



Oasis Academy Johanna Newsletter

Friday 13th September 2024



Welcome Back Meeting

A date for your diaries, we are hosting a welcome back meeting on Monday 23rd September at 2.30 pm in the school hall. We would like all parents to attend as we will be discussing some of the expectations for the year and giving everyone a chance to meet our Nurture team, the Oasis Hub and Families teams, a note about the Johanna Family Voice and a visitor from Magic Breakfast who provide breakfast opportunities for our school.

Following that, we will be breaking out to class spaces to meet the teachers, see where your children are learning and spend a few minutes with class teachers before ending school at the normal time of 3.15pm.

We hope that you will be able to attend as we work together to build our school and partnerships for the future.

Dear Johanna Family,

Another ominous Friday 13th newsletter this week. Fingers crossed that there has been no bad luck today!

It has been great to have a first full week with the children back and to welcome our Early Years Children back to school. It has been wonderful to see how quickly everyone has settled back in to school life and how much learning has happened this week.

I have added some information flyers to the end of this newsletter from the Families Team at the Hub and from Erantia at Words First.

INSET Day

I want to highlight advance warning of an INSET Day on the Friday 18th October.

School will be closed to all pupils.

Clubs

Before and after school clubs and activities start again next week.

The majority of our clubs are now managed directly by Mark and his team. This change helps the school manage the workload in our school office more effectively.

Any queries around clubs should be followed up directly with Mark.

Cycle Training

Key Stage 2 parents, please sign up for cycle training if you would like to attend. Emails have been sent from the office.



Notes Home

Some of you have received your first Notes Home this week. These are a way to share the great work that goes on in a quick and easy way. Look out for them coming home in the coming weeks so we can all celebrate everything great that goes on at Johanna.



Welcome Back Meeting

Monday 23rd September @ 2.30pm



Teamwork Makes the Dream Work

It was heart warming to see some of our younger pupils working together in afterschool club to help each other use the equipment and support each other. We love to see children from different year groups showing our values and supporting each other.



Year 6 Art

We spotted this art from Year 6 this week that blew us away.

Chester managed to capture the reflection in the eye and individual feathers around the owl's eye. Wow!



Key Dates

Date	Activity
4th September 2024	Return to Autumn Term
23rd September 2024	2.30 Welcome Back Meeting
WB 23rd September 2024	Cycle Training Beginners and Level 1
WB 30th September 2024	Cycle Training Level 1 and 2
9th October 2024	Harvest Assembly
9th October 2024	Y1 Unicorn Theatre Trip
16th October 2024	Y4 Trip to St Johns
16th October 2024	Y6 to Waterloo Action Centre
18th October 2024	School Closed—INSET Day
WB 21st October 2024	Y6 School Journey
24th October 2024	Y4 Trip
25th October 2024	End of Half-Term

Attendance and Punctuality

Overall attendance for last week was 84%. Unfortunately a lot of school days were lost due to delayed returns to school for some.

I'm sure this will climb next week and we will have everyone back.

EYFS Red Class	n/a
Y1 Orange Class	83%
Y2 Yellow Class	95%
Y3 Green Class	78%
Y4 Blue Class	80%
Y5 Indigo Class	88%
Y6 Violet Class	78%

Our Attendance Target is...



EYFS Return

Monday morning was a busy return in the Early Years as we had a visit from our local MP, Florence Eshalomi, the team from BAIN Consultancy and a photographer! We are incredibly lucky that BAIN have supplied uniforms for all of our new reception class as part of the Uniting Uniforms project. We hope that this is a partnership that can not just continue here but roll out to other Oasis schools.





words first

Multidisciplinary services for schools

www.wordsfirst.uk

0208 0501491

Dear Parents/Caregivers,

We are excited to connect with you today to discuss a topic that is crucial for your adolescent's development: **Executive Functions**. As your children navigate the challenges of adolescence, understanding and nurturing their executive functions can make a significant difference in their academic success, social interactions, and overall well-being.

What are Executive Functions?

Executive functions encompass a set of cognitive processes that enable individuals to manage and regulate their thoughts, actions, and emotions. These mental skills are essential for various aspects of daily life, including planning, organizing, problem-solving, self-control, and decision-making.

Why are Executive Functions Important for Adolescents?

During adolescence, the brain undergoes significant changes, particularly in areas associated with executive functions. Adolescents face increasing academic demands, social pressures, and emotional challenges. Strong executive functions enable them to navigate these challenges effectively, make informed decisions, and achieve their goals. Furthermore, research suggests that well-developed executive functions in adolescence are linked to better outcomes in adulthood, including higher educational attainment and improved mental health.

Types of Executive Functions:

1. **Inhibition:** The ability to control impulses, resist distractions, and regulate behaviour.
2. **Working Memory:** The capacity to hold and manipulate information in the mind for short periods.
3. **Cognitive Flexibility:** The ability to adapt to changing situations, shift perspectives, and adjust strategies.
4. **Planning and Organization:** The skill to set goals, create plans, and execute them effectively.
5. **Self-Monitoring:** The capacity to evaluate one's performance, recognize errors, and make adjustments as needed.
6. **Emotional Regulation:** The ability to manage emotions, cope with stress, and regulate mood effectively.

Activities to Enhance Executive Functions at Home:

Here are some practical activities and strategies you can incorporate into your daily routines to support the development of your adolescents' executive functions:

1. **Create a Structured Environment:** Establish consistent routines and clear expectations for tasks such as homework, chores, and leisure activities. Structure provides predictability and helps adolescents develop organization and time management skills.
2. **Break Tasks into Manageable Steps:** Teach your adolescents to break down larger tasks into smaller, more manageable steps. Encourage them to create to-do lists or use visual aids such as charts or calendars to track their progress.
3. **Practice Decision-Making:** Involve your adolescents in decision-making processes at home, such as planning meals, organizing family outings, or managing household budgets. Encourage them to weigh different options, consider consequences, and make informed choices.
4. **Encourage Goal setting:** Support your adolescents in setting realistic and achievable goals in various areas of their lives, including academics, extracurricular activities, and personal development. Help them create action plans and celebrate their progress along the way.
5. **Engage in Mindfulness Activities:** Introduce mindfulness practices such as deep breathing exercises, guided meditation, or yoga to help your adolescents manage stress, improve focus, and enhance emotional regulation skills.
6. **Stimulate Cognitive Function:** Encourage activities that stimulate cognitive function and critical thinking skills, such as puzzles, brainteasers, strategic games, and creative projects. Playing board games or solving puzzles together require strategic thinking, problem-solving, and cognitive flexibility. Games like chess, Scrabble, or Sudoku can help improve executive functions while providing enjoyable family time.
7. **Model and Reinforce Positive Behaviours:** Model effective executive functions in your own actions and decisions. Provide praise and positive reinforcement when your adolescents demonstrate good planning, organization, or self-control.
8. **Time Management Challenges:** Set time management challenges for your teenager, such as completing a task within a specific time limit or prioritizing activities based on urgency and importance. This encourages effective time management, goal setting, and task prioritization skills.
9. **DIY Projects and Crafts:** Engage in DIY projects or craft activities that involve following instructions, organizing materials, and completing tasks step-by-step. This fosters creativity, planning, and attention to detail while also encouraging teamwork and collaboration.

By incorporating these activities into your daily interactions with your adolescents, you can help them develop and strengthen their executive functions, setting them on a path towards success in school and beyond.



AFTER SCHOOL FAMILY ACTIVITIES

at Living Space, 1 Coral Street,
London SE1 7BE
Tuesday and Thursday
(term time only)
From 3:15pm - 4:45pm



**Art and crafts | Fun Games |
Indoors and Outdoors play | Football games | Sharing
a hot meal.**

For more information, please contact
Sonya.Waller@oasiswaterloo.org
call Coretta Brown on 07903038111



BIBS & BOTS



PLAYGROUP

FUN ACTIVITIES, STORYTIME, SING
ALONG
ART & CRAFTS, SNACK TIME AND
MORE!

Age
0-5
years

TUESDAYS AND
FRIDAYS

10am-12pm
term time only



FIND US AT OASISPLAYSPACE NEXT TO THE PLAYGROUND
IN GERALDINE MARY HARMWORTH PARK, SE11 4TU
(BY THE IMPERIAL WAR MUSEUM)

ANY ENQUIRIES PLEASE EMAIL
WAFAA.ELELIMY@OASISWATERLOO.ORG

CONTACT SONYA WALLER ON
07727012319



Make & Mend

Sewing Club for adults
every Friday from 12.00pm to 3 pm

Oasis playspace, next to the playground in
Geraldine Mary Harmsworth Park, (by
Imperial War Museum) London SE11 4TU
For more info email
wafaa.elelimy@oasiswaterloo.org

