



Headteacher:
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Science



INVESTORS IN
PEOPLE UK



Healthy School



International
School Award
2007-2010

Training
School

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BT/nal

26th January 2016

Dear Parents and Carers,

STUDENT WELLBEING UPDATE

Welcome to the latest student wellbeing update which is intended to let you know about the work we have been doing in school to support your sons and daughters as well as to share some observations and concerns we have so that you can support them at home. We take every child's wellbeing very seriously and lots of work is underway right across the school to support all students to thrive and learn effectively.

Cyclists

I remain concerned about the safety of students as they travel between home and school. Many do not wear helmets or have lights and at this time of year this is particularly dangerous. Many who do have helmets do not wear them and they can be seen attached to their handlebars. Not much help there! We will continue to advise them in school – can you support at home too please?

If it is essential for you to bring your child to and from school by car, please use the Rugby Club or Marston Ferry car park and take great care driving across the cycle path. We now have appointed Cycle Marshalls who are on the cycle path before and after school every day. They are there to improve safety – please encourage your daughters and sons to follow any instructions they are given by these staff members and please follow their directions yourself if you see them on the school run.

Attendance

Good attendance is inextricably linked to success at school. The minimum expected/accepted attendance is 95% and we are finding that some students are falling below this due to taking odd days off for minor ailments or fatigue. There will be times when your child is too unwell to attend, but having a minor ailment like a cold or headache should not prevent them from coming. With this in mind, please also avoid making routine dental or doctors visits during the school day and if this is not possible, please return them to school as soon as you can.

We are working with students on developing resilience as part of our Skills for Life.

High Energy Drinks

We have no absolute rule about these but prefer that students do not drink these sugary drinks in school that are high in additives and caffeine as it is known that they have a negative impact on behaviour and concentration. Students are encouraged to drink lots of water instead. It is hard to monitor what children spend their money on en-route to school, but a noticeable minority are bringing 2 litre bottles of fizzy drinks and family packs of crisps for their lunch! We will contact you if we notice that your child is doing this.

Year 9 Wellbeing Carousel

Year 9 spent the day on Monday 11th January attending a range of workshops facilitated by a range of school staff and trusted external providers, In-formed and SAFE. Topics covered included stress management, consent and sexual health, Peer pressure and social

stereotypes and risky behaviour as well as some fitness testing lead by students from Oxford Brookes University. We plan to continue this work with Y9 through assemblies and tutor time. A similar event will take place for Year 12 on **February 24th**. We plan to establish both of these as annual events for these year groups.

Child Sexual Exploitation Workshop

Year 10 attended a performance called "Somebody's Mother, Somebody's Sister" exploring the issues around child sexual exploitation in order to enable them to protect themselves and make sensible choices. The drama production was performed by GW Company and was followed by an opportunity for students to reflect and ask questions on the issues that were raised.

Radicalisation and Extremism and fundamental British values

We are taking every opportunity to talk with students in assemblies, form time and PSHE lessons about this really important safeguarding issue and the importance of British values in ensuring a peaceful and harmonious community:

- Democracy
- Individual Liberty
- The rule of law
- Mutual respect and tolerance of those with different faiths and beliefs

We all want our children to live in a safe and loving environment so that they can grow up to become happy, confident adults. You will already know that your children can be vulnerable to risks both inside and outside the home, and will have taken steps to protect them so they can grow, learn and develop to their fullest potential. Protecting your children from radicalisation and extremism is similar to protecting them from the other harms you may be more familiar with, such as drugs, gangs and sexual exploitation. The Government has launched a new website called **Educate against Hate** which has really helpful section for parents and carers with answers to many frequently asked questions including warning signs that your child may be at risk, how to protect your child, how to talk to your child about this difficult issue as well as online risks you need to be aware of.

<http://educateagainsthate.com/>

Additional Support Services

We address a range of wellbeing issues with students in an age appropriate way through PSHCE, Assemblies, tutorials and visiting speakers/theatre companies. Our aim is always to make sure that they have enough information to make good choices as they mature. As well as our curriculum approaches there will be some students who need access to more specialist services:

We are lucky to have **Jo Bowd** as our School Health Nurse who is on site every day. She is available to support students with range of issues including:

- General Health and Wellbeing
- Smoking cessation
- Sexual Health

Students can refer themselves to this service or be referred by a member of staff.

Matt Barnard is our new Lead Counsellor and is working hard to expand the Counselling Service. We have 4 counsellors on placement who joined us last term. Students can ask to see a counsellor, parents can request this or referrals may be made by Year Leaders or their Deputies.

Advisors from **The Hub** – can give advice about drugs and alcohol if students are worried about themselves or a friend or family member

Helen Bould – PCAMHs (Primary Child and Adolescent Mental Health Services) – Students are referred via their GP or a member of staff.

Peer Support Team – Some of our Y13 students have undertaken a day of approved training in order to be able to confidently support Y7 students over a range of issues. They are co-ordinated by Mr Roberts and have close contact with Matt Barnard.

Please do contact me if you would like to discuss any of the issues raised in this letter further.

Best wishes

A handwritten signature in blue ink, appearing to read 'Barb Timms', enclosed within a light yellow rectangular box.

Barb Timms
DEPUTY HEADTEACHER