



Teachers calendar

25 February:

International
Quiet Day

26 February:

Levi Strauss
was born

28 February:

Mardi Grass
Day

1st March:

Justin Bieber
born 1994

1st March:

Peanut Butter
Lovers Day!

2nd March

Dr Seuss Day

8th March:

International
Women's Day

20th March

First day of
Spring

23rd March

Toast Day!



Please remember we are a fragrance free school, please do not bring in or wear aerosols and perfumes.

Hello Everyone;

I am pleased to welcome you to our new look Newsletter, it would be lovely to receive your views, whether good or bad. Term 3 was a busy term for all of us at Great Oaks Small School. We had primary school parents visiting, and I am proud to report that many of our students were introduced to these parents and spoke highly about their time here at Great Oaks. I have been fortunate to have been a part of PE and enjoy both group and 1-1 time with our students. It is always a pleasure to leave the desk behind and become involved in the lessons taking place. Till next time, *Julie*

Emotional well-being is a huge part of Great Oaks, so in PSHE we looked at our emotional health and what we can do to help ourselves.

Five steps to mental wellbeing

- Below are five things that, according to research, can really help to boost our mental wellbeing:
- **Connect** – connect with the people around you: your family, friends and colleagues. Spend time developing these relationships. Learn more in 'Connect for Mental Wellbeing'.
www.nhs.uk/Conditions/stress.../Connect-for-mental-wellbeing.aspx
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life. Learn more in 'Get Active for Mental Wellbeing'.
www.nhs.uk/Conditions/stress-anxiety.../mental-benefits-of-exercise.aspx
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? Find out more in 'Learn for Mental Wellbeing'.
www.nhs.uk/conditions/stress-anxiety.../learn-for-mental-wellbeing.aspx
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks. Learn more in 'Give for Mental Wellbeing'.
www.nhs.uk/Conditions/stress-anxiety.../Give-for-mental-wellbeing.aspx

Be mindful – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Teenagers Addicted to Computer Games - 10 Important Things Parents Should Know



By Dr. Brent Conrad Clinical Psychologist for Tech Addiction

Today, parents still worry about the effects of violent computer games and of course it also remains a popular topic for the media. However, with a growing number of children and teens spending excessive time playing computer games, perhaps parents should be more worried about teenagers addicted to computer games than the effects of violent video games. Parents who are attempting to help teenagers addicted to computer games are advised to take note of the ten critical points below.

1. For now, computer game addiction is not an official psychological disorder. The possibility of including computer game addiction in future editions of the Diagnostic and Statistical Manual of Mental Disorders is being debated, but currently it just a way to describe someone whose life appears to be negatively impacted by excessive gaming - and is not a recognized addiction.
2. Common sense suggests that the more a teen plays computer games, the more likely his play has crossed over into the "unhealthy levels of play" category. However, because computer game addiction is not an official diagnosis there is no set number of hours per day signifying an addiction. Therefore, in addition to measuring the average number of hours they play per day, it is perhaps more important to examine how computer gaming is interfering with a teen's social relationships, school performance, mood, and development of interpersonal skills.
3. Parents who are worried that their teenager is spending too much time playing computer games and neglecting other activities should not assume that their child will eventually get bored of video games and that gaming is simply a phase.
4. Most children and teenagers can and do play computer games without developing an addiction. However, for some teens there is no question that their computer use is unhealthy and excessive by anyone's standards. For these teens, computer games take priority over all other activities, and development in other areas (for example, school, relationships, clubs, sports) is sacrificed so that more time can be spent in front of the computer screen.
5. For parents, one of the most concerning things about teenagers addicted to computer games is the effect it has on their child's academic performance. Setting limitations on computer games but not following through by enforcing the new rules is potentially more harmful than having no limitations at all.
6. In general, treating teenagers addicted to computer games requires that all computers and/or game consoles are removed from his or her room. Of course, this is certainly not the only intervention, but it is almost impossible for a parent to successfully place limits on gaming if the child can still access the game in the privacy of a bedroom.
7. The most popular treatment approach for computer game addiction is cognitive-behavioural therapy (CBT).
8. Parents seeking assistance from a therapist or psychologist should consider meeting with one prior to the first appointment with their child.

9. At times, computer game addiction is a symptom of another psychological, emotional, or interpersonal problem. True, computer game addiction can be the primary presenting problem...but there is considerable evidence that excessive computer use also can be triggered or exacerbated by difficulties such as depression, anxiety, and poor social skills. For example, a teenager who is struggling with depression may embrace computer games because they do not feel capable of dealing with real world problems.

10. Despite the challenges and inevitable frustrations of dealing with teen computer game addiction, parents must remember never to give up teenagers addicted to computer games. Although changing unhealthy video game habits is not always easy, teenage computer game addiction can be treated especially if parents have the critical information and strategies they need for planning a successful video game addiction intervention.

For further advice visit WWW.NHS.CO.UK

Teenagers' sleep patterns

Our sleep patterns are dictated by light and hormones. When light dims in the evening, we produce a chemical called melatonin, which gives the body clock its cue, telling us it's time to sleep.

"The problem is that society has changed," says Professor Paul Gringras, consultant paediatrician and director of the Evelina Paediatric Sleep Disorder Service at Guy's and St Thomas' Hospital in London.

"Artificial light has disrupted our sleep patterns. Bright room lighting, TVs, games consoles, mobiles, tablets and PCs can all emit enough light to stop the natural production of melatonin." These are all distractions, which teens may use well into the night.

"That wouldn't be a problem if there was no need to get up early in the morning for school," says Professor Gringras.

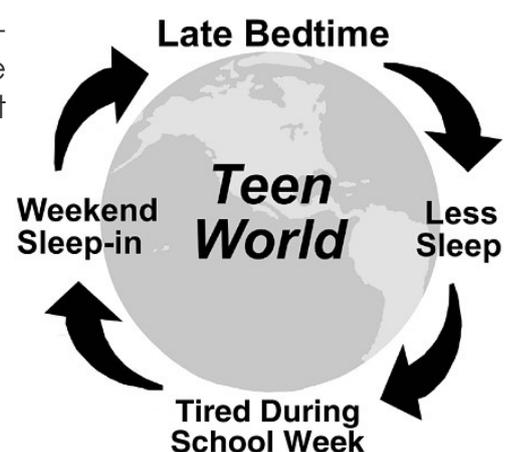
"The early morning wake-ups mean they're not getting the average eight to nine hours of sleep. The result is a tired and cranky teenager." visit www.nhs.uk

Sleep Tips for Teenagers

Get adequate sleep

Rejuvenate with relaxation

Get regular exercise





Information

Parents Visiting

Please only enter via the main reception green door at the front of the school building. Please sign in and collect a visitor's badge from the front office.

You must be accompanied by a member of staff at all times.

Appointments

Email or call the office and Jackie PA to the Head Teacher/Secretary will attend to your call, in the first instance. This will allow for your call to be received and dealt with in a timely manner and by the most appropriate member of staff.

Clothing:

Please remind your child to wear appropriate clothing; shorts may be worn but they must be knee length, bare mid-ribs are not allowed.

Attendance

It is of utmost importance that you inform the school of any absence before 9am each day. Failure to do so will result in an unauthorised absence being recorded and may involve a visit from the Student Liaison Officer.

To ensure your child is safe: in the event of your child not being accounted for, by 9.15 am, the school will make enquiries as to why, with the parent or taxi company.

Sickness

Please note that if your child is unwell with a sickness bug they must not come into school until they have had 48 hours clear of vomiting or diarrhoea.



Please be aware that we have a lot of mosquitoes in the garden, even in winter, and therefore students will need to bring in, aerosol and scent free, repellent or bracelets, if affected.

Students travelling to and from school

All students travelling in taxis are escorted on to the school premises by a member of staff.

If you are collecting your child at 3.15pm (not before), please park at the back of the Chai Stop and make your way to the front of the school where your child will be 'released' to you by a member of staff.

In the event of you becoming aware that you are going to be late, please let the office know immediately. Your child will wait in the common room.

Friday Afternoon Sports

Thank you for your understanding and co-operation in collecting your children from school and not at the sports centre, at the end of the week. It was proved to be a great success in terms of safety. We will therefore continue with this plan of action until further notice.

Emails should be sent to: office@greatoaksschool.co.uk and not to individual staff. This allows emails to be prioritised and dealt with promptly.



TERM DATES 2017

STAFF DEVELOPMENT DAY MONDAY 21 FEBRUARY

STUDENTS TERM 4 TUESDAY 22 FEBRUARY – FRIDAY 31 MARCH

HOLIDAY MONDAY 03 APRIL – MONDAY 17 APRIL (17 BANK HOLIDAY)

STUDENTS TERM 5 TUESDAY 18 APRIL – FRIDAY 19 MAY

HOLIDAY MONDAY 22 MAY – MONDAY 05 JUNE – EXAM STUDENTS EX-
CEPTED

YEAR 11 EXAMINATION STUDENTS NEED TO BE AVAILABLE:

MONDAY 22 –FRIDAY 26 MAY

MONDAY 05 JUNE

YEAR 11 EXAMINATION TIMETABLE TO FOLLOW

STAFF DEVELOPMENT DAY 05 JUNE

STUDENTS TERM 6 TUESDAY 06 JUNE – 07 JULY