

# Academy Newsletter

Healthy bodies  
Healthy minds  
Promising futures

December 2021

**“Alone, we can do so little; together, we can do so much.”**

*Helen Keller*

I think the above quote sums up our Autumn term journey at Blakenhale! With Covid-19 still very much part of life, we have worked together as a school team to keep school life as settled and purposeful as possible. Thank you to all parents, carers and family members for your on-going support and words of kindness.

This term has seen the children flourish as individuals but also in many areas of the curriculum; wellbeing, English, PE, maths, art and geography have demonstrated the many talents of our children. Every visitor that has entered the academies has commented on the warmth, kindness and genuine happiness from both pupils' and staff. Our children continue to be a huge credit.

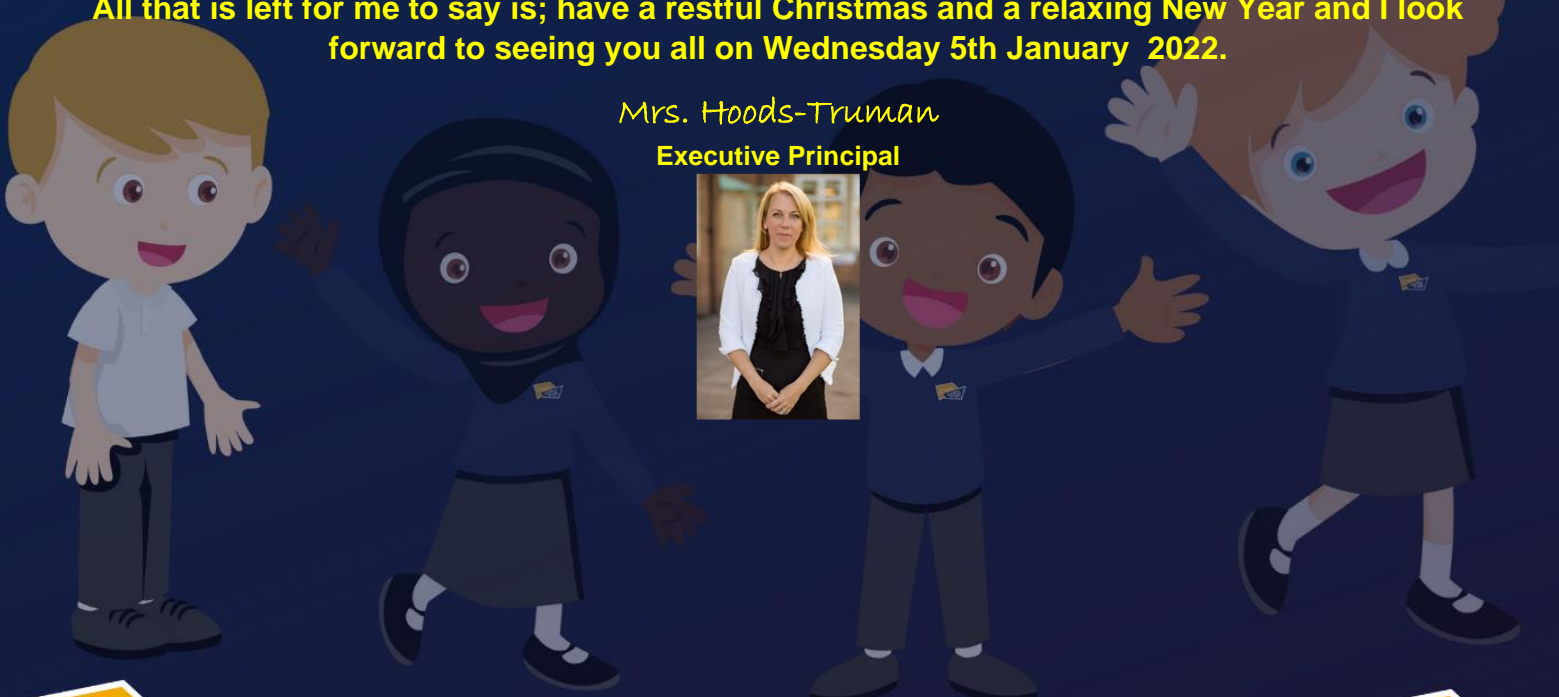
Looking towards the Spring Term, we will continue to make great progress through the topics being studied. Please look out for your child's 'knowledge organiser' this week. We encourage the children to read the organiser and do some independent research in readiness for January. Do get involved yourself!

As part of our on-going work around wellbeing, we now have a confidential email, self-referral system that parents and carers can access during the Christmas and holiday period. We have a number of qualified Mental Health First Aiders in school and we can offer support and signposting advice should you need it. Please do email us via the address below. All referrals will remain confidential:

[wellbeing.supporthub@oasisblakenhale.org](mailto:wellbeing.supporthub@oasisblakenhale.org)

**All that is left for me to say is; have a restful Christmas and a relaxing New Year and I look forward to seeing you all on Wednesday 5th January 2022.**

Mrs. Hoods-Truman  
Executive Principal



# Your Mental Health First Aiders are here for you



**Clare Hoods-Truman**



**Senior Mental Health Lead  
(Whole School)**  
**Mental Health First  
Aider/Trainer – Adult &  
Youth**

**Suzanne Moore**



**Mental Health First Aider  
(Whole School)**

**Lisa Young**



**Senior Mental Health Lead  
(Infants)**  
**Mental Health First Aider**



There are plenty of different types of support out there, and a Mental Health First Aider can help you access them.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.

If you have any questions about Mental Health First Aid at:

**Oasis Academy Blakenhale**

**please contact: Mrs C Hoods-Truman - Executive Principal**

If you require any support, you can email our Well-being Hub directly at:

**[wellbeing.supporthub@oasisblakenhale.org](mailto:wellbeing.supporthub@oasisblakenhale.org)**



# Hub Updates

Hello everyone,

A quick update from Community Hub!

As the year comes to an end we can reflect on the successes we were able to achieve this year:

## Community Re-connect Project:

Several wellbeing workshops that supported our community after Covid.

## FOOD CLUB:

A really well attended option for families to access good quality food at a reduced price.

## Adult Education Classes:

Child Care and ESOL.

## Be- Empowered:

A 6 week workshop supporting Parents and Carers around SEN.

## Little Oasis

We also were able to begin our Garden Project Little Oasis, do come along in the spring and find out more about opportunities grow your own Vegetables and Fruits.

Hampers were provided to our older community and toys for our vulnerable families.



And so ... we are looking forward to a hopeful and healthy 2022 with lots of exciting new projects to get involved with. Come and have a cuppa and find out more until then.....

Wishing you all a prosperous New Year

With love from The Hub!