

# Weekly Bulletin 11th February 2021

Week Commencing  
Monday  
22nd February 2020  
will be week:

# A

Transport to School—BUSES INFORMATION: [HERE](#).

The Langtree Weekly Bulletin and letters can be found on the website: [CLICK HERE](#) to go to: <https://www.langtreeschool.com/letters/>

INSET DAYS for 2020—2021: / Thursday 1st April 2021 TERM DATES CALENDAR CAN BE VIEWED [HERE](#)

Please send any absence notifications or requests to: [studentabsence@langtreeschool.com](mailto:studentabsence@langtreeschool.com)  
If you have changed any of your contact details (phone / email / home address) please email [office@langtreeschool.com](mailto:office@langtreeschool.com)

**Thursday 11th February is the last day of term. Please remember that Friday 12th February 2021 is an INSET day, school will be closed and there will be no online learning.**

**Year 8 and Year 9** HVP immunisations will be taking place on Tuesday 23rd February 2021—parents have been emailed the appointment time and other information a copy of this letter can be found [HERE](#).

**SAVE THE DATE!** The PTA will be back with another **Fabulous Family Quiz Night on Friday March 12th**. Book the night in your diary, stock up the snacks and drinks and look out for more information in the next Bulletin. We look forward to seeing you there for an evening of family fun!

As we go into half term, don't forget that the PTA Wonderful Winter Walks are still available to buy. Head to our PTA page for more info and head out into our beautiful countryside. [Winter Walk Information](#).  
We wish you a peaceful and healthy half term"

**Supporting Parents Helpfinder (Young Minds)** Times are tough for many people right now. Parents find themselves pulled in many different directions and children may be struggling being in the house for so much longer than usual. A mixture of concern about covid, work from home and children at home, along with a possible financial impact make for a stressful household.

Young Minds have created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

# YOUNGMINDS

**Thames Valley Police have shared some online safety information for parents and carers.** In light of the huge increase in internet use by young people during lockdown and the fact it could continue for many weeks, we have together some CEOP internet awareness Newsletters for These provide information and safety advice as well as links to resources and appropriate websites on the topics of **Live Streaming, Social Media, Sharing Personal Information, Online Gaming** and **Sexting**. [HERE](#)

The latest newsletter from the School Health Nurse team can be viewed [HERE](#).

The latest newsletter from the schools CAMHs team can be read [HERE](#).

## **Whole School Walking Challenge.**

The evenings are getting lighter and there has definitely been a sniff of Spring in the air this week! In fact, 1st February in the Celtic seasonal calendar is known as Imbolc. It marks the beginning of the lambing season and signals the beginning of Spring and the stirrings of new life. New beginnings are on the way!

The first snowdrops have already made their appearance and we have even seen some daffodils in bloom! We are midway between the winter solstice and the spring equinox; it's time to wake up Mother Nature!

**We thought that it would be a good time to introduce a challenge to get us all up and out of the house so we are going to walk the length of the United Kingdom: from Land's End in Cornwall to John O'Groats in Scotland.**

The total distance is 813 miles. It takes cyclists between 10-14 days to complete and the record for someone running this distance is 9 days!! On average it takes between 2 and 3 months to walk!

Let's see how quickly we can do it.

**It is each year group against the rest!**

What you need to do is record how far you walk or run each day using a fitbit or an app on your phone and then send a screenshot: We would love to see some pictures of you walking too!

Year 7 & 8 send screenshots to: Mrs Belcher  
[bbelcher@langtreeschool.com](mailto:bbelcher@langtreeschool.com)

Years 9,10 & 11 send screenshots to Mrs Smith  
[rsmith@langtreeschool.com](mailto:rsmith@langtreeschool.com)

We will keep a tally of how far each year group gets and send regular updates.



Dear Parents,

I hope you are all well. You are all doing such a fantastic job with remote learning. I know it is really challenging, but you have been brilliant at helping us deliver this new style of learning. We know it is not easy, but by working together we are all determined to ensure your children continue to make progress with their education.

However, we are also mindful that we need to promote positive mental health. As it is children mental health week, I thought I would take this opportunity to share some resources with you.

The theme of children mental health week this year is to express yourself. Our students should be encouraged to express themselves through creativity - drawing, cooking, designing, writing, song writing etc. It would be lovely to see any pictures of students expressing themselves through art. Please send them to me at [sburman@langtreeschool.com](mailto:sburman@langtreeschool.com)

We are making every effort to support students remotely. If you do have concerns about your child's mental health, some of the following resources from CAMhs (child and adolescent mental health services) may be useful.

[Child and Adolescent Mental Health Service Useful Resources | Child and Adolescent Mental Health Service \(oxfordhealth.nhs.uk\)](https://www.oxfordhealth.nhs.uk) This website includes self-help documents that we often advise parents and carers to review and implement in the first incidence if they feel mental health support would be appropriate for their young person.

Additional COVID specific resources can be found through these websites:

[How can I support someone's mental health during the Covid-19 outbreak? \(time-to-change.org.uk\)](https://www.time-to-change.org.uk)

[Coronavirus | Mind, the mental health charity - help for mental health problems](https://www.mind.org.uk)

[Looking after your mental health during second lockdown \(charliewaller.org\)](https://www.charliewaller.org)

Please do contact your child's tutor, Head of Year, or me, Ms Burman (Deputy Headteacher and Safeguarding Lead) if you do have any concerns about your child.

I have just included the top tips below to remind us all that there are things we can do to help ourselves:

### Top tips for staying mentally well

Many of us will be able to manage these uncertain times and protect our mental health by taking one day at a time and focusing on our wellbeing:

- Have a daily structure
- Get regular daily [exercise](#), preferably outside
- Maintain your [sleep routines](#)
- Try to eat a [healthy diet](#)
- Keep in contact with friends, family and loved ones online or on the telephone, where possible
- Make time for [enjoyable](#) activities, relaxation, and self-care
- Restrict media and social media that increases a sense of despair and helplessness
- Cultivating an attitude of [gratitude](#) can help improve mental health and may be even more important during times of significant challenge as a result of Covid-19.
- Have [hope](#): it will not solve our problems or make them go away, but it can give us the motivation to keep going when times are difficult

Contact Childline: 0800 1111 to get support if you need it or [www.kooth.com](http://www.kooth.com)

Visit: <https://www.childrensmentalhealthweek.org.uk/>

Or use the links below:



# Virtual Events for Half Term

Just three days to go until the Oxford Brookes Science Bazaar Beyond - Virtual Event!

We have loads of videos, activities and games that you can engage with already on the [Science Bazaar webpages](#) - so please do check them out! You can also now register for our live events that will be running on Saturday 13th February 2021, from 10:30am until 4pm. Why not have a look at our programme of live events below to plan your day and sign up! We have something for everyone from Zumba-like space-dance choreographed to the lunar landing by AlgoRHYTHM from Home, an amazing Science Show by Bright Sparks Science, Magical Microscopy by our very own Imaging Wizard Flavia, Chinese Language Taster Sessions by Spring from the Confucius Institute at OBU to a Super Science Poetry Workshop by writer and poet Jennifer!



We also have a number of wonderful competitions that you can get involved in, such as, our Keyword Competition - hidden in one of our pre recorded videos (hint: check out the [Life Factory Zone!](#)) is a keyword, once you have found this keyword you can [submit your entry](#) for a chance to win either 1 or 10 [Crocodiles of the World](#) adoption packs - this pack includes a free trip for a child to Crocodiles of the World on a day of your choice, post-lockdown - or 1 of 10 Slow Loris adoption packs - this pack includes an adorable Slow Loris cuddly toy! If you complete our [feedback form](#) to let us know about your experience of the first ever Virtual Oxford Brookes Science Bazaar then you could win a [GIANT Microbes](#) keyring!

Also, we would really appreciate it if you could please visit and like our [Facebook page](#) and click on the event 'interested' or 'going' and even if you can share the event to your own page. We would like to reach as many viewers as possible to share the fun! You can share videos, images, etc of your makes by using #brookessciencebazaar, you can also email [sciencebazaar@brookes.ac.uk](mailto:sciencebazaar@brookes.ac.uk) if you have any questions!



We hope to see you there! from the Science Bazaar Team



Microsoft are offering free interactive virtual workshops for kids, including a number of fan favourites as well as some new workshops we have just launched! With sessions for ages 6+, your kids can learn how to code a video game inspired by their favourite characters, take a virtual tour around a museum and other fun topics - Register today, these are open to all at [Microsoft - London](#)

## **Information from the COVID-19 Community Support Programme Team of South Oxfordshire and Vale of White Horse District Councils:**

South Oxfordshire or Vale of the White Horse residents that are struggling to afford food or pay their fuel bills, may be eligible to receive help. They should get in touch with their nearest advice centre for further guidance. If you know of someone who is struggling please refer them to the team at Citizens Advice – 0808 278 7907 (South and Vale) or if they live in Vale of White Horse, the team at Wantage Independent Advice Centre – 01235 765348 (Vale). The advice centre Winter Grant Scheme referral form can be found [HERE](#).

Please note that only one member (over the age of 18) per household can apply, and they must live in South Oxfordshire or Vale of the White Horse. This scheme will be available until the end of March 2021. To find out more about the Government's COVID Winter Grant Scheme, visit [www.gov.uk](http://www.gov.uk), and to find out what other support is available to you during the pandemic, please visit our COVID support, advice and guidance pages on our website [www.southoxon.gov.uk](http://www.southoxon.gov.uk) "

## Support The PTA (The Langtree School Association)

by doing your Amazon shopping using [smile.amazon.co.uk](https://smile.amazon.co.uk) you can download a free Chrome extension that will automatically take you to [smile.amazon.co.uk](https://smile.amazon.co.uk) using this link: <https://couponfollow.com/smilematic>

### Support Langtree School Association

When you shop at [smile.amazon.co.uk](https://smile.amazon.co.uk),  
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Visit [smile.amazon.co.uk](https://smile.amazon.co.uk)

[smile.amazon.co.uk](https://smile.amazon.co.uk)

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Smilematic is a free Chrome extension that will automatically turn your everyday Amazon purchases into AmazonSmile donations.

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Add to Chrome - It's Free!

Also supports Safari, Firefox & Edge

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# FORGET 2020 MAKE 2021 SOMETHING

**Oxfordshire  
Adult  
Learning**

PROVIDED BY ABINGDON & WITNEY COLLEGE

**NEW**



**Oxfordshire Adult Learning have recognised that this is a difficult time for many.**

**Following the popularity of our previous courses, we are delighted to be able to offer two further FREE short courses designed to support you and your family.**

**All courses delivered live via Microsoft Teams.**

### **An introduction to mental health understanding**

Course code: ZCZS005P

In this challenging time everyone is aware that an individual's mental health is under constant pressure. This course is designed to help you appreciate what mental health is, the negative and positive impacts to mental health and most importantly give tips on how to deal with some of the challenges involved.

**Date: Monday 1<sup>st</sup> March & 8<sup>th</sup> March (Run once a week over 2 Weeks)**

**Time: 19:00-21:00**

### **How to teach your homeschooled child effectively**

Course code: WPZS000P

Ideal for those who are homeschooling for the first time either through the necessity of lockdown or through choice this is a short course of practical tips on how to engage with your child's or young person's education whilst working from home or simply having a child at home.

**Date start: Tuesday 23<sup>rd</sup> February -16<sup>th</sup> March (Run once a week over 4 Weeks)**

**Time: 19:00-21:00**

**Oxfordshire  
Adult  
Learning**

PROVIDED BY ABINGDON & WITNEY COLLEGE

**Please visit our website to enrol:**

**[www.abingdon-witney.ac.uk](http://www.abingdon-witney.ac.uk)**

**Or alternatively email:**

**[oal.southandeast@abingdon-witney.ac.uk](mailto:oal.southandeast@abingdon-witney.ac.uk)**