



Strategies to support Year 11 and Year 13 as they move ever closer to their exams are at the forefront of so much of the work being undertaken in school at the moment. A number of our Year 11s have received 'large group teaching' with a bespoke focus around exam technique, with colleagues both from within school and wider Trust staff supporting this. Both cohorts should be well on with their revision now for the summer exams; a reminder that Year 11s were all provided with a revision plan for this half-term and this can be accessed online by visiting [download.asp](#). I make no apology for continuing to refer to the message of hard work brings about success in the summer; students in all year groups should be working hard outside of the classroom as well as during their timetabled lessons in order to ensure that they succeed in the future. A core premise of our Trust is 'social justice'; students deserve to be able to make choices about what they want to do in the future, and making choices is underpinned by putting in effort. Students who are choosing not to work hard will receive sanctions; I thank you for your support with this.

As always, please do let us know if you need support with any aspects of your daughter or son's education; please use [Gospel Oak School - Contact Us](#). We hope you have a lovely weekend.

Upcoming Dates

Wednesday 29th January – Championship League Match, Etihad Stadium

Wednesday 5th February – Year 12 and Year 13 Parents' Evening

Friday 7th February – Year 9 DTP MEN Vaccines

Assembly Themes

Assembly focus this week was World Religion Day.

w/c 27/01 – Holocaust Memorial Day

w/c 03/02 – Children's Mental Health Week

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

PARENT ALERT

Could all Year 7, 8 & 9 Parent / Carers complete the below link and ensure all responses are received by Friday 31st January 2025

Year 7, 8 and 9 Rewards Days - 2nd July & 3rd July 2025



Sixth Form

30 year 12 and 13 students attended Cardiff University last week – during the trip – they had a tour of campus, had a discussion on courses and a talk on university life. We had excellent feedback from the university – Well done to all those who attended. University trips are a great way for students to experience university and understand the nature of further study. We would urge students to attend as many trips as possible to give them insight of life after sixth form.

Yar 13 students are currently working hard to revise for their upcoming exams. Staff will be offering a variety of revision workshops over the February ½ term.

A reminder to be logging on and completing your online learning.

Your sincerely

Mr Bala

Associate Assistant Principal Post 16

Year 12 student of the week – Jacob W

Year 13 student of the week – Cody S

Year12 attendance –98 %

Year 13 attendance – 97.2%

Events –

30th January – UCAS deadline

5th February – Year 12 and 13 Parents evening

27th February – Trip to Bath University

8th – 10th July - Year 12 work experience

Year 12 and Year 13 Parents'/ Carers' Evening

Wednesday 5th February 2025

4.00pm – 6.30pm

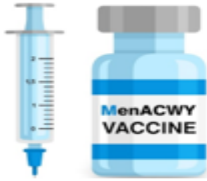
A chance for parents'/carers' to arrange a face-to-face appointment with their son's/daughter's specific subject staff to discuss current progress.

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

We look forward to seeing you on Wednesday 5th February 2025.

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?

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

meningitis.org | #DefeatMeningitis

Meningitis Research Foundation

Vaccination UK will be coming into Gospel Oak School on Friday 7th 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 30th 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.



NEW WELL BEING CLUB



Join us on a journey of self-discovery and rejuvenation as we guide you through ancient practices to harmonize our physical and mental well-being.

The FREE 12 week course includes:

- Flexibility and self-regulation techniques
- EFT tapping
- Manifesting
- Crystal work
- Positive thinking
- Breathing techniques
- Understanding Crystals and bespoke bracelet making
- Affirmations
- Vision boards and Well Being Journals

Dates

Tues 21/28 Jan 25
Tues: 4/11/25 Feb 25
Tues: 4/11/18/25 March 25
Tues: 1/8/28 April 25

Time:- 15:30 - 16.30

Location:- Bistro



Please contact Ms Rolls (based near SEN) to secure your place.



DO YOU CARE FOR OR WORK WITH CHILDREN WITH SEND AGED 0-5 IN SANDWELL?

Interested in improving your local early years services?

This collaborative programme brings together parents, practitioners and local decision makers to help improve outcomes for younger children with SEND and their families.

**IMPROVE OUTCOMES | CO-PRODUCTION | INCLUSION
DIVERSITY | IMPROVE WELLBEING | BUILD RELATIONSHIPS**

22nd October 24 & 6th February 25, 9.30 am – 12.00 pm

Join us for a two part conversation

Register for your place on Eventbrite or scan QR code



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

WORKSHOP PROGRAMME

Tuesday 22nd October 2024 - 9.30 am – 12.00 pm

WORKING WITH UNDER-REPRESENTED GROUPS

- Understand who are under-represented and under-served groups locally
- Challenges and barriers to reaching them
- Why is it important to work with under-represented groups in the early years?

Thursday 6th February 2025 - 9.30 am – 12.00 pm

WELCOMING AND INCLUDING FAMILIES

- Building networks and inclusion
- Listening skills, communication, building relationships
- Co-production - designing services collaboratively with early years families

These workshops support Sandwell Family Hubs to improve outcomes and wellbeing for early years children with SEND and their families, with a focus on co-production, inclusion and supporting families from under-represented communities. It is funded by DfE and delivered through the Early Years SEND partnership.

Who are Contact?

Contact is the UK charity for families with disabled children. We give advice and information about any aspect of raising a disabled child, including help in the early years, finances, education, emotional and practical support.

contact.org.uk

Scan me for more information

or visit link



contact For families with disabled children



We're excited to announce

Gospel Oak School Photography Competition

Tipton through your eyes

Who Can Entry:

Open to all students, parents/carers and staff

How to Enter:

- Take a Photo that reflects Tipton's charm, beauty, or spirit.
- *Submit Your Entry:* **competitions@gospeloakschool.co.uk** or scan QR Code
- *Include:* Your Full name, Tutor Group (if a student), and a brief description of your photo (50 words max).
- **Deadline:** Friday 7th February - 9am

Important Guidelines:

- Photos must be original and taken by the entrant
- By entering, you agree to allow the school to display your photos in exhibitions and promotional materials.

**Winners will
receive exciting
prizes and have
their work featured**

For more Information please
see Mrs Mistry or Miss Tanner





NEED SUPPORT TO UNDERSTAND YOUR YOUNG CHILD'S BEHAVIOUR?

FREE workshop for parents and carers of children with SEND aged 0-5 - Sandwell

IDENTIFY TRIGGERS | STRATEGIES TO HELP ENCOURAGE POSITIVE BEHAVIOUR | FIND SUPPORT

Join us to understand why children behave as they do, and learn ways to handle difficult situations in a calm, stress-free manner

**Tuesday 28 January 2025
10:00 am - 12:00 pm**

To secure your place on this FREE workshop, please book via [Eventbrite here](#) or scan the QR code



Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).

elevate
education

Spring Term Parent Support Series

Free Parent Webinars

Join us and Elevate Education for FREE 60-minute webinars designed to help you support your child's studies at home.

[Click here to Register](#)

In the Spring Term, we'll cover:

1. **How to Help Your Child Improve Their Note Taking**
- 21st January @6:00pm
2. **How You Can Make Technology an Ally (& Not the Enemy!)**
- 4th February @6:00pm
3. **How You Can Help Your Child Prepare for Exams**
- 11th March @6:00pm
4. **How You Can Support Your Child During Exams**
- 25th March @6:00pm

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025



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

Our Ref: CM.KH.3185

To: Year 11 Parents/Carers

20th January 2025

Dear Parent/Carer,

Re: Year 11 – Preparation for Exams and Homework

I want to make you aware of a number of activities which are taking place in school to support students as they move ever closer to their Year 11 exams. The English, Maths and Science departments are now delivering a number of 'large classes' where subject experts are providing additional learning opportunities to support the development of exam technique. Our form time programme has been adjusted, and this week students have all been working with their form tutors on how to use GCSEPod to support revision techniques; a reminder at this stage that GCSEPod is available for all students as they revise and is used by the English department for their homework. From next week, additional English, Maths and Science interventions will take place during form time too.

In addition, the school has purchased Seneca and Sparx to support home learning for Science and Maths; Seneca is also widely used to support home learning in a range of other subjects including History and Psychology. Please do let us know through [Gospel Oak School - Contact Us](#) if your daughter/son does not have access to a device at home to complete homework and we will be in touch.

All students in Year 11 will be working with a company called 'Elevate Education' on revision techniques with sessions in both February and March. Further opportunities will be provided as needed for revision techniques when some Year 11s work with 'MADE' in March.

Homework is an integral part of success in all school years and Year 11 is no exception. Students are able to use the LRC (Library) at break, lunch and after-school until 4.00pm where they have computer access or access to quiet spaces to work; I have been delighted to see a number of Year 11s using this space so sensibly. I am grateful to the support of so many of our parents/carers in ensuring that homework is completed on time; a reminder, too, that sanctions are given to students who choose not to complete homework.

There is no substitute for hard work in order to achieve good exam grades. Attendance every day, working hard in all lessons and attending all relevant interventions is key to this; please visit [Gospel Oak School - Revision Programmes](#) for details of revision activities for this half-term and intervention times.

Please do not hesitate to get in touch using [Gospel Oak School - Contact Us](#) should you have any questions.

Yours faithfully,

Miss C Middlehurst
Senior Vice Principal



To: Parents/Carers

24th January 2025

Dear Parent/Carer,

Re: Mental Health and Wellbeing Support at Gospel Oak

I hope this letter finds you well. At Gospel Oak school, we are committed to the wellbeing and mental health of all our students, recognising the significant impact that mental health has on their academic success and overall development. As part of our continued efforts to provide the best possible support for our students, I am pleased to share the positive and effective outcomes of the mental health interventions we have implemented at the school.

Over the past year, we have worked in partnership with several organisations and utilised various programs to ensure our students have access to the tools and support they need to thrive, both academically and personally. Below are some key initiatives that have contributed to the success of our mental health strategies:

1. West Bromwich Albion Foundation

We are fortunate to collaborate with the West Bromwich Albion Foundation, whose team of trained professionals deliver a range of support services to students facing mental health challenges. Their intervention programs, including one-to-one sessions and group workshops, have helped our students develop essential coping strategies, improve resilience, and build confidence. Their work has been invaluable in providing early intervention and support for those who need it most.

2. Be Positive Program

The Be Positive program has been instrumental in promoting mental well-being across the school. This initiative, aimed at fostering a positive mindset and encouraging self-esteem, has been well-received by both students and staff. Through workshops and activities designed to reduce anxiety and increase self-worth, we have seen students develop a stronger sense of optimism and a more proactive approach to managing stress.

3. XY2 Intervention

The XY2 Intervention program has proven to be a key resource for students struggling with more specific mental health concerns, particularly related to anxiety and low mood. The tailored support provided by the XY2 team, including therapeutic strategies and group counselling, has helped students feel heard, supported, and empowered to manage their emotions more effectively. This program has made a significant difference in the lives of many of our students.

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

Our Ref: AM.KH.3183

Your Ref:

4. SEMH Team

Our dedicated Social, Emotional, and Mental Health (SEMH) team plays a crucial role in supporting students with a range of emotional and behavioural challenges. The SEMH team provides personalised support, including counselling, mentoring, and behavioural interventions, helping students to develop better emotional regulation and social skills. Their work continues to have a profound impact on creating a more inclusive and supportive school environment.

5. Wellbeing team

Our supportive wellbeing intervention at Gospel Oak provides effective support for social, emotional, and mental health by offering a range of services tailored to students' needs. These may include:

One-to-one counselling: The trained professionals offer individual sessions to help students manage mental health issues such as anxiety, depression, or stress.

Group support sessions: The small groups provide a safe space for students to share experiences, build resilience, and learn coping strategies.

Crisis intervention: The team is trained to respond to immediate emotional distress, providing urgent support and referring students to additional services if necessary.

Preventative programs: Regular workshops or campaigns to promote mental health awareness, stress management, and emotional resilience.

Collaboration with staff and parents: The wellbeing team works closely with teachers, parents, and external agencies to ensure a holistic approach to the student's wellbeing.

By creating a supportive environment, the wellbeing team helps students navigate challenges, build coping skills and maintain positive mental health.

We are extremely proud of the progress our students have made through these initiatives, and we will continue to build on these successes in the coming months and years. Our school remains committed to providing a supportive environment where every student feels safe, valued, and equipped to achieve their full potential.

Should you have any questions about the programs or wish to discuss any aspect of mental health support, please do not hesitate to get in touch with our pastoral teams via [Gospel Oak School - Contact Us](#)

Thank you for your continued support.

Yours sincerely,



Mr A Mason
Associate Assistant Principal



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

24th January 2025

Our Ref: AHi.KH.3187

Your Ref:

Dear Parent/Carer,

Re: Attitude to Learning

I am writing to update you on the next phase of our ongoing commitment to raise standards and ensure the very best outcomes for all our students. Since the start of this academic year, we have seen a significant improvement in behaviour across the school. Students are meeting the school's expectations and lessons are now calmer and more focused.

We wrote to you in the Ezine on Friday 10th January in relation to the fact that we would now be sanctioning minimal or no work under the 'behaviour for learning' strategy. We have decided to change the name from 'behaviour for learning' to 'attitude to learning' so that it tallies with the information you already receive in termly reports.

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. This means emphasising the importance of students actively participating in their education by completing all the tasks, activities and work set in each lesson as well as ensuring they complete their homework on time and to a satisfactory standard.

Our goal is to ensure that every student not only behaves well but also works hard and takes pride in their learning. To support this, we have revamped our rewards system to better align with our new focus. The key changes to the rewards system are as follows:

- Golden Stickers for excellent effort and work quality. During lesson walkabouts, staff will issue Golden Stickers to students demonstrating outstanding effort and producing high-quality work.
- Celebrating exemplary attitude to learning: Each week, we will capture and showcase examples of exceptional attitude to learning through photographs of outstanding work and student effort. These students will receive special recognition and rewards.

In addition to these key changes, we will be making several other refinements to our rewards and sanctions system. These updates will be communicated via ClassCharts, so please ensure you check the App regularly for the latest information.

Just as we are rewarding students for good effort, we will also be addressing instances where students fail to demonstrate a positive attitude to learning - eg poor effort in lessons, incomplete classwork and homework, lack of engagement, not completing homework by the stated deadline or refusal to complete work will now result in appropriate sanctions to ensure high standards are maintained.

We are excited about this next step in our journey and appreciate your ongoing support in reinforcing the importance of hard work and dedication to learning at home.

If you have any questions, please do not hesitate to get in touch.

Yours sincerely,



Mr A Hickinbottom
Assistant Principal



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

To: Yr 11 Parents/Carers

Our Ref: SBO.KH.3189

Your Ref:

24th January 2025

Dear Parent/Carer,

Re: Year 11 Focus

I am writing to you regarding the importance of your son/daughter's attendance and punctuality at school during this crucial time in their Year 11 studies.

From **Monday 27th January 2024**, it will be essential for all Year 11 students to arrive on time every day. We are focusing heavily on ensuring that every student is engaged in the vital learning taking place, especially in **Maths, English, and Science**, where we are running specific mastery sessions starting promptly at **8:30 AM**. These sessions are led by our teachers and are designed to embed the core knowledge and skills necessary for success in their Summer exams.

Research consistently shows a strong correlation between regular attendance and academic attainment. It is imperative that your son/daughter is present in school every day from now until the end of exams, to make the most of these valuable learning opportunities. Their qualifications are the key to unlocking future opportunities, and we want to ensure that they are fully prepared for the exams ahead.

In addition, we are placing significant emphasis on **attitude to learning in** Year 11. Senior staff and the pastoral team will be actively monitoring lessons to ensure that students are on task and fully engaged in their learning. For those students who are not meeting expectations, we will be inviting parents/carers in for discussions so that we can work together to support your son/daughter in achieving the best possible outcomes.

From **Monday 27th January**, if your son/daughter is not present at school, their form tutor will be calling home each day to discuss their absence. It is important to emphasize that **being on time and present every day** is crucial for your son's/daughter's success at this stage in their academic journey.

We greatly appreciate your support in helping us ensure that all our Year 11 students leave Gospel Oak School with an excellent set of exam results. If you have any concerns or require assistance with getting your son/daughter to school, please don't hesitate to reach out.

Thank you for your ongoing support. Together, we can help your son/daughter achieve their full potential.

Kind Regards,



Miss S Bott
Senior Vice Principal