

Weekly Bulletin 5th February 2021

Week Commencing
Monday
8th February 2021
will be week:

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Transport to School—BUSES INFORMATION: [HERE](#).

The Langtree Weekly Bulletin and letters can be found on the website: [CLICK HERE](#) to go to: <https://www.langtreeschool.com/letters/>

INSET DAYS for 2020—2021: Friday 12th February 2021 / Thursday 1st April 2021
TERM DATES CALENDAR CAN BE VIEWED [HERE](#)

Please send any absence notifications or requests to: studentabsence@langtreeschool.com
If you have changed any of your contact details (phone / email / home address) please email office@langtreeschool.com

Thursday 11th February is the last day of term. Please remember that Friday 12th February 2021 is an INSET day, school will be closed and there will be no online learning.

Ms Burman has written to all parents and carers about children's mental health—this letter can be read on page 2 of this bulletin.

The latest newsletter from the School Health Nurse team can be viewed [HERE](#).
The latest newsletter from the schools CAMHs team can be read [HERE](#).

National Apprenticeship Week is next week, there is lots of information for **ALL years** groups about apprenticeships on page 3 of this bulletin.

Whole School Walking Challenge.

The evenings are getting lighter and there has definitely been a sniff of Spring in the air this week! In fact, 1st February in the Celtic seasonal calendar is known as Imbolc. It marks the beginning of the lambing season and signals the beginning of Spring and the stirrings of new life. New beginnings are on the way!
The first snowdrops have already made their appearance and we have even seen some daffodils in bloom! We are midway between the winter solstice and the spring equinox; it's time to wake up Mother Nature!

We thought that it would be a good time to introduce a challenge to get us all up and out of the house so we are going to walk the length of the United Kingdom: from Land's End in Cornwall to John O'Groats in Scotland.

The total distance is 813 miles. It takes cyclists between 10-14 days to complete and the record for someone running this distance is 9 days!! On average it takes between 2 and 3 months to walk!

Let's see how quickly we can do it.

It is each year group against the rest!

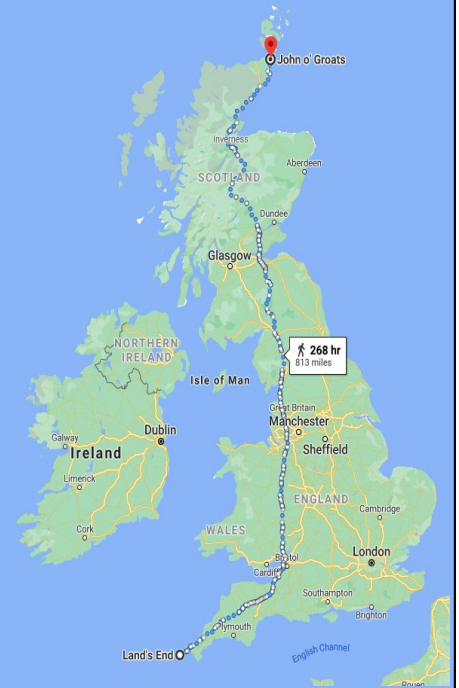
What you need to do is record how far you walk or run each day using a fitbit or an app on your phone and then send a screenshot: We would love to see some pictures of you walking too!

Year 7 & 8 to Mrs Belcher ---> bbelcher@langtreeschool.com

Years 9,10 & 11 to Mrs Smith ---> rsmith@langtreeschool.com

We will keep a tally of how far each year group gets and send regular updates.

We will start on Monday morning so let's get going!



The **Oxford Brookes University Science Bazaar** is going Beyond! Our theme this year is 'Discovery and Exploration'. Be prepared to listen, watch, build, draw, experiment, share, laugh and think. Meet our staff and students and learn new things - enjoying 'science' in the widest possible sense. This FREE event will be packed with exciting activities offering something for everyone, from crocodiles to race cars, human health to architecture, nutrition to technology and much, much more!
New this year - the Discovery Zone - what will you discover? <https://www.brookes.ac.uk/science-bazaar/>

The **Pastoral Team** are trying to make as many calls as possible to students/ parents to check that everything regarding remote learning is running smoothly and to discuss any other issues that may arise. As many staff will be working from home, they will withhold their home telephone number. Therefore, please answer your phone, if possible, where you see a withheld number. **We are not cold callers!**

Information from the COVID-19 Community Support Programme Team of South Oxfordshire and Vale of White Horse District Councils:

South Oxfordshire or Vale of the White Horse residents that are struggling to afford food or pay their fuel bills, may be eligible to receive help. They should get in touch with their nearest advice centre for further guidance. If you know of someone who is struggling please refer them to the team at Citizens Advice - 0808 278 7907 (South and Vale) or if they live in Vale of White Horse, the team at Wantage Independent Advice Centre - 01235 765348 (Vale). The advice centre Winter Grant Scheme referral form can be found [HERE](#).

Please note that only one member (over the age of 18) per household can apply, and they must live in South Oxfordshire or Vale of the White Horse. This scheme will be available until the end of March 2021. To find out more about the Government's COVID Winter Grant Scheme, visit www.gov.uk, and to find out what other support is available to you during the pandemic, please visit our COVID support, advice and guidance pages on our website www.southoxon.gov.uk "

Dear Parents,

I hope you are all well. You are all doing such a fantastic job with remote learning. I know it is really challenging, but you have been brilliant at helping us deliver this new style of learning. We know it is not easy, but by working together we are all determined to ensure your children continue to make progress with their education.

However, we are also mindful that we need to promote positive mental health. As it is children mental health week, I thought I would take this opportunity to share some resources with you.

The theme of children mental health week this year is to express yourself. Our students should be encouraged to express themselves through creativity - drawing, cooking, designing, writing, song writing etc. It would be lovely to see any pictures of students expressing themselves through art. Please send them to me at sburman@langtreeschool.com

We are making every effort to support students remotely. If you do have concerns about your child's mental health, some of the following resources from CAMhs (child and adolescent mental health services) may be useful.

[Child and Adolescent Mental Health Service Useful Resources | Child and Adolescent Mental Health Service \(oxfordhealth.nhs.uk\)](https://www.oxfordhealth.nhs.uk) This website includes self-help documents that we often advise parents and carers to review and implement in the first incidence if they feel mental health support would be appropriate for their young person.

Additional COVID specific resources can be found through these websites:

[How can I support someone's mental health during the Covid-19 outbreak? \(time-to-change.org.uk\)](https://www.time-to-change.org.uk)

[Coronavirus | Mind, the mental health charity - help for mental health problems](https://www.mind.org.uk)

[Looking after your mental health during second lockdown \(charliewaller.org\)](https://www.charliewaller.org)

Please do contact your child's tutor, Head of Year, or me, Ms Burman (Deputy Headteacher and Safeguarding Lead) if you do have any concerns about your child.

I have just included the top tips below to remind us all that there are things we can do to help ourselves:

Top tips for staying mentally well

Many of us will be able to manage these uncertain times and protect our mental health by taking one day at a time and focusing on our wellbeing:

- Have a daily structure
- Get regular daily [exercise](#), preferably outside
- Maintain your [sleep routines](#)
- Try to eat a [healthy diet](#)
- Keep in contact with friends, family and loved ones online or on the telephone, where possible
- Make time for [enjoyable](#) activities, relaxation, and self-care
- Restrict media and social media that increases a sense of despair and helplessness
- Cultivating an attitude of [gratitude](#) can help improve mental health and may be even more important during times of significant challenge as a result of Covid-19.
- Have [hope](#): it will not solve our problems or make them go away, but it can give us the motivation to keep going when times are difficult

Contact Childline: 0800 1111 to get support if you need it or www.kooth.com

Visit: <https://www.childrensmentalhealthweek.org.uk/>

Or use the links below:



6th Form / College / Apprenticeship / Careers Information

Next week is **National Apprenticeship week**. There will be an apprenticeship related activity on SMH/Satchel notice board every day next week. This may link to a flexible learning activity that will be uploaded onto the Career Google Classroom for each year group.

Monday will start with an apprenticeship awareness video.

What is an apprenticeship? (15 mins).

Tuesday and Wednesday: Every student will have an Apprenticeship Activity Pack in their Careers Classroom. The pack contains 10 fun and engaging apprenticeship activities that will help them to explore and be inspired by the wide range of apprenticeships available.

Thursday: The Big Assembly is taking place on Tuesday 9th Feb at 11:10 and will be live-streamed to thousands of students. Students will hear from a range of apprentices in this fun and lively assembly. I am hoping to download the Big Assembly and upload it for our students to see on Thursday.

Find out more and register via the link. www.bigassembly.org

Friday: There is a network of young people who produce content for ASK Apprenticeships and attend events They have some case studies that look good and could add some inspiring content for students to explore. <https://amazingapprenticeships.com/yaan/case-studies>

Extension:

Apprenticeship Quizzes that will encourage students to think about the benefits and opportunities of apprenticeships. www.amazingapprenticeships.com/quizzes

[What is an Apprenticeship](#)

IntoGames: A free livestreamed event on 25th February from 16:00 for anyone considering a future career in the UK's games industry. Students will hear about industry internships, graduate schemes and traineeships and find out what to prepare for and expect. Thurs 25th Feb, 4.00PM.

[Registration Link](#)

Open door on careers in Adult Social Care webinar. A webinar to find out all you need to know about careers in Adult Social Care and the help and support that is available to help you find a job in this sector.

[Webinar Link](#)

Brookes Year 10 study conference. This new free virtual study conference for Year 10 students from Oxford Brookes takes place in April 2021. Students spend a day investigating subjects they could study at A Level and university. The aim is to raise students attainment and motivation through highlighting the importance of GCSE qualifications.

[Year 10 study conference](#)

Ask Apprenticeship awareness session for Oxfordshire parents/carers. Thursday 11th February, 5:30pm-6:30pm

[Register here](#)

Abingdon and Witney College Open Event. Across 3 days students will be able to join webinars, take virtual campus tours and talk to tutors, careers advisers and the admissions team, who can help with applying for 2021 courses. Wed, Feb 10, 2021, 3:30 PM – Fri, Feb 12, 2021, 7:30 PM 29/1/21

[Registration Link](#)

Find a T Level. The T Levels student site has a helpful postcode finder to help students to find a T Level near them.

[T Levels](#)

Apprenticeship team from Abingdon & Witney College, joined by the apprenticeship team from The University of Oxford are running a live webinar at 11am on Saturday 13th February which is aimed at the Parents/Carers of students interested in doing an Apprenticeship. There is a live presentation followed by the opportunity to ask questions.

[Parents/Carers webinar tickets](#)

<https://www.abingdon-witney.ac.uk/apprenticeship-vacancies>

UKAEA Apprenticeship Scheme Virtual Open Evening - Tuesday 9th Feb
Apprenticeship Scheme Virtual Open Evening is fast approaching. It is taking place on Tuesday 9th February from 4.30pm – 7.00pm. Could you please remind all your interested students to register for this event by Monday 8th February.

[Apprenticeship Open Evening Registration](#)

Apprenticeships are now open for applications to join BT in 2021. They offer apprenticeships from Level 2 through to Level 6. Perhaps you want to get into Customer Service, or IT & Technical Support? You may want to consider Software Development, Sales, Electronics, Data Analysis, Network Design.....the list goes on!

[BT Apprenticeships](#)

This free virtual event on 10th February from 12:00-19:00 for Year 11-13 students and their parents/carers.

[Find out about Russell Group Universities](#)

Parent Information sessions from InvestIN

[Parent Event Series](#)