Oakham Shires School

Together we build

January 2026							
WK	Mo	Tu	We	Th	Fr	Sa	Su
1				1	2	3	4
2	5	6	7	8	9	10	11
3	12	13	14	15	16	17	18
4	19	20	21	22	23	24	25
5	26	27	28	29	30	31	

February 2026							
WK	Mo	Tu	We	Th	Fr	Sa	Su
5							1
6	2	3	4	5	6	7	8
7	9	10	11	12	13	14	15
8	16	17	18	19	20	21	22
9	23	24	25	26	27	28	

Key
Pupils at School
Weekends
Teacher Training Days
Bank Holidays
Holiday

The following pages include some fun and relaxing activities to support our students over the festive period.

Weekly Newsletter

Autumn Term 2

Issue 196

19th December 2025

2026 will see us welcome some new members of staff to our teaching team.

Ash Winnett joins us as Maths lead; he is currently teaching in Dubai and will be returning to the UK early in the New Year and will join us in school on January 12th.

Jake Hemstock joins us as a teacher January 5th and will be in school from the end of that week.

We look forward to welcoming them both to the team.

As the term has drawn to a close we would like to wish you all a relaxing Christmas and Happy New Year.

School reopens on **Monday January 5th** and we look forward to welcoming everyone back for another term packed with great learning opportunities.

Online Safety Reminder

It has come to our attention that some of our students have been using group chats on their mobile phones to communicate with each other. We would like to take this opportunity to remind families of the importance of regularly checking children's phones to ensure that the content being shared and received is safe and appropriate.

We also strongly recommend that all electronic devices capable of online communication are removed from bedrooms at night. This helps support healthy sleep routines and reduces the likelihood of unsupervised or unsafe online interactions.

Thank you for your continued support in keeping our students safe online.

ROBLOX

What is Roblox?

Roblox is one of the most popular online platforms used by children and young people. It allows users to play games created by others, chat, and create their own content. While many children enjoy Roblox safely, it is important for parents to understand how the platform works and where risks can arise.

Why does Roblox need supervision?

Roblox is not a single game — it is a **social platform**. Children can interact with people they do not know through in-game chat, private messaging, and group features. Some games also allow role-play, which can blur boundaries and expose children to inappropriate language, behaviour, or themes.

Because content is largely **user-generated**, moderation is not always immediate. This means children may encounter material that is upsetting, confusing, or unsuitable for their age.

The key risks of Roblox:

- **Online contact:** Children may be approached by older users or encouraged to move conversations to other platforms.
- **Inappropriate content:** Some games include violence, sexualised role-play, or frightening themes.
- **Scams and in-game spending:** Children may be pressured to buy Robux, share account details, or click unsafe links.
- **Emotional impact:** Conflicts, exclusion, or bullying within games can affect children's wellbeing offline.

How can parents can reduce risk?

- Use **parental controls** to restrict chat, spending, and who can contact your child.
- Play or explore Roblox with your child so you understand what they are doing.
- Keep devices in **shared spaces**, particularly for younger children.
- Talk regularly about online behaviour and remind children to tell a trusted adult if something makes them uncomfortable.
- Encourage children **never to share personal information**, even with "friends" they play with regularly.

Parents can report online concerns to **CEOP**, speak to the school's safeguarding team, or access guidance from **NSPCC**, **ThinkUKnow**, and **Childline**.

https://www.ceop.police.uk/Safety-Centre/

https://www.nspcc.org.uk/keeping-children-

https://saferinternet.org.uk/resource/thinkuknow-

https://www.childline.org.uk/

Christmas Mindfulness Guided Meditation

Aim

- To help the children be mindful of their breathing.
- To enable the children to focus on what is around them.
- To encourage feelings of calm and happiness during a busy time.

I can be mindful of my breath and use this to help me feel calm when things are busy.

If possible, you might like to have a Christmassy scented candle burning in the room for this meditation, out of reach of the children. If this is not available, but you would like to link this guided meditation to Christmas time, you can ask the children to think of the cold, frosty, winter air, as they breathe in and out, imagining they can see their breath before them.

Invite the children to find a comfortable sitting position. Explain that Christmas can be an exciting and busy time, which is wonderful, but that to keep our minds healthy and our emotions balanced it is important to take time to rest, reflect and be mindful.

Settling

'We are going to focus on our breath. We are going to do this through a practice called meditation.'

'Meditation is quite a simple practice. It is a way of learning to focus and pay attention. We are going to use meditation to help us learn to focus on our experience.'

'We begin by focusing on something simple, something we all have – our breath.'

'The breath is amazing. It keeps us alive, brings oxygen into the body and takes away carbon dioxide. But it can do more than this.'

'Did you know the breath helps us understand how we are feeling? When we are calm, the breath will usually be quite slow and steady. If we are worried, sad or upset, the breath is quite often quicker and tighter. Just focusing on the breath can help us tune into how we are really feeling.'

'But did you also know that focusing on the breath can help us feel calmer?'

'Make sure you are sitting comfortably. Have a good wriggle and stretch to get a comfortable seated position. Now, close your eyes so it is easier to concentrate.'

Main Practice

'Now we start by concentrating on our breath. We don't have to do anything special, just notice that you are breathing.'

'Where can you feel the breath in the body? Where can you feel it moving? Is it in the belly? Is it in the chest? Maybe it's at the nose or the mouth. It doesn't matter where.'

'As we breathe, we can begin to settle into our sitting position. If you are still uncomfortable, have a final little wriggle to find a really comfortable position.'

'And it is now that we start to really focus on the breath.'

'Breathe in, breathe out. How does the breath feel?'

'Is it smooth and soft?'

'Is there a tightness?'

'We don't need to change the breath, we don't need to try and make it calm. We just explore the feeling of the breath as it is.'

'Breathe in, breathe out. How does the breath feel?'

'If the mind wanders, or if you get caught daydreaming, that's OK. Whenever this happens we just notice this and start again! We just focus on the next breath.'

'Is the breath quick? Is the breath slow? No right way, no wrong way.'

'Breathe in, breathe out. How does the breath feel?'

'And now we simply sit in silence for a few moments. All you have to do is breathe.'

'If you daydream, that's OK. Whenever this happens, we just notice this and refocus our attention on the next breath.'

Allow a minute or so of silence for the children to just notice their breathing.

'Breathe in, breathe out. Nothing else to do. Nothing to get right. Just focusing on the breath.'

Close

'And as we continue to breathe, in and out, we can open the eyes, have a little stretch and allow the practice to close.'

'How are we feeling right now?'

My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.

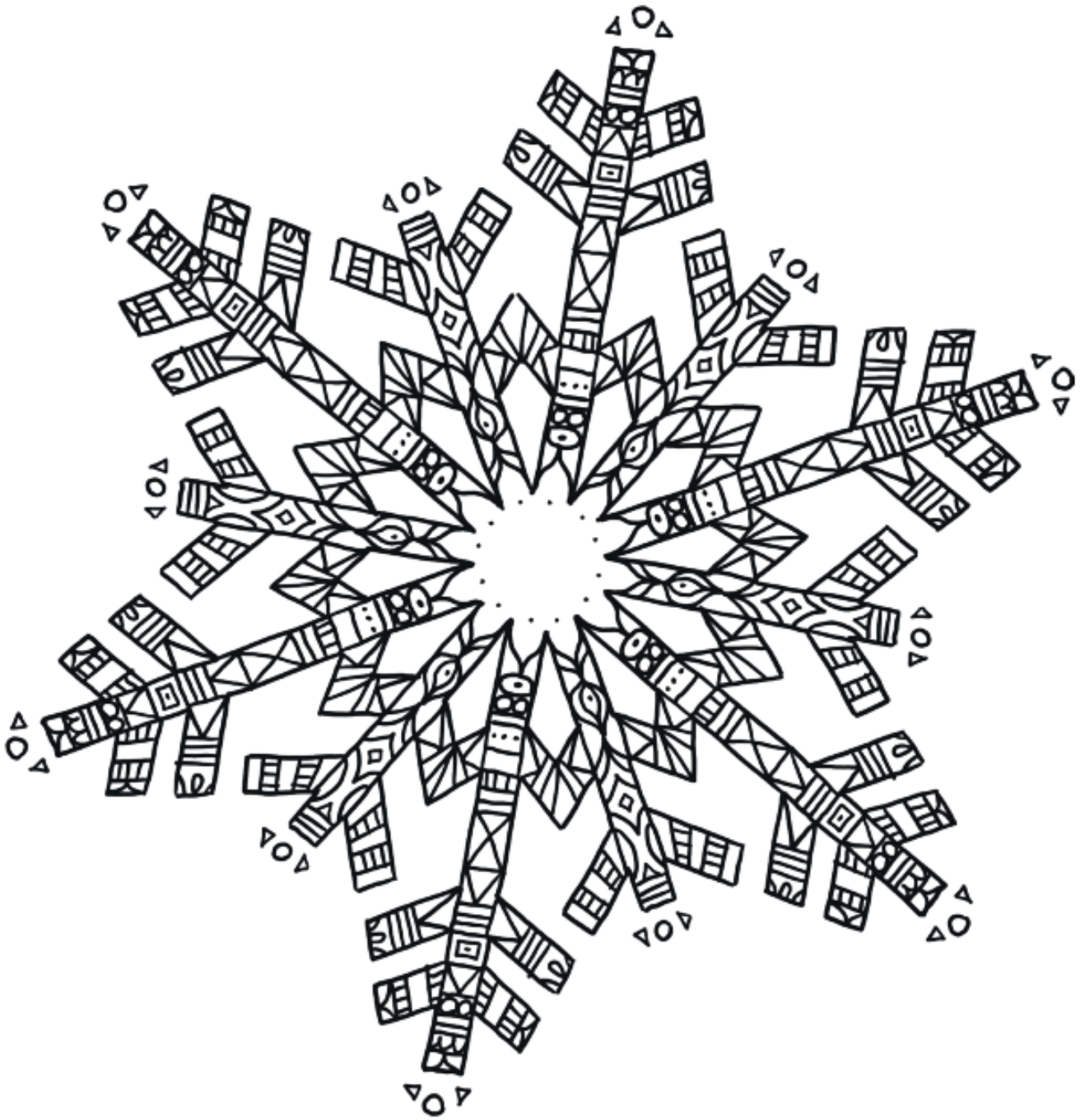
Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.

Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.

Christmas Mindful Colouring and Flowing Thoughts

Christmas can be an exciting time, but also a busy time. It is important to take time out when our lives are busy. Time and space to let our minds be free and our thoughts flow can help keep our minds healthy.

Colour this Christmas picture in. While you are doing it, let your minds be free and your thoughts flow. Lose yourself in the colouring and enjoy the feeling of being free.



Colour this Christmas picture in. While you are doing it, be mindful of your breath. Try and make sure it is deep and slow. Lose yourself in the colouring and enjoy the feeling of being calm.