

Well Being Provision at Langtree

Implementation	7	8	9	10	11	
All	Transition		Transition		Transition	
All	Assemblies and tutor activities Topics covered in assemblies and tutor activities follow 6 steps to wellbeing: 1. Be Active... Go for a walk or run. Step outside. ... 2. Keep Learning ... Try something new. Rediscover an old interest. ... 3. Give ... Do something nice for a friend, or a stranger. Thank someone. ... 4. Connect ... With the people around you. ... 5. Take Notice ... Be curious. ... 6. Care For The Planet ... look after your community and the world.					
All	6 discreet lessons PSHE/RSE Taught in curriculum Link to the policy					
All Year 7s	Student Leaders mentoring sessions					
All	Extra Curricular	Langtree Challenge	Reflections on progress	Sponsored walk	Creativity days	Activity Week
All	Have a Student PSHE/RSE google classroom Have a Student Report a concern page that they can use Resources on the Student Tab for wellbeing					
Targeted Groups	Attendance group	Friendship group	Managing anxiety Group	Young Carers	Resilience Group	Exam support
Individual work	<ul style="list-style-type: none"> - Report to tutor, HOY, SLT - CAMHs referral - Bereavement : Seasaw (parents need to refer) - Nomad: mentoring service - ELSA support - 1 to 1 interviews with PP students in 7&8 - Peer mentor - Year 11 students mentor younger years - School nurse - Early Help Assessment (EHA) work with family: Oxford County Council 					
Parental support	Financial advice: https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/Advice regarding housing Food Banks: Wallingford Helping you help your child: <ul style="list-style-type: none"> ● https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/ ● Supporting well being: https://www.youngminds.org.uk/parent/ ● Online pornography: how to keep your child safe ● Online sexual harassment: pornography, editing photos and body image, sharing nudes, peer pressure, sexualised bullying ● Coping with self - harm: A guide for parents and carers ● Information about drugs National Domestic Abuse Helpline: 0800 2000 247 Recognising domestic abuse: NSPCC website					

The school will host two virtual sessions by Child and Adolescent Mental Health services (CAMhs)

- Parent forum on **30th January** on supporting children who self harm

Road Safety:

Parents and students must read and agree to the following Cycling to School rules:

1. All bicycles must be roadworthy and appropriate for the age of the student in terms of frame size and seat height. All bikes must have brakes that work safely.
2. Students must wear a helmet to cycle to and from school and this helmet must be visible to school staff when students enter the school site. Helmets must be stored in lockers during the school day.
3. When students leave the Reading Road, they must dismount their bike and walk the bike to the cycle storage areas.
4. During the winter months when cycling to and from school in the dark, parents will ensure that students wear reflective clothing and that all bikes have front and rear lights.
5. All students will cycle in a safe manner and take into account pedestrians and other school children.
6. All students will refrain from listening to music through earphones whilst cycling to school.