



Oak Hill First School

Wirehill Drive, Lodge Park, Redditch

Mental Health Week 2025

This year's theme was 'Grow yourself, Know yourself'. Last week the Well-Being ambassadors started the week with an assembly which discussed the different emotions we might come across in our learning this week which were inspired by the movie Inside Out 2! Classes then had short activities each day including some cross year group work making trees- thinking about what roots us like families, friends, health, sports and they thought about what sort of person these help us to become- kind, thoughtful, friendly, successful. We ended the week with our 'It's Good to Be Me' day where staff and children dressed up and they all looked amazing! The week ended with an assembly in the hall sharing our trees.



Why is mental health and wellbeing important in our school?

Good mental health and wellbeing is essential for our children. At Oak Hill there are a number of ways that we are supporting our children's mental health and wellbeing. We want our children to learn in a safe and supportive place where they feel comfortable talking about their mental health and how to support wellbeing.

We promote positive thinking and resilience by teaching strategies for positive mental health and wellbeing include the ability to ask for help as well as accept support from others.

One way that we do this is through our Well being ambassadors who are working hard to develop their role in school.

Our Ambassadors have the responsibility of promoting wellbeing throughout the school. They are currently:

- Promoting positive mental health ;
- Helping to support other pupils with wellbeing issues they maybe experiencing;
- Supporting and organising specific events & celebrating mental health awareness days;
- Leading a range of activities within the school that promote health & wellbeing e.g. assemblies, circle times etc;
- Having regular contact with a designated member of staff responsible for overseeing their well-being.



Attendance Matters Classes with a green box attendance are matched to the current national averages.



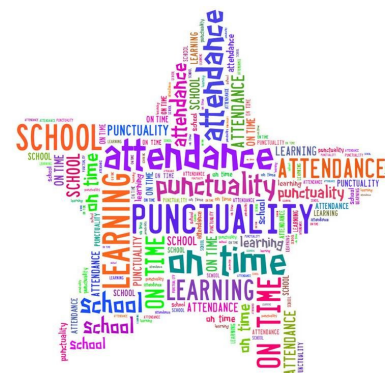
Every Day Counts....

Classes in orange are very close to attaining the current national average. Classes in red are potentially a cause for concern and further analysis will take place. Mrs Aldridge (Office) is our Attendance Officer for Oak Hill and liaises with parents, teachers and senior leaders when dealing with all attendance matters.

	Recent % attendance	Average attendance since Sept	Recent No. of lates	Total of lates since Sept
RB	95.59%	94.63%	7	27
RM	88.21%	91.76%	8	49
RS	95.84%	94.11%	28	92
1A	93.37%	93.31%	28	95
1F	96.39%	94.97%	2	31
1R	95.29%	95.49%	8	42
2C	97.14%	96.08%	14	32
2L	92.14%	91.99%	26	73
2M	94.90%	94.09%	26	42
3B	96.62%	94.41%	15	81
3E	89.88%	91.09%	19	69
3H	96.08%	94.32%	13	38
4C	94.02%	95.38%	11	34
4R	97.20%	94.33%	14	65
4T	95.80%	96.30%	17	46

We have recently noticed an increase in the number of pupils who are arriving late to school. A reminder that school AND learning starts at 8.35am and the classroom doors will close when the second bell goes at 8.40am. Please ensure that you arrive on site before this time ready for when the doors open and the first bell goes. Being late can have many negative consequences on our children:

- It gets the day off to a bad start;
- Increases stress and upset for the child;
- Can lead to the child feeling embarrassed and singled out;
- Affects the child’s overall confidence;
- Disrupts the learning of other class members;
- Creates bad habits which could lead to poor attendance;
- Confusion for your child as work or activities might have been started



Being frequently late for school adds up to lost learning:

- Arriving 5 minutes late every day adds up to over 3 days lost each year.
- Arriving 15 minutes late every day is the same as being absent for 2 weeks a year.
- Arriving 30 minutes late every day is the same as being absent for 19 days a year.

So remember ... **DON'T BE LATE THROUGH THE GATES!**

Pupil Voice

Gathering pupil voice is an important part of how we evaluate the effectiveness of our processes and opportunities in school. It helps our children feel valued and heard, boosts their confidence and engagement and helps us to create a positive school environment. This term, pupils across Year 1—4 have been asked about attendance, their views on attendance and why good attendance is important.

“Because we need to learn”

“So you can learn and build on things that you struggle with”

“Do new learning”

“To make new friends”

“Its fun. Its helps us to get an education”

Why is it important to come to school?

“To build your learning”

“So you can learn and get educated”

“To help us make progress and see friends”

“Learning is good for your mind”

Children shared that when they miss school it can make learning harder and they can miss opportunities to enjoy other aspects of the curriculum like trips and visitors and personal development sessions...

You'll miss important personal development lessons and they are extremely valuable...

You miss the things that other people learn...

You find there are things you don't understand in very important lessons...

They shared with us how they feel when they aren't in school ...

It can be a bit confusing because I'm not sure what to do in the lessons...

Sometimes I get a bit nervous because I might not know how to answer something ...

You can feel a little lost ...

Over the course of this term we have been working hard to continue to establish a positive view and culture of attendance with our pupils and we have introduced a couple of new things that are helping to recognise all the improvements that many of our children have shown in their attendance since the end of last year.

- ◆ **Improved attendance certificates for classes** have been introduced in gold book, with the most improved attendance and punctuality every half term;
- ◆ Half termly **individual certificates for improved attendance and punctuality**;
- ◆ **Letters to parents to celebrate** where we have noticed significant improvements in attendance and punctuality.

Our attendance officer and attendance lead will continue to monitor attendance in school and we will continue to embed these systems into school over the following term. We look forward to seeing all the positive improvements in attendance during the remainder of the spring term.

Comic Relief Red Nose Day 21st March 2025

Red Nose Day is back! This Red Nose Day, on 21 March 2025, let's celebrate 40 years of going big, giving big, and feeling good together here at Oak Hill.

The Pupil Leaders have had a meeting with Mrs Ravenscroft and would like to support Comic Relief this year by asking our school community to 'Wear something funny for Money'. They have suggested wearing your clothes inside out or back to front. You could wear your socks in your hair or even wear your parent's clothes. The choice is up to you!

This link for donations can be found on Parent Pay. On this occasion the Pupil Leader are not setting a contribution value they are suggesting that each family donates whatever they feel is suitable and appropriate for them.



Safer Internet Day - 11th February 2025

Safer Internet Day happens every year. It is a day where people take the opportunity to think about how to be safe and responsible when online. In our whole school assembly and in classrooms this week we have been learning about:

- The benefits of the internet
- How to use the internet in different ways
- How to stay safe when using the internet



We have also been looking at the SMART rules which can help to keep us safe when on-line:

S

Keep personal information.

M

Never **meet** anyone who you meet online. Always tell a trusted adult right away.

A

Before **accepting** a friend request or clicking on a pop up advert, ask a trusted adult straight away.

R

Think about whether the information online is **reliable**. Remember not all information is true and can be trusted.

T

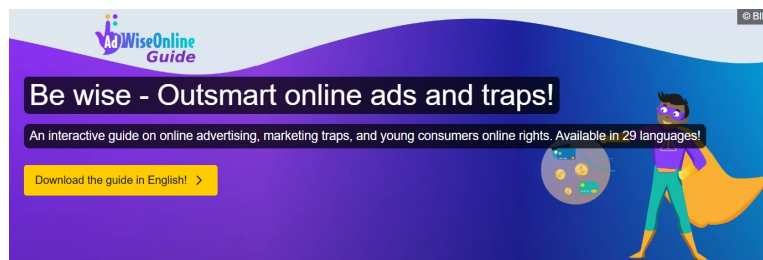
If you ever see anything that worries you and anything that makes you feel unsure, **tell** a trusted adult.

[Tips for Parents and Carers - UK Safer Internet Centre](#) is a great website to visit for further information about how to keep children 3-11 safe at home when online.

Be wise—online ads and traps

[AdWiseOnline guide: Be wise - Outsmart online ads and traps!](#)

The guide explains, in simple terms, how companies make money through online advertising and offers tips to young people on navigating marketing traps which they may come across as part of online gaming.



It also explains about choices that young people have and the choices they need to make to ensure they stay safe online.

The guide is also available in 29 languages!

Year 2 trip to the Mosque

On 7th February, our Year 2 pupils had a wonderful opportunity to explore the rich history and culture of Islam through an educational trip to the Redditch Central Mosque. The visit was part of our Religious Education curriculum, and it was an excellent way for our children to learn firsthand about the practices and traditions of the Islamic faith.



The children were warmly welcomed and guided through the mosque with a fascinating tour of the building. They learned about the architectural beauty of the mosque, the importance of prayer and the role of the mosque in the community. The children were able to see the prayer hall, learn about the five daily prayers and discovered the other rooms and what they are used for. The trip was not only an exciting adventure but also an enriching educational experience. The children returned to school with new knowledge and a deeper understanding of different cultures and religions.

Safeguarding at Oak Hill

Our DSL is Mrs Harris and she is supported by Miss Kelly, Mrs Winterbourn, Mrs Thomas and Mrs Reynolds. If you have a safeguarding concern please contact school and speak to one of the safeguarding team. If you have a concern about a child/ren outside of school then please call Worcestershire Family Front Door on 01905 822666 (Mon-Thurs, 9-5pm and Friday 9-4.30pm) or out of hours on 01905 768502. If you believe a child is in immediate risk of harm contact the police on 999.