



Whole School Attendance 96.8%

NCR	RKC	REM	1GH	2GD	2FS	3SB	3CH	4AC	4AD	5LK	5PA	6HC	6JP
93.5	99	99	9.38	97.3	98.2	93.3	100	99.7	95.3	96.3	97.4	96.6	98

This Week's News

This week we are thinking about mental health, and some of the things we can do to help ourselves if we feel overwhelmed. We have talked to the children about telling someone if they feel worried, and have practised some simple mindfulness techniques. Please use this link

<https://www.youtube.com/watch?v=TCoUnEPeuQk>

to find a video with simple meditation techniques you can enjoy with your children. Please also remember that regular reading has huge mental health benefits!



Word of the Week

This week's word is **aloof**. Just remember that some people might seem **aloof** when actually they are worrying about something!

ALOOF

Meaning	Challenge
Someone who is not very friendly and does not like spending time with other people	Sometimes people are aloof and sometimes they are shy . What's the difference?

Dates for Your Diary

Next Week's Lunch Menu is Week 1
The daily menu is displayed at the main and back entrances.

Parent consultations – Letters have gone out via schoolcomms and on the website
 Wednesday and Thursday 19 and 20/10/22
 To make appointments, sign up at the door for EYFS, Y1, 2 and 3 Y4,5 and 6 return slip

5PA – no appointments available on Wednesday 19th - changed to Tuesday 1st November

Harvest festival is the week beginning 17th October. Please donate food for the food bank -tins, pasta etc. Children can wear their own clothes on Friday 21st October.

Children in Need Friday 18/11/22



Spotty Day Wear Something Spotty to School

For the safety of everyone please do not cycle or scooter on the school grounds. Thank you



STAY & PLAY

jwalsh@oldmoat.manchester.sch.uk

Stay and play is every Wednesday morning 9.15-10.45am at Old Moat School. Come to the main entrance and enjoy playing in our lovely Nursery.

SPEAK UP



English Lessons for Parents is back in school every Thursday morning from 10/11/2022 in the school staffroom from 9.15-10.15am

We love Jigsaw Club



Book of the Week

From Miss Porter

The Girl of Ink and Stars by Kiran Millwood Hargrave



This story is set on the fictional Isle of Joya and tells the story of Isabella who, like all of the island's inhabitants, is forbidden to leave. When her best friend disappears, Isabella disguises herself as a boy and volunteers to guide the search. Beyond the walls she has lived behind her whole life, she discovers a world full of monsters and hostile tribes: She must survive challenge after challenge to succeed in her quest. Isabella eventually discovers the true purpose of her journey - to save the island itself.

My class last year loved this book and couldn't wait to find out what was going to happen every time we read it!

Please remember that the deadline for High School Applications is 31st October.

Please ask Mrs Walsh if you need any support with this.



Mental Health Awareness Week

Fruit and healthy eating are great for your wellbeing! These girls were having a bit of fun with that message.

