



SLT MESSAGE

Now we have navigated our way through the often-challenging month of January, it's important to take a moment to reflect on new beginnings. While New Year's resolutions may not always stick, February brings a meaningful focus: Children's Mental Health Week, taking place from 3rd to 9th February 2025. This year, the theme "Know Yourself, Grow Yourself" encourages children, young people, and adults alike to embrace self-awareness. By understanding themselves better, they can foster resilience to navigate life's challenges.

During Children's Mental Health Week, we are supporting our students in areas: helping them recognise and express their emotions, reflecting on their feelings especially after difficult moments, setting achievable goals, active listening, collaboration, and nurturing creativity. Approximately 1 in 5 children and young people are currently dealing with probable mental health conditions. By participating in Children's Mental Health Weeks initiative, we aim to ensure that every child and young person feels heard, supported, and aware that they are not facing these challenges alone.

Kind regards
Michelle

Key Dates for your Diary

Spring Term

Monday 6th January 2025 -
Friday 4th April 2025

National Story Telling Week

Saturday 1st February 2025 -
Sunday 9th February 2025

Parental Engagement Week

Monday 3rd February 2025 -
Friday 7th February 2025

Half Term

Monday 17th February 2025
- Friday 21st February 2025

Students return -

Monday 24th February 2025

World Book Day

Thursday 6th March 2025!
Dress up!

**All key dates will be
uploaded on our website.**

**To view our news and
events please [click here](#).**

TIPS FOR FAMILIES

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

① Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

② Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

③ Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

④ Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

⑤ Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable [resources](https://www.place2be.co.uk) [here4You.co.uk](https://www.place2be.co.uk)





OAK TREE NEWS

Recently, just before Christmas we went to see the Jack and the Beanstalk Pantomime. A number of students attended, and were given the opportunity to experience a coach trip.

We were able to visit the Hall for Cornwall for an awesome experience!

In Perranporth class, there was lots of positive feedback. Students commented.. ' I enjoyed everything about it!' Staff and students stated that 'One of their favorite characters was the giant.'

Students and staff would like to go again, and they enjoyed the coach trip.





OAK TREE NEWS



Tolcarne Class

Happy lunar new year!

Tolcarne class have been creating wishes as part of tutor-based enrichment to hang on the tree near the MUGA. 'A Wishing tree' is used to help celebrate the lunar new year, where people will write their wish on a tag and hang it on the tree in the hope that it will stick and their wish will come true for good fortune in the coming year.

Crantock Class

This week we have been working hard on making positive choices and engaging in our learning. Our onsite group have started reading 'War of Worlds' in English and our offsite children have been exploring Cornwall with pit stops between to work on our core subjects.





Kooth & Qwell

The Healthy Relationships Foundations Programme (HRFP) is an 8-week group programme for adults provided both online and in person, designed to help you to have healthier and stronger relationships. This programme aims to provide you with the knowledge, skills, and insights to improve the quality of both current and future relationships, creating the building blocks for these to thrive a safe and confidential environment. Anyone can self-refer or with consent we can refer by calling the Safer Futures Help Line on 0300 777 4777.

NSPCC

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The Building Connections Programme is an online service available for children and young people up to the age of 19 to support through loneliness. You will work with a befriender for over 11 online sessions that will help you to reflect on the situation, look at what is and isn't working home for you whilst empowering you with all the different tools and strategies that will help you to tackle loneliness. School can offer referrals for this programme.

If you would like any more information surrounding these services and programmes, please get in touch with Michele Haigh or Kiah Williams.

01872 264221

michele.haigh@oaktreeschoolcornwall.co.uk

kiah.williams@oaktreeschoolcornwall.co.uk



WORLD BOOK DAY

Staff and Students are encouraged to dress up as a character from their favourite book on

**Thursday 6th
March 2025**

Oak Tree School

BQ - WEAR RED DAY

7th February

Pull out your maroons, vermilions and burgundies, because today is National Wear Red Day, raising awareness for cardiovascular disease.

Designed to warn women of their top health threat, The Heart Truth created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002.

Nearly 45% of women over the age of 20 are living with some form of cardiovascular disease, according to the American Heart Association (AHA).

In the United Kingdom, it is organised by the Children's Heart Surgery Fund to raise awareness of congenital heart disease.

Wear Red Day is celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death.

heart disease awareness



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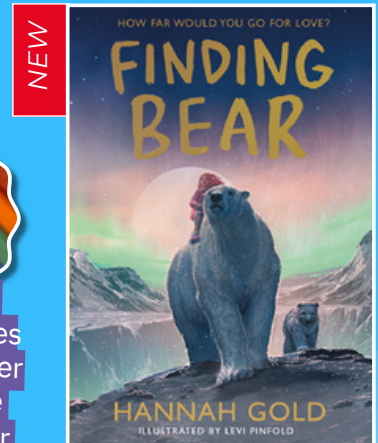
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Date:

Monday 24th February 2025 - Monday 10th March 2025

Scan the QR code to pay online!





GCSE

OPTIONS EVENING & POST-16 EVENT



- Open to all students yr 9, 10 & 11
- Speak to head of faculties
- Ask any questions
- Discover different routes
- Help decisions on what to study
- Meet specialist post-16 providers



WEDNESDAY, 30TH APRIL

04:00PM-06:00PM





Events 2025

For times and prices visit our website, facebook, instagram or give us a call (01209 613153)

January

18th Wassail & Back to the Land Day

An early evening celebration with music, dancing and refreshments. Help us dress our trees with tasty treats for the birds. Bring your Christmas tree for recycling.

February

19th Feathered Friends

Its nest box week so come along and make a nest box for your garden birds. Take part in a birdy trail around our site.

Winter Pruning Days

Join our horticulture team every Thursday for pruning & gathering scion wood for grafting

March

Mothers Day

Join us for pop-up activities in our shop & on-site. Check our socials for details or call us.

Grafting Workshops

Join our horticulture team every Thursday and learn the art and science of apple tree grafting.

April

9th and 16th Easter Events

Join us for pop-up activities in our shop & a trail on-site. Check our socials for details or call us.

26th Trevithick Day

<https://www.trevithickday.org.uk/>
Visit us at our plant stall on Commercial street very near our shop!

May

23rd Dragonfly Camp

A one night camp to learn about our dragonflies and hopefully witness their summer emergence.

28th Dragonfly Fun

Make your own beautiful Dragonfly. Test your knowledge on our trail.

June

7th Camborne Green Fest

Visit us at our plant & produce stall. Have a go at our fun & suitably 'green' activities.

July

2nd Blue Light Day

https://www.facebook.com/bluelightday/?locale=en_GB

5th -7th Butterfly and Moth Camp

A glimpse into the lives of our lepidoptera with a local expert.

14th Stithians Show

<https://www.stithians.show>

19th Camborne Show

<https://www.camborne-show.org.uk>

August

16th, 17th and 18th West of England Steam Fair

<https://www.weses.co.uk>
Visit us on our plant & produce stall and have a go at our fun activities.

September

4th, 11th and 18th Summer Pruning

Join our horticulture team to carry out work on our espalier orchard

20th Giant Vegetable Show

Come and marvel at our magnificent giant vegetables. Enter our competition with your own spectacular specimens.

October

11th Apple Day

Our annual celebration of all things Keheland!

29th Bat Evening

Join us and a local bat expert to look at our night time fliers.

29th Allantide

Celebrate this Cornish autumn festival. Take part in our Pumpkin trail and other fun activities.

November

Christmas Trees and Festive Trail

Its time to choose your Christmas Tree and help plant out new Christmas tree plantation. Have a go at our Christmas Trail.

Wreath Making

An opportunity to get in the festive spirit and create a personalised wreath. Dates TBC

December

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