

3rd December 2020

A Message From Our Leadership Team

As we come out of the national lockdown and enter into tier 3 restrictions many of us will continue to feel anxious and concerned about the near future. I want to make reference to the below poem by Emily Dickinson "Hope is the thing with feathers". Feathers appear soft and gentle to touch but are strong in flight even on the tiniest of birds. Feathers are made up of complex fibres and unity is their strength. Hope has feathers. Hope brings unity. Hope brings strength. We must continue to have hope and faith that better times are to come.

As a team of staff at OALP we are extremely proud of our students. The strength, maturity and understanding you have shown over this trying term is commendable. You have adapted to changes in how education is delivered. At school or at home many of you have overcome difficulties to access your learning. You are all amazing and we applaud your efforts.

In times of challenge, adversity and uncertainty we must remain hopeful, as it will get us through the toughest times. Take care of yourselves and each other.

Mrs Mahmood—Assistant Principal



"Hope" is the Thing with Feathers

"Hope" is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -

And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -

I've heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Student Attendance

90% attendance over five years of secondary school is equal to **half** a year of school missed. This is less time to meet friends, join clubs, go on trips and will result in less qualifications. Only take days off for **genuine** illness.

If you or someone in your home has COVID-19 symptoms, click here to view our quick absence guide:

<https://www.oasisacademylisterpark.org/community/covid-19-support-and-guidance>

If your personal details change, such as your address or telephone number, please notify the academy immediately on 01274 362050.

Preparing the environment



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#1

Create a timetable and try and stick to the times for each subject

Beorganised



#2

Set up a study area where your distractions are limited. Its ok to sit with siblings but try and focus
Setupyourspace



#3

Limit all other distractions. This includes turning the TV off and not using your mobile phones
Limitdistractions



#4

Parents – Check in with your children and glance your eye over their work. Give an encouraging smile
CheckingIn



#5

Encourage and Praise . Use positive language to raise spirits
Positivity



Safeguarding Message

How have YOU been lately?

I would like to reach out to our Oasis parent/carers. I am aware that unfortunately many of you will have recently experienced different mixed emotions during the current pandemic. As part of my wellbeing role within school, it is my duty of care to listen and support you during this difficult time.

It can be hard to recognise or even admit that we're not feeling 100%. Throughout the pandemic many people have suffered loss, anxiety, lack of sleep and financial worries, amongst many other things.

If you feel like you may need emotional support, please don't hesitate to contact me on thehopecentre@oasislisterpark.org This is not a time to be judged and sometimes the only medicine we need is to rationalise our thoughts and a nice cup of tea. Keep smiling.

Miss Kelly Handley - Head of Inclusion and Wellbeing



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