



Spring Term 2025

Newsletter

Welcome to our capture of Spring Term 25 @ Oak Field, with lots of highlights, great photos and news! We hope you enjoy seeing and reading about the pupils' exciting learning and opportunities this term, from *Kitchen Disco* to *The Tempest*, and as far away as Outer Space. And lots and lots of high energy lunchtime clubs!

Spring always brings with it the excitement of the annual RSC interactive showcase and immersive experience – the highlight this year being the 6th Form Shakespeare ambassadors press-ganging visitors into scrubbing the decks and climbing the rigging for at least 10 minutes as part of the fan favourite digital dice game! In Science Week, we loved exploring tabletop glaciers and camouflage caterpillars, and practising ocean yoga. There was also NSPCC Number Day (and 6F1's amazing 'caramelator' cake), and Children's Mental Health Week, which this year featured the 6th Form dance crew leading the younger classes in an energy-burst dance-a-long.

At lunchtime, our mantra has been 'Go Outside!', and our new lunchtime clubs include a 'Come Rain or Shine' walking group, outdoor table cricket, ball skills, sensory circuits, MUGA madness (!), wheelchair dance – and our highlight of the week, an outdoor disco! And this week's 'Find the golden egg' hunt has been very motivating (and highly competitive).

We've had lots of interactive and multi-sensory fun in Professor Penny's Theatre of Possibilities - Class 9 have been putting on their astronaut suits every Tuesday afternoon and journeying in a rocket to the moon! As part of the DfE's 'Nature Parks' initiative we've created a bog/drought garden and planted some soft fruit trees – we're looking forward to some fresh plums! Further afield, we're also very excited about sharing a song with our 2 link schools in Cuba.

It was great to see parents sharing books with some of the younger pupils on World Book Day, and joining us for our Safer Internet workshop and Friends of Oak Field coffee mornings. Two very important dates for your diaries in the Summer Term: Monday 19 – Fri 23 May is Sports Week, and we'd love you to join us! And Saturday 05 July is Summer Fun Afternoon 2-4pm – lots of fun activities for all the family!

Our first day back at school is **Tuesday 22nd April**, and in the meantime we'd like to thank you for all for your support this term, and to wish you and your families a very happy and peaceful Easter break.

Patricia Lewis
(Headteacher)

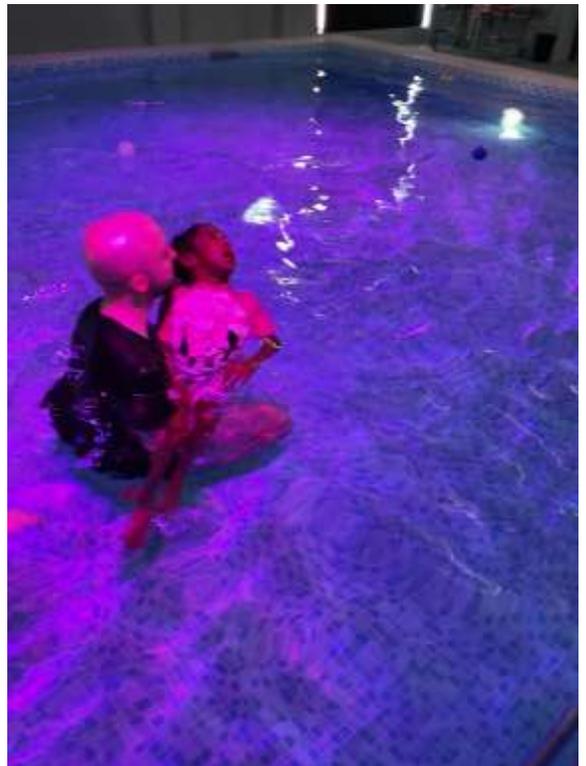
Class 1

We have been listening to disco music in our music sessions.



We have had lots of fun in soft play – as always!

Some of us have been working hard at moving our bodies while swimming.



We have spent lots of time outside!

Class 1

We have been 'chatting' and spending time with new friends.



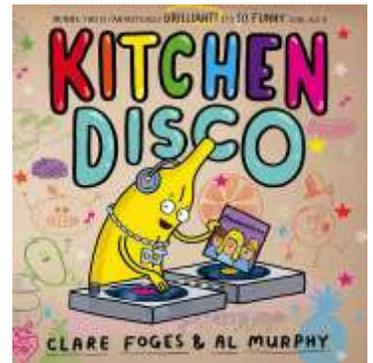
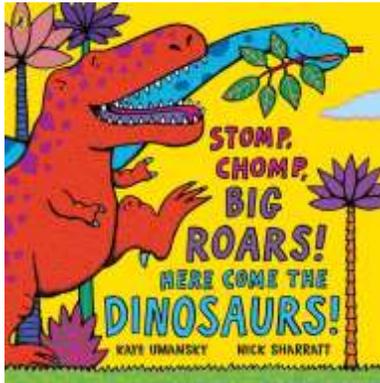
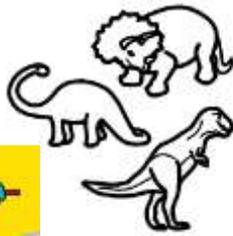
Some of us have been moving our bodies and having fun on the trampoline.

We have been using our voices to 'roar' like the dinosaurs in our story



We have been making dens outside together, and listening to our favourite stories.

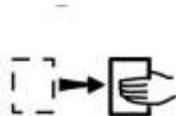
Class 2



dinosaurs and discos
lots of fun and learning
from stories



Class 2



choose and move art



We have been exploring, choosing and moving different materials to make a piece of art.



Class 3

In Geography we have explored different countries in the world. We enjoyed tasting, smelling and feeling items from these countries. We really enjoyed trying on these sunglasses.



Spring



global



community



habitat



In Science we have explored different habitats that animals live in, like hot and cold deserts and forests. We enjoyed feeling different parts of these habitats like sand, ice and leaves.



Class 3



materials



Spring

In Spring 2 in Science we have explored lots of different types of materials such as soft, hard, rough, smooth and shiny. We have enjoyed time out on the mats to explore and decide which we like and don't like.



weather

In Geography this half term we have learnt about different types of weather we experience and what we wear to keep us safe when it is rainy, windy and sunny.



Class 4

In Spring 1 we learned about our global community. We enjoyed pretending to visit different places around the world, exploring land and sea.

Science/Humanities - Animals

We explored different animals from around the world, looking at the different patterns of their skin and the different textures. We then made our own animals.



Forest School

We have all loved taking part in Forest School sessions, exploring all the natural materials, learning fire safety and making 's'mores'.

Religious Education

We explored lots of different cultures, looking at celebrations. We had lots of fun making Rangoli pictures, tasting foods, and having colour-throwing fun.



Trip – Ice Skating

We had the best time skating with the Nottingham Panthers.

Class 4

In Spring 2 we looked at how to keep ourselves safe. We explored keeping ourselves safe in different types of weather, when we are out and about and when using different tools.



Sensory story Goldilocks



PSHE/Science and Safety in the sun.

We have been learning about the sun and one of our activities was using sun glasses and hats to help us to keep our head and eyes safe in the sun.



Outdoor learning

We have had the opportunity to explore and play outside. We have enjoyed making nature pancakes using salt dough and natural resources found in the environment to make toppings.

Class 5

In Spring 1 we looked at the "Here we are" sensory story and as part of this we explored exciting sensory materials and objects related to the story. We all enjoyed exploring the globe.



In PSHE we have been learning about ourselves. We had lots of fun dressing up with colourful scarves and hats.

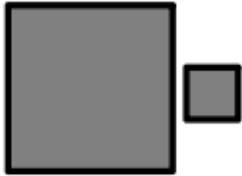


In Science we have participated in switch fun - exploring cold and warm sensations whilst learning about desert and sea animals.

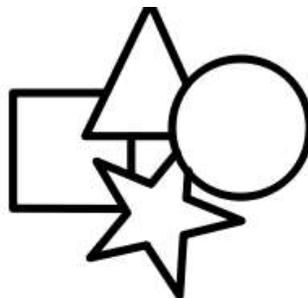


Class 5

In Spring 2 we have taken part in fun sensory experiences whilst learning about sun and rain in Geography. We have explored 3D rain in our Qube area at school and participated in lots of switch fun that activated rain droplet sounds and the cold air fan.



In Maths we have been exploring lots of different sizes of cardboard boxes. We have been encouraged to explore the cardboard boxes by tapping, banging, and sitting on (and in!) them



Class 6



In Spring 1, we explored the topic 'my global community'. We explored different countries around the World and learnt about different cultures. We created passports, pretended to travel to different countries, wrote letters to people around the World and explored cooking different global dishes.



my



global



community



Class 6



home



safety



Spring



We have been exploring safety this half term. We have been learning how to use household appliances safely and how to identify hazards in the home.



We have been learning about first aid and the role of doctors, nurses and paramedics. We also made cards to thank the NHS for their hard work!



Class 7

We enjoyed exploring 'My Global Community' in Spring 1.



Spring

In Science, we have explored the polar, ocean and desert habitats through sensory exploration and stories.



In DT, we have had fun exploring different continents and creating a range of global dishes, including chapatis, vegetable sushi and guacamole.

This term, we have also enjoyed celebrating Number Day and exploring a range of mathematical activities, including a baking competition!



Class 7



Spring

We have enjoyed exploring 'Keeping Safe' in Spring Term 2.

In Humanities, we have enjoyed exploring different types of weather associated with the seasons through art and sensory exploration.



We have also learnt about basic first aid in PSHE and enjoyed exploring first aid through role play.

We have had great fun exploring a range of science activities in Science week, including creating our own animals, exploring being safe & seen with different reflective materials, and bowling.



Class 8



Spring

(ABC)



During our Literacy sessions we have been making lots of different sensory materials to touch and feel.



In our Maths lessons we went on a shape hunt around school. Look at all the different shapes we found!

Class 8



Spring



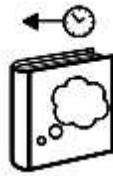
In Science we have been exploring Hot and Cold.



During RE we have been looking at different places of worship. When looking at a Christian Church we did some wedding role play, and we tried on a wedding dress.



Class 9



legends Spring



We have explored myths and legends from the different countries our families come from. We've also really enjoyed tasting traditional foods from those places.

We have been ordering pictures to retell stories.

We have been writing words and sentences to tell the story.



reading


table cricket



We took part in a table cricket tournament with schools from across the city. We had a fantastic day out, and were great at cheering each other on when it wasn't our turn to play.





Class 9

Spring

Class 9 have been learning all about space and the solar system. We've been blasting off rockets made with vinegar and bicarbonate and creating the solar system in a box



science



space



We have also been researching, designing and making our own rockets to get us into space. We have explored the different styles and shapes of rockets.



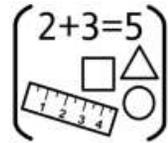
DT



Class 10



spring



maths

In Spring 1 we explored shape and colour, creating items using box modelling and building with magnetic tiles. Number Day was so much fun with Uno games and counting skills.



science



experiments



We have taken part in Science workshops and activities as part of Nottinghamshire Festival of Science and Curiosity. We made slime and lava lamps and watched colour changes.

Class 10



spring

We have explored what Space is like - being Astronauts, carrying out experiments, getting fit and reporting on our travels.



air and



space



Forest



school



science



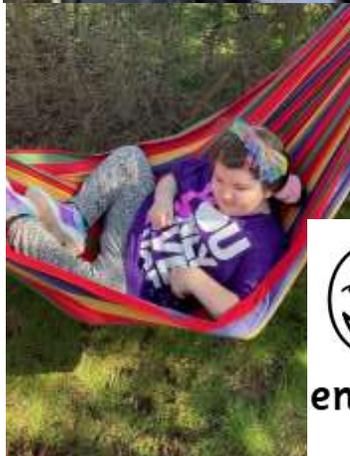
finding



bugs



We have loved Forest School this half term – being in nature, using tools and relaxing in the sunshine.



enjoying



nature



Class 11

In Spring 1 in class 11, we looked at traditional tales.



traditional tales



spring

I'm a mouse - better run fast!



sensory story

We enjoyed looking at the king and his wish and the town mouse and the country mouse!

The king has climbed too high, he's going to fall!



Adding this salt will make our dough strong!

In Maths we enjoyed exploring shapes around us and learning to find and name shapes.



DT

I'm trapped in a circle!



maths

That looks like a circle to me!



In DT we made puppets for our stories. We enjoyed planning the different ways to make them!

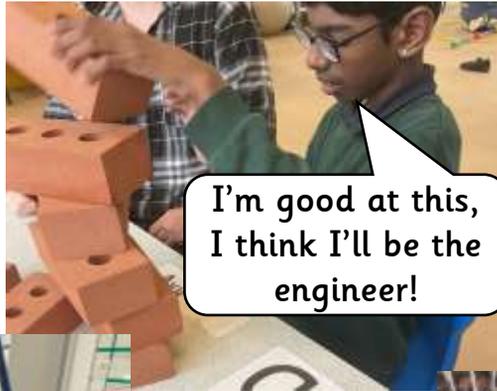
Class 11

In Spring 2 in class 11, we have been going on a trip to Space.



spring

We started by training to be in space and choosing our jobs on the mission



I'm good at this, I think I'll be the engineer!



air and



space



Have to be strong to go to Space!



Then we looked at what Space might be like and built our rockets.



We blasted off into Space into our rockets!

science



DT

3, 2, 1 blast off!



ICT

I'm floating in 0 gravity!



We experienced life on the Space station and looked at the places on earth we could see from the window.



Hopefully we will come back to earth soon!

Class 12

In Science, we have learnt about States of Matter. We did lots of different experiments using bubbles and ice. We made delicious hot chocolate and our own lava lamps. We used symbols to help us say if the materials were a Solid, Liquid or Gas.



We loved making puppets in DT. We created our own stick puppets that were used in ICT to make our own animations. When making the puppets, we drew around different shapes, chose materials and fabrics and did some independent cutting!

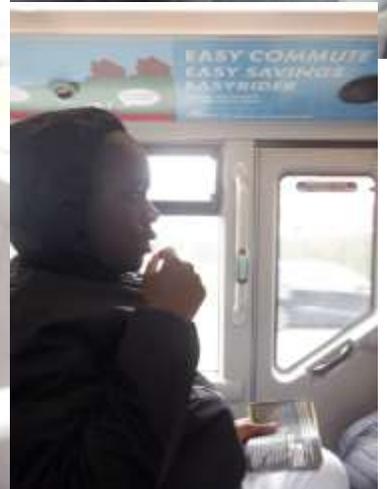


Class 12

In Literacy, as part of our Space topic, we visited the Moon. We used symbols and our voice to describe what the Moon was like and created our own newspaper reports.



We continue to work on our independence when out in the community. We took the number 28 bus to Lidl and bought a food item. We were very sensible when sat on the bus and pressed the 'stop' button.



Class 14



spring

Class 14 have enjoyed learning the plot of Shakespeare's *The Tempest*. We have taken part in an art workshop to design the island.

We also enjoyed visiting the exhibition and exploring other 6th Form classes' work.



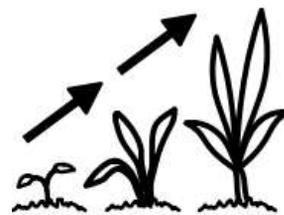
Shakespeare



Class 14



spring



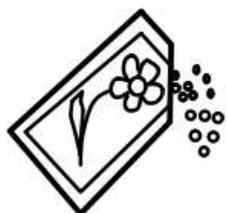
grow



We have enjoyed making our outside area look ready for Spring by planting seeds and bulbs. We have been learning about what plants need to grow and the best place to plant the seeds.



bulb



seeds



Class 15



Amazing work from Class 15 this term!

We enjoyed exploring Shakespeare's 'The Tempest' and participating in different workshops.



cooking



(ABC)

English



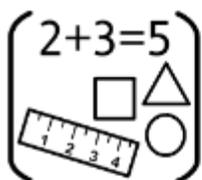
We were great at retelling the story of *Gulliver's Travels* and experiencing his adventures!

Class 15

We have enjoyed visiting the library bus, café and the shops.



We tried scanning, communicating and using a touch screen.



maths



We explored what plants need to stay healthy and designed and made mini greenhouses in DT.



DT



6F1

This Spring term, we have been doing lots of exciting things. As part of our Humanities and Eco curriculum we have all been involved in helping our environment.

We have been learning about woodlands and the ways that contribute to saving the woodlands, such as recycling and disposing of empty crisps packets. Dylan even collects them at home and brings them to school to take to a local recycling point. What an amazing eco attitude, 6F1!

We have really enjoyed making finger knitted blankets this term. This project was a part of our DT curriculum - supporting life. We learnt about what people need to survive, such as water, air, and nutrition but also warmth.

We voted on who we would like to donate the blankets to and we will take them to a care home when they are finished.



Environment



crisp packets



DT



6F1

We have really enjoyed designing and making our own t-shirts. This project was part of Maths sessions, where we learnt about sizes and finding the right fit for us. Starting from designing on paper, choosing a fabric, assembling a t-shirt pattern and cutting the shapes out of fabric, we will sew the pieces together.



Maths

We can't wait to show them off in the Summer Term!



Gym



As part of PSHE and maintaining being healthy, we have enjoyed using the gym on a regular basis!

6F2



The students in 6F2 loved learning about *The Tempest*. Our favourite activity was acting out the shipwreck caused by a violent storm created by Prospero's magic. We created our own sound effects using our voices, musical instruments, cans, shakers and switches!

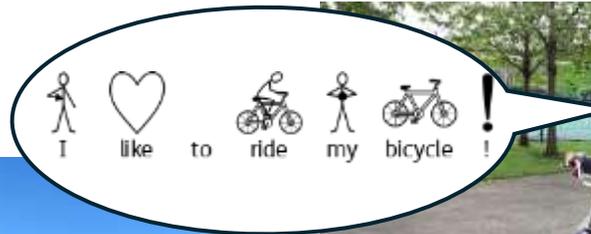
Would you like to meet some of the main characters from the play?



6F2



In RE, we have been learning about different places of worship within our local community. We visited the Islamic centre on Wigman Road and St John's church on Graylands Road.



We have been litter picking in our local community!



6F3

We developed our leadership skills by demonstrating the 'Directions Game' on board the ship, in *The Tempest Showcase*. We showed our visitors how to play!



We also had great fun in the RSC Dance Workshop. We loved the music, colours, rhythms and dance moves!



6F3

This term we have been learning to be more independent at snack time. We help to get our snacks ready and are really good at asking for 'more please!'



Some of us are learning to use the microwave with support, to make porridge and noodles!

6F4



Spring

In Spring we have been learning about Shakespeare's play *The Tempest*. We enjoyed making shipwreck scenes and screen prints that were displayed during the 14 – 19 showcase, and working with external artists.



We really enjoyed using the shadow puppets and using musical instruments to create a tempest in the classroom!



art



and

music



6F4



Spring

We have enjoyed using our interactive workspaces around school such as the QUBE, and enjoyed controlling the environment using switches.



Fun

We have had a wonderful term taking part in sensory stories based on how life is celebrated differently around the world. We have also had lots of fun listening and dancing to live music.



art



KS2 explored French artist Claude Monet, creating their own 'Water Lilies' inspired by his work.



KS2 DT – Exploring food and recipes from around the world



KS2 – Focusing on nature, colour, mark-making and natural material such as clay.



KS3 – Jungle hand puppet constructions.





art

KS3 Exploring space making star mobiles, using the techniques of marbling, papier mache and mod roc.



KS4 & 6F
Creating work inspired by Shakespeare's 'The Tempest'.

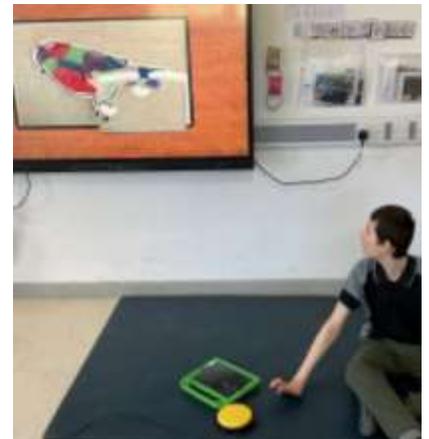


RSC *Tempest* Exhibition displaying student creations.

Students leading workshops.



KS4 & 6F Students created switch-operated jigsaw games, using stained glass window designs constructed for the game content.



French



oiseau

cheval



hamster



j'ai un
poisson

In the first half term, we learned words for les animaux in French. We got to see pets belonging to our friends and staff, and some classes adopted their own animal!

French

Il fait froid!



j'aime le snowboard



je fais du ski

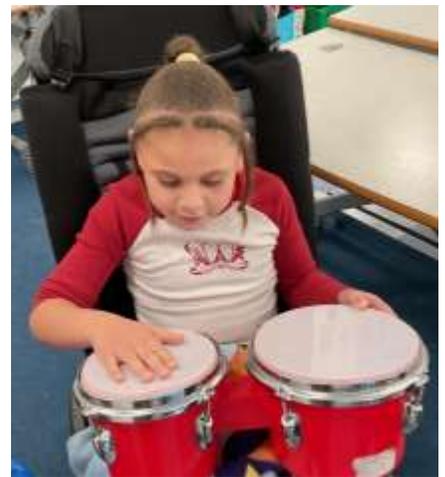


In the second half term we have learnt about the Winter Olympics and Paralympics, having our own opening ceremony and trying out different sports.



music

KS2 enjoyed exploring music from Cuba. We had lots of fun playing the different instruments we could hear in Cuban music, especially the maraca and cowbell.

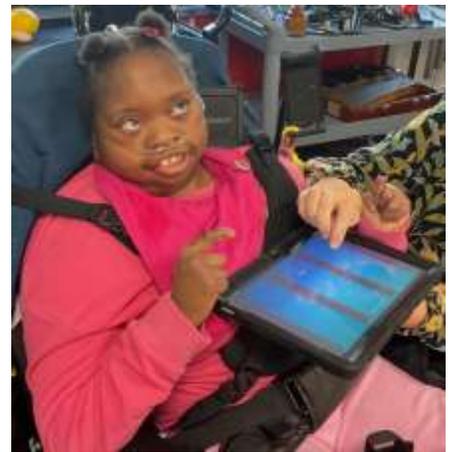


KS3 have been learning about Holst's 'The Planets Suite'. We enjoyed conducting others playing instruments and visiting Professor Penny's Theatre of Possibilities to explore 'Mars'.

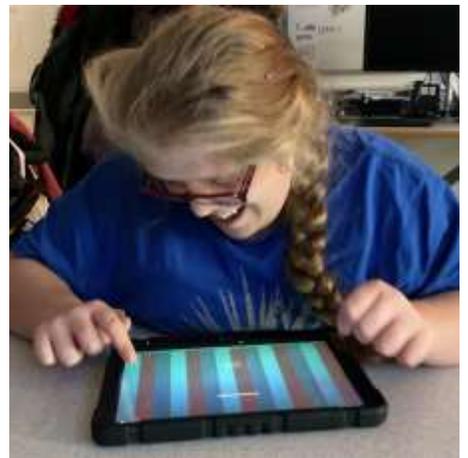


Music

6F enjoyed using music technology to create their own video game music and sound effects.



KS4 and 6F created a piece of music inspired by storm sounds that featured in the *Tempest* Exhibition.



Phase 3-7 have been enjoying disco music, with lots of dancing and singing along to the music and some very loud playing of the drum kit.





Phase 3-7, Key Stage 1, 2, 3



In Phase 3-7 we had a fantastic term of swimming. We are looking forward to continuing this in the Summer term.

In KS2 & 3 we have played basketball and enjoyed other ball skills from rugby and football. We practised our rolling, pushing, grip and release of balls as well as throwing and catching bean bags. We also used the Easter themed sensory boxes and orienteering kite flags.

Key Stage 4 & 6th Form



Lots of 6th Formers have done either trampolining or basketball and rugby this half term. Some classes have had table cricket with qualified coaches. We have continued the tennis on Fridays, which will change to Mondays after Easter.

Sports Events and Clubs



6th Formers played in a Handball tournament at Harvey Hadden, and Class 9 competed in a table cricket tournament at Nottingham Trent University. In a whole school inter-class competition week, we played boccia, curling and ten-pin bowling. Lunchtime clubs have included: Monday MUGA Madness with lots of ball skills and obstacle courses. Wheelchair dance club, and table cricket (inside and outside). An outdoor disco with weather to match the Ibiza sun! We finished the term with number-themed and Easter sensory-themed orienteering. Next term we will be launching a Kwik Cricket club.



SPRING TERM 25

Last day of term for pupils:
Easter Holiday

Friday 4th April 2025
Monday 7 – Mon 21 April

SUMMER TERM 25

First day of school for pupils:
Bank Holiday:
Last day of school for pupils:
May half-term

Tuesday 22nd April 2025
Monday 5th May 2025
Friday 23rd May 2025
Monday 26 – Fri 30 May

Inset day:
First day of school for pupils:
Last day of term for pupils:
Health training day:

Monday 2nd June 2025
Tuesday 3rd June 2025
Thursday 24th July 2025
Friday 25th July 2025



**Nottingham City Council
School Terms and Holidays Calendar - 2024/25**

Aug-24						
M		5	12	19	26	
T		6	13	20	27	
W		7	14	21	28	
T	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	
S	4	11	18	25		

Sep-24						
M		2	9	16	23	30
T		3	10	17	24	
W		4	11	18	25	
T		5	12	19	26	
F		6	13	20	27	
S		7	14	21	28	
S	1	8	15	22	29	

Oct-24						
M		7	14	21	28	
T	1	8	15	22	29	
W	2	9	16	23	30	
T	3	10	17	24	31	
F	4	11	18	25		
S	5	12	19	26		
S	6	13	20	27		

Nov-24						
M		4	11	18	25	
T		5	12	19	26	
W		6	13	20	27	
T		7	14	21	28	
F	1	8	15	22	29	
S	2	9	16	23	30	
S	3	10	17	24		

Dec-24						
M		2	9	16	23	30
T		3	10	17	24	31
W		4	11	18	25	
T		5	12	19	26	
F		6	13	20	27	
S		7	14	21	28	
S	1	8	15	22	29	

Jan-25						
M		6	13	20	27	
T		7	14	21	28	
W	1	8	15	22	29	
T	2	9	16	23	30	
F	3	10	17	24	31	
S	4	11	18	25		
S	5	12	19	26		

Feb-25						
M		3	10	17	24	
T		4	11	18	25	
W		5	12	19	26	
T		6	13	20	27	
F		7	14	21	28	
S	1	8	15	22		
S	2	9	16	23		

Mar-25						
M		3	10	17	24	31
T		4	11	18	25	
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T		6	13	20	27	
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S	2	9	16	23	30	

Apr-25						
M		7	14	21	28	
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W	2	9	16	23	30	
T	3	10	17	24		
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S	6	13	20	27		

May-25						
M		5	12	19	26	
T		6	13	20	27	
W		7	14	21	28	
T	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	
S	4	11	18	25		

Jun-25						
M		2	9	16	23	30
T		3	10	17	24	
W		4	11	18	25	
T		5	12	19	26	
F		6	13	20	27	
S		7	14	21	28	
S	1	8	15	22	29	

Jul-25						
M		7	14	21	28	
T	1	8	15	22	29	
W	2	9	16	23	30	
T	3	10	17	24	31	
F	4	11	18	25		
S	5	12	19	26		
S	6	13	20	27		



Inset days



Health Training days



Bank Holidays



School Holidays

Half term 1 - 7 weeks 2 days

Half term 2 - 7 weeks

Half term 3 - 6 weeks

Half term 4 - 6 weeks

Half term 5 - 4 weeks 3 days

Half term 6 - 8 weeks

**** Please note – further INSET days to be confirmed**



**EASTER
MONDAY
FUNDAY**

**MONDAY 21ST APRIL
2-4PM**



St John's Social Centre and Garden

Bring the whole family along for a fun afternoon including an egg hunt, crafts, bouncy castle, and outside games

Free entry
Small charge for refreshments



Graylands Road, Bilborough
www.wearewoven.church/stjohns

SUNDAY SERVICES

Our weekly service is at 10.30am every Sunday with groups for kids.

All are welcome!



Community Meal

St John's Church, Bilborough
Wednesdays 5-7pm



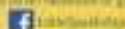
Little Lights

Group for under 5s and parents/carers

Thursdays
10-11:30am

£1 suggested donation per family

For more info, find us on Facebook or go to www.woven.church



WOVEN YOUTH

School years 7-13

DRAMA CLUB

Food, confidence building, acting and performance skills

Monday 4-5:30pm | St John's church, NG8 4FD

FOOTBALL CLUB

Come and play a relaxed game of football
Monday 6-7pm | Harvey Hadden Astro, NG8 4PB

CONNECT UNITED

A monthly space for young people to gather together for social, food, sung worship, to learn about and encounter Jesus

6:30-8pm | St Margarets Church, Aspley, NG8 5GE

Footprints

Toddler church for pre-school children and their parents and carers

Wednesdays
10-11:30am

We'd love to hear from you. To get in touch and find out more please contact Lizzie at office@wearewoven.church or call 0115 929 8899

Woven St John's Graylands Road, Bilborough Nottingham NG8 4FD

www.wearewoven.church/stjohns



Keeping well this spring

An information leaflet from your Children's Public Health 0-19 Nursing Service, April 2025

Easter fun and holiday activities

To find out about activities in your area
over the Easter holidays go to Ask Lion



AskLion



Thriving Nottingham

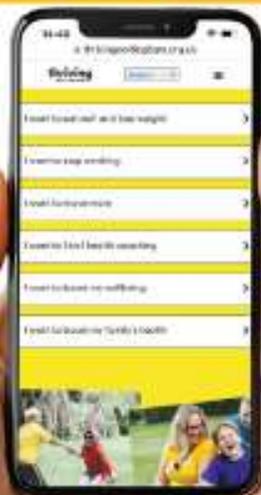
Thriving Nottingham is a new, free health and well-being service that will help you live well and feel great!

Thinking of making changes for the better?

- Losing weight and eating well
- Stopping smoking
- Moving more
- Improving your well-being

Thriving Nottingham can help

Find out more here



Safety alert!

WARNING: Rising burns cases in Nottingham from popular children's toy Nee Doh

These squishy stress-relief toys are popular among children and often used for sensory play.

TikTok trends are encouraging people to heat them in the microwave or hot water to make them softer.

When heated, they can explode/burst, causing hot liquid to escape resulting in serious burns, with some children needing skin grafts.

! **DO NOT heat Nee Doh toys – they are not designed for this.**

! **Supervise young children using these toys.**

! **If a burn occurs, immediately cool the area with cold running water for at least 20 minutes and seek medical help.**



Further information:

[Toy safety](#)

[Burns and scalds - NHS](#)

[Treating burns and scalds - NHS](#)

Worried about your child's mental health?

Do you know about the YoungMinds Parent Helpline and Webchat service?

If you have a child aged 25 and below, you can contact the Young Minds parent's helpline, email or webchat service to discuss your concerns about your child's mental health with one of their trained advisors.

You can call the Parents Helpline on **0808 802 5544**
Monday - Friday 9:30am - 4:00pm.

For webchat or email click here:

[Find out more here](#)

Click here for their Parent's A-Z Mental health Guide:

[Find out more here](#)

Click here for their parent's guide to looking after yourself while helping your child:

[Find out more here](#)

If you feel that you need some mental health support, there are lots of websites and services that can help.

You are NottAlone!

NottAlone is here!
Are you worried about your own, or someone else's mental health?
Want to find trusted information, advice and local services that can help?

This website has local mental health advice and help for people in Nottingham and Nottinghamshire, all in one place.

[Find out more here](#)



Sun

Awareness Week

12-18
MAY

We all hope that this year will bring us some nice weather!

Don't forget though, from March to October in the UK, children should:

- Cover up with suitable clothing
- Spend time in the shade, particularly from 11am to 3pm
- Wear at least SPF30 sunscreen (on areas not protected by clothing, such as the face, ears, feet and backs of hands)

The British Association of Dermatologists has more information:

➔ [Sun awareness](#)

Sunlight and Vitamin D

Exposure to sunlight is most people's main source of Vitamin D. It is recommended that everyone takes Vitamin D supplements (10 micrograms) per day during the winter months October to March, but some people require it throughout the year including those with dark skin and those who cover up in the spring/summer.

Vitamin D aids healthy bones and muscles.

➔ [More advice on Vitamin D can be found here](#)



The messages can seem confusing!

For lighter skin types, daily sunlight exposure for 10-15 minutes between April and September provides sufficient year round vitamin D while also minimising the risks of sunburn and skin cancer.

For darker skin types, 25-40 minutes is recommended



Need some advice or support?

Healthier Together is a website developed with the Royal College of Paediatrics and Child Health and has lots of helpful information for parents, from pregnancy health to all aspects of your child's health.

➔ [Website](#)

Children's health and wellbeing

NHS organisations in Nottingham and Nottinghamshire have created some web pages which offer you helpful advice about common conditions in babies and children and the symptoms to look out for. They hope this information will help you decide when you can treat your child at home, when you need to seek medical help and which service to choose to last.

➔ [Children's health and wellbeing](#)

Nottingham Early Help Partnership, the right help at the right time!

Nottingham Early Help Partnership's vision is for every child to enjoy their childhood in a warm and supportive environment, free from poverty and safe from harm; where every child grows up to achieve their full potential.

The website has lots of information about local support for families in Nottingham:

➔ [Website](#)

Remember your Children's Public Health 0-19 Nursing Service is there for you during the school holidays as well as term time



I am worried about my child's development.

I'm here to help. Whatever is worrying you, let's talk it through.

We are a confidential text service for parents and caregivers that you can talk to about:

- Healthy lifestyles, including healthy nutrition and exercise
- Day and night time wetting
- Constipation
- Sleep behaviour
- Emotional health
- Healthy relationships and sexual health

Text a Public Health Nurse on

07480 635002

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates. For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information



You can now call our **Children's Health Advice Hub** and speak to a nurse about your child's health and development. **0300 300 0040**

(Monday to Friday, 8.30am to 5.00pm)

We can also help you with booking or changing appointments.



For urgent healthcare needs please ring 111.



Use 111

If you need urgent medical help. Call, go online or use the NHS App.

NHS

111 Help us help you

If you would like more information about our service please visit our website





Oak Field School

Wigman Road

Bilborough

Nottingham

NG8 3HW

0115 915 3265

admin@oakfield.nottingham.sch.uk

Family Support Officer:

Lindsey Farnsworth

Physios, OTs, Speech & Language Therapists: 0115 952 2417

Ross Care Wheelchair repairs: 0115 684 8275

Nottingham City Education Transport: 0115 876 5623

Nottinghamshire County Education Transport: 0115 977 3493

www.oakfieldschool.org.uk

