



OXFORD MANOR COLLEGE NEWSLETTER



PARENTS' FORUM

Wednesday and Thursday brought parents of key stage 3 and 4, respectively. Each morning kicked off with an interactive activity about storytelling. Next presentations were made from the academic and pastoral wings of OMC. The icing on the cake was the captivating presentation the Year 8 class had on child rights from their law class.

Parents in attendance earned house points for their scholars.

UPCOMING EVENT:

Next week Saturday, 7th March 2026, the school will be hosting its annual Iftar. This special gathering will provide an opportunity for our school community to come together in unity, reflection, and gratitude during the holy month. We look forward to sharing this meaningful evening with our scholars and parents.

YEAR 8 LAW PRESENTATION

Oxford Manor College has a mission to ensure that our scholars are ready for the real world by the time they graduate. One of the ways that has been accomplished is by tweaking our curriculum to include subjects like Law in key stage 3.

During our Parent Forum, Year 8 delivered an amazing presentation based on their current topic in class: Child Rights. This presentation had intriguing visuals and a silent drama that didn't need words to convey its message. In the end, they helped our parents present to understand the United Nations Child Rights Convention by linking articles to real-world issues. Keep it up, Year 8 Capabilis.





PARENTING OUR GEN ZS AND ALPHAS (5)

Bridging the Parent–Child Communication Gap Raising Gen Zs and Alphas with Connection, Not Control

Welcome back to our continuing journey through the world of parenting Gen Zs and Gen Alphas! This marks our fifth—and final—instalment in the series.

If you’ve been with us from the start, you’ll remember how we’ve navigated everything from increasing anxiety levels to those fascinating (and sometimes baffling) responses to authority that make us pause and think... are we raising children or decoding extraterrestrials?

We’ve had honest conversations about screen time battles (with a little self-reflection, because let’s be real—some of us are scrolling too). We’ve dived into identity, peer influence, and self-esteem, and we certainly can’t forget “The Homework Wars” from Week 6!

And somewhere along the way, many of us may have had a few eye-opening moments about our own habits and reactions too.

As we close out this series, we’re focusing on one final mission: learning to understand their “alien language” so we can truly connect—yes, even vibe—with our precious gems.

Because at the end of it all, parenting this generation isn’t about cracking a code. It’s about building connection.

If you’ve ever felt like your child talks more to their friends—or their phone—than to you, you’re not alone.

Many parents today quietly admit:

- “I feel shut out.”
- “They don’t tell me anything anymore.”

Meanwhile, our children often feel:

- “They don’t understand.”
- “They just lecture me.”
-

Welcome to one of the biggest parenting challenges of this generation—the communication gap.



WHY IS THIS HAPPENING?

- **DIFFERENT COMMUNICATION STYLES**

Today's children communicate in ways that feel unfamiliar to many parents. Short messages. Emojis. Voice notes. Online communities.

They process emotions publicly with peers but privately with family. For many of them, talking face-to-face about feelings can feel intense or even uncomfortable.

- **PEER & ONLINE INFLUENCE**

Gen Zs and Alphas naturally turn to peers for validation. Add social media and digital spaces, and they have 24/7 access to people who "get" them.

That doesn't mean they don't need you. It just means connection now requires more intentional effort.

What Actually Helps?

✓ Talk With Them, Not At Them

Conversations shouldn't feel like lectures.

Instead of:

"Why did you do that?"

Try:

"Help me understand what happened."

Curiosity opens doors. Accusation closes them.

✓ **Choose the Right Moment**

The worst time for meaningful conversation? Right after conflict.

When emotions are high, the brain is in defence mode—not listening mode. Wait until things are calm. A car ride. A walk. A quiet evening moment. Timing matters more than we think.

✓ **Ask Open-Ended Questions**

Questions that invite explanation create connection.

Instead of:

- ***"Did you have a good day?"***

Try:

- ***"What was the most interesting part of your day?"***
- ***"What's something that made you think today?"***
- ***"If you could change one thing about today, what would it be?"***

These questions signal: Your thoughts matter.



WHY IS THIS HAPPENING? (CONT)

✓ Listen Without Immediate Judgment

This is the hardest one. When children expect criticism, they edit themselves. When they expect calm listening, they open up. Listening doesn't mean agreeing. It means allowing them to finish before you respond.

The Big Parenting Mindset Shift

For many of us, parenting used to look like this:

Old Model:

Control & Obedience

Children listened because they had to. But today's world requires something different.

New Model:

Guidance + Structure + Connection

This does **not** mean:

- No rules
- No boundaries
- No consequences

It means:

- Clear expectations
- Empathy
- Calm correction
- Consistency

Children thrive when they feel both safe and understood.

One Powerful Reminder

Gen Zs and Alphas do not need perfect parents.

They need:

- Present adults
- Calm responses
- Predictable structure
- Emotional safety

They need to know:

“Even when I mess up, my parent is still for me.”

Connection is not built in big dramatic moments. It's built in small, consistent ones.

And when communication feels hard, remember this:

If they are still reacting to you, still arguing with you, still pushing against you— You are still their safe place. Let's keep showing up.

Find below a couple of useful websites:

- Positive Parenting Solutions
Tools and strategies for encouraging responsibility and self-esteem.



<https://www.positiveparentingsolutions.com/>

- GreatSchools Parent Guides
School, homework, and social guidance including peer relationships.

➔ <https://www.greatschools.org/gk/>

SCHOLARS CORNER



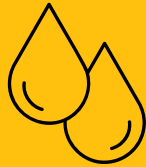
STUDY TIP



Use the 45–10 Rule.

Study with full focus for 45 minutes, then take a 10-minute break. During the break, avoid your phone — stretch, walk, or drink water instead. This improves concentration, prevents burnout, and helps your brain retain information better.

HEALTH TIP



Hydrate before you feel thirsty.

Thirst is a late sign of dehydration. Start your day with a glass of water and aim for steady intake throughout the day. Proper hydration improves energy levels, focus, skin health, and digestion.



INTERNATIONAL NEWS



The ongoing conflict between Israel and Gaza Strip continues to draw global attention, with international leaders calling for sustained ceasefire efforts and humanitarian aid access. Several countries and organizations are pushing for diplomatic solutions to stabilize the region and address humanitarian concerns.