



Oughtibridge Primary School



**Newsletter for Week Commencing
Monday 18th November 2024**



Classes with the best attendance last week are:-

KS1 - Y1LC 99.6%

KS2 - Y4NH 98.4%



Foundation Stage

FS2 really enjoyed the Yorkshire Owls Experience this week. It was amazing to hold an owl and watch it fly around the room.

Year 1

Our Magna Trip takes place on Tuesday the 19th November. All children will need to bring a drink and a packed lunch in a suitable bag, unless you have ordered a Grab Bag. A waterproof coat and sensible footwear is also required.

Year 2

Our WOW day takes place on Tuesday the 19th November. The children will be learning about The Great Fire of London.

Year 3

We are not doing Forest School this half term so there is no need to have a kit in school. Please practise the songs for the Christmas production!

Year 5

A reminder that a number of our Year 5 children are attending the Skipathon event on Monday 18th November. The children attending will need to come to school in their PE kit and have a packed lunch and water bottle with them.

From Friday 22nd November, for three weeks, the Year 5 children will receive coaching from Sheffield Hatters as part of their usual PE lessons. These sessions will be a mixture of basketball and workshops targeting healthy living and resilience.



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Whole School

This Saturday (16th November) is the KS2 Cross Country race at Bradfield Secondary School. Please meet prior to the first race, which will be at 10am. Event organisers have asked that all parents stay off the grassed area and remain on the tarmac wherever possible. It would be great to see large numbers for a local fixture!

A reminder that our next discounted Sheffield Steelers game is on Saturday 7th December (7pm). If you would like to request tickets, please email enquiries no later than Wednesday 4th December.

FS2 children will need their Forest School kits in school on Friday 22nd November please.

Reminder - The deadline for ordering school milk is Tuesday 19th November.

KS1 Spare Clothes - We are currently short on t-shirts/polo shirts aged 6-7. If you have any spare at home, we would really appreciate them. These can be dropped off at the school office.

School Office Hours

The school office is open from 8:15am - 4.45pm each day. Any calls or emails before or after this time may not be answered immediately.

Children in Need

We have had a great Children in Need Day today and have raised an incredible £654! A huge thank you for all your contributions to this. This will help to change the lives of disadvantaged children and young people across the UK. A big thank you to Susan and Katy in the school kitchen for baking our Pudsey Bear biscuits today too.



Extra Curricular Information



Monday - Football

Monday - KS2 Choir

Monday - KS2 Table Tennis

Tuesday - KS1 Hockey

Tuesday - KS1 Art Club

Wednesday - KS2 Yoga Club

Wednesday - KS2 Street Dance

Wednesday - SWFC Football

Thursday - KS2 Ultimate Frisbee

Friday - Y5/6 Basketball

Friday - KS1 Multisports

Friday - KS2 Art Club



Letters Sent Home This Week

ParentMail has been active this week so please check your emails before requesting copies of any letters sent home. Copy letters are also available on our website

We would also ask you to ensure your mobile is switched on at all times to receive any emergency texts if you have registered for this service.

Subject

Kingswood (change of date) Y3



Upcoming Dates

Monday 18th November (AM) - Y5
Skipathon (selected children)

Wednesday 27th November (AM) - Y5 River
Walk

Tuesday 19th November-Y1 Magna

Contact Us



For more information, [visit our website](#).

We are also on [Facebook](#) and [Instagram](#).

Call us on 0114 2863167.

Get Help | International Men's Day UK

There are a number of charity helplines that will support men. If you feel you need help or know a man or boy who does, please contact these helplines.

ukmensday.org.uk

<https://ukmensday.org.uk/gethelp/>

[https://www.sheffieldmentalhealth.co.uk/search?context=service&cat\[\]=2963](https://www.sheffieldmentalhealth.co.uk/search?context=service&cat[]=2963)

<https://andysmanclub.co.uk/>

<https://www.samaritans.org/how-we-can-help/schools/parents-and-carers/>



Lunch



Hot school lunches are free for all children in FS2 and KS1. School meals cost £2.75 per day (£13.75 per week) for children in KS2. Payment must be made online by Parentmail. Children will order their lunch at registration time. Any child arriving after 9:30am, who hasn't pre-ordered a meal, will need to be provided with a packed lunch from home.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Red	Cheese & Tomato Pizza with Tomato Rice Salad	Red Tractor Pork Sausage with Mashed Potatoes & Gravy	Roast Gammon with Gravy, Yorkshire Pudding & Roast Potatoes	Garlic & Tomato Chicken Pasta Spirals	MSC Fish Fingers & Chips
Green	Potato Spinach & Cheese Toasted Wrap with Homemade Salsa	Plant Based Sausages with Mashed Potato & Gravy	Mediterranean Vegetable Tart Served with Roast Potatoes	Garlic and Tomato Vegetables Pasta Spirals	Crispy Vegetable Fish Fingers and Chips
Sandwich	Freshly Made Sandwich with Cheese	Freshly Made Sandwich with Tuna Mayo	Hot Roast Baguette	Freshly Made Sandwich with Ham	Fish Finger Wrap
Jacket potato	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans	Jacket Potato with Tuna Mayonnaise or Cheese or Beans
Vegetables	Baked Beans or British Red Tractor Garden Peas	Broccoli/ Cauliflower & Carrots	Broccoli/ Cauliflower & Carrots	Broccoli/ Cauliflower & Carrots	Broccoli/ Cauliflower & Carrots
Dessert	Apple & Sultana Crumble Bar with Custard	Iced Carrot Cake & Orange Slices	Chocolate Shortbread Pin Heels with Chocolate Sauce	Toffee Cream Tart	Chocolate Oaty Slice

international MEN'S DAY UK

19 November

International Men's Day, held this year on November 19th, 2024, celebrates men's positive contributions and achievements while addressing important issues affecting men's health, well-being, and gender equality. This day provides an opportunity to promote discussions and actions that support men's physical and mental health, encourage positive role models, and advocate for a more inclusive society.

international MEN'S DAY UK 2024



If you are a man who needs support, please reach out to the brilliant helplines and charities that will:

- Take you seriously
- Believe you
- Support you

YOU CAN FIND HELP AT:
w: www.ukmensday.org.uk
e: contact@ukmensday.org.uk



In the past, men have been told to 'man up' and haven't been listened to, discouraging them from asking for help.

Role models provide healthy, good examples to help develop good mental health and positive behaviours. That is why men need to see others reaching out and asking for help or making healthy habits to promote their well-being.

What does the research say?

When compared to women, over a third of men are less likely to access professional talking services for their mental health. They are also known to experience difficulties with their mental health for, on average, 2 years before talking to family and friends about it.



However, new research shows that these trends are starting to change. Compared to 10 years ago, men are now three times more likely to seek support (Mind, 2020).

Healthy
Minds

NHS
Sheffield Children's
NHS Foundation Trust

How to talk to men and boys about their wellbeing

Starting a conversation with anyone about their well-being can feel challenging, especially with men and boys, but it doesn't have to be. This resource aims to offer some guidance on how you could do this.

The simple act of sharing our experiences and feeling acknowledged can easily be overlooked. However, even if you can't solve the person's problems, making them feel recognised and understood could be enough.

To help you, you could think about when and where the best time to have the conversation is. For example, car journeys or walks are good places to start a private conversation.



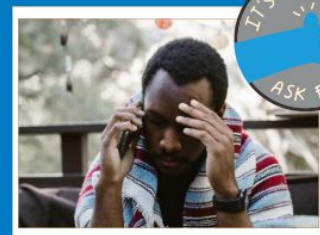
QUICK TIPS

Included below are some useful tips and examples of phrases to help you to navigate difficult conversations.

1. Ask open-ended questions.
 - Encourage them to share their thoughts and feelings
 - 'What's been on your mind?'
2. Respond by validating their feelings.
 - 'I understand why you felt that way.'
 - 'I can see that really upset you'
3. Respect their boundaries.
 - Let them know that you are there when they're ready
 - 'We can come back to this conversation if you would like.'
4. Pay attention to what they are saying.
 - Stay focussed and try to avoid distractions
5. Understand, that silence is okay.

Further Support

For free, confidential support, anyone can call [Samaritans](https://www.samaritans.org) helpline 24/7 at **116 123**.



Anyone can call **111** for free, press 2 to speak to a mental health worker.

You can also contact your GP or your child's school if you would like to discuss support options for you or your child's well-being.

Healthy
Minds

NHS
Sheffield Children's
NHS Foundation Trust

Christmas Cafe

Worrall Memorial Hall
Sunday 1st December
1-4pm

Our annual Christmas Cafe will be taking place with stalls, refreshments and a Christmas Tree trail.

This is a shout out to any young entrepreneurs.
(10-16 years)

Do you fancy running your own stall this year? Perhaps you could make some Christmas decorations or cards? Or maybe some gifts that would make amazing stocking fillers? You could also sell any unwanted toys or books. Stalls are free to hire, just email wcastalls@outlook.com for a booking form.

(You will need to persuade an adult to come along with you 😊)

