

Letter to Year 7



OAKFIELD ACADEMY
BELIEVE AND ACHIEVE

11th May 2020

Dear Pupils,

I hope that you have had another enjoyable week and have had a super bank holiday weekend. It has been great to see all the things that you have been creating as part of the VE celebrations. I'm sure that some of you have been having a stay at home street party. Not quite the celebrations we had hoped for but it is good for us to remember what life was like 75 years ago and to be thankful for the sacrifices people made in order for us to live our lives today. We certainly enjoyed making our bunting and hanging it up to celebrate!

Also at times like this our mental well-being is important so here are a few things that might help. Remind yourself that this is a temporary period of isolation that is helping others and saving lives. Stay connected with friends and family via phone, email, social media and create plenty of distractions to keep you busy. But of course, when on line remember all the important things you have learnt about keeping yourselves safe. Make sure you do healthy activities that you enjoy and find relaxing. Focus on you – make a list of all of the things that you hope to achieve in the future. Routines are important so try to plan your day. Even if you have trouble sleeping, do not be tempted to use your phone/laptop in bed – allow your mind time to relax away from it. Try and get plenty of fresh air –but remember social distancing! Make sure you drink plenty of water. But most of all **stay positive** –we will get through this together.

Don't forget that there are the Year 7 email address (Year7@oakfieldacademy.org) and those of the different subjects if you are unsure of anything work related. Mrs Applegate from Support and Guidance is also available on her email if you want to check in with her about anything. The staff will answer your emails as soon as they are able. There are also times in the newsletter when these staff have surgeries and will be able to answer your queries straight away.

I have been asked a few times recently what happens about the merits you have and whether you will be able to collect your badges. Upon our return I will be happy to sign off merits for any badges owing. I think our assembly following that will be quite lengthy handing them all out!

Well how's the garden coming on you ask. I haven't had as much time as I would have liked to complete all the planting but the pictures below show how much I have accomplished so far, hopefully next week there will be more to show you.



Oakfield Academy
Information Page

Head Teacher: Miss Emma Wilkes | Chair of Governors: Ms Kate Hellard
Oakfield Academy, Oakfield Road, Frome, Somerset BA11 4JF
T:(01373) 462539/463832 E:oakfieldacademy@educ.somerset.gov.uk W:www.oakfieldacademy.co.uk
Oakfield School Academy Trust, Oakfield Road, Frome BA11 4JF. Company number:07694044 registered in England.



@OakfieldAcorns

Well take care and I hope very much to see you all soon.

R Gardner

Mrs Gardner

Head of Year 7

Podding peas



Sweet peas



Red and Yellow peppers

