



OPANG NEWSLETTER



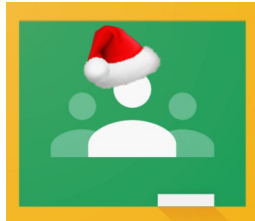
@OPA_Newstead Thursday 17th December 2020



As always, before you know it, it's the end of another term and this one has certainly been very different as we found alternative ways to celebrate Christmas.

Christmas Performances

As you are aware, unfortunately we couldn't do Christmas like we usually would this year but that hasn't stopped us from putting our performing hats on. Each class has now shared on the google classroom their own unique performance for parents and carers to watch at home. We hope you enjoy them— they have all done an amazing job!



Festive Assemblies

Though we haven't all been able to get together to celebrate Christmas this year, we have still made sure the children get into the spirit. We would like to take this opportunity to say a huge 'Thank You' to Father Paul Cartwright from St James Church in Rhyll and to the Solid Rock Group for their festive Christmas services which they held for us virtually this week.

Solid Rock Carol service

The church have organised an in-person carol service at the Solid Rock Church, Havercroft on Wednesday 23rd December at 6pm. If you are interested in attending please click on the link to book your slot.



New Mobile Phones

If your lucky enough for Santa to bring you a new mobile phone for Christmas, please let the school office know your updated number in the New Year.

Back to school!

The Academy will be back open for pupils on Monday 4th January.

Track and Trace over Christmas

A gentle reminder that if you child has a confirmed positive COVID19 test result during the Christmas Holidays, please let us know using the link below. **You only need to do this if the first symptoms were developed within 48 hours of last being in school.** The school enquiries line and e-mail **WILL NOT** be in use over this period.

[Notification of Positive Covid Test Result](#)



Mental Health & Wellbeing

Among all the fun and festivities, Christmas can be an overwhelming time. Here's some advice on things you can do to ensure you and your child still enjoy the festive period this year, but also look after your mental health.



- *Take time out-* If you feel yourself getting a bit overwhelmed, or upset, take five to ten minutes away from everyone on Christmas Day to just have a bit of time to yourself.
- *Sleep-* A good night's sleep is so important when it comes to looking after your mental health.
- *Exercise-* Physical activity releases a chemical called endorphins, which makes you feel good, so if you're feeling a bit overwhelmed or low at Christmas, why not go out for a walk?
- *Try to relax-* Try doing things like breathing exercises or meditation to help you calm down if you're feeling a bit stressed over the festive period. Just because it's Christmas, it doesn't mean caring for your mental health has to be put on hold.

Remember to click on the 'Mental Wellbeing' section on our school website for help and information.

And finally...

On behalf of all the staff at OPANG we would like to wish you all a very Merry Christmas and a peaceful New Year!