

**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 22nd May 2026

Week Commencing 1st June 2026 **WEEK B**

Please report any student absence ideally before 8.00am  
Please email: [studentabsence@langtreeschool.com](mailto:studentabsence@langtreeschool.com)

**SATCHEL is currently showing the wrong week—this will be corrected during the week**

If you have any safeguarding concerns regarding a child please contact:  
Ms Burman, Deputy Head Teacher and Designated Safeguarding Lead  
[sburman@langtreeschool.com](mailto:sburman@langtreeschool.com) Ms Wood, SENCo and Deputy Safeguarding Lead  
[swood@langtreeschool.com](mailto:swood@langtreeschool.com) Mrs Belcher, Head of Year 7 & 8, Deputy Safeguarding Lead  
[bbelcher@langtreeschool.com](mailto: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

1st June—Start of Term 6      2nd June—Y8 French Trip parent meeting      4th June—Y9 Amsterdam Trip parent meeting      11th June—Y8 Barcelona Trip parent meeting

CLUBS: [Term 2026 Sports Club LIST](#)      [Lunchtime and Afterschool Clubs LIST](#)

## GENERAL

**MOBILE PHONES: please remind your child about the new rules concerning mobile phones in school from the start of Term 6. The information can be found in the from Mr Bamford , which also contains the Mobile Phone Policy—a copy can be found [HERE](#)**

Keep reading for Half Term and Summer Holiday Activities

### 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](#)

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](http://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](#)

**30 years of CREATION THEATRE**

Open-Air Theatre  
**TWELFTH NIGHT,**  
*Or What You Will*  
By William Shakespeare



Open-Air Theatre  
**A MIDSUMMER NIGHT'S DREAM**  
by William Shakespeare

"A family-friendly triumph!  
Captivating and hilarious...  
Don't miss it!"

Ox in A Box  
A Midsummer Night's Dream, 2025

Age guidance 5+  
[creationtheatre.co.uk](http://creationtheatre.co.uk)  
Registered Charity No: 1119379  
Collage Artist: Bry Loughton  
Graphic Designer: Tabby Thompson

**CREATION THEATRE**  
CREATE A SCENE

**SUMMER HOLIDAY THEATRE & CREATIVITY**  
1-Day and Week-Long Workshops

**May Half-Term Workshops, Wolvercote Primary School, OX2**

	Ages 7-11	Ages 11-16
Tues 26 May	Puppets and Masks	Voiceover
Wed 27 May	Stop Motion Animation	Stand-up Comedy
Thur 28 May	Giggle Club: Comedy	Dance and Musical Theatre
Fri 29 May	Make a Shakespeare Play in a Day	Big Puppets

**Summer Holiday Workshops, Wolvercote Primary School, OX2**

	Ages 7-11	Ages 11-16
20-24 July	Make a Play in a Week: Twelfth Night	
27-31 July	Make a Film in a Week	
3-7 Aug	Make a Play in a Week: Peter Pan	Mon Stop Motion Animation
		Tues Make a Film in a Day
		Wed Dance and Musical Theatre
		Thur Directing and Storytelling

w/c 10 Aug

Mon	Stop Motion Animation	Tues	Writing and Performing Sketch Comedy
Tues	Costume Design	Wed	Physical Theatre and Devising
Wed	Epic Myths and Legends	Thur & Fri	Make a Shakespeare Musical in 2 Days
Thur	Shadow and Silhouette Theatre		
Fri	Imagination Academy		

**Term-Time Drama Club for ages 5-19**

Curious? Come along for a free taster on a Wednesday or Saturday in Wolvercote or Headington.

Email us on [education@creationtheatre.co.uk](mailto:education@creationtheatre.co.uk)

Find out more 

[creationtheatre.co.uk](http://creationtheatre.co.uk)  
01865 766266  
[education@creationtheatre.co.uk](mailto:education@creationtheatre.co.uk)

**July 8 - Aug 14**  
In the Creation Show Tent  
Wolfson College Cricket Ground, Oxford



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 27<sup>TH</sup> MAY  
1:30PM-4:30PM

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

Interactive activities & exhibits for all ages!



[GIRLS@ABBEYRFC.CO.UK](mailto:GIRLS@ABBEYRFC.CO.UK)

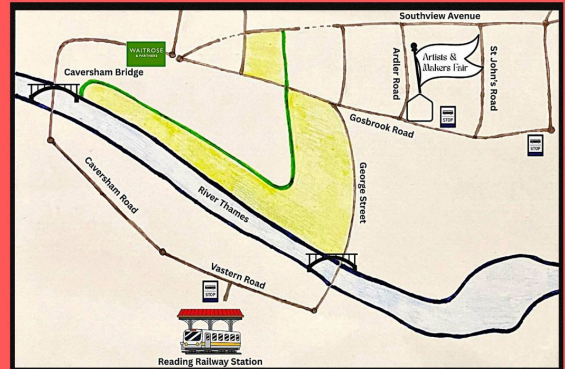
# GIRLS SUMMER RUGBY TRAINING

GIRLS IN CURRENT YEAR 5-12 WELCOME!

NO EXPERIENCE NECESSARY!

U12, U14, U16 & U18  
TUESDAYS 6-7PM  
JUNE 2, 9, 16, 23  
ABBEY RFC  
RG4 8XA

## 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](http://RG4Arts.org.uk)

[Artistsandmakersfairs](https://www.facebook.com/Artistsandmakersfairs)

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

[anmfairs@gmail.com](mailto:anmfairs@gmail.com)



**ACTIVE COMMUNITIES**  
**May half term activities**  
**26-29 May**

**Xplorer** 

**Fun Day** 

**Cricket** 

For more information and to book, visit [southandvale.gov.uk/holidayactivities](http://southandvale.gov.uk/holidayactivities) or scan the QR code

 /SouthandValeActiveCommunities



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)





# 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](http://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.BERKS MUSIC TRUST.ORG.UK](http://WWW.BERKS MUSIC TRUST.ORG.UK)

SPACES ARE LIMITED! BURSARIES AVAILABLE.



# 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](http://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](http://www.summerreadingchallenge.org.uk)



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



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



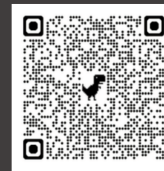
#### THE COURSE

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](mailto:youmove@southandvale.gov.uk)

#### CONTENT

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



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:

14<sup>th</sup> May, 11<sup>th</sup> June, 2<sup>nd</sup> 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](http://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](mailto: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](mailto: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 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.

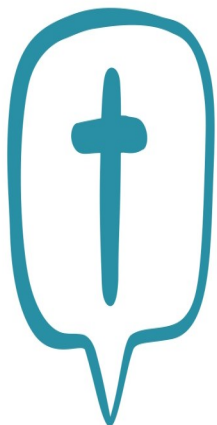
To join our mailing list and for more information on our courses, please see [www.oxbridgesingschool.com](http://www.oxbridgesingschool.com) or email [oxbridgess@gmail.com](mailto:oxbridgess@gmail.com)

21 -23 July 2026

also 21 & 22 December 2026

Courses for those aged 7-13 who love to sing

[www.oxbridgesingschool.com](http://www.oxbridgesingschool.com)



## Langtree CHRISTIAN CLUB

Wednesday lunchtimes in En4

Bring your lunch!

Games, snacks & chat about faith



# 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:**

- 17<sup>TH</sup> & 31<sup>ST</sup> MAY
- 14<sup>TH</sup> & 28<sup>TH</sup> JUNE
- 12<sup>TH</sup> 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!**



## 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](http://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
<b>FREE Getting a Good Nights Sleep</b>	<b>28 May 7-8pm</b>

## 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



## 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](mailto:cyp@oxfordshiremind.org.uk)

29<sup>th</sup> September 2025  
17<sup>th</sup> November 2025  
29<sup>th</sup> January 2026  
16<sup>th</sup> March 2026  
11<sup>th</sup> May 2026  
22<sup>nd</sup> June 2026

All dates will be 9 - 10am



## 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](http://www.facefamilyadvice.co.uk)

Online Courses for Parents page

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)





Online Grooming is when someone befriends and builds an emotional relationship with a child and communicates with them through the internet with the intent to commit a sexual offence. This type of victimisation can take place across any platform; from social media and messaging apps to online gaming and live streaming. Often it involves young people being tricked, forced or pressured into doing something they wouldn't normally do (coercion) and often the groomer's goal is to meet the victim in a controlled setting to sexually or physically abuse them. In some cases children may be abducted or have long-lasting psychological damage.



What parents need to know about

# ONLINE GROOMING



## CHILDREN ARE MOST VULNERABLE

Unsurprisingly children are often most at risk as they are easy to target and unlikely to question the person who is engaging in conversation with them. Groomers will use psychological tricks and methods to try and isolate them from their families and friends and will often choose to target more vulnerable children who may be easier to manipulate. Predators will stalk apps and websites that are popular with young people and will use a 'scattergun' approach to find victims, contacting hundreds online to increase their chances of success.



## LIVE STREAMING CONCERNS

Predators may use live video to target children in real-time using tricks, dares or built-in gifts to manipulate them. Grooming often takes the form of a game where children receive 'likes' or even money for performing sexual acts. Social media channels, such as YouTube, Facebook, Instagram and Snapchat, all have live streaming capabilities, but there are many apps which children can use to live stream, including Omegle, Live.me, BIGO Live, YouNow and many more.



## ANYONE CAN BE A PREDATOR

The internet has made the ability to interact with strangers online easy. Many sites and apps are reliant on individual users entering their own information when signing up. However individuals can remain anonymous if they choose to enter inaccurate information and many online predator cases are due to groomers using impersonation techniques. However, often the greater threat comes from adults who 'hide in plain sight', choosing to befriend young children without hiding their real identity.



## CAN BE DIFFICULT TO DETECT

Unfortunately, most children find the 'grooming' process (before any meeting) an enjoyable one as the predator will compliment, encourage, and flatter them to gain their trust, friendship and curiosity - 'a wolf in sheep's clothing' scenario. This often means children fail to disclose or report what is happening. If the groomer is also previously known to the child, their family and their friends, then this can make detection even harder.



## FROM OPEN TO CLOSED MESSAGING

Online predators may contact their victims using any number of ways including social media, forums, chat rooms, gaming communities or live streaming apps. Sometimes there is little need to develop a 'friendship'/'rapport stage', as the victim has already shared personal information online and is communicating openly with others. Children may also be prepared to add other online users they don't know so well to gain 'online credibility' through increasing their friends list. Predators will often seize this opportunity to slowly build a relationship and then move their conversation with the child to a more secure and private area, such as through direct messaging.

## EMOTIONAL ATTACHMENTS

Online predators will use emotive language and aim to form close, trusted bonds with their victims through showering them with compliments and making them feel good about themselves. Often victims will refer to them as their 'boyfriends' or 'girlfriends' and it can be difficult to convince some young people that they have been groomed, often leading to lasting psychological effects.



#WakeUpWednesday

## Safety Tips for Parents & Carers



### IT'S GOOD TO TALK

It's unlikely that you can stop your child using the internet, nor can you constantly monitor their online activities, but you can talk to your child on a regular basis about what they do online. By talking openly with them about online relationships, they can quickly ascertain the kind of behaviour which is appropriate or inappropriate. Ask them whether they have any online friends or if they play online games with people they haven't met. This could then open up conversations about the subject of grooming.



### CHECK PRIVACY SETTINGS

In order to give your child a safer online experience, it is important to check privacy settings or parental controls on the networks, devices, apps, and websites they use. Disable location sharing if you can. If you use location-sharing apps to check where your child is, remember that these could always be used by strangers to follow your child without their knowledge. Ensure that you check options so that location information is never shared with anyone except those they have permission to share with.



### MONITOR SOCIAL MEDIA & LIVE-STREAMING USE

It's important to be aware of what your child is sharing on social media and with whom. Create your own profile and become "friends" with them or follow them so that you can monitor their activity. Similarly, always check on them if they are live streaming and implement privacy controls. Choose a generic screen name and profile picture that hides their identity. You may also feel more comfortable being present each time they live stream.



### STICK TO 'TRUE FRIENDS'

Make it dear to your child that they should not accept friend requests from people they don't know and to verify friend requests with people who they do know. Encourage them to only interact and engage with 'true friends' i.e. those friends who don't ask personal questions such as close family and friends. Remind them to never agree to chat privately with a stranger or someone they don't really know and to never divulge personal information, such as mobile phone numbers, addresses, passwords or the name of their school.



### DISCUSS HEALTHY RELATIONSHIPS

Talk to your child about what a healthy relationship looks like and how to detect someone who might not be who they claim to be. Explain that groomers will pay your child compliments and engage in conversations about personal information, such as hobbies and relationships. They may admire how well they play an online game or how they look in a photo. Groomers will also try and isolate a child from people close to them, such as parents and friends, in order to make their relationship feel special and unique.

### BE SUPPORTIVE

Show your child that you will support them and make sure they understand they can come to you with any concerns they may have. They need to know they can talk to you if someone does something they are uncomfortable with, whether that is inappropriate comments, images, requests or sexual comments.



## Meet our expert

Jonathan Taylor is an online safety expert and former Covert Internet Investigator for the Metropolitan Police. He is a specialist in online grooming and exploitation and has worked extensively with both UK and international schools in delivering training and guidance around the latest online dangers, social media apps and platforms.



## LOOK OUT FOR WARNING SIGNS

Child safety experts have identified key grooming patterns and advise parents to look out for:

- Secretive online behaviour.
- Late night internet or smartphone usage.
- Meeting new friends in unusual places.
- Becoming clingy, develop sleeping or eating problems or even bedwetting.
- Lack of interest in extra-curricular activities.
- Having new items, such as clothes or phones, unexplainably.
- Seem withdrawn, anxious, depressed or aggressive.
- Having older boyfriends or girlfriends.



## 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.

# Well Being Provision at Langtree

<b>Implementation</b>	7	8	9		10	11
<b>All</b>	Transition		Transition			Transition
<b>All</b>	<p>Assemblies will always be guided by our core values of <b>Courtesy, Respect and Integrity</b></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>					
<b>All</b>	6 discreet lessons PSHE/RSE PSHE/RSE Taught in curriculum					
<b>All Year 7s</b>	Student Leaders mentoring sessions					
<b>All</b>	Extra Curricular Clubs	Langtree Challenge	Reflections on progress	Sponsored walk	Creativity days	Activity Week
<b>All</b>	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					
<b>Targeted Groups</b>	Attendance	Resilience	Connections	Young Carers	Leadership	Exam support
<b>Individual work</b>	<ul style="list-style-type: none"> <li>Report to tutor, HOY, SLT</li> <li>CAMHs referral</li> <li>Nomad: mentoring service</li> <li>ELSA support</li> <li>REACH mentoring</li> </ul>			<ul style="list-style-type: none"> <li>1 to 1 interviews with PP students in 7&amp;8</li> <li>Peer mentor - Year 11 students mentor younger years</li> <li>School nurse</li> <li>Early Help Assessment (EHA) work with family: Oxford County Council</li> </ul>		
<b>Parental support</b>	<p><b>Supporting your child with their mental health: Child and Adolescent Mental Health Services (CAMHs)</b> are holding several free webinars for parents. Please use <a href="#">this link</a> 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><b>Useful websites:</b></p> <ul style="list-style-type: none"> <li>Supporting well being: <a href="https://www.youngminds.org.uk/parent/">https://www.youngminds.org.uk/parent/</a></li> <li>A useful leaflet <a href="#">Coping with self - harm: A guide for parents and carers</a></li> <li>Supporting well Being <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</a></li> <li>Please also signpost your child to Langtree's Student Well Being page on the school website.</li> <li>Supporting young people with grief: <a href="https://seesaw.org.uk/">https://seesaw.org.uk/</a></li> </ul> <p><b>Financial advice:</b> <a href="https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/">https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/</a> <a href="#">Advice regarding housing</a></p> <p>Food Banks: <a href="#">Wallingford</a></p> <p><b>Whitchurch United:</b> 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: <a href="mailto:whitchurchunitedcharities@gmail.com">whitchurchunitedcharities@gmail.com</a> or call 01189844262</p> <p><b>Hosting Ukranian Family</b> 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 : <a href="mailto:langtreechurches1-office@yahoo.com">langtreechurches1-office@yahoo.com</a></p> <p><b>Help with Heating Homes</b> 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 <a href="http://bhbh.org.uk">bhbh.org.uk</a></p> <p><b>Community Hub Household Support Fund</b> Please see South Oxfordshire District Council website for ways the community may be able to support you. <a href="mailto:communitysupport@southandvale.gov.uk">communitysupport@southandvale.gov.uk</a></p> <p><b>Pupil Premium (top up funds for students)</b> Please see our website for information regarding Pupil Premium funds: and see <a href="https://langtreeschool.com/pupil-premium/">https://langtreeschool.com/pupil-premium/</a></p> <p><b>Protecting your child online</b> <a href="#">Advice for parents regarding online parental controls</a>: if in doubt, call the NSPCC's trained helpline counselors on 0808 800 5000</p> <p><b>Supporting your child with concerns or questions about healthy sexual relationships</b></p> <ul style="list-style-type: none"> <li><a href="#">Online pornography: how to keep your child safe</a></li> <li><a href="#">Online sexual harassment: pornography, editing photos and body image, sharing nudes, peer pressure, sexualised bullying</a></li> </ul> <p>Please also see our RSE policy on our school website.</p> <p><b>Supporting parents knowledge of drugs:</b> <a href="#">Information about drugs</a></p> <p><b>Domestic abuse support:</b> National Domestic Abuse Helpline: 0800 2000 247. <a href="#">Recognising domestic abuse: NSPCC website</a></p> <p>a2dominion : <a href="#">domestic abuse support services</a> Bright Sky website and app offering practical support and guidance on domestic abuse - <a href="#">practical support</a></p>					
<b>Road Safety:</b>	<p>Parents and students must read and agree to the following Cycling to School rules:</p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>When students leave the Reading Road, they must dismount their bike and walk the bike to the cycle storage areas.</li> <li>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.</li> <li>All students will cycle in a safe manner and take into account pedestrians and other school children.</li> <li>All students will refrain from listening to music through earphones whilst cycling to school.</li> </ol>					