



Mrs Jones' Newsletter

Oxenhope C of E Primary School—Newsletter from Mrs Jones—July 2019



Please can **all** clothing and shoes be named

Wednesday 4th September 19 —start for children

Can you please send weather appropriate clothing with your child as the weather in Oxenhope can change quickly.

20th July 2019—Millennium fete

Other Key dates will be given out during the first week back

Where has the time gone !

Well here we are—July, how did that happen? For those merry and bright people amongst you there are only 162 day left until Christmas at the time of writing this newsletter !

The hours, days, months and years seem to fly past and in this profession we have a constant reminder of how fast time goes by. Our children start the year looking too little for their new class and at the end looking too big!

For me, 'time' is a little pot of gold at the end of the rainbow; it moves further and further away. I never seem to have enough of it and I think if you asked any teacher if they would prefer a pay-rise or more time then the answer would be time. However I may not test that theory out!

Family life also runs like a tight ship, dashing from sports clubs to relatives, to dancing etc. and I think we owe it to ourselves sometimes to STOP.

I will advise anyone to stop

and pause, look at the world around you and relax. When I was training to be a teacher it dawned on me one day that I would be what the children remembered about what they learnt in year 4. That feeling has never left me. It is hard enough as a working parent, to always be on form and give my child the best experience. Sometimes stopping, giving them space and time to breathe is the best parenting tool we can use. This is their only chance at being children, this will be what they look back on.

Teaching children about 'stopping' in a busy world is, in my opinion as valuable as teaching many aspects of the curriculum. If we are going to help our children succeed then it is vital that they understand about self-care and down time. There is so much pressure to be 'the perfect parent' cramming experi-



ence after experience into our childrens'

lives, and these are valuable. However, so is allowing them to play on their own. Some of my favorite childhood memories were of playing out on my own, in my own world with no interferences from adults and again this has stayed with me. Give yourself permission to step back and stop. This will be benefit your mental health and teach your child about the importance of relaxation, being calm and help them decompress and process their busy little worlds.

So you have the permission of myself and the school to have some 'chill' days this holiday.

Lets teach our children to relax !



Reading

Last year over 3,600 children in Bradford, between 4 and eleven years old, participated in the Summer Reading Challenge. The Summer Reading Challenge is a national initiative, delivered by libraries in partnership with The Reading Agency, to encourage primary age children to continue to read throughout the summer holidays. To find out more [download Bradford Libraries Space Chase Summer Reading Challenge Activities Booklet \(PDF\)](#). Most of our libraries will be offering events to support the Summer Reading Challenge and with Space as the theme, you can expect some out-of-this-world free activities. Make your local library a great day out this summer.

For lots more information, online activities for children, and resources visit www.spacechase.org.uk.



Safeguarding

Please ensure that you monitor what your child is accessing when using devices. We have had a number of issues around WhatsApp and YouTube over this last half term.

IF YOU ARE WORRIED ABOUT A CHILD, ACT

You can ring Bradford Social Services Initial Contact Point:

01274 437500

