



OPALG NEWSLETTER



@OPA_LG

Friday 8th May 2020

Safe and Well

We hope you are all well, managing to keep busy and still smiling! Take care, look after each other and we look forward to seeing you all when we can, Miss Cleasby ☺

Thank a Teacher!

Wednesday 20th May 2020 is National Thank a Teacher Day!



We are very proud of our teachers and staff here at Lofthouse Gate and we would like to thank them for their continued hard work and support during this unprecedented time. If you think your teacher or a member of our team is truly amazing and you would like to share your gratitude, you can share a video, a song, a drawing or a message with @UKThankATeacher

Cook with Jack!

Join in with a daily lunchtime cook-along class, teaching children how to prepare quick, tasty and affordable lunches.



#CookWithJack is shown live on YouTube every school day. The lunches are prepared using ingredients from a specially put together £15 shopping list. <https://biteback2030.com/real-story/making-your-ps15-free-school-meal-voucher-go-further-home>

Getting involved is simple - just tune in to the Bite Back 2030 YouTube channel at 12pm.

<https://www.youtube.com/c/biteback2030>

Have fun, share your dishes on Twitter and enjoy eating your delicious creations!



Mental Health & Wellbeing

Please follow the link to a website below that has been created for young people, carers and professionals. It has a range of resources available to help support your mental health and wellbeing, should you wish to use them.



<https://www.camhs-resources.co.uk/>



In addition, NCHA Care and Support have also provided a 24-hour confidential Mental Health Helpline for support, advice, information and guidance: 0800 183 0558

<https://www.mentalhealth.org.uk/news/kindness-announced-new-theme-mental-health-awareness-week-2020-response-coronavirus-outbreak>

Reminder: the green button is available on our website if you require external services or support.



It's normal for children and young people to feel worried or anxious at the moment. Young Minds has provided tips, advice and where to get support for your child's mental health during this time.

Follow the link for more information: <https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



Questions and Queries

The school office is closed for the time being. If you have any questions or queries, please contact school via the enquiries email address:

enquiries@lofthousegate.outwood.com