



# OPALL NEWSLETTER

 @OPA\_LL

Friday 8<sup>th</sup> May 2020

## Safe and Well

We hope you are all keeping safe and well and managing to keep busy and smiling!

## Thank a teacher!

Wednesday 20<sup>th</sup> May 2020 is National Thank a Teacher Day! We are so proud of our teachers and staff here at Ledger Lane and we would like to thank them for their continued hard work and support during this unprecedented time. If you think your teacher is truly amazing and you would like to share your gratitude, you can share a video, a song, a drawing or a message with @UKThankATeacher



## Cook with Jack!

Join in with a daily lunchtime cook-along class, teaching children how to prepare quick, tasty and affordable lunches.



#CookWithJack is shown live on YouTube every school day. The lunches are prepared using ingredients from a specially put together £15 shopping list. <https://biteback2030.com/real-story/making-your-ps15-free-school-meal-voucher-go-further-home>

Getting involved is simple - just tune in to the Bite Back 2030 YouTube channel at 12pm and get going! <https://www.youtube.com/c/biteback2030>

Have fun and enjoy eating your delicious creations!

## Home Learning Website



Please use the link: <https://phl.outwood.com/> to access your child's google classroom to access daily tasks; suggested activities you can choose to take part in and further challenges set by the Directors.

## Stay positive!

Please follow the link to a website below that has been created for young people, carers and professionals. It has a range of resources available to help support your mental health and wellbeing, should you wish to use them.

<https://www.camhs-resources.co.uk/>



In addition, NCHA Care and Support have also provided a 24-hour confidential Mental Health Helpline for support, advice, information and guidance: 0800 183 0558

## Mental Health & Well-being

Reminder: the green button is available on our website if you require external services or support.



It's normal for children and young people to feel worried or anxious at the moment. Young Minds has provided tips, advice and where to get support for your child's mental health during this time.

Follow the link for more information: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



## Questions and Queries

The school office is closed for the time being. If you have any questions or queries please contact school via the website:

<https://www.ledgerlane.outwood.com/contact>

