



OLIVER GOLDSMITH PRIMARY SCHOOL

"Inspiring a love of learning"



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School Newsletter: The Goldsmith Gazette
Edition Number: 120 Date: Tues 2nd Feb 2021



Dear Parents & Carers,

Children's Mental Health Week - Express Yourself

My apologies, this newsletter was scheduled to go out yesterday but we could not access Teachers2Parents all of yesterday!

This week is Children's Mental Health Week; with increased pressures and increased screen time it is more important than ever to look after our wellbeing. You received a letter from Mrs Dean last week about our no-screens day tomorrow to encourage children to have a more creative day. If you want more details or support, please visit this website for some excellent advice and ideas

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

Don't forget to email us photographs of your amazing creations from tomorrow's no screen time! We will publish as many as we can in future newsletters.

Last week we said farewell to Mrs Shewell as she left OGPS for a new challenge working in the world of television. Mrs Shewell had been supporting us on a part time basis from September with additional intervention groups in Year 6. Mrs Shewell joined us on a short term basis back in 2018 but loved the school so much she stayed for longer! We thank her for the classes she taught in Year 6, for the staff she mentored and for championing a diverse curriculum. We are so grateful that our paths crossed and we got to benefit from Mrs Shewell's experience and skills. We wish her every success in her new exciting job!

Stay safe and well.
Thinking of you all.

Best wishes
Mr. James Simmons
Headteacher



The Duchess of Cambridge sends message to mark Children's Mental Health Week



Click the image above to hear the Duchess of Cambridge's message for Mental Health Week.



Last Friday, the Duchess of Cambridge spoke to some parents with children at Roe Green Junior. You can watch it here <https://www.bbc.co.uk/news/uk-55851099>

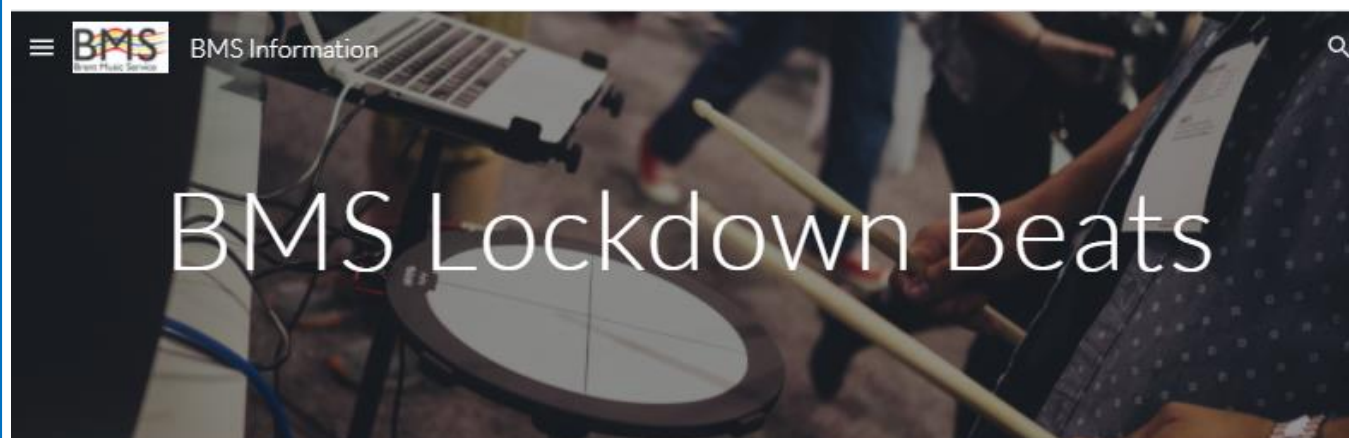


Using Music to Express Yourself...



Are you a budding drummer or percussionist in Year 5 or Year 6?

If YES—here is a way for you to express yourself with BRENT MUSIC SERVICE!



Make Beats, Win Prizes

Calling all Brent young drummers and percussionists!

We're joining together virtually to create a rhythmic masterpiece.

No drums at home? No problem!

Drive your family crazy making funky beats from pots, pans, furniture, kitchen sinks or anything that makes a noise.

Prizes awarded to post-workshop videos with the most creative beats!

BMS Lockdown Beats is a series of 4 online workshops designed for drummers and percussionists and led by our own expert BMS drum tutors.

The workshop dates are from 22nd February to 15th March and the deadline for applications is **Thursday 18th February**.

Click on the link below to find out more about this amazing opportunity!

<https://sites.google.com/view/bmsinformation/live-academy/lockdown-beats>

Help spread facts not fear

A message from Dr Melanie Smith, Director of Public Health



The UK has passed the grim milestone of more than 100,000 coronavirus deaths. This is devastating news. In Brent, more than 647 people have died with COVID-19 since the beginning of the pandemic almost a year ago. These are not just statistics these are grandparents, parents, siblings, cousins, children, partners and friends who are all being lost to this deadly virus.

Sadly the number of cases and people being hospitalised in the borough is still very high, although thankfully your efforts in staying at home and following the rules means that cases are now falling. So we all need to stick to the rules and stay at home unless we have a very good reason not to be. If you need to go out to work, please get tested at one of our testing sites at least twice a week. 1 in 3 people who have COVID, don't experience any symptoms and through our rapid COVID-19 testing, we've found nearly 1,250 positive cases, from people who were showing no symptoms at all.

While we are all in this together, we do not all have the same opportunities or experiences. Those in shared housing or working frontline jobs are more at risk of catching coronavirus than those who can work from home for instance and we are determined to tackle this in Brent.

*There is a lot of help available, so please ask for help if you need it. Most of the information can be found online at www.brent.gov.uk/coronavirus but for those who aren't online, you can call **020 8937 1234** for more information.*

Please take care of yourself and your loved ones at this time. Stay safe and stay at home.

Support for Mental Health & Wellbeing on our school website...



We have a page on our website dedicated to support families with mental health and wellbeing through the lockdown period. Here is the link below.

<https://www.olivergoldsmith.brent.sch.uk/pages/key-information/safeguarding-at-ogps/mental-health-and-wellbeing-support>

The information on the website is also copied below for you...

Supporting parents and carers during the current lockdown

- [How to support your child if they are feeling anxious about Coronavirus.pdf](#)
- Mentally Healthy Schools - [Click here](#) – Guidance for parents on how to use the Mentally Healthy Schools resources.
- Anna Freud Centre - [Click here](#) - Top tips to help families work together and support one another during the coronavirus outbreak.
- Anna Freud Centre - [Click here](#) – Advice for parents and carers talking about mental health with young people at primary school.
- Young Minds - [Click here](#) - for a wide range of resources to support parents/carers in the well-being of their children.
- UK Government/Public Health England [Click here](#) – Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic.

Ideas to support helping your child:

[Brain and sensory breaks.ppt](#)
[Simple relaxation tasks.ppt](#)
[Emotional regulation tasks.ppt](#)
[Your young child's behaviour-Barnardos.pdf](#)

MIND information leaflets about different emotional and mental health needs:

[How to manage stress.pdf](#)
[Understanding anxiety and panic attacks.pdf](#)
[How to deal with anger.pdf](#)
[How to increase your self-esteem.](#)
[Understanding depression.pdf](#)

[Helping your child to overcome Perfectionism.pdf](#)
[How to cope with hearing voices.pdf](#)
[How to support someone who feels suicidal.pdf](#)
[Understanding bipolar disorder.pdf](#)
[Understanding depression.pdf](#)
[Understanding eating problems.pdf](#)
[understanding paranoia.pdf](#)
[Understanding personality disorders.pdf](#)
[Understanding psychosis.pdf](#)
[understanding schizophrenia.pdf](#)
[understanding self harm.pdf](#)

How school events are being affected and our planning for the future...



Term Dates for 2020-21

Spring Term: Monday 4th Jan 2021 to Weds 31st March 2021 (with 4th Jan as CPD Day)
Half term week: Monday 15th Feb - Friday 19th Feb 2021

Summer Term: Monday 19th April 2021 to Fri 23rd July 2021
Children return to school on Tues 20th April 2021
Half term week Monday 31st May 2021 to Friday 4th June 2021
Children break up for the summer holiday on Friday 23rd July

To confirm the Staff Training days (CPD days) are as follows for 2020-21

- Wednesday 2nd September 2020
- Thursday 3rd September 2020
- Friday 4th September 2020
- Monday 4th January 2021
- Monday 19th April 2021

Term Dates for 2021-22

Autumn Term: Weds 1st Sept to Fri 17th Dec 2021 (with 1st Sept as CPD day)
Children (Y1-6) start on Thursday 2nd Sept
Half term week Monday 25th Oct to Friday 29th Oct 2021

Spring Term: Tues 4th Jan 2022 to Fri 1st April 2022 (with 4th & 5th Jan as CPD Days)
Children return to school on Thursday 6th Jan 2022
Half term week: Monday 14th Feb - Friday 18th Feb 2022

Summer Term: Tues 19th April 2022 to Fri 22nd July 2022 (with 19th April as CPD day)
Children return to school on Wednesday 20th April 2022
Half term week Monday 30th May 2021 to Friday 3rd June 2022
Friday 22nd July is a CPD Day
Children break up for the summer holiday on Thursday 21st July 2022

To confirm the Staff Training days (CPD days) are as follows for 2021-22

- Wednesday 1st September 2021
- Tuesday 4th January 2022
- Wednesday 5th January 2022
- Tuesday 19th April 2022
- Friday 22nd July 2022

In order to help families plan their holidays, we publish dates well in advance. The dates for the 2022-23 academic year will be published to parents early in the autumn term of 2022 as soon as they have been ratified by the Board of Governors.