



OJS WEEKLY UPDATE

21st January 2022

Message from Mrs Sheridan and Mrs Elwill

We hope you have all had a good week.

We currently have a number of children absent due to positive Covid tests so we would like to send them our best wishes. We miss the children and hope to see them back in school soon. If children feel well enough to complete set work, it is available on Seesaw.

It has been great to see some children return to school after being in isolation. We are really pleased they are back in school. You will have read or heard the latest Covid guidelines from the government, although we have to keep checking the latest email, it does seem that number of cases on Wirral are reducing and we will return to Plan A on January 27th.

Our excellence award for self-awareness this week was for adaptability. Something we have all had to do over the past nearly two years as we battled through. The adaptability shown by children this week alone made it extremely challenging for staff to pick.

Tilly continues to keep us feeling happy, hearing readers, spending time with Star Readers, as well as catching up on some well-earned time on her blanket. She has also enjoyed spending time with Miss Mates who has been updating staff on phonic training in action. This has been really helpful as many children in Year 3 are working on improving decoding.

History Week

History has been high on the curriculum agenda this week. Historians in Larch Class had unearthed historical facts based on archaeological finds. Mr Glover asked them about dice found in Skara Brae, to which a pupil answered 'that if they felt bored on a winter's night they liked to play dice to pass the time'.

Children also remembered that evidence pointed to the fact that the people who once lived on Skara Brae must have been peaceful. No swords had been discovered, bows and arrows had been used for hunting. In Beech Class historians told me the about events that took place in the Olympics and how some of the events acted as training for war.

High Impact arrived with headsets on Monday morning...

'We had so much fun on Monday using headphones to listen and act out a story in the perspective of a child being evacuated during The Blitz. Through our individual headsets, we were talked through a story and we were the child being evacuated. It was so exciting! My favourite part was when we silently acted out a party to celebrate the end of the war after the announcement. We learnt so much about what children went through during the war!' -Harry from Lime (Year 6).



Well Being Award

In school we are working towards achieving a Well Being award.



The aim of the award is to develop the long-term culture of the whole school to ensure that mental health and wellbeing sit at the heart of our school community. Once every half term our newsletter will contain a wellbeing update and some useful information for parents and carers.

This half term I would like to tell you about the Check-In Boards that we use in school. This is an initiative introduced by Mrs McGettrick and Miss Mercer. We introduced this after the second lockdown as we knew that returning to school after a long time at home, could cause some children to feel anxious or worried.

The boards help teachers to identify how children feel at various points in the day in a non-threatening way.

Each morning the children put their names on the board in a colour zone that matches their feelings. If a child has indicated that they feel sad or upset, an adult in the classroom can check-in with them quietly. The children can move their names at different times in the day if their mood changes.



The check-in boards are a part of our daily well-being diet.

The OJS daily 'wellbeing' diet

✓ 'Meet & Greet' outside. Sometimes with Tilly.

Classroom 'Meet & Greet' inside/ at the door.

✓ Mental Health Check in board. Teacher Mailbox.

Space Time 9.02 – 9.05 am. Focused breathing activity

After break - Mindful activity with breath (3 mins)

After lunch – Mindful activity with breath (3 mins)

In school we also recognise and value our parents and carers. The support you give your children at home is so vital in allowing them to come to school ready to learn. As parents ourselves, we also understand the challenges you may face. Here is a link to a website which gives self-care tips for parents and carers.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>

Remember in school we are also here to help you. Please speak to Mrs Elwill or the school office if there is anything that is worrying you.

Speakfest

A group of Year 6 pupils took part in 'Speakfest'.

We are proud to announce that Overchurch Junior School won 2nd place in the prestigious poetry competition.

The children received a medal for their incredible performance.

RESPECT by Lacey may

These are our values,

We follow them well.

They are important to us,

So please let me tell.

We all have resilience,

We always keep going.

It's something we expect everyone to be
showing.

We always show empathy

not just to our friends,

and make sure we support them

right 'til the end.

We understand ourselves,

We are all self-aware.

We understand others,

And show them we care.

Positivity is our thing,

We look on the bright side!

Keeping our heads high

and our smiles nice and wide.

Our work shows excellence,

We try hard in what we do.

We never hold back,

Oh yes, it's too true!

We listen to each other,

That's on regulation.

We don't shout, we talk,

Because that's communication.

We help each other,

And make our dreams work.

Because we are experts

in super great teamwork.

That's the respect rainbow,

didn't you see?

It helps out everyone,

not just you and me!

These are our values,

can't you just tell?

You know them now,

So please follow them well!

Overchurch Overchurch,

that's our school.

Respect, Believe, Achieve is our number one
rule!



This Week's Class Attendance Figures

Apple	96.2%	Cherry	95.8%
Ash	94.9%	Pine	93.2%
Larch	94.2%	Silver Birch	91.6%
Beech	94.1%	Lime	93.9%
Hawthorn	94.1%	Rowan	92.7%
Willow	94.6%	Sycamore	93.1%

As a school we must achieve at least 96% attendance.

Congratulations to Apple class for winning this week's class attendance and the overall school attendance with 96.2%! Larch class will receive extra MUGA time and 5 respect points for each class member.

This week's winner of lower school attendance is Apple class with 96.2%. This class will receive 3 respect points for each class member.

This week's winner of upper school is Cherry class with 95.8%. This class will receive 3 respect points for each class member

Weekly Subject Focus

Each week we focus on a different subject which includes taking part in projects and conducting experiments. This helps to give the children a more in-depth knowledge of the subject as well as a greater interest. For your information, please see below the schedule of our weekly subject focus for this half term.

Week Commencing 24 th January 2022	Years 3 and 4 – Computing Week Year 5 and 6 – Geography Week
Week Commencing 31 st January 2022	Years 3 and 4 – Geography Week Year 5 and 5 – Computing Week
Week Commencing 7 th February 2022	Mental Health Week
Week Commencing 14 th February 2022	Art Week
HALF TERM	



Star Readers

This week's Star Readers are:

Apple -	<i>Finley G</i>	Cherry -	<i>Darcy B</i>
Ash -	<i>Sophie H</i>	Pine -	<i>Joel H</i>
Larch -	<i>Lucas K</i>	Silver Birch -	<i>Emily S</i>
Beech -	<i>Harry J</i>	Lime -	<i>Harley J</i>
Hawthorn -	<i>Jessica P</i>	Rowan -	<i>Sam G</i>
Willow -	<i>Toby R</i>	Sycamore -	<i>Alissa-Jade L</i>

Congratulations to all our Star Readers this week.

Keep up the great work everybody.



Excellence Award Winners

Apple -	<i>Finley G</i>	Cherry -	<i>Isabella S</i>
Ash -	<i>Everlyn M</i>	Pine -	<i>Lillie S</i>
Larch -	<i>Honor H</i>	Silver Birch -	<i>Olivia J</i>
Beech -	<i>Harry K</i>	Lime -	<i>Leo D</i>
Hawthorn -	<i>Charlie G</i>	Rowan -	<i>Riley G</i>
Willow -	<i>Matilda L</i>	Sycamore -	<i>Amelia E</i>

Well Done to All!!



IT'S BACK! The Food Pantry

EVERYONE IS WELCOME

We are expecting a new delivery of food next week and we will be opening our Food Pantry once again.

Opening times will be:

Friday 28th Jan 3.00pm - 4.00pm
Monday 31st Jan 8.30am - 9.30am

There will be a wide range of dried and tinned goods available for anyone who would like to come in and fill up a bag. You can fill a bag for yourself, a family member or a neighbour.

We will also be serving tea and coffee at these times.



As well as the Food Pantry, there will also be a School Uniform Exchange. We know that due to lockdowns, families have good quality, hardly worn uniforms that children have outgrown. So, we thought we could start swap scheme to help recycle uniforms. If you do not have any uniform to swap, don't worry you are more than welcome to come along and pick up some items.

So, come along with your uniforms to swap and bags to fill!

Let's do this! **Let's reduce, recycle and reuse.**



Kooth and Qwell – Mental Health and Wellbeing Service

You may be aware of these services already, but if not - Kooth is a mental health and wellbeing platform that offers online counselling support. They have been commissioned in your area to provide a **safe** and **anonymous** mental health and wellbeing service.

There are no costs, no waiting lists, no referrals and no criteria required to access the service, which is accredited by the *British Association for Counselling and Psychotherapy (BACP)* and delivered by *Kooth plc*, the UK's largest digital mental health provider.

Kooth is available for anyone between the ages of 11 and 25.

I would also like to introduce Qwell, an adult service for anyone aged 26 and above. Qwell has newly been commissioned in your area and can be accessed by parents/carers and teachers to access mental health support.



To Parents and Carers,

We are really excited to announce that Kooth plc now provides support for both children, young people AND adults across Wirral. Kooth is now available for children and young people aged 11-25 and Qwell is available for anyone aged 26+.

Kooth and Qwell have been commissioned in Wirral to provide a **safe** and **anonymous** mental health and wellbeing service. There are no costs, no waiting lists, no referrals and no criteria required to access the service, which is accredited by the *British Association for Counselling and Psychotherapy (BACP)* and delivered by *Kooth plc*, the UK's largest digital mental health provider.

The service encourages peer to peer support via moderated discussion forums and self-help through engaging with our online magazine and activities. Our services also provide the opportunity to access online text-based counselling and support from qualified counsellors and emotional wellbeing practitioners who are available from **12 noon to 10pm on a weekday** and from **6pm to 10pm on a Saturday and Sunday**.

You can access Kooth via [Kooth.com](https://www.kooth.com) and you can access Qwell via [Qwell.io](https://www.qwell.io).

If you have any questions, please feel free to get in touch at parents@kooth.com or take a look at our overview video on [Kooth.com](https://www.kooth.com).

Kind regards

Holly Cook

(Qwell Engagement Lead - North West)

Manchester

Citibase, 2nd Floor

The Junction, Merchants Quay

Salford M50 3SG

London

The Epworth

25 City Road

London EC1Y 1AA



News



Tuesday 1st February –
Chinese New Year Themed Lunch

Year of the Tiger

Menu

Vegetable or Chicken Noodles with a variety of sauces
Or
Sweet & Sour Chicken or Quorn

Prawn Crackers
Vegetable Spring Rolls
Rice

Muffins



Healthy Eating Week – Week Commencing 7th February

The Oak Tree Diner will be serving various healthy options each day this week. Look out for the menu in next week's newsletter!

Nasal Flu Vaccination Catch Up Clinics



The School Age Immunisation service will no longer be visiting the school this month for a Flu catch up session. This is due to low numbers of pupils in the school who are consented and still requiring a vaccine.

They will be holding clinics on the dates below for parents still wanting their child to receive the vaccine. These clinics are open to ALL children including those who have not yet completed the e-consent form.

25/01/2022 15:30-19:00

St Catherine Health Centre

Parents/carers can contact the team to book an appointment on 0151 514 2510