| Well Being Provision at Langtree | | | | | | |
|---|---|---|---|---|---|---|
| | 7 | 8 | 9 | | 10 | 11 |
| **All** | Transition | | Transition | | | Transition |
| **All** | Assemblies will always be guided by our core values of **Courtesy, Respect and Integrity**<br>Tutor activities follow 5 ways to well being:<br>1. Connect with people.<br>2. Be active<br>3. Take notice of the world around you<br>4. Keep learning<br>5. Give back<br>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<br>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<br>Have a Student Report a Concern page that they can use<br>Resources on the Student Tab for wellbeing | | | | | |
| **Targeted Groups** | Attendance | Resilience | Connections | Young Carers | Leadership | Exam support / Careers |
| **Individual work** | - Report to tutor, HOY, SLT<br>- CAMHs referral<br>- Nomad: mentoring service<br>- ELSA support<br>- 1 to 1 interviews with PP students in 7&8<br>- Peer mentor - Year 11 students mentor younger years<br>- School Nurse | | | - Early Help Assessment (EHA) work with family: Oxford County Council<br>- Careers guidance every KS4 students has 1 to 1<br>- Every Year 10 student has the opportunity to do work experience<br>- Well Being Surveys | | |

**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 and to register. **Emotional Based School Avoidance and School anxiety (online):** Monday 20th October 10am - 11am.
**Self harm and suicide awareness:** Monday 24th November 12 - 13.00 (online) **Being Safer online:** Friday 28th November 12. - 13.00 (online)
**Wellbeing evening for parents and carers:** 3rd December 7 - 8.30pm (online) **Coffee networking for parents:** 19th Dec 10am (in person)

**Useful websites:**

- Supporting well being: https://www.youngminds.org.uk/parent/
- A useful leaflet Coping with self - harm: A guide for parents and carers
- Supporting well Being https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/
- Please also signpost your child to Langtree's Student Well Being page on the school website.
- Supporting young people with grief: https://seesaw.org.uk/

**Financial advice:** https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/
Advice regarding housing Food Banks:Wallingford
**Whitchurch United:** Students (age 5 - 25 living in Whitchurch may benefit from a charitable fund aimed at helping them with their education such as sports equipment, music lessons etc. Applications received twice a year - for more information search for Whitchurch Unitied Charities, email: whitchurchunitedcharities@gmail.com or call 01189844262
**Hosting Ukranian Family:** If you are hosting a Ukranian family you may be able to access funds from the parish of Checkendon, Contact the vicar Rev Canon K Davies : langtreechurches1-office@yahoo.com
**Help with Heating Homes:** Oxfordhshire County Council is part of a scheme called Better Housing, Better Health, which can support methods of heating homes giving grants, heating appliances and advice. See bhbh.org.uk
**Community Hub Household Support Fund:** Please see South Oxfordshire District Council website for ways the community may be able to support you. communitysupport@southandvale.gov.uk
**Pupil Premium (top up funds for students):** Please see our website for information regarding Pupil Premium funds: and see https://langtreeschool.com/pupil-premium/
**Protecting your child online:** Advice for parents regarding online parental controls: if in doubt, call the NSPCC's trained helpline counsellors on 0808 800 5000
**Supporting your child with concerns or questions about healthy sexual relationships:**

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

Please also see our RSE policy on our school website.
**Supporting parents knowledge of drugs:** Information about drugs
**Domestic abuse support:** National Domestic Abuse Helpline: 0800 2000 247 Recognising domestic abuse: NSPCC website
a2dominion : domestic abuse support services Bright Sky website and app offering practical support and guidance on domestic abuse - practical support Please see a list of other services that may be of help: https://langtreeschool.com/support-for-parents/

**Parents and students must read and agree to the following Cycling to School rules:**

1. All bicycles must be roadworthy and appropriate for the age of the student in terms of size and seat height. All bikes must have brakes that work.
2. Students must wear a helmet to cycle to and from school and this helmet must be visible to school staff when students enter the school site. Helmets must be stored in lockers during the school day.
3. When students leave the Reading Road, they must dismount their bike and walk the bike to the cycle storage areas.
4. During the winter months when cycling to and from school in the dark, parents will ensure that students wear reflective clothing and that all bikes have front and rear lights.
5. All students will cycle in a safe manner and take into account pedestrians and other school children.
6. All students will refrain from listening to music through earphones whilst cycling to school.