

Well Being Provision at Langtree

Implementation	7	8	9	10	11														
All	Transition		Transition		Transition														
All	<p>Assemblies will always be guided by our core values of Courtesy, Respect and Integrity</p> <p>Tutor activities follow 6 steps to wellbeing:</p> <ol style="list-style-type: none"> 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. <p>All students complete a well being survey once a year. Pastoral leaders and tutors will review this information and follow up with any one to one discussions with pupils where appropriate.</p>																		
All	6 discreet lessons PSHE/RSE PSHE/RSE Taught in curriculum																		
All Year 7s	Student Leaders mentoring sessions																		
All	Extra Curricular Clubs	Langtree Challenge	Reflections on progress	Sponsored walk	Creativity days	Activity Week													
All	<p>Have a Student PSHE/RSE google classroom</p> <p>Have a Student Report a Concern page that they can use</p> <p>Resources on the Student Tab for wellbeing</p>																		
Targeted Groups	Attendance	Resilience	Connections	Young Carers	Leadership	Exam support													
Individual work	<ul style="list-style-type: none"> - Report to tutor, HOY, SLT - CAMHs referral - 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	<p>Supporting your child with their mental health</p> <p>Child and Adolescent Mental Health Services (CAMHs) are holding several webinars for parents. Please use this link to find out more information and to register.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Exam stress and anxiety:</td> <td>Wednesday 23rd October Time: 6pm - 7.30pm</td> </tr> <tr> <td>Supporting young people who self harm:</td> <td>Thursday 28th November 6pm - 7.30pm</td> </tr> <tr> <td>Promoting resilience:</td> <td>Thursday 30th January 12.30 - 2pm</td> </tr> <tr> <td>Understanding the teen brain:</td> <td>Tuesday 25th February 6pm - 7.30pm</td> </tr> <tr> <td>Sleep awareness for parents:</td> <td>Wednesday 12th March 6pm - 7.30pm</td> </tr> <tr> <td>Supporting Young People who self harm:</td> <td>Thursday 22nd May 12.30 - 2pm</td> </tr> <tr> <td>Childhood anxiety:</td> <td>Wednesday 4th June 6pm - 7.30pm</td> </tr> </table> <p>There is also a live meeting</p> <p>Typical Adolescent Brain development: Friday 27th September 12- 1.30pm. Sandford-on-thames. Village Hall. Henley Road. Oxford. OX4 4YN. Limited spaces- book your ticket by emailing sarah.woods@oxfordhealth.nhs.uk</p> <p>Useful websites:</p> <ul style="list-style-type: none"> • Supporting well being: https://www.youngminds.org.uk/parent/ • A useful leaflet Coping with self - harm: A guide for parents and carers • Supporting well Being https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/ • Please also signpost your child to Langtree's Student Well Being page on the school website. • Supporting young people with grief: https://seesaw.org.uk/ <hr style="border-top: 1px dashed black;"/> <p>Financial advice:</p> <p>https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/</p> <p>Advice regarding housing</p> <p>Food Banks:</p> <p>Wallingford</p>					Exam stress and anxiety:	Wednesday 23rd October Time: 6pm - 7.30pm	Supporting young people who self harm:	Thursday 28th November 6pm - 7.30pm	Promoting resilience:	Thursday 30th January 12.30 - 2pm	Understanding the teen brain:	Tuesday 25th February 6pm - 7.30pm	Sleep awareness for parents:	Wednesday 12th March 6pm - 7.30pm	Supporting Young People who self harm:	Thursday 22nd May 12.30 - 2pm	Childhood anxiety:	Wednesday 4th June 6pm - 7.30pm
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Whitchurch United:

Students (age 5 - 25 living in Whitchurch may benefit from a charitable fund aimed at helping them with their education such as sports equipment, music lessons etc. Applications received twice a year - for more information search for Whitchurch United Charities, email: whitchurchunitedcharities@gmail.com

or call 01189844262

Hosting Ukranian Family

If you are hosting a Ukranian family you may be able to access funds from the parish of Checkendon, Contact the vicar Rev Canon K Davies : langtreechurches1-office@yahoo.com

Help with Heating Homes

Oxfordshire County Council is part of a scheme called Better Housing, Better Health, which can support methods of heating homes giving grants, heating appliances and advice. See bhbh.org.uk

Community Hub Household Support Fund

Please see South Oxfordshire District Council website for ways the community may be able to support you. communitysupport@southandvale.gov.uk

Pupil Premium (top up funds for students)

Please see our website for information regarding Pupil Premium funds: and see <https://langtreeschool.com/pupil-premium/>

Protecting your child online

- [Advice for parents regarding online parental controls](#): if in doubt, call the NSPCC's trained helpline counsellors on 0808 800 5000

Supporting your child with concerns or questions about healthy sexual relationships

- [Online pornography: how to keep your child safe](#)
- [Online sexual harassment: pornography, editing photos and body image, sharing nudes, peer pressure, sexualised bullying](#)

Please also see our RSE policy on our school website.

Supporting parents knowledge of drugs

[Information about drugs](#)

National Domestic Abuse Helpline: 0800 2000 247

[Recognising domestic abuse: NSPCC website](#)

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.