

WANTED

CAN YOU HELP YOUR PTA?

THE LANGTREE PTA IS LOOKING FOR A NEW TREASURER – FROM SEPTEMBER 2026

Our current Treasurer will be stepping down in the summer.

KEY TREASURER RESPONSIBILITIES:

- Overseeing finances
- Producing reports
- Managing payments
- Liaising with school staff

TAKE A LOOK AT THE FULL ROLE DESCRIPTION: [CLICK HERE.](#)

GET IN TOUCH!

ANDREA FINLAY (PTA Chair): pta-chair@langtreeschool.com
CATHERINE JARVIS (PTA Treasurer): pta-treasurer@langtreeschool.com

If you are interested or have any questions, please reach out to us.



Teaching Assistant

Contract type: **Permanent**

Hours: **30 per week (across 5 days) term time only**

Scale: **Grade 4 Pay point 4 - 5 (£25,185 - £25,584 pro rata) Actual - £17,075 - £17,345, Pay award pending**

Commences: **1st September 2026**

We are looking for an enthusiastic and dedicated Teaching Assistant to join our vibrant school community. In this rewarding role, you will work closely with class teachers to inspire our students, helping them to flourish and achieve their full potential. You will provide tailored support to individuals and small groups, ensuring every student can access our exciting curriculum and experience a true sense of accomplishment. Previous classroom experience is highly valued, but more importantly, you will bring strong interpersonal skills and a passionate commitment to student growth. Whether working as part of our supportive team or using your own initiative, you will play a vital role in ensuring the safety and inclusion of all students, including those with special educational needs. If you are eager to make a difference and grow within our school, we provide bespoke training and would love to hear from you!

Langtree is a thriving, oversubscribed 11-16 school nestled in the beautiful South Oxfordshire countryside between Oxford and Reading, our school offers a stunning environment for both staff and students. We are easily accessible via direct bus links from Caversham, Reading, and Wallingford. Our academic results are amongst the best in the area and we are proud that Ofsted has recognized our students' personal development, behaviour and attitudes as outstanding.

The Langtree School Academy Trust Limited is deeply committed to safeguarding and promoting the welfare of children and young people; we expect all staff to share this vital commitment. Our recruitment process is designed to reflect these values, and successful candidates will undergo an enhanced Disclosure and Barring Service (DBS) check alongside other standard employment verifications. To apply, please complete the official Langtree School application form, as we are unable to accept CVs. You can find full details and application materials on our website at www.langtreeschool.com/vacancies. If you have any questions or would like to visit our school, please reach out to the Headteacher's PA at mtaylorlane@langtreeschool.com or call 01491 220153. We look forward to meeting you!

For further information see the [job description and person specification](#).

Applications can only be accepted on a fully completed Langtree School application form.

Closing date for applications is Wednesday 7th July 2026

All applications will be considered on receipt.

Langtree School reserves the right to withdraw this advert at any time



Cover Supervisor

Contract: **Permanent**

Hours: **30 hours per week (5 days, term-time only)**

Salary: **Grade 6 (Pay points 8-13), £26,824-£29,064 FTE (Actual salary: £18,236 - £19,759)**

Start Date: **September 2026**

About the Role

We are looking for an outstanding, creative Cover Supervisor to join our team. If you have an affinity for working with young people and enjoy a dynamic classroom environment, we would love to hear from you.

While a formal teaching qualification is not required, previous classroom experience would be an advantage. We are committed to your professional development and will provide full training and support. In return, you will work alongside a talented staff team and have the opportunity to make a real difference to our fantastic students.

About Langtree School

Langtree is a heavily oversubscribed 11-16 school located in the South Oxfordshire countryside, between Oxford and Reading.

We pride ourselves on our academic excellence and our positive school culture. Our most recent Ofsted report rated us as 'Outstanding' in Personal Development, Behaviour and Attitudes.

How to Apply

- **Application Process:** Applications must be submitted using the official Langtree School Application Form. Please note that CVs will not be accepted.
- **Resources:** View the job description and download the application form at www.langtreeschool.com/vacancies.
- **Enquiries & Visits:** To learn more about the role or to arrange a visit to the school, please contact the Headteacher's PA:
 - Email: mtaylorlane@langtreeschool.com
 - Phone: 01491 220153
- **Deadline:** Tuesday, 30th June, 12:00 PM.
 - Note: Applications will be processed upon receipt and we may interview and appoint before this deadline.

Safeguarding

The Langtree School Academy Trust Limited is committed to safeguarding and promoting the welfare of children and young people. All staff and volunteers are expected to share this commitment. Employment is subject to an enhanced Disclosure and Barring Service (DBS) check and other relevant employment screenings.

Weekly Bulletin 26th June 2026	Week Commencing 29th June 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

1st July Sports Day	2nd and 3rd July INSET Days no students in school	13th July Activities Week	21st July 2026 End of Term school ends at 12.30pm
CLUBS: Term 2026 Sports Club LIST Lunchtime and Afterschool Clubs LIST			

Sports Day—Wednesday 1st July 2026—Parents are invited to watch sports day from 1pm
Please use the gates off Greenmore to enter the school field.
Access will NOT be permitted through the school.
NO DOGS allowed on site, thank you

GENERAL

Please read this letter from Ms Burman—Digital Risks and Maintaining a Respectful Community—letter [HERE](#)

2nd Hand Uniform: we are always happy to accept donations of good quality uniform once your child has grown out of it. BUT please note that we can no longer accept the old style PE kit—thank you.

Pupil Premium and Free School Meals: Please read this [LETTER](#)

Year 7

[Year 7 camp 2026 \(Final letter, kit list\)](#)

Year 8

Year 9

YEAR 10:

YEAR 11:

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](#)



Parents webinar: Top tips to help your child enjoy reading independently this summer

Tuesday, 30th June 2026 - 3:45pm

With Kathryn Taylor and Lauren Spence




Tuesday, 30th June 2026 - 3:45pm-4:30pm

[Register your place](#)





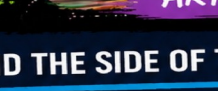











Recommended Books

Year 7
(Ages 11-12)

Reading for Pleasure:
Key Stage 3

WOODCOTE YOUTH CLUB

OPEN EVENING

for current Year 8's

FREE OF CHARGE
TASTER SESSION
MONDAY 29TH JUNE
7.15PM TO 8.45PM

POOL

MUSIC

FOOTBALL

XBOX

ARTS & CRAFTS

FIND US ROUND THE SIDE OF THE VILLAGE HALL.

AUGUST YOUTH SAILING COURSE 2026 (WEEK 2)



DORCHESTER SAILING CLUB **RYA**

11-14 AUGUST 2026 (TUESDAY - FRIDAY) | 10:00AM - 4:00PM

LEARN TO SAIL THIS SUMMER!

£170
PER SAILOR
(4 DAYS)

AGES 8-17



**RYA QUALIFIED INSTRUCTORS
FUN & SAFE LEARNING
FOR ALL SKILL LEVELS (BEGINNER TO ADVANCED)**

GROUP 1: Beginner/Improver (RYA Stages 1&2)

GROUP 2: Intermediate (RYA Stage 3)

GROUP 3: Advanced (RYA Stage 4)

BOATS: RS Tera, Topper, Laser Pico, RS Feva

ADULTS!

Learn alongside your children.
(Ask about Adult spaces)



BOOKINGS OPEN NOW!

(fictional): [tickettailor.com/events/dsc/2220012](https://www.tickettailor.com/events/dsc/2220012) | QR CODE



Woodcote Primary School



SUPPORT, INSPIRE, CHANGE MAKE A DIFFERENCE BECOME A SCHOOL GOVERNOR

No matter your background, age or job role, you can become a School Governor and make a difference to the lives of young people in our community.

And it is not just parents who can apply!

Being a Governor helps you develop your own skills, all while having the opportunity to make a meaningful impact and be part of our warm and welcoming school community.



Please get in touch

We'd love to hear from you and answer any questions, please contact

Nicola Baker, Chair of Governors

chairofgovernors@woodcote.oxon.sch.uk



broader horizons every day

[woodcote-primary.co.uk](https://www.woodcote-primary.co.uk)

office.2510@woodcote.oxon.sch.uk

01491 680454

Woodcote Primary School

Reading Road, Woodcote

RG8 0QY



SCAN TO JOIN



GUITAR LESSONS

FOR ALL AGES & ABILITIES

**Learn. Play.
Have Fun.**



**ACOUSTIC &
ELECTRIC GUITAR**



**BUILD CONFIDENCE
& TECHNIQUE**



**FRIENDLY, EXPERIENCED
TEACHER**



**SONGS YOU LOVE
TO PLAY**



**FREE
TRIAL!**
4TH JULY
11:30am

FREE TRIAL + SEPTEMBER DISCOUNT!

ATTEND THE FREE TRIAL AND RECEIVE A 10% DISCOUNT WHEN
YOU ENROL FOR LESSONS STARTING IN SEPTEMBER.
CAN'T ATTEND THE TRIAL? REGISTER NOW FOR EARLY BIRD DISCOUNT



CALL OR TEXT
07447 974416



EMAIL
andrea.guitarist@gmail.com



WHITCHURCH VILLAGE
HALL - RG8 7EU



**Andrew
Simpson
Centres**

OUTDOOR ADVENTURE HOLIDAY CLUB

ANDREW SIMPSON CENTRE, READING



**SAILING
SOFT ARCHERY
BUSHCRAFT
RAFTING
PADDLESPOITS**

**ACTION-PACKED WATERSPORTS
AND ADVENTURE HOLIDAY CLUB
FOR YOUNG EXPLORERS AGED 5-15.**

Learn new skills, keep active and have
fun across a huge range of activities!

Fully qualified and experienced team of DBS checked
activity instructors at our Ofsted registered centre.

Groups of up to 6 for little kids (5-7s)
and up to 10 for older kids (8-15s).



BOOK ONLINE: andrewsimpsoncentres.org/holiday-clubs

AND LOADS MORE!
View all activities online

Flexible booking options
+ **PRICES FROM**
£37.50
PER CHILD
+ **Extended session times**

Call our team: 0118 930 3467 | Extended times | Childcare vouchers



July 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

Cannabis & Ketamine Awareness	6 July 10am
Anxiety Explained	6 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Decreasing Depression	13 July 10am
Raising Self-Esteem	13 July 7pm
Supporting Healthy Sleep	14 July 10am
Understanding the Teenage Brain	14 July 7pm
FREE - Supporting Healthy Screen Use	16 July 7-8pm
Autism-Improving Communication	20 July 10am
Improving Family Communication	20 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Understanding Anger	27 July 10am
School Anxiety	27 July 7pm
Facing Defiance	28 July 10am
Supporting Health Screen Use	28 July 7pm

elevate[↑]

education

FREE PARENT WEBINAR SERIES

REGISTER NOW

Elevate is an award-winning organisation that has been working with your child's school to help them become more effective learners. Your child's ability to self-motivate, manage their time and prepare effectively will be a crucial factor to guarantee their success over this academic year.

Join us for our exclusive webinar series where we will show you – as parents – how to best support your child through school.

Helping an ADHD Child with Homework

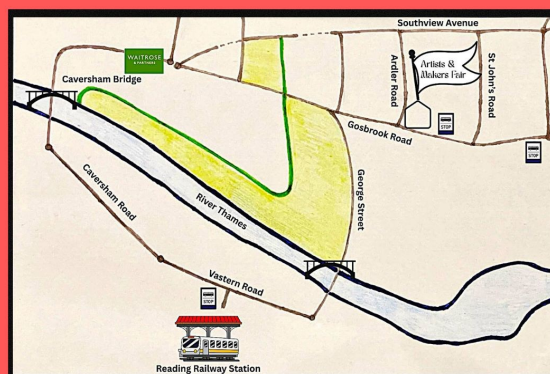


FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your
 ADHD child start and complete their homework.

Book on the PARENTS - Live Talks page
facefamilyadvice.co.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





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

Come and join us

SONNING COMMON YOUTH CLUB

FIND US ABOVE THE SPORTS HALL AT MECE

FOLLOW US [INSTAGRAM.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)



Opportunity to borrow a telescope!

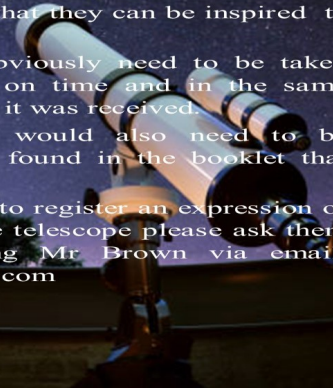
Due to the efforts of the PTA, the science department has managed to secure funding to purchase an entry level telescope. We would like to give students the opportunity to borrow the telescope for a week so that they can be inspired to look at the stars.

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



Summer of Sound 2026

MUSIC • CREATIVITY • FUN

JULY - AUGUST 2026

DISCOVER YOUR SOUND. MAKE NEW FRIENDS. HAVE FUN.

BANDS
DJING
JAZZ & CREATIVITY
THEORY & MORE!

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.

GARDENING CLUB

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

TORRINGTON



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!

Silver STEM Futures: University Pathway



STEM Futures: University Pathway (previously known as Virtual Insight into University) is a comprehensive virtual experience that helps students explore STEM degrees, apprenticeships, and related careers. It offers access to university life, STEM projects from top UK universities and global companies, first-year lectures, and live sessions with academics, admissions tutors, apprentices, employers, and current students.



"I absolutely loved the course. It has helped me discover my true passion, and love which I hope to pursue in the future."

Course topics

- Hear from STEM professionals at top UK companies, from early-career apprentices to senior leaders and recruiters, about their journeys, inspirations, and projects.
- Join exclusive live Q&A sessions with STEM professionals, admissions officers, students, and professors in a supportive environment.
- Get expert advice on university applications, interviews, admissions tests, student finance, and support services.
- Take part in hands-on STEM activities like bridge building, creating an academic poster, and flight experiments.

100%

of students increased their awareness of STEM opportunities available to them

92%

of students felt the skills and knowledge gained from the course would have a positive impact on their future studies or career.

Course requirements and registering your interest

This course is open to all students aged 16+ who have a genuine interest in STEM subjects and is suitable for all abilities. To apply, please visit our website [here](#).



www.etrust.org.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 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



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' or '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.



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 clear 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 with drawn, 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

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 United Charities, email: whitchurchunitedcharities@gmail.com or call 01189844262 Hosting Ukranian Family If you are hosting a Ukranian family you may be able to access funds from the parish of Checkendon, Contact the vicar Rev Canon K Davies : langtreechurches1-office@yahoo.com Help with Heating Homes Oxfordshire County Council is part of a scheme called Better Housing, Better Health, which can support methods of heating homes giving grants, heating appliances and advice. See bhbh.org.uk Community Hub Household Support Fund Please see South Oxfordshire District Council website for ways the community may be able to support you. communitysupport@southandvale.gov.uk Pupil Premium (top up funds for students) Please see our website for information regarding Pupil Premium funds: and see https://langtreeschool.com/pupil-premium/ Protecting your child online Advice for parents regarding online parental controls: if in doubt, call the NSPCC's trained helpline counselors on 0808 800 5000 Supporting your child with concerns or questions about healthy sexual relationships Online pornography: how to keep your child safe Online sexual harassment: pornography, editing photos and body image, sharing nudes, peer pressure, sexualised bullying Please also see our RSE policy on our school website. Supporting parents knowledge of drugs: Information about drugs 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: - 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.					