

Bulletin

18 March 2024

Oasis

Academy
Coulsdon



@OasisCoulsdon

Message from the Principal

Dear Families,

We have today had the notification from Ofsted that we will have inspectors visiting the Academy on Tuesday 19th & Wednesday 20th March this week.

We are really looking forward to welcoming them into the school so that they can see what life at OAC is like for our students.

We are pleased to share with you a letter from them to parents, as well as the parents' guide to an inspection.

We would also like to invite you to complete the Ofsted Parent Survey via [Parent View](#).

Have a lovely week.

Ms Green
Principal

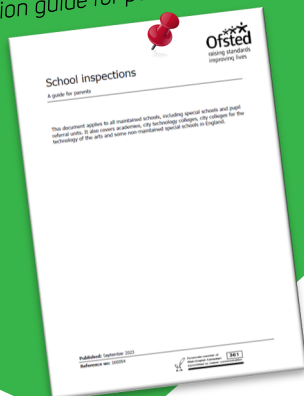
Letter to Parents



Bulletin in Brief message from Ms Green



Inspection guide for parents



SCROLL DOWN TO SEE
THE ARTS SHOWCASE
POSTER & NAVIGATING
EXAM STRESS ADVICE
FOR STUDENTS AND
PARENTS FROM
PLACE2BE

STARS OF THE WEEK

Congratulations to this week's students:

Year Group	Name
7	Charlie Maher
8	Roxie Coates
9	Nieve Steer
10	Bella Mathie
11	Jessica Briers

WHAT'S COMING UP...

- **Year 9 Options Parent Clinic- appointment only**
Monday 18th March
- **GCSE Drama Exams**
Tuesday 19th & Thursday 21st March
- **Down's Syndrome Odd Socks Day**
Thursday 21st March
- **Year 11 Parents' Evening**
Thursday 21st March
- **Holi**
Saturday 24th & Monday 25th March 2024
- **Year 9 Options Parent Clinic- appointment only**
Monday 25th March
- **Year 8 Rugby Tournament**
Tuesday 26th March
- **Arts Showcase**
Tuesday 26th March
- **Last Day of Term**
Thursday 28th March, 2.15pm finish
- **In Memory of Summer**
Thursday 28th March, 2.45pm

NOTICES

IN MEMORY OF SUMMER

As per our letter sent home at the end of last week, we would like to invite all to attend our celebration of Summer on Thursday 28th March at 2.45pm. Please complete the below form if you will be attending to assist us with our planning.

In Memory of Summer

A reminder that there will be an **early closure at 2.15pm** on this day.

ONLINE SAFETY

This week National Online Safety are sharing their free guide to parents on **'10 Top Tips for Developing Healthy Sleeping Patterns'**. Low quality sleep can become a real issue for children and young people, impacting on brain development and potentially affecting them for the rest of their lives. Check out this week's guide to support healthy sleeping habits and well-being.

ATTENDANCE MATTERS

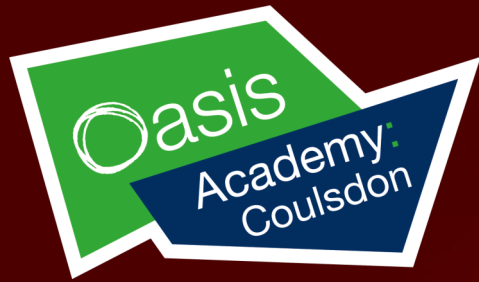
Last week we had a drop in whole school attendance at 89.77%. This is a disappointing drop, and we hope that this is just a blip for the half term.

Well done to Year 7 who were top of the leader board last week.

Year 7	91.38%
Year 9	90.76%
Year 8	90.22%
Year 11	89.85%
Year 10	86.65%

Live attendance data is available on the parent and student MCAS apps.

MOMENTS
MATTER.
ATTENDANCE
COUNTS.



TUESDAY 26TH MARCH

NOW SHOWING

**Music
&
Drama**

**Arts
Showcase**

**Don't
miss
the show
of the
year!**

6-7.15PM, TICKETS COST £4 EACH

TICKETS ON SALE NOW ON PARENTPAY.

PLEASE SEE MRS RICHARDSON FOR MORE INFORMATION.

Navigating exam season

Supporting your child to beat exam stress

Exams can be a challenging time for young people, and many young people can feel worried and stressed in the lead up to exams. As parents and carers, it can be difficult to know what we can do to support them. We've shared some tips on supporting your child if they're feeling stressed about exams.



Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.


If you notice your child is struggling, ask them what you can do to help them.



Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

Practice relaxation techniques with your child, we love [these ideas from from NHS Scotland](#). 



Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.

Navigating exam season

Supporting your child to beat exam stress



Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure – for example when you're in the car on the way home from school, or during a walk





Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk)  for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help)  for more advice