform – Gifts
Sat 5th Dec – Christmas Fair (PTA)
Thurs 10th Dec – Class 1 & Y2 Christmas Production (am & pm)
Wed 16th Dec – Christmas Panto at Old Hall
Thurs 17th Dec – Christmas Jumper Day
Fri 18th Dec – Finish for Christmas, **2.30pm**

Old Hall Pre-loved Uniform Shop

Price List

Jumpers/Cardigans - £3 badged

Jumpers/Cardigans - £2 non- badged

Grey items - £2

Summer dresses - £2 *donations needed

Old Hall fleeces - £3 *donations needed

PE t-shirt - £2 *donations needed

Shorts - £2 *donations needed

Joggers - £3 *donations needed



100% of the proceeds raised goes directly back to school fund to support school projects.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.

#WakeUpWednesday®

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