



# OPALL NEWSLETTER

 @OPA\_LL

Friday 3<sup>rd</sup> July 2020

## Safe and Well

We hope everyone is staying safe and keeping well while at home. Following the Secretary of State's announcement on Wednesday, we look forward to welcoming all year groups back in September. More information about this will follow.



We are sad to announce the departure of a few of our brilliant colleagues. Miss Harris will be leaving us to work at OPA Kirkhamgate. Furthermore, Mr Phillips and Mr Emmerson have secured promotions within the Trust as KS1 Phase Leader and KS2 Phase Leader. Even though we will miss their contributions to our day to day team, we will still see them occasionally. We wish them all lots of luck and success in their new ventures.

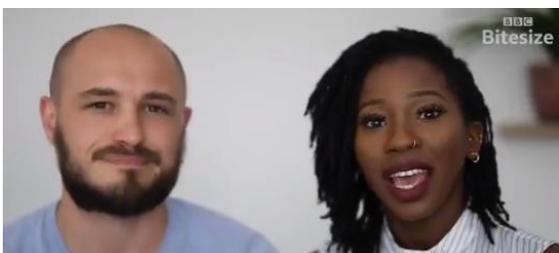
## Outwood Online Academy



Please use the link: <https://onlineacademy.outwood.com/home> to access a range of subjects and activities whilst learning at home. Keep in touch and share your efforts and achievements with us.

## "It starts from a place of love"

Want to introduce your children to the topic of racism and diversity but not sure where to begin? Family content creators, Dr Adanna and David, talk about racism, diversity and books and how as parents racial education can be incorporated. <https://twitter.com/bbcbitesize/status/1275398202385149957>



## Online Safety

Despite only launching in 2018, TikTok has enjoyed a dramatic rise to become one of the most popular social media apps on the planet. Young people, in particular, love its short-form video focus, and it is now one of Generation Z's favourite tools of expression. There's a good chance your child is either using it already or asking to be allowed on it – but what exactly is it, and are there any risks you should



be aware of? Follow the link below to access everything parents and carers need to know about TikTok.

<https://parentinfo.org/article/tiktok-what-parents-need-to-know>

## Mental Health & Well-being

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



- GIVING** Do things for others
- RELATING** Connect with people
- EXERCISING** Take care of your body
- AWARENESS** Live life mindfully
- TRYING OUT** Keep learning new things
- DIRECTION** Have goals to look forward to
- RESILIENCE** Find ways to bounce back
- EMOTIONS** Look for what's good
- ACCEPTANCE** Be comfortable with who you are
- MEANING** Be part of something bigger

Everyone's path to happiness is different. Action for Happiness has identified ten Keys to Happier Living that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".

<https://www.actionforhappiness.org/10-keys-to-happier-living>

## Questions and Queries

Although school is now open, we have a limited amount of staff available in the office at the moment. If you have any questions or queries please contact school via the website or leave a message and we will get back to you as soon as possible.

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

