



*It has been lovely to welcome students back into school this week; we hope that you were able to take some time over the holiday to rest and relax. Students have had key messages explained to them with regards to behaviour, uniform and PE kit and these have been very well-received; term has started extremely positively with lots of hard work taking place in lessons. A number of our Year 11 students have also sat BTEC exams, with external assessments completed for Sport and Business Studies; both subjects also ran revision sessions to support students with their preparation either just before Christmas or immediately at the start of this term. If your daughter or son studies Art or Photography at GCSE, they have this week been provided with guidance about their externally set component, often referred to as the 'exam'; please do take the time to talk to them about this.*

*Year 11 and Year 13 students have received their mock exam results; mock exams are a crucial step on the journey to succeeding in the summer and it is vital that students take heed of how they have done, and work on the strategies that class teachers are sharing with them to help them to improve where necessary. Many students have achieved excellent sets of results; it is important, too, that they continue to focus on doing everything they can to continue to improve for the summer. Students must work hard; if hard work – both in and out of school hours – is not completed, students will not fulfil their potential. A reminder, too, that it is Year 11 Parents' and Carers' Evening on Thursday 16<sup>th</sup> January; details have been sent previously about this, and we look forward to welcoming you into school.*

*You will be aware from our previous communications that homework sanctions will be introduced for Years 7-10 from Monday 13<sup>th</sup> January. Please do check your daughter and or son's planner and support them with completing their homework as needed. A lot of work was undertaken in school at the end of the Autumn Term to support students with logins to online platforms where they had not previously been using these; if there are issues with access to devices to complete this homework, please let us know via [Gospel Oak School - Contact Us](#).*

*As always, thank you for all of your help and support and do not hesitate to get in touch if needed, using [Gospel Oak School - Contact Us](#)*

### **Upcoming Dates**

Tuesday 14<sup>th</sup> January – Post 16 Cardiff University Visit

Thursday 16<sup>th</sup> January – Year 11 Parents Evening

Friday 17<sup>th</sup> January – Year 11 Geography Fieldwork, Birmingham

Tuesday 21<sup>st</sup> January – Year 11 GCSE Poetry Live – Symphony Hall

Friday 24<sup>th</sup> January - Year 11 Geography Fieldwork, Birmingham

### **Assembly Themes**

Assembly focus this week was Term ahead – expectations

w/c 13/01 – Sextortion

w/c 20/01 – World Religion Day

Please take the time to talk to your child about what they have learnt in Assembly.

### **Year 11 Parents'/ Carers' Evening Thursday 16<sup>th</sup> January 2025 4.00pm – 6.30pm**

A chance for parents'/carers' to arrange a face-to-face appointment with their son's/daughter's specific subject staff to discuss current progress.

Please contact school if you have any difficulties booking your appointments via Arbor.

We look forward to seeing you on Thursday 16<sup>th</sup> January 2025.

**Sixth Form**

A warm welcome back to the 6th form students – we hope that you have had a restful break.

Students are working hard this term with exams taking place in Sports, Business and Health and Social.

Last term 6<sup>th</sup> form were raising money for Birmingham Children’s Hospital through competition, raffles, car wash and much more – they raised an amazing £1035 – WELL DONE to everyone that took part, donated and volunteered to clean cars. Keep your eyes peeled for more charity events taking place over the year.

Remember to be logging on and completing your online learning.

Your sincerely,

Mr Bala  
Director of Post 16

Year 12 student of the week – Ruth O  
Year 13 student of the week – Varni J  
Year12 attendance – 90%  
Year 13 attendance – 97.2%

Events –  
14<sup>th</sup> January – Trip to Cardiff University  
27<sup>th</sup> February – Trip to Bath University  
8<sup>th</sup> – 10<sup>th</sup> July - Year 12 work experience

**EVERYONE WELCOME**



**Our Youth Space meetings for 2025 are on:**

Tuesday 21st January	Tuesday 29th July	Time: Doors open at 5.30pm, Meeting starts 6.15pm through to 8.00pm Food and drinks provided from 5.45 p.m.
Tuesday 25th February	Tuesday 26th August	
Tuesday 25th March	Tuesday 30th September	
Tuesday 29th April	Tuesday 28th October	
Tuesday 27th May	Tuesday 25th November	
Tuesday 24th June	Tuesday 16th December	

**Are you aged 13-21? Interested in Health?  
Want to know more about our hospitals  
& community services?**

**BENEFITS:**

- Improve services
- Opportunities for volunteering and work experience
- Helps with CV’s, UCAS applicants etc.
- Fun quarterly thank you activities, for example, Go Karting, Ice-Skating, Bowling, Adventurous Activities

**What is it?**

- The purpose of our forum is to give young people a voice, to work with us and tell us about the good stuff and help us make the others things better
- It’s an opportunity to help shape future services
- A great way to meet other young people interested in health



**SCAN HERE TO REGISTER**



Booking essential 0121 507 2671 or email the team at [swbh.engagement@nhs.net](mailto:swbh.engagement@nhs.net)  
Interested? Join us on the last Tuesday of the month at Sandwell Education Centre,  
Hallam Street, West Bromwich B71 4HJ

# YEAR 9 PARENT ALERT

Please complete the below link for your son / daughter to either receive their vaccine or for you to decline your son / daughters consent:-



<https://midlands.schoolvaccination.uk/dtp/2024/sandwell>

Please also refer to important information provided to us by Vaccination UK found on our website under Parent Tab and then Parent Letters. All information will also be emailed out to Year 9 parent / carers only.

## How can you prevent meningitis?

 <h3>Get vaccinated</h3> <p>Meningitis vaccinations are a safe way to develop protection, and some reduce the chance of infections spreading within the population.</p>	 <h3>Know the symptoms</h3> <p>There are many different causes of meningitis. Not all are vaccine preventable. Know the signs, so you know when to seek urgent medical treatment.</p>	 <h3>Play your part</h3> <p>Check the ones you love are up-to-date with their meningitis vaccines, know the symptoms and then help spread the word.</p>
<p>meningitis.org   #DefeatMeningitis</p> 		

Vaccination UK will be coming into Gospel Oak School on Friday 7<sup>th</sup> February 2025 to administer the Meningitis ACWY and Diphtheria, Tetanus and Polio Vaccination. Should you wish for your child to receive his / her vaccine then please complete the above link by midnight on **Thursday 30<sup>th</sup> January 2025**. Please ensure that you read the information provided by Vaccination UK to answer any queries you may have. If you have any further queries, then please contact Vaccination UK on 0121 592 1110.



## Cook Together Eat Together at New Road Methodist Church

Our Cook together programme is a **FREE** 2 hour cooking session each week for six weeks. In each session you will learn new healthy eating habits and get stuck in cooking easy three course meals you can replicate at home.

Contact us on the details below for more information  
**Location: New Road Methodist Church, Mount Street, Tipton, DY4 7DE**

**Six FREE Cooking sessions for over 50's  
Starting Thursday 9th January 2025  
10:30 – 12:30pm Email or call to sign up**

**07970725526**

**cookandeatwell@groundwork.org.uk**



**SANDWELL BETTER  
MENTAL HEALTH**

## Coping with Bereavement

As we get older, coping with the loss of a loved one can become very difficult. There is no single "right" or "wrong" way to process loss. Individuals may show a wide range of feelings, including:

- Disbelief or denial, continuing on as if nothing has changed.
- Feelings like anger, panic, shock or emotional numbness.
- Difficulty sleeping, tiredness, loss of appetite, quick change of mood, trouble concentrating, anxiety, or depression.
- Vivid imaginations of seeing or hearing the deceased.
- Feelings of guilt due to perceived failures or inability to prevent the death.

Recognising and allowing these different reactions is an important part of the healing process.

## Things That Can Help

- Talk about your feelings and your loss - it's ok not to feel ok.
- Reach out for support and communicate your needs to others who can help.
- Try to maintain your normal routine as much as possible.
- Take care of yourself - sleep and rest, spend time with family/ friends/ neighbours/ local community groups.
- Be patient - it takes time for things to feel different, bereavement can be like a rollercoaster.
- Be careful, as accidents are more likely during periods of stress.

**If you are having a medical emergency or you are in a life-threatening situation, please call 999 or attend your local A&E department**

**"At the beginning all you can feel is the overwhelming sadness. As time passes, even though the sadness remains, it is alongside happy memories and memorable times spent together."**

Unknown author  
message from Tree of Life, Dying Matters Awareness Week 2024

**For some people, the emotions or difficulties related to someone dying may lead to thoughts of self-harm or suicide.**

**If you are thinking about self-harm or suicide, or you are concerned about someone who may be, please contact SAMARITANS\* on 116 123**

\*Available any time, day or night for confidential support.

If you need help to improve your health and well-being or require further information, please contact Healthy Sandwell Team on:

📞 0800 011 4656

📞 0121 569 5100

🌐 [www.healthysandwell.co.uk](http://www.healthysandwell.co.uk)

Sandwell Compassionate Communities



# Bereavement, Grief and Loss

**Are you, or someone you know, looking for bereavement, grief or loss support?**



If you would like to discuss any feelings around your loss, please read this leaflet or scan the QR code for more information.

**HEALTHY SANDWELL**



**SANDWELL BETTER MENTAL HEALTH**  
Better mental health for all

## Free Local & National Bereavement Support

### Bennetts Funerals – GriefChat:

[www.bennettsfunerals.co.uk/bereavement-support](http://www.bennettsfunerals.co.uk/bereavement-support). For an instant chat with a professional bereavement counsellor.

**Monday – Friday 9am – 9pm**

### Black Country Support After Suicide:

**Rethink Mental Health – 0800 008 6516**

- 1-1 practical and emotional support across 6 personalised weekly support sessions - face to face sessions, online, telephone or WhatsApp.
- 1-1 suicide bereavement counselling for between 6-8 weekly sessions.
- Bereavement peer support groups – closed support groups with a maximum of 6 participants.

### Blue Cross:

Support to cope with the loss of a pet, either through death, enforced separation or theft.

**0800 096 6606**

**Email: [plsmall@bluecross.org.uk](mailto:plsmall@bluecross.org.uk)**

**Live chat also available**

**Monday – Sunday: 8.30am – 8.30pm**

### CRUSE Bereavement Care:

**Local branch (Smethwick): 0121 558 1798**

**National branch: 0808 808 1677**

### Dorothy Parkes Centre (Smethwick):

**Loss Matters - 0121 558 2998**

### Kaleidoscope Plus Support Groups (West Bromwich):

**Contact number - 0121 565 5605**

Bereavement Group - monthly meetings on

**Tuesdays, 11am-12.30pm**

Bereaved by Suicide Group - **First Tuesday of every month 6.30 pm – 8pm**

### Murray Hall Community Trust:

**Contact number: 0121 612 2939**

Bereavement Support Group – drop-in sessions, monthly on the 3rd Friday of each month from **10am – 12pm**.

Murray Hall Community Trust, The Bridge Community Centre, St Marks Road, Tipton, DY4 0SL

### National Bereavement Service:

Grief support and practical & legal administration support after someone has died.

**Monday - Friday 9am-6pm,**

**Saturday: 10am-2pm, Sunday: CLOSED**

**Helpline: 0800 0246 121. Email: [info@thenbs.org](mailto:info@thenbs.org)**

**Live Chat via the website**

### SOBS (Survivors of Bereavement by Suicide):

**9am-9pm every day**

**National Support line: 0300 111 5065**

**Local support phone: 07376 303 438**

The Birmingham group also run a virtual Punjabi speaking women's group.

### Sue Ryder at Dorothy Parkes

#### Centre (Smethwick):

The Grief Kind Space offers face to face informal support drop in sessions every **Monday between 10am-12pm**, at Dorothy Parkes Centre, Church Road, Smethwick, B67 6EH.

**Online support with a qualified counsellor available on [www.sueryder.org/grief-support/](http://www.sueryder.org/grief-support/)**

### Silverline:

**0800 470 8090** Free, confidential telephone service for older people - friendship, conversation and support 24 hours a day, **7 days a week**.

### Winston's Wish:

**08088 020 021** Specialist practical support and guidance to bereaved children, their families and professionals.

**Monday - Friday: 8am-8pm**

## Support lines

**Need to talk to someone?**

### 24/7 support lines

**Samaritans - 116 123**

Free for anyone at anytime for any reason

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

**Silverline - 0800 470 8090**

Free, confidential telephone service for older people - 24 hours a day, 7 days a week.

**Black Country Mental Health Helpline**

**0800 008 6516 (24/7 Helpline)**

### Day/ Evening support lines

**Cruse (nationwide bereavement support)**

**0808 808 1677**

Monday, Wednesday-Friday: 9.30am-5pm;

Tuesday: 1pm-8pm; Saturday – Sunday: Closed

**Grief Encounter - Grieffalk helpline**

**0808 802 0111**

Monday - Friday: 9am-9pm

**Kaleidoscope Sanctuary Hub** (Primary mental

health support at Hope House, West Bromwich)

**0121 289 6111 or 0121 565 5605**

Monday - Friday: 6pm-11pm

Saturday & Sunday: 12 (noon)-11pm

**Marie Curie - Free bereavement support**

**0800 090 2309**

Monday - Friday: 8am-6pm; Saturday: 11am-5pm

**National Bereavement Service**

**0800 0246 121**

Monday - Friday 9am-6pm,

Saturday: 10am-2pm, Sunday: CLOSED

**SOBS (Survivors of Bereavement by Suicide)**

**0300 111 5065** everyday 9am-9pm



**FREE Careers Event for 14 – 19 year olds**

# NEW YEAR NEW START

**Saturday 1 February 2025**  
**9.30am - 2pm**

Discover your next steps with the help of Employers, Training/Apprenticeship Providers, Colleges, Universities and Connexions Sandwell Careers Advisers.

At West Bromwich Albion Football Club,  
The Hawthorns, West Bromwich, B71 4LF

**This is Ticketsource bookable event**  
Book your tickets via our website.

[www.connexionssandwell.co.uk](http://www.connexionssandwell.co.uk)

 **Sandwell**  
Metropolitan Borough Council

 **Black Country**  
CAREERS HUB

 **THE CAREERS & ENTERPRISE**  
COMPANY

 **connexions**  
SANDWELL



To: Parents/Carers

**Gospel Oak School**

Bilston Road  
Gospel Oak  
Tipton  
West Midlands  
DY4 0BZ

T 0121 556 1351

F 0121 506 7833

W [www.gospeloakschool.co.uk](http://www.gospeloakschool.co.uk)

10<sup>th</sup> January 2025

**Our Ref:** CM.KH.3176

**Your Ref:**

Dear Parent/Carer,

**Re: Communication with Parents/Carers**

You will be aware that we have made a number of changes to develop our communications with parents and carers; we are committed to continuing to make improvements.

Our weekly eZine is currently shared with all parents/carers via Arbor, and we will also now share the eZine via ClassCharts; the eZine can be accessed best on a mobile phone or tablet by switching to 'print view' on ClassCharts.

Students have also been receiving the eZine via Arbor; we will now also share it with students through ClassCharts. Please do encourage your daughter/son to read the eZine as all of the messages shared are relevant to their school experience too.

Please do get in touch using [Gospel Oak School - Contact Us](#) if you have any feedback. As always, thank you for support with the work of the school.

Yours faithfully,

**Miss C Middlehurst  
Senior Vice Principal**



To: Parents/Carers

**Gospel Oak School**

Bilston Road  
Gospel Oak  
Tipton  
West Midlands  
DY4 0BZ

T 0121 556 1351

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10<sup>th</sup> January 2025

**Our Ref:** RQ.KH.3172

**Your Ref:**

Dear Parent/Carer,

**Re: Sparx**

You will be aware from our previous communications that we are using Sparx, an online learning platform, for English (reading), Mathematics and Science homework for students in Years 7, 8 and 9. Students completing homework regularly to support their learning in school achieve better progress and, therefore, better examination results at the end of Year 11.

It is imperative that your son/daughter completes the work set on Sparx weekly to avoid falling behind with their peers who are completing homework. In addition, from 13<sup>th</sup> January, a B2 sanction of 30 minutes will be issued to students who do not complete this work on all three Sparx platforms.

If your son/daughter does not have access to a device to complete their homework, please let us know through using [Gospel Oak School - Contact Us](#) and we will contact you to discuss how we can support.

As always, thank you for your support of the ongoing work of the school.

Yours faithfully,

**Mrs R Quirk**  
**Vice Principal**



To: Parents / Carers

10<sup>th</sup> January 2025

**Gospel Oak School**

Bilston Road  
Gospel Oak  
Tipton  
West Midlands  
DY4 0BZ

T 0121 556 1351

F 0121 506 7833

W [www.gospeloakschool.co.uk](http://www.gospeloakschool.co.uk)

**Our Ref:** RQ.KH.3175

**Your Ref:**

Dear Parent/Carer,

**Re: Behaviour for Learning**

We are committed to ensuring all our students achieve their full potential and a key part of this is fostering a positive and productive learning environment where students engage fully in their lessons.

As part of our continuing efforts to improve behaviour across the school, we will now be placing a stronger focus on *Behaviour for Learning*. This means emphasising the importance of students actively participating in their education by completing all the tasks, activities and work set in each lesson.

Students who complete little or no work will receive a B2 sanction, which involves a 30-minute detention. This sanction aligns with our school's behaviour policy and aims to encourage students to take responsibility for their own learning.

We believe this approach will support our students in developing strong work habits, resilience responsibility – essential skills for their future success.

If you have any questions or concerns, please do not hesitate to get in touch via [Gospel Oak School - Contact Us](#) and we will contact you to discuss how we can support.

Yours faithfully,

**Mrs R Quirk**  
**Vice Principal**