

Monday 22nd November 2021

Dear parents and carers

Please see below my update including information regarding COVID-19 and how to build our resilience in response to a rise in cases in some parts of the country.

Health and wellbeing

The best way for someone to boost their immune system is to adopt a healthy lifestyle. Following general good health guidelines is the best step anyone can take towards keeping up their immunity naturally.

Whilst some of these things may sound quite basic, taken together, they contribute to the body being in the best health to be able to fight and recover from any infection. You and your child may wish to consider:

- Taking supplements such as Vitamin D, Zinc and Vitamin C which all have important functions including boosting the immune system.
- Eating a diet high in fruits and vegetables ([please see the Eatwell Guide here](#)).
- Dietary diversity - a diverse diet increases "good" bacteria in the gut which is associated with reduced frequency of infection.
- Probiotic foods - 70% of immune function resides in the gut and a healthy digestion is important for a healthy immune system.
- Exercising regularly.
- Getting a good night's sleep.
- Take steps to avoid infection such as washing your hands frequently.
- Stress affects your immune system - yoga, meditation and breathing exercises can all help to reduce stress.

Vaccination

Young people (those aged 12 and over) are now being offered the Covid-19 vaccine. The decision on whether to receive the vaccine is one for each young person and their family.

To help make the decision, the NHS has provided a guide for 12 to 17 year olds [which can be read here](#).

The vaccine was offered at the Academy on Monday 15th November, however if your child did not receive it and has now changed their mind, 12 to 15 year olds can [book online to have the vaccine outside of school](#).

Lateral flow testing

Lateral flow testing remains an important guard against the spread of Covid-19 by those who are asymptomatic.

We encourage all students and staff (who consent) to continue to take a lateral flow test at home, twice a week before coming into school.

Anyone with a positive lateral flow test result should self-isolate and request [a free PCR test by clicking here](#), or by searching 'gov.uk coronavirus test' to check if they have COVID-19. Whilst awaiting the PCR result, they should continue to self-isolate.

Thank you for considering what else you and your family might be able to do to build our resilience to Covid-19. Our priority remains everyone's safety and doing everything we can to keep the Academy open so that our students are where they need to be - in the classroom, learning together.

Public Holiday – Friday 3rd December

As you will recall we have an additional Bank Holiday this academic year and we will be taking this additional day on Friday 3rd December. The academy will be close for everyone on that day. Please see all term dates on our website <https://www.oasisacademyoldham.org/academy-life/term-dates>

Oasis Big Give 2021

We are proud to support our local community in the run up to Christmas.

This year our Oasis hub team will be co-ordinating the Big Give 2021– collating and distributing hampers to our wider community.

We hope that you may be able to support us in this initiative.

Collection of items will commence on Monday 22nd until Friday 26th November in the academy. Your child can bring items to their year group base. Please refer to the leaflet for suggested suitable items for the hampers.

Once the collections have taken place the Hub team will collect the items and assemble the hampers along with local partners and volunteers.

Yours sincerely



Mrs M Dillon
Principal



MON 22ND - FRI 26TH NOV

Oasis Big Give 2021

Donate new luxury items including biscuits, crisps, hot chocolate, crackers, shortbread, sweets, cakes, puddings, treats and decorations to be distributed to our local community

All donated items to be left in tutor rooms or staff areas.
All food items within the best before date

Creating a community of choices & chances

IT'S DIFFICULT TO FIND A WAY OUT, IT'S IMPORTANT TO HELP - MARCUS RASHFORD



Principal - Marie Dillon

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Creating a
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PIXL



POSITIVE STEPS
SUPPORT | CHALLENGE | CHANGE