

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

Year 11 - English Literature texts

We would welcome any copies of **A Christmas Carol**, **Romeo and Juliet** and **Animal Farm** when students have finished with them; we like to offer younger students preloved copies.

We will leave a box for them in reception.

THANK YOU! 😊

Weekly Bulletin 15th May 2026

Week Commencing 18th May 2026 **WEEK B**

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. 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 4 of this bulletin from Ms Burman—healthy eating and sleep.

See the next page for Half Term and Summer Holiday Activities

Meningococcal Disease: many of you will be aware of the news this week of the death from suspected meningococcal disease of a student at Henley College and that there are 2 other suspected cases at schools in Reading. This news is, of course, devastating for the student's family and friends. Advice from the UKHSA states that the risk remains very low. Meningococcal bacterial rarely spread to individuals who are not household or intimate contacts. **Information from UKHSA about invasive meningococcal disease:** Meningococcal disease (meningitis and septicaemia) is an uncommon but serious disease caused by meningococcal bacteria. The onset of illness is often sudden and early diagnosis and treatment with antibiotics are vital. While meningococcal disease can affect all ages, recent outbreaks have shown that older children, teenagers and young adults, particularly those in shared settings such as schools, colleges and universities, are more likely to be affected. How invasive meningococcal disease spreads Meningococcal infection doesn't spread very easily. The bacteria can only be passed to others after a long period of close contact, for example living with someone in shared accommodation or through prolonged kissing. People may be offered preventive antibiotics if they have had significant, close contact with someone with meningococcal disease in the last 7 days.

What you need to do: Although meningococcal disease is uncommon, it is important that parents and pupils are aware and alert to the signs and symptoms of invasive meningococcal disease.

Signs and symptoms

Meningococcal disease can progress rapidly, so it's important that parents and pupils are aware of the signs and symptoms. You should seek urgent medical help if you or your child develops any symptoms of meningococcal disease.

• a rash that doesn't fade when pressed with a glass	• sudden onset of high fever	• severe and worsening headache	• stiff neck
• vomiting and diarrhoea	• joint and muscle pain	• dislike of bright lights	• very cold hands and feet
• extreme sleepiness /difficulty waking	• confusion/delirium	• seizures	

Vaccination: The best way to protect your child is with free NHS vaccines (injections). It is not too late to catch up missed vaccines. To check your child has had all their vaccines, you can: • look in their red book (health record) • call your GP to check and book an appointment to catch up
The vaccines don't protect from all types (strains) of this bacteria. The free NHS vaccines protect from the most important strain types, including:
• Strain B – this is the most common type, causing 4 out of every 5 cases. Babies born on or after the 1st May 2015 were offered this vaccine on the NHS. Most people born before this date will not have been offered the Strain B vaccine. For more information see the [Men B vaccine factsheet](#).
• Strains A, C, W and Y – these types used to be more common, but the vaccine keeps the number of cases very low. Teenagers are given this vaccine at school. For more information see the [Men ACWY vaccine factsheet](#). For more information, visit the NHS website <https://www.nhs.uk/conditions/meningitis/>, or see the information available from two charities who offer free support via their websites and helplines: The Meningitis Research Foundation www.meningitis.org Helpline UK 080 8800 3344. Meningitis Now www.meningitisnow.org Helpline 0808 80 10 388 or helpline@meningitisnow.org

Year 7

If you child is not going on a residential please see this letter: [School Based Activities Week](#)

Year 8

If you child is not going on a residential please see this letter: [School Based Activities Week](#)

Year 9

If you child is not going on a residential please see this letter: [School Based Activities Week](#)

Creativity Week- Amsterdam & Bruges Residential: You are invited to a meeting on Thursday 4th June 6pm in the School Hall. You are asked to bring your passport and EHIC form to this meeting. Mrs Jarvis & Mr Sinnamon

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:

Year 11 Revisions sessions: please see this [LINK](#)

GCSE EXAMS: Information from Mrs Smith Exams Officer [HERE](#)

Year 11—letter from Head of Year—exam arrangements / prom / results day [HERE](#)

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](#)

2 weeks ago a Red Kite was found on the school field tangled in a goal net. The kite was rescued from the net and taken to Oxfordshire Wildlife Rescue in Blewbury. They do great work looking after wildlife casualties. If you would like to help with their invaluable work please make a donation to support the Oxfordshire Wildlife Rescue. Donate [HERE](#)



Oxfordshire Wildlife Rescue is a dedicated wildlife charity based in Blewbury, Oxfordshire.

From our wildlife rescue and rehabilitation centre, we care for over 4,000 sick, injured and orphaned wild animals and birds every year.

Our team of volunteers give their time 24 hours a day, 365 days a year to make sure wildlife casualties receive care and attention in their hour of need.

It's only with your support and donations that this life-saving work is made possible.

Team OWR :)



SCIENCE FAIR

WEDNESDAY 27TH MAY
1:30PM-4:30PM

THE WELLER CENTRE
110 AMERSHAM ROAD,
CAVERSHAM, READING, RG4 5NA

Interactive activities & exhibits for all ages!



THE OXFORD & CAMBRIDGE SINGING SCHOOL

The Singing School was established in 2013 to provide children with the opportunity to sing great classical music with world class coaches in a relaxed and fun environment and to develop their confidence and ability in singing and performing.

This summer at Somerville College, we will be learning some beautiful seasonal music, and, as always on our courses, we will be giving sessions on vocal technique, music theory, music appreciation and history.

To join our mailing list and for more information on our courses, please see www.oxbridgesingingschool.com or email oxbridgess@gmail.com

21 -23 July 2026

also 21 & 22 December 2026

Courses for those aged 7-13 who love to sing

www.oxbridgesingingschool.com



GIRLS RUGBY

FREE TASTER SESSIONS

FOR GIRLS GOING INTO
YEAR 4-7
AT THE START OF SEPTEMBER

OPEN TO EVERYONE!
Whether you've played before
or never played before –
WE'D LOVE TO SEE YOU!

COME ALONG ON:

- 17TH & 31ST MAY
- 14TH & 28TH JUNE
- 12TH JULY

⌚ ALL SESSIONS START
AT 11AM FOR 1 HOUR

? ANY QUESTIONS?
PLEASE CONTACT NICK EVANS ON
07877 348719



MAKE
NEW FRIENDS
HAVE FUN
BE PART OF
THE TEAM!



ACTIVE COMMUNITIES

May half term activities

26-29 May

Xplorer

Fun Day

Cricket

For more information and to book, visit southandvale.gov.uk/holidayactivities or scan the QR code

 /SouthandValeActiveCommunities



CRICKET & SOFTBALL CAMP

27 MAY - ARDINGTON CRICKET CLUB
28 MAY - DIDCOT CRICKET CLUB



Building future champions

Come and bat, bowl, catch and throw your way through our May day camps. Have fun and make friends with guidance from our qualified cricket coaches

10am-2pm, ages 8-12 only

£10 per child or £5 with YouMove card

To secure your place, visit and book at: southandvale.gov.uk/holidayactivities or scan the QR code

YOU MOVE



XPLORER



MAY FUN FAMILY CHALLENGE
TUESDAY 26 MAY

WANTAGE AND WATLINGTON

EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER

For more information and to book visit southandvale.gov.uk/holidayactivities or click the QR code




BERKSHIRE MUSIC TRUST

Summer of Sound 2026

MUSIC • CREATIVITY • FUN

JULY - AUGUST 2026

- BANDS
- DJING
- JAZZ & CREATIVITY
- THEORY & MORE!

DISCOVER YOUR SOUND. MAKE NEW FRIENDS. HAVE FUN.

TRY SOMETHING NEW. DEVELOP YOUR SKILLS. MAKE MEMORIES THAT LAST A LIFETIME.

BOOK YOUR PLACE TODAY!

BOOK ONLINE: WWW.BERKSMUSICTRUST.ORG.UK

SPACES ARE LIMITED! BURSARIES AVAILABLE.

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.



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



BECOME AN **ACTIVE LEADER**
26TH-29TH MAY 9.30-4.00
THE JUNCTION (OPPOSITE LIBRARY),
BROAD ST, ABINGDON OX14 3JU



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



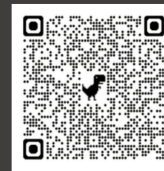
THE COURSE

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



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



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

[@readgcanoeclub](https://www.instagram.com/readgcanoeclub)



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

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

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

GET YOUR HANDS DIRTY

- Sow seeds
- Dig, plant, & prune
- Water plants
- Pick up litter
- Build wildlife habitat
- Learn horticultural skills and more...

Contact Info

Email any questions to: sdarkins@langtreeschool.com



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!

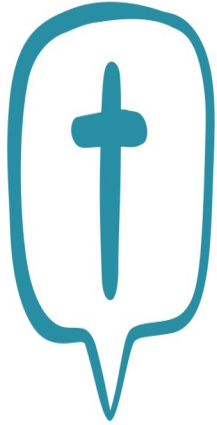
Book your place



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

Facebook
Twitter
Instagram
Snapchat
TikTok
Kik
Ask.fm
Houseparty
Periscope
Tumblr
Reddit
Pinterest



13+

Whatsapp
YouTube
WeChat
Whisper
Yubo



(13+ means with
parental consent)

16

LinkedIn



18

Tinder
Bumble



A



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.

	Tuesday 1st September 2026	Inset Day - no students in school
TERM 1	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 12 th 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](https://www.instagram.com/sc.youthclub) OR [FACEBOOK.COM/SONNINGCOMMONYOUTHCLUB](https://www.facebook.com/sonningcommonyouthclub)

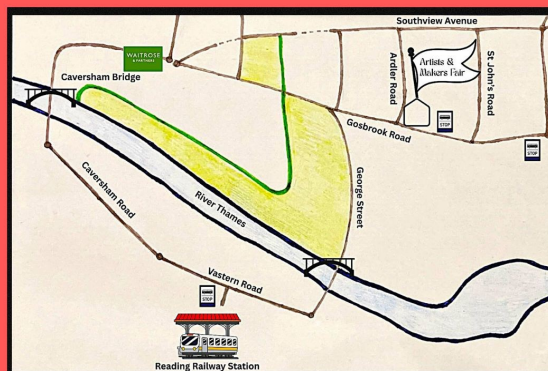
WEDNESDAY
6.30-8.30PM

THURSDAY
6.30-8.30PM

CONTACT [YOUTHLEADER@SONNINGCOMMONPARISHCOUNCIL.GOV.UK](mailto:youthleader@sonningcommonparishcouncil.gov.uk)



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](https://www.facebook.com/artistsandmakersfairs)



[Artistsandmakersfairs](https://www.instagram.com/artistsandmakersfairs)



anmfairs@gmail.com



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



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



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.

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

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 screenshots 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.

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.



NOS
National
Online
Safety®
#WakeUpWednesday

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 5 ways to well being:</p> <p>1. Connect with people. 2. Be active 3. Take notice of the world around you 4. Keep learning 5. Give back</p> <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	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	<ul style="list-style-type: none"> Report to tutor, HOY, SLT CAMHs referral Nomad: mentoring service ELSA support REACH mentoring 			<ul style="list-style-type: none"> 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: 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.</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/ <p>Financial advice: https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/ Advice regarding housing</p> <p>Food Banks: Wallingford</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>Pupil Premium (top up funds for students) Please see our website for information regarding Pupil Premium funds: and see https://langtreeschool.com/pupil-premium/</p> <p>Protecting your child online Advice for parents regarding online parental controls: if in doubt, call the NSPCC's trained helpline counselors on 0808 800 5000</p> <p>Supporting your child with concerns or questions about healthy sexual relationships</p> <ul style="list-style-type: none"> Online pornography: how to keep your child safe Online sexual harassment: pornography, editing photos and body image, sharing nudes, peer pressure, sexualised bullying <p>Please also see our RSE policy on our school website.</p> <p>Supporting parents knowledge of drugs: Information about drugs</p> <p>Domestic abuse support: National Domestic Abuse Helpline: 0800 2000 247. Recognising domestic abuse: NSPCC website</p> <p>a2dominion : domestic abuse support services Bright Sky website and app offering practical support and guidance on domestic abuse - practical support</p>					
Road Safety:	<p>Parents and students must read and agree to the following Cycling to School rules:</p> <ol style="list-style-type: none"> 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. 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. When students leave the Reading Road, they must dismount their bike and walk the bike to the cycle storage areas. 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. All students will cycle in a safe manner and take into account pedestrians and other school children. All students will refrain from listening to music through earphones whilst cycling to school. 					