

Newsletter

Oasis
academy
Long Cross

Newsletter: 26.04.2021

What an amazing start to the new term. The sun was shining and we had a school full of fun, excitement and learning last week!

Here is some wellbeing information we have been sharing from one of our amazing LSAs Meesh. You might find some of it useful.

"If you want to fly, give up everything that weighs you down."

Buddha

Hello everyone, I hope this month is treating you all well and you're all staying safe and healthy.

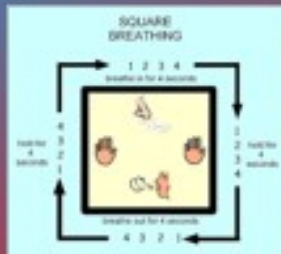
Today I'd like to talk to you about 'flip outs', 'kick offs' or meltdowns - we all call them different things when we see a child getting angry, shouting, kicking or hitting things and not listening. Often, in children, this is their way of communicating to us that something is wrong but they can't find the words to tell us, so they show us with their behaviour instead. It can be infuriating at times and results in shouting and arguments because we want to help fix what's wrong but don't know how. When a child is in an agitated state their brain works in a different way - it literally 'flips out' and stops working properly.



This can be shown in the Dan Siegel model that is shown here. It shows the brain as a hand. When a child gets angry the logical part of their brain that helps them to reason, listen and speak stops working - 'goes offline' - the amygdala feels there is a danger or threat and we see a change in their behaviour.

They need us to remain calm and help them to relax so their brain can start to work properly again, they can use their words to help us understand what is wrong and we can find a solution to the problem.

A good way to support this to happen is with a simple breathing exercise like square breathing. The diagram shows how to do this. Imagine a square; you take a breath in for 4 seconds across the top of the square, hold your breath for 4 seconds down the side of the square, breathe out for 4 seconds across the bottom of the square and hold your breath for 4 seconds up the final side of the square. You repeat this several times until the brain is back 'online' and then you can have a calm conversation about what is wrong. Give it a go!



Be kind to yourself and others xx

Term dates

Monday 3rd May 2021 - school closed for bank holiday

17th - 21st May 2021 - Long Cross week of sport

Friday 28th May 2021 - last day of term

Week of sport



We will be holding our first Long Cross week of sports this term.

During the week beginning 17th May 2021 the whole Academy will be taking part in a range of sports with professional sports coaches and will be learning about sporting legends. Due to restrictions and being unable to have parents on site, we will be doing this instead of a traditional sports day this year. Each year group will also take part in a traditional sports day session at some point in the week.

To get us ready for this we will be taking part in the Oasis Body & Soul event with Mr Motivator. If you fancy joining in you can sign up here <https://bodyandsoul.org.uk/>

Covid update

If your child is unwell please seek a Covid test and remember to keep siblings at home



until you receive the result. Please report any positive Covid test results immediately to **LCR-covid.alert@oasislongcross.org** so that we can act quickly.

- As the weather starts to get warmer we will spend more time outside. On a sunny day please put sun cream on your child before they come to school and send them with a sun hat

