



The weather has certainly turned chillier over the last few days, although it has been lovely to see so many students continuing to be outside at break and lunchtimes and enjoying the bits of sunshine we have had. Understandably, a number of students are choosing to wear jackets, hats and gloves on their way into school; please remind your child that these cannot be worn in lessons and school staff will be ensuring that these are being removed as students enter classrooms. Uniform continues to be a high priority and the vast majority of our students continue to attend school looking very smart; thank you to parents and carers for your support with this. Please ensure that your child is leaving home with full school uniform being worn - [Uniform – Gospel Oak School](#) – and bringing PE kit on the days when they have PE lessons. Ties are available to buy from School Reception for £4 if your child needs a new one.

We have made a few adjustments to queuing arrangements at break and lunchtime to support the smooth movement of students through the Restaurant; students have responded very well to these. We are asking students to sit down to eat their food in both the Restaurant and Bistro; please reinforce this message at home. If your child is entitled to Free School Meals, please encourage them to access this provision each day; it saves families money, and it is the child's entitlement.

As always, if you have any questions, please do not hesitate to get in touch. Many thanks for your ongoing support.

Upcoming Dates

- Monday 4th December – Year 11 Campus Experience Day, University of Wolverhampton
- Wednesday 6th December – Sports Evening, 5:30pm – 7:45pm
- Tuesday 12th December – Flu Vaccine Catch-Up Session
- Tuesday 12th December – Match Report Education Tour – Year 11
- Thursday 14th December – Year 11 GCSE Rock Climbing Assessment
- Thursday 14th December – Christmas Fayre, 4:30pm – 6:30pm
- Friday 15th December – Lewis George Motivational Speaker – Year 7
- Friday 15th December – Post 16 German Market Visit

Assembly Themes

- Assembly focus this week was Disabilities
- w/c 04/12 – Senior Leadership Team Assembly
- w/c 11/12 – Human Rights' Day
- Please take the time to talk to your child about what they have learnt in Assembly.

Free School Meals

Remember that if you are entitled to Free School Meals, your child will receive £2.50 allowance a day to spend in the school canteen.

The best nutritional value for this allowance would be our 3 meal deal options - which include a hot meal and a dessert.

We encourage you to speak with your child to ensure they utilise this offer.

If you are unsure whether you are eligible for Free School Meals, please visit the following website:

www.gov.uk/apply-free-school-meals

If you need support with completing your Free School Meal application, please contact the school office.



Twitter Accounts

Please follow our Year Teams:

- @Year11GOS
- @GospelOakY8
- @Gosyear10
- @GospelOakyear9
- @GospelOakY7

Free School Meals' Supermarket Vouchers – Christmas Holidays

It is our understanding that supermarket vouchers will be issued again for the Christmas Holidays; we are waiting for further updates from Sandwell about these and will let you know when we have further information.



YEAR 7 AND 8 CHRISTMAS Competition

Year 7 and 8 Christmas Careers Competition

You are the General Manager of Christmas – who do you think will be needed to make Christmas a success this year?

Task: Create a job advert for Christmas staff

Success Criteria:

You will need to include the following:

- Think of a job title for someone needed over the Christmas season – be as creative and original as possible – for example Reindeer Behavior Manager, Head Elf, Present Wrapping assistant – or even father Christmas himself The main man will need a stand in on his days off)
- The job market is competitive – your advert needs to be eye catching and handwriting needs to be perfect. This Colour and style – think about who you are trying to attract? An elderly gentleman to stand in for Santa or a cheeky Elf?
- What skills are you looking for?
- What qualifications will the candidate need?
- How many GCSE's are needed and what subjects are most important to do the job well?
- What salary will you offer?
- What will the hours of work be?
- Will a costume or uniform be provided?
- Essential – who to contact for more information – put your name, year group and form tutor's initials.

Entries to Miss Wilkins or Mrs Rolls in the Careers room in the new Build – deadline Friday 15th December.

The best entries will be displayed on the screens in reception, all entrants will receive a RAP Card, with the best three entries receiving a PRIZE

Go play Sandwell

FAMILY FUN FESTIVE ACTIVITIES

Join us for our **FREE** family fun festive activities across Sandwell.
Filled with loads of winter themed activities and entertainment suitable for all families.
For more information visit www.goplaysandwell.co.uk

SAT 16 DECEMBER 10:30AM - 12:30PM	THE HUB ROOM ROWLEY LEARNING CAMPUS (CURRAL ROAD) B65 9AN	ROWLEY REGIS	
SUN 17 DECEMBER 2:00PM - 4:30PM	BROOK STREET COMMUNITY CENTRE DY4 9DD	TIPTON	 
TUE 19 DECEMBER 3:00PM - 5:30PM	FRIAR PARK MILLENNIUM CENTRE WS10 0JS	WEDNESBURY	
THURS 21 DECEMBER 4:00PM - 7:00PM	BRASSHOUSE COMMUNITY CENTRE B66 1BA	SMETHWICK	
FRI 22 DECEMBER 3:00PM - 5:30PM	WOOD LANE COMMUNITY CENTRE B70 9PT	WEST BROMWICH	
FRI 22 DECEMBER 3:00PM - 5:30PM	LANGLEY PARK LODGE COMMUNITY CENTRE B69 4SO	OLDBURY	

 **Sandwell**
Metropolitan Borough Council

 FUNDED BY **Go play Sandwell**

Year 11 One-to-One Online Tuition

Thank you to parents and carers who expressed an interest in this provision for their child; letters have been given to relevant students in school which contain further information. Please check with your child for the letter and complete the relevant information; this should be returned to Reception.

Post 16 BTEC External Examinations

There will be some post-16 BTEC External Examinations in January; students involved will receive individual timetables. If you have any questions about these exams, please do not hesitate to contact school for guidance.

Season: January Exams 2024

Date Range: 01/01/2024-29/02/2024

Date	Start	Len	Board	Component Code	Component Title
Wed 10 Jan	09:00	2:30	EDEXL/KSQ	31525H01	Fitness Training and Programming
Wed 10 Jan	13:00	2:00	EDEXL/KSQ	31489H1A	Developing A Marketing Campaign
Thu 11 Jan	09:00	3:00	EDEXL/KSQ	31489H1B	Developing A Marketing Campaign
Fri 12 Jan	09:00	2:00	EDEXL/KSQ	31760H01	Information Technology Systems
Fri 12 Jan	09:00	1:30	EDEXL/KSQ	31524H01	Anatomy and Physiology
Fri 12 Jan	13:00	1:30	EDEXL/KSQ	31490H01	Human Lifespan Development
Mon 15 Jan	09:00	1:30	EDEXL/KSQ	31491H01	Working in Health and Social Care
Mon 15 Jan	09:00	2:00	EDEXL/KSQ	31463H01	Personal and Business Finance
Mon 15 Jan	09:00	3:00	EDEXL/KSQ	21405J01	Investigating Business in Sport & TH
Tue 16 Jan	09:00	3:30	EDEXL/KSQ	31828H01	Critical & Contextual Studies in Art



BEYONDLEARNING

Beyond Learning – improving the education, social skills, and mental health of children and adults with or without educational needs.

We look at more than just learning, we look at you as a person and what you need. Together we can help you to reach your goals whether they be academic, social, or emotional. We can do this by:

- Providing support with education
- SEND Specialist tutoring
- Tailored tutoring 1-1
- Counselling and Psychotherapy
- Life skills and social skills support
- Providing Employability Courses
- Giving you a safe place to be you and grow

Working together to provide you with tailored, specialised support specifically for you. With our help, you can be the best version of you. You will be able to access support from a wide range of tutors, counsellors and psychotherapists, and support workers that all have a person-centred approach.

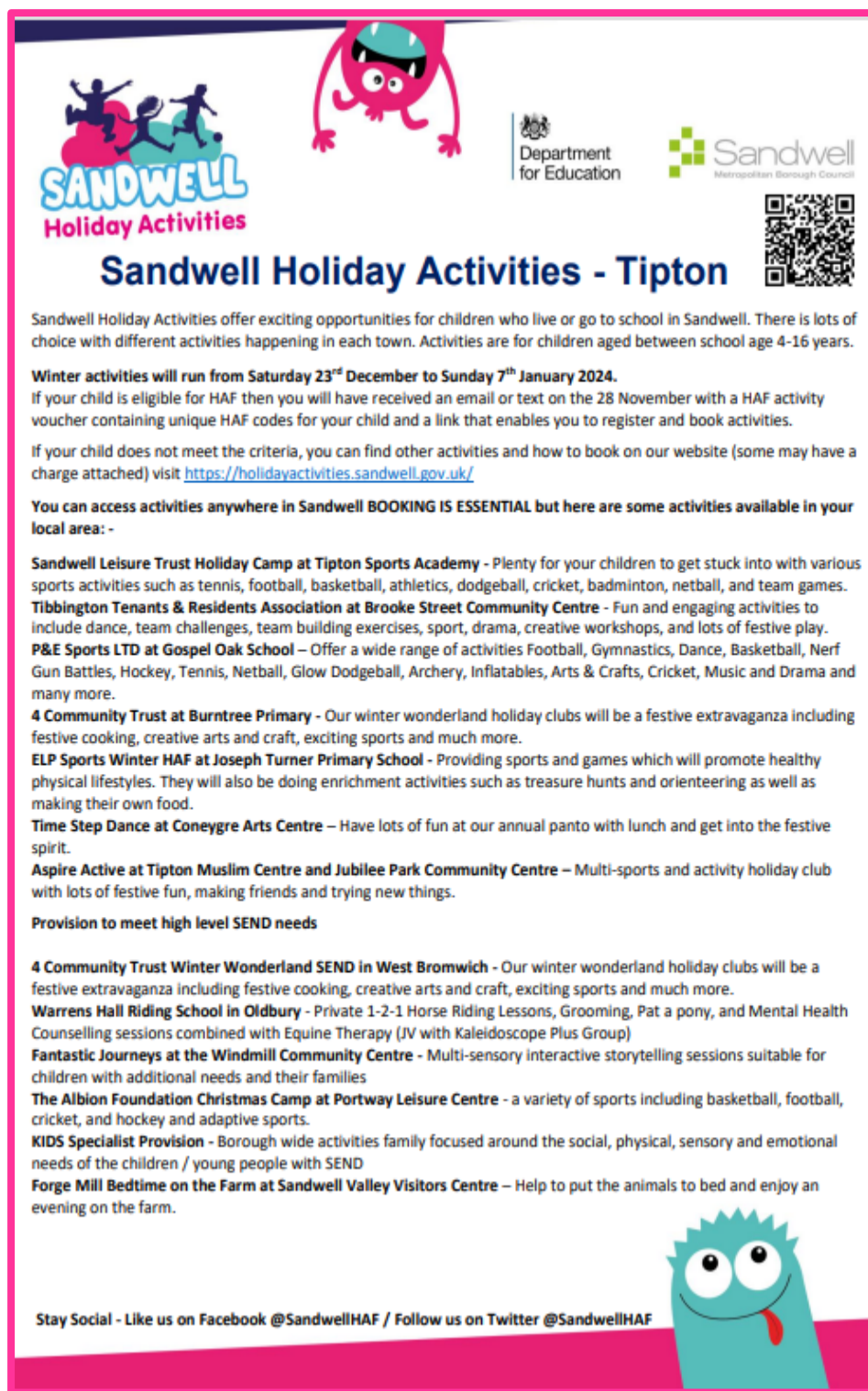
For more information, please contact: **t** 0121 269 5990 / 07813 125 443
e info@beyond-blue.co.uk **w** www.break-thru.co.uk
 or drop into our shop Beyond Blue, 19a Spring Head, Wednesbury WS10 9AD.







BACP Organisational Membership Number: 00276100



The poster features the Sandwell logo with silhouettes of children playing, a pink cartoon monster, and logos for the Department for Education and Sandwell Metropolitan Borough Council. A QR code is located in the top right corner.

Sandwell Holiday Activities - Tipton

Sandwell Holiday Activities offer exciting opportunities for children who live or go to school in Sandwell. There is lots of choice with different activities happening in each town. Activities are for children aged between school age 4-16 years.

Winter activities will run from Saturday 23rd December to Sunday 7th January 2024.
 If your child is eligible for HAF then you will have received an email or text on the 28 November with a HAF activity voucher containing unique HAF codes for your child and a link that enables you to register and book activities.
 If your child does not meet the criteria, you can find other activities and how to book on our website (some may have a charge attached) visit <https://holidayactivities.sandwell.gov.uk/>


You can access activities anywhere in Sandwell BOOKING IS ESSENTIAL but here are some activities available in your local area: -

- Sandwell Leisure Trust Holiday Camp at Tipton Sports Academy** - Plenty for your children to get stuck into with various sports activities such as tennis, football, basketball, athletics, dodgeball, cricket, badminton, netball, and team games.
- Tibbington Tenants & Residents Association at Brooke Street Community Centre** - Fun and engaging activities to include dance, team challenges, team building exercises, sport, drama, creative workshops, and lots of festive play.
- P&E Sports LTD at Gospel Oak School** – Offer a wide range of activities Football, Gymnastics, Dance, Basketball, Nerf Gun Battles, Hockey, Tennis, Netball, Glow Dodgeball, Archery, Inflatables, Arts & Crafts, Cricket, Music and Drama and many more.
- 4 Community Trust at Burntree Primary** - Our winter wonderland holiday clubs will be a festive extravaganza including festive cooking, creative arts and craft, exciting sports and much more.
- ELP Sports Winter HAF at Joseph Turner Primary School** - Providing sports and games which will promote healthy physical lifestyles. They will also be doing enrichment activities such as treasure hunts and orienteering as well as making their own food.
- Time Step Dance at Coneyre Arts Centre** – Have lots of fun at our annual panto with lunch and get into the festive spirit.
- Aspire Active at Tipton Muslim Centre and Jubilee Park Community Centre** – Multi-sports and activity holiday club with lots of festive fun, making friends and trying new things.

Provision to meet high level SEND needs

- 4 Community Trust Winter Wonderland SEND in West Bromwich** - Our winter wonderland holiday clubs will be a festive extravaganza including festive cooking, creative arts and craft, exciting sports and much more.
- Warrens Hall Riding School in Oldbury** - Private 1-2-1 Horse Riding Lessons, Grooming, Pat a pony, and Mental Health Counselling sessions combined with Equine Therapy (JV with Kaleidoscope Plus Group)
- Fantastic Journeys at the Windmill Community Centre** - Multi-sensory interactive storytelling sessions suitable for children with additional needs and their families
- The Albion Foundation Christmas Camp at Portway Leisure Centre** - a variety of sports including basketball, football, cricket, and hockey and adaptive sports.
- KIDS Specialist Provision** - Borough wide activities family focused around the social, physical, sensory and emotional needs of the children / young people with SEND
- Forge Mill Bedtime on the Farm at Sandwell Valley Visitors Centre** – Help to put the animals to bed and enjoy an evening on the farm.

Stay Social - Like us on Facebook @SandwellHAF / Follow us on Twitter @SandwellHAF



SEND

On Wednesday 22nd December we were fortunate to have the wonderful staff and lorries from A F Blakemore's come into to deliver some road safety training for our year 7 students. Students were able to see how the cameras in the lorries worked and where the blind spots were for the drivers. They were able to sit in the cab and ask questions directly to the lorry drivers. During a classroom-based activity the students were shown a road safety video and had the opportunity to make their own SPAR lorry. The event was a huge success where children were left with a much clearer understanding of how to keep themselves safe on our busy roads.

Bromwich Hall—Hall Green Road, West Bromwich—B71 2EA

800 years of Christmas Music - Friday 1 December 7:30pm. £4. Discover 800 Years of music for Christmas in this illustrative talk and performance tracing the evolution of Christmas music and songs from the 12 Century to modern times. Guaranteed to make you feel festive but also to be very informative. Tea, coffee and festive pies available. Book and more information via Ticketsource

Santa's Grotto – 2 Dec; 9 Dec – 11am-3pm. Visit Santa in his magical grotto, make reindeer food, enjoy the festive trail, play in the snow with our snow machine, tearoom open for light snacks. Cost to include small present. Book for timed entry to see Santa. £4.50 to see Santa. £1 to make reindeer food either before or after your Santa visit. Book via ticketsource

Festive Open Day – Tuesdays 5 & 12 December – 11am-2pm. Drop in and explore this fantastic historic house dressed for the festive season, learn about a medieval Christmas, have a go at making a pomander and have a cuppa and festive snack in our tearoom. Entry Free, drop in

Teddy Bear Workshop – 13 Dec. 4pm-6pm, £14. Visit the museum and make your own festive cuddly toy. You can also enjoy a hot chocolate and a biscuit while you are here. Booking essential via ticketsource

Christmas Tunes with Ian Casey – Friday 15 December 7.30pm. Our annual favourite festive musical event with all your favourite Christmas songs from through the decades. A festive foot tapper! £5 per ticket. Tea, coffee and festive snacks will be available to purchase on the night. Booking essential Tickets via ticketsource

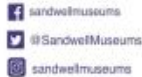
Galton Valley Pumping Station. Brasshouse Lane Smethwick

Festive Open Day. Sunday 10 December 11am-3pm. Galton Valley pumping station will be open as part of the Canals and Rivers Trust Christmas event.

For pre-booking tickets online where required at visit

www.ticketsource.co.uk/sandwell-museums-and-arts

For more information and full listings of what's on at Sandwell Museums please go to sandwell.gov.uk/joininmuseums and visitsandwell.com



Rosie and the Reindeer Games Saturday 9 December 11.30am-12.30pm lively session for children with additional needs, 1pm-2pm quieter session for children with complex needs. Join Fantastic Journeys for a multisensory, interactive performance that will take you on a magical journey to the North Pole where you will meet a reindeer, one of Santa's elves and a troupe of dancing penguins. £5 per participating child. book at via ticketsource

Festive Picnic and Piano 6 December 7-8:30pm. £2.50 Join us for an evening of festive tunes old and new played on the piano – you can even sing along with a few. Bring a posh picnic to enjoy. Tea and coffee will be available to purchase. Tickets via ticketsource

Festive open afternoon. 1pm-4pm. See our Nostalgia Room dressed for a 1970s Christmas. Have a cuppa and a festive pie for a small charge. Make a Victorian Christmas card. Free

Haden Hill House Museum and Old Hall –Off Barrs Rd, B64 7JU

Letters to Santa Sunday 26 November 11am-3pm. See the house decorated for Christmas and pick up a pack to decorate your letter to Santa then post it in our magical post-box. No need to book. Small charge to decorate letter.

TAM (Tots At Museums) Winter Play Time. Thursday 30 November 11am-3pm. Drop in and enjoy messy play, mark making, construction and small parts play. Free activity, drop in

Santa in his grotto Sunday 3, 10 and 17 December 11am-3pm. Visit Santa in his magical grotto . Booking essential £4.50 per child. Book by popping into the museum when open (Thu, Fri 11am-4pm, Sun 11am-3pm) or by phone and paying by card Tel: 01384 569444

Christmas at Haden Hill House and Haden Old Hall. Sunday 3, Sunday 10, Sunday 17 December 11am-3pm. See the houses beautifully decorated for the season, join in with Christmas crafts, listen to the festive music and enjoy light refreshments. Free entry, no need to book to view the houses, small charge for crafts and refreshments.

A Candlelit Christmas. Thursday 7 December. 6:00pm-8:30pm. Visit Haden Hill House and Haden Old Hall and see them beautifully decorated for the festive season in traditional style. Enjoy live music, costumed characters and refreshments. This is an event aimed at adults, but children are welcome. Pre-booking essential at ticketsource. £4.75 per person.

Christmas at Haden Hill Park Saturday 9 December 5pm-9pm. An evening event with live music, fairground rides and stalls. House open 5pm, last admission 8:00pm). For more information go to visitsandwell.com/whats-on

Festive Thursday and Friday Thursday 14 December and Friday 15 December 11am-3pm. Come along and visit Haden Hill House and see it beautifully decorated for the festive season. Free entry, no need to book. Festive light refreshments available.

Santa in his grotto: Tots at Museums. Thursday 14 December 11am-2pm. A visit to Santa specially for the under 5s. Also enjoy our tots' crafts and trail. Booking essential £4.50 per child. Book either by popping into the museum when we are open (Thu, Fri 11am-4pm, Sun 11am-3pm) or by phone and paying by card Tel: 01384 569444



For more information and full listings of what's on at Sandwell Museums please go to sandwell.gov.uk/joininmuseums and visitsandwell.com



Santa in his grotto - Festive trail and crafts: Sunday 3 December. Wednesday 6th 11am-2pm. £4.50 to see Santa in his magical grotto. Booking essential to see Santa via Ticket Source. Also enjoy our crafts and trail – just drop in to visit. Free Entry. The house is open and decorated for Christmas. Tearoom open.

Festive Open Days - Tuesday 5th and Weds 6th and Sunday 10th. 11am-2pm. Pop along to Oak House and see the house beautifully decorated in early 17th century style with greenery. And learn about Christmas long ago Entry Free, just drop in

Find Santa & Festive Fun: - Sun10 Dec. 11-2pm Free Entry. Follow our reindeer trail and see if you can find the real Santa Claus! An ideal opportunity for a photo with Santa Claus. The house is open and decorated for Christmas. Crafts available.

Salvation Army Carols – Tuesday 12 December and Wednesday 13th December . 6-9pm. £6.00/£5.00 concessions. Concert starts at 7pm. Get in the Christmas spirit and listen to festive carols performed by the Salvation Army in the Oak House classroom. You can also visit the Oak House dressed for Christmas before the concert. All ages are welcome. Booking essential via Ticket Source. Tearoom open for festive refreshments.

Dreadful tales – a candlelit evening (Adults in Museums)–13 December. 6-9pm. £3.00. Ideal for adults and older children. Join us for the traditional ancient custom of telling ghost stories and folk tales at wintertime in the eerie setting of Oak House at night...if you dare! Booking essential via Ticket Source. Tea room open for festive refreshments.

Christmas Crafts & Trails (Tots at Museums) - Tuesdays 19 December and Weds 20th December. 11-2pm. Free Entry. Join us at Oak House for Christmas themed crafts and trails.

Wednesbury Museum and art Gallery, WS10 7DF

Model Railway Exhibition: 25 November. 10am-2pm . See West Bromwich Rail Model Group showcase some of their displays to enjoy. Free entry just drop in.

When Chance Came to Smethwick: Local history talk. (Adults In Museums) Wednesday 29 November 11:30am. Join local history officer Maureen Waldron from Sandwell Archives Service in the fascinating talk about Chance and the Chance archive. You can also see our current display of Chance glass in our community room. Free entry no need to book.

Family Festive Theatre Performance. Hobgoblin theatre company. The Three Musketeers. Sat 2 December. It's One for All and All for One in this 60 minute show that has music, silliness, puppetry and FUN! Performances at 11am-12pm and 1pm-2pm. Suitable for 3 year + £5.00 per ticket for everyone 2 years and (younger children should sit on a lap) tickets at ticketsource

Free Mental Health Support for Secondary School Pupils in Sandwell



Wysa is an AI wellbeing coach that has been commissioned by Black Country Health NHS Foundation Trust to give you a safe, non-judgmental space where you can talk about anything and everything that's bothering you. Let off steam and share your worries - Wysa is here to listen.

You'll get full access to all of Wysa's self-help tool packs, including 150+ exercises, with everything from mindfulness and meditation to therapy tools for anxiety and depression for 12 months from when you download it

"I've been able to fix my sleep schedule for school and I've been feeling more organised for the most part...I've been able to destress better with a better daily routine."

- Wysa user

To download Wysa Premium scan the QR code from a phone, OR use the following link



<https://get.wysa.uk/C7Ao3adMm8b>

If you are asked for a code, please enter **BCSA2023**

wysa
Use Wysa, Feel Better

NHS
Black Country Healthcare
NHS Foundation Trust



Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what you share with Wysa, and it's completely anonymous. No email or sign-up is required within the app.

Once you have downloaded the app, all you need to do is open it and enter a nickname to get started!

Who will have access to my conversations?

Your day to day conversations with Wysa are completely confidential and no one will have access to them

How long do I have access to Wysa for?

You will have access for 12 months from when you download it.

Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

If you need emergency help, hit the SOS button to find the right helplines at your fingertips, and do a grounding exercise to put yourself back in control.

How is my data used?

The Wysa team may occasionally use some messages, which are completely anonymous, to train Wysa's chatbot to help improve its ability to have helpful conversations. No one outside of Wysa will ever have access to chat messages. Wysa will use the anonymous data gathered, such as how many times each of the programmes within Wysa are used and how many times the SOS button is triggered, to produce a report to show how useful Wysa has been support Emotional Wellbeing. This will not include any information about who is using it.

What should I do if I am having a crisis?

If you are in need of urgent support, Wysa has an 'SOS' button at the top of the screen. This will give you a list of emergency numbers you can call or text. The support advice you get from the helplines is confidential and not shared with Wysa. Wysa cannot provide an emergency response or in any other way alert 999 to your needs.



Secure



Anonymous



Private



Let's get ready to rumble ..

With the support of Active Black Country, we are pleased to announce a new exciting 12- week Boxing program. Our Focus will be aimed to support pupils with coordination, speed, agility and Mental Health. Participants will also develop key interpersonal skills with the support of Aaron Cope a local certified Coach and Mentor.

Time: Thursday 15.30pm – 16.30 pm

Location: New Build/Bistro (Refreshments not provided).

Parents welcome.

Please contact Mrs Rolls to book your space which will be booked on a first come basis.



**Active
Black Country**

Creating a healthy, active region

