Please come along and help tidy up our school grounds and improve our learning environment

Saturday 6th June 09.00-12.00

Gardening, sweeping, tidying, weeding

A lot of tea, cake and camaraderie!

Satisfaction guaranteed!

Please bring: Sweeping brushes, dustpans and brushes, garden forks, garden waste containers, secateurs, weeding tools, hoes/scraping tools, wheelbarrows, strong muscles, gardening gloves, power tools and as many willing helpers as you can!

If you can't join us, could you donate something instead? Please get in touch to discuss any possible donations

RSVP TO: Jules Woodall

Juliet_white@hotmail.com

Thank you so much for making a difference

Weekly Bulletin 8th May 2026

Week Commencing 11th May 2026 WEEK A

Please report any student absence ideally before 8.00am
Please email: studentabsence@langtreeschool.com

Weekly Bulletin and Letters: **https://www.langtreeschool.com/letters/**

If you have any safeguarding concerns regarding a child please contact: Ms Burman, Deputy Head Teacher and Designated Safeguarding Lead sburman@langtreeschool.com Ms Wood, SENCo and Deputy Safeguarding Lead swood@langtreeschool.com Mrs Belcher, Head of Year 7 & 8, Deputy Safeguarding Lead bbelcher@langtreeschool.com For further information on Safeguarding please read our Safeguarding Policy in the school website

Transport to School—BUSES INFORMATION
Oxfordshire School Transport information and timetables HERE.
Public Buses: Thames travel Timetables can be found HERE.
Public Buses: Reading Buses 93 (BB3) Timetable can be found HERE.

IMPORTANT DATES

19th May—Y10 GCSE Drama Assessment	**22nd May End of Term 3.00pm** **1st June Start of term 6**	**2nd June—Y8 French Trip parent meeting**	**4th June—Y9 Amsterdam Trip parent meeting**

CLUBS: Term 2026 Sports Club LIST Lunchtime and Afterschool Clubs LIST

GENERAL

UNIFORM: Please note that no students should be wearing shorts under their trousers. Next week (w/c 11th May) we will be having a focus on all uniform - and particularly this issue. Please make sure that your child has a belt / trousers that fit. If your child does wear shorts under their trousers, they will be asked remove them and a detention will be given. The vast majority of our students are getting their uniform right. Ms Burman

MOBILE PHONES: A letter from Mr Bamford was emailed to all parents and carers this week—a copy can be found HERE

Please read the message on page 2 of this bulletin from Ms Burman—healthy eating and sleep.

Charlie's Promise - The Impact and Consequences of Knife Crime

Yesterday, our **Year 8 and 9 students** attended a deeply impactful session centered on the real-world consequences of knife crime. We were honored to welcome **Martin** from the charity **Charlie's Promise**, who shared the heartbreaking story of his son, Charlie, who was tragically lost to knife crime in 2023. The presentation discussed who Charlie was, the details leading up to the incident and the physical and emotional toll that such a loss takes on a family and a community.

By sharing such a personal and emotive account, Charlie's Promise aims to educate young people on the permanent consequences of carrying a blade. Our students listened with incredible respect and maturity, engaging with a difficult subject that is vital for their safety and social awareness. It was a powerful reminder that every choice has a consequence, and every statistic is a person with a family who loves them.

We would like to extend our sincere thanks to Martin for his courage in sharing Charlie's story with our school community. For more information on the work they do, you can visit https://www.charliespromise.org/

We understand that the subject matter was challenging, and our pastoral team remains available for any student who wishes to discuss these topics further. We have also included two links that you may find useful.

1. Charlie's Promise, which provides guidance on safely reporting the carrying or use of knives.
   https://www.safe4me.co.uk/portfolio/knife-street-crime/
2. A guide for parents to help navigate conversations with their children about knife crime.
   Helping our children stay safe: a guide to knife crime and safety for parents and carers.

Year 7

Year 8

Year 9

Year 9 GCSE Ethics / GCSE Citizenship for Year10: Since September 2025, students have worked towards either a Citizenship or Religious Studies GCSE. The two Ethics choices have been introduced to your child gradually in the course of this term. The students have had the opportunity to participate in a number of sample lessons for both subjects to help inform their choice. Additionally, the students have had a number of opportunities in their Ethics lessons to discuss the difference between the two choices. Towards the end of this term, all students will receive a google form to complete on Satchel. On this form, students can indicate which course they would like to continue studying in Year 10. The deadline for completion of this form is Friday 22nd May. To the best of our ability, we will try to ensure students study the course they have chosen, however, this cannot be guaranteed.

Year 9 Immunisations—TDP (Tetanus, Diphtheria,Polio) & Men ACWY (Meningococcal ACWY) Letter **HERE**

YEAR 10:

Year 10—WORK EXPERIENCE: Langtree has 20 places available on a work experience programme called Active Leaders (www.activeleaders.co.uk) which combines leadership and employability training with hands-on practical experience and leads to an accredited national award. The programme will be based at Langtree School and students will be expected to attend from 9am-3pm daily. For more information please read the letter **HERE**.

Year 10—Information for Year 12 can be found **HERE**

YEAR 11:

GCSE EXAMS: Information from Mrs Smith Exams Officer HERE

Year 11—letter from Head of Year—exam arrangements / prom / results day HERE

Cashless catering - clearing accounts for Year 11 Leavers: To ensure there are no credit or debits left on your child's cashless catering balance please can you keep an eye on their account to ensure there is not a large credit remaining when they are due to leave or any debts left to pay. Any amounts over £6 will be refunded back to you to the card you paid with. This may take up to 6 weeks after the end of the summer term. Any amounts £6 and under will be donated to the Helen & Douglas House, unless you request us to refund the amount to you. If you would like a refund of under £6 please can you email finance@langtreeschool.com by the 26th June 2026. If you have a younger child still at school any credit on their older siblings account will be transferred across.

Locker key return: Please hand in your locker key to reception on your last day. The key should be in an envelope with the following details on the front: Number of Locker; First Name, Surname; Tutor Group. If a student has lost their key, we will not charge them for this.

GCSE EXAMS TIMETABLE: HERE Please also see the website for more information: **https://langtreeschool.com/examinations/**

If you are struggling to get your child to revise or want to help them with their revision please have a look at the Langtree Three on the school website in the learning section. Here you will find an introduction and three short instructional videos on evidence based revision strategies. **LINK**

Year 11—Information for Year 12 can be found **HERE** There is lots of information about Y12 options in the link

CAREERS: At Langtree we give students in all years information about careers.

To view the current careers notices please click HERE Careers page of the school website: HERE

Further Information: Useful websites Linking subjects to careers

Importance of Healthy Eating and Sleeping

Although this may seem like an obvious piece of advice, eating healthily and having good sleeping habits isn't something that all of our students take as seriously as they should.

In our well being survey this academic year, 9.9% of our students who responded said that they did not eat breakfast in the morning and 21.5% said they sometimes did.

39.8% of the respondents said that they keep their phones in their bedroom when they sleep and 18.6% said they sometimes do. 38.2% of the respondents said that they do not have their phones in their bedrooms when they sleep.

If students have smart phones in their room, they may still be using their devices during the night which will impact on their sleep.

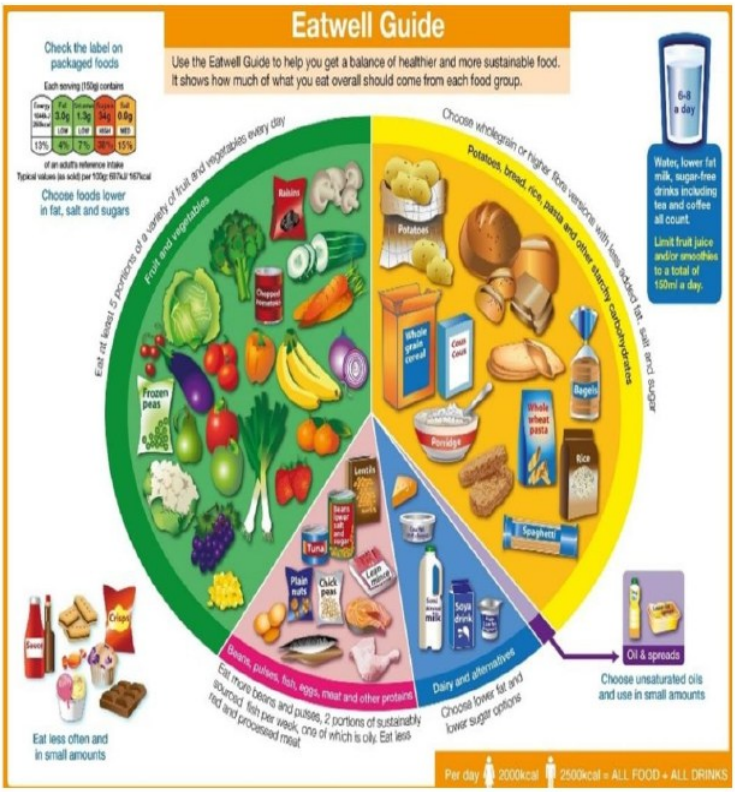
Eating healthily and having quality sleep is important for all our students. We are particularly mindful of our Year 11s who are entering their exam period. Some of the duration of the exams are very long - with English Language Paper 2 being 2 hours and 5 minutes (and some students will have extra time). Therefore, it is crucial to ensure healthy habits are adopted.

Sleep

Getting enough sleep is essential for students as it directly impacts their physical and mental health, as well as their academic performance. Satisfactory sleep helps in consolidating information learned throughout the day, improving memory, concentration, and problem-solving abilities. Students who are well-rested are more likely to be alert, attentive, and engaged during classes, leading to better retention of knowledge.

Healthy eating

Maintaining a healthy diet is crucial because it provides the necessary nutrients for growth, development, and overall well-being. A balanced diet ensures that students receive the essential vitamins, minerals, and macronutrients needed for optimal physical and cognitive functioning. A nutritious diet supports healthy brain function, enhances focus and attention, and boosts the immune system, thereby reducing absenteeism due to illness. Breakfast is a really important meal of the day and it is important to note that if some students skip breakfast, they are not eating from dinner time until 11.00 am the following morning. If students skip eating at breakfast, their next opportunity to eat is 13.20. We do see some of our students experience 'hanger' moments! Please do make sure your child has appropriate snacks / packed lunch / money for them to last throughout the day.



Avoiding energy drinks

It's important for students to refrain from consuming energy drinks due to their potential negative effects on health and academic performance. Energy drinks often contain high levels of caffeine and sugar, which can lead to increased heart rate, restlessness, and difficulty concentrating. They can also disrupt sleep patterns, leading to fatigue and reduced alertness during classes. Encouraging students to stay hydrated with water or natural fruit juices is a healthier alternative.

Energy drinks are banned at Langtree. If we see students consuming these drinks, we will confiscate them.

The Library Oxfordshire

READ to the BEAT

Help us to run the Summer Reading Challenge!

Volunteering opportunity in Oxfordshire libraries

We're looking for young people aged 13 and over, who enjoy working with children, to help run the Summer Reading Challenge 2026: Read to the Beat.

www.oxfordshire.gov.uk/libraries

MORE INFO & APPLY

- It's great for references, UCAS & Duke of Edinburgh's Award
- Work towards the Summer Reading Challenge Certificate of Volunteering
- Have fun by helping others and learning new skills!

www.summerreadingchallenge.org.uk

THE READING AGENCY | UNIVERSAL MUSIC GROUP UNITED KINGDOM | OXFORDSHIRE COUNTY COUNCIL

Read to the Beat illustrations by Harry Woodgate , illustrations and logo © The Reading Agency 2026

BECOME AN ACTIVE LEADER

26TH-29TH MAY 9.30-4.00

THE JUNCTION (OPPOSITE LIBRARY), BROAD ST, ABINGDON OX14 3JU

ACTIVE LEADERS

Learn new skills, gain confidence and experience, have fun!

THE COURSE

A fun and practical training programme to gain the Active Leader Award certificate.

CIMSPA Education Partner — QUALITY ASSURED ENHANCING ★★★

Cost £50pp

Click here to register:

or e-mail: youmove@southandvale.gov.uk

CONTENT

- How to lead
- Risk management
- First Aid and CPR
- Planning & organising
- Marketing & Budgeting
- Running events
- Getting a job

South Oxfordshire District Council — Listening Learning Leading | Vale of White Horse District Council | YOUMOVE

READING CANOE CLUB

JUNIOR *Beginner Courses* AT READING CANOE CLUB

Come and Try Kayaking this summer!
For ages 10-17
No prior experience needed
Maximum of 5 children per course
£50 for 3 sessions per course with access to free follow up sessions.
Course start dates:
14th May, 11th June, 2nd July

A great opportunity to get outside, make new friends, fall in love with a brand new sport and become a member of the Reading canoe club

reading-canoe@org.uk
@rdgcanoeclub

READING CANOE CLUB
THE WARREN
CAVERSHAM
BERKSHIRE
RG4 7TH

For more information please scan here

Opportunity to borrow a telescope!

Due to the efforts of the PTA, the science department has managed to secure funding to purchase an entry level telescope. We would like to give students the opportunity to borrow the telescope for a week so that they can be inspired to look at the stars.

The telescope would obviously need to be taken good care of, returned on time and in the same condition as it was when it was received.

All safety instructions would also need to be followed which can be found in the booklet that comes with it.

If your child would like to register an expression of interest in borrowing the telescope please ask them to do so by contacting Mr Brown via email: kbrown@langtreeschool.com

Yours sincerely
Keith Brown
Head of Physics

GARDENING CLUB

DAY	Every Monday Term 5&6
TIME	After School 3.15 - 4
MEET POINT	Food Tech Garden

LEARN HOW TO GROW YOUR FAVOURITE FRUIT & VEG and get to eat it afterwards

GET YOUR HANDS DIRTY
- Sow seeds
- Dig, plant, & prune
- Water plants
- Pick up litter
- Build wildlife habitat
- Learn horicultural skills and more...

HELP CREATE & LOOK AFTER YOUR SCHOOL GARDEN for people & wildlife

Contact Info
Email any questions to:
sdarkins@langtreeschool.com

Langtree School PTA

SUPPORTING OUR COMMUNITY

Please support you PTA in any way you are able.

If you have any questions, contact the PTA Chair

pta-chair@langtreeschool.com

The PTA are now registered with Easy Fundraising

https://www.easyfundraising.org.uk/

THE ORATORY

ORATORY 6TH FORM
MORE OPPORTUNITY

"Dialogue is a big part of [6th Form] lessons to encourage challenge, debate and independent thought."
The Good Schools Guide, 2026

- Visit our dedicated 6th Form Centre.
- Meet Dr David Moses, Assistant Head (6th Form), and speak with our Heads of Departments and 6th Form students at our subject options fair.
- Learn more about our personalised approach for every student from A Level and BTEC options through to 6th Form enrichment. UCAS guidance, mentoring and networking opportunities, and career pathways.
- Discover our co-curricular programme, with over 75 activities available.

6TH FORM OPTIONS & INFORMATION EVENING
TUESDAY 19 MAY
6.00pm - 8.00pm

BOOK YOUR PLACE

OPEN MORNING
SATURDAY 9 MAY

BOOK YOUR PLACE

Be you.
Become more.

INDEPENDENT BOARDING AND DAY SCHOOL FOR GIRLS & BOYS AGED 11-18

oratory.co.uk

PANGBOURNE

Independent, co-educational day and boarding school, ages 11-18

SIXTH FORM
OPEN EVENING
14 MAY 2026

PANGBOURNE.COM/VISIT

The Abbey

Upcoming Events

Senior School & Sixth Form Open Morning
Saturday 9 May

Discover why an all-girls education empowers success. Explore our outstanding facilities and vibrant community.

All-Girls Oxbridge Applications Workshop
Saturday 9 May

Come to our All-Girls Oxbridge Workshop with Dr Matthew Nicholls, for ambitious Year 10–11 students aiming for Oxbridge.

Sixth Form Taster Day for Year 12 2027
Monday 15 June

Our event allows you the opportunity to experience first hand the outstanding facilities and spaces on offer. Taster day for students in Year 10 looking to start Year 12 2027.

Senior School and Sixth Form Working Open Day
Monday 22 June

Join us at our Working Open Event, to see The Abbey Senior School in action and to meet staff and students!

Book your place

theabbey.co.uk/events

WINNER
Top Independent Girls' School in the UK 2026

Langtree

CHRISTIAN CLUB

Wednesday lunchtimes in En4

Bring your lunch!

Games, snacks & chat about faith

What are the age restrictions on social media?

13	13+	16	18
Facebook	Whatsapp	LinkedIn	Tinder
Twitter	YouTube		Bumble
Instagram	WeChat		
Snapchat	Whisper		
TikTok	Yubo		
Kik			
Ask.fm			
Houseparty			
Periscope			
Tumblr			
Reddit			
Pinterest			

(13+ means with parental consent)

A

FACE

May 2026 Timetable

All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

School Anxiety	4 May 10am
Understanding Anger	4 May 7pm
Facing Defiance	5 May 10am
Supporting Healthy Screen Use	5 May 7pm
Cannabis and Ketamine Awareness	11 May 10am
Anxiety Explained	11 May 7pm
Introduction to OCD	12 May 10am
What is ACT?	12 May 7pm
Decreasing Depression	18 May 10am
Raising Self-Esteem	18 May 7pm
Supporting Healthy Sleep	19 May 10am
Understanding the Teenage Brain	19 May 7pm
Autism: Improving Communication	25 May 10am
Improving Family Communication	25 May 7pm
Supporting a Child with ADHD	26 May 10am
Understanding Addictive Behaviour	26 May 7pm
FREE Getting a Good Nights Sleep	**28 May 7-8pm**

Langtree School
2026 - 2027 Term Dates Calendar

Please note that these are the dates for the start and end of term for 2026 / 2027. Dates for the INSET days to be added.

TERM 1	**Tuesday 1st September 2026**	**Inset Day - no students in school**
	Wednesday 2nd September	Start of Term 1 for Year 7 students - Induction Day
	Thursday 3rd September	Start of Term 1 for all other students.
	Thursday 17th September	School closes at 12.30pm (Open evening)
	Friday 18th September	**SPONSORED WALK - all students expected in school**
	Friday 23rd October 2026	**END of TERM 1 for students (As normal 3pm)**
	October Break – 24th October – 1st November 2026	
TERM 2	Monday 2nd November	Start of Term 2
	Friday 18th December 2026	**END of TERM 2 (Half day school closes at 12.30pm)**
	Christmas Holiday – 19th December – 3rd January 2027	
TERM 3	Monday 4th January 2027	Start of Term 3
	Friday 12th February 2027	**END of TERM 3 (As normal 3pm)**
	February Break – 13th February – 21st February 2027	
TERM 4	Monday 22nd February	Start of Term 4
	Thursday 25th March 2027	**END of TERM 4 (As normal 3pm)**
	Easter Holiday – 26th March - 11th April 2027	
TERM 5	Monday 12th April	Start of Term 5
	Monday 3rd May	May Day Bank Holiday - school closed
	Friday 28th May 2027	**END of TERM 5 (As normal 3pm)**
	May Holiday – 29th May – 6th June 2027	
TERM 6	Monday 7th June	Start of Term 6
	12th July to 16th July	Activities Week
	Tuesday 20th July 2027	**END of TERM 6 (Half day school closes at 12.30pm)**

Come and join us

SONNING COMMON YOUTH CLUB

FIND US ABOVE THE SPORTS HALL AT MECE

FOLLOW US INSTGRAM.COM/SC.YOUTHCLUB OR FACEBOOK.COM/SONNINGCOMMONYOUTHCLUB

WEDNESDAY 6.30-8.30PM

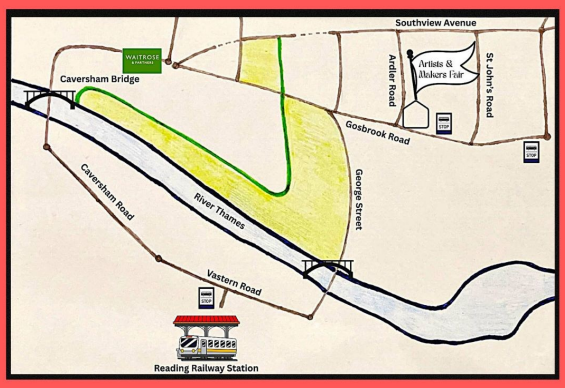
THURSDAY 6.30-8.30PM

CONTACT YOUTHLEADER@SONNINGCOMMONPARISHCOUNCIL.GOV.UK

AMBITION FIRST STEPS first steps ambition ACCREDITED

SONNING COMMON YOUTH CLUB

Artists & Makers Fair



20 minutes' walk from Reading Station
10 minutes' walk from Caversham Waitrose
22 Pink, 23 & 24 Berry & 28 Aqua Bus Routes
Free Parking on surrounding roads

Fairs in 2026

9 May, 12 Sept, 10 Oct, 14 Nov, 12 Dec

RG4Arts.org.uk
Artistsandmakersfairs
Artistsandmakersfairs
anmfairs@gmail.com

Oxfordshire Youth Forum

The forum is a safe spaced co-produced by young people for young people in years 7-13 to discuss topics around mental health and wellbeing.

Sessions are held online using Teams and last for one hour

For more information or to register your interest please email cyp@oxfordshiremind.org.uk

29th September 2025
17th November 2025
29th January 2026
16th March 2026
11th May 2026
22nd June 2026

All dates will be 9 - 10am

Oxfordshire mind

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.
Full access to all three courses for £6.99/month
Complete at your own pace, cancel anytime.

Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.

Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.

You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Courses for Parents page
info@facefamilyadvice.co.uk

FAMILY ADVICE · COMMUNICATION · EDUCATION

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health … so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screengrabs to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: **talk to a trained counsellor on 0800 1111 or online at** www.childline.org.uk/get-support/

National Bullying Helpline: **counsellors are available on 0845 225 5787 or by visiting** www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: **the children's charity has a guide to the signs of bullying at** www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ **and can be reached on 0808 800 5000**

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

National Online Safety®

#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.11.2022

Well Being Provision at Langtree

Implementation	7	8	9		10	11
All	Transition		Transition			Transition
All	Assemblies will always be guided by our core values of **Courtesy, Respect and Integrity** Tutor activities follow 5 ways to well being: 1. Connect with people. 2. Be active 3. Take notice of the world around you 4. Keep learning 5. Give back 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.					
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	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	Resilience	Connections	Young Carers	Leadership	Exam support
Individual work	• Report to tutor, HOY, SLT • CAMHs referral • Nomad: mentoring service • ELSA support • REACH mentoring			• 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	**Supporting your child with their mental health: Child and Adolescent Mental Health Services (CAMHs)** are holding several free webinars for parents. Please use this link to find out more information. CAMHs offer Parent-led support groups, where you can meet others with shared experiences, ask questions, and talk openly in a safe and understanding environment. Professionally led webinars, offering practical advice and information on commonly seen emotional and mental health concerns please use the above link. **Useful websites:** • 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/ **Financial advice:** https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/ Advice regarding housing Food Banks: Wallingford **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 Unitied 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: porngraphy, 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 **Domestic abuse support:** National Domestic Abuse Helpline: 0800 2000 247. Recognising domestic abuse: NSPCC website a2dominion : domestic abuse support services Bright Sky website and app offering practical support and guidance on domestic abuse - practical support					
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.					