



*Fabulous Friday has been a huge success with our students! Students have had a great Friday afternoon taking part in a variety of fun activities, facilitated by form tutors and school staff. There have been students dancing, rounders' games, creative crafts, Science experiments, team building, computer games and mindfulness activities. Please do have a conversation with your daughter or son about their experience. Attendance rewards continue and it is great to see so many students being rewarded with sweets and our prize draw winners with £50 restaurant vouchers! Attendance is key to future success and underpins good exam results and fulfilling careers. You will also be aware of the launch of ClassCharts; keep encouraging your daughter or son to make positive choices to ensure that they receive positive points to help them achieve rewards.*

*It has been another busy week for our Key Stage 4 students as Year 10 mock exams finished, with the Year 11 external exams also really starting to gather pace. There have been a number of additional revision sessions provided during the school day to support our Year 11s with their final preparations, and we have been really impressed with the positive way in which they are approaching their exams. Please do take the time to refer to information provided in previous eZines to support students and parents and carers with the challenges that the exam period brings, and we ask you to take particular note of the information about 'Malpractice and Exams' provided later in this week's communication.*

*Mental Health Awareness Week has had a theme of 'Movement: Moving more for our Mental Health'. Providing additional wider learning opportunities linked to sport and physical activity is a key feature of life at Gospel Oak; do please encourage your daughter or son to get involved in these opportunities. We are fortunate that there are also a number of activities which run in the local community which our students can access and we try and promote and publicise these as much as we can through our eZine and the student briefing; if you are a member of a local club or organisation which provides physical activity for young people, do please get in touch through our [Gospel Oak School - Contact Us](#) and we will share with our school community as appropriate. It has been lovely to see many members of the school community wearing an item of green today to support raising awareness of mental health; we still have a few members of staff recovering from Thursday's 'Rowathon'! Well done to those students, too, who took part in the 'Message Marathon', sharing positive messages with others.*

*A reminder to Year 7-9 parents and carers that formal assessments take place in EBACC subjects next week, and the week after half-term. These are very important assessments to help you understand the progress that your daughter or son is making, and to help identify areas where they may need to focus further energies to secure success; please see the letter later in the eZine dated 3<sup>rd</sup> May for further details, including the topic lists and timetables for assessments.*

*Finally, you will be aware that we have asked you previously for ideas and support around improving our communication systems; we know, as you do, that our communication is not always as quick as it needs to be and, sometimes, you do not get the support you need. We know that this needs to improve. We are working on plans for this and we will be writing to you shortly with an update.*

*Thank you, as always, for your support of the work of the school.*

#### **Upcoming Dates**

Thursday 23<sup>rd</sup> May – Yr 9 Southpaw Boxing Club Visit

Thursday 6<sup>th</sup> June – Yr 9 Southpaw Boxing Club Visit

#### **Year 8 / Year 9 Rounders**

The Year 8 / Year 9 rounders team won the trust rounders competition on Monday at Gospel Oak School, winning all 5 games in the tournament.

#### **Assembly Themes**

Assembly focus this week was Mental Health Awareness

w/c 20/05 – World Day for Cultural Diversity

w/c 03/06 – Pride Month

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

## PROTECT YOUR FAMILY AGAINST MEASLES!

TO ENCOURAGE EVERYONE TO GET UP TO DATE WITH THEIR MMR INJECTIONS, WE ARE OFFERING CATCH UP CLINICS IN SANDWELL.

Dates: Every Saturday starting 11 May 2024

Time: 10am – 1pm

Venues:

📍 Linkway Medical Practice, Frank Fisher Way, West Bromwich, B70 7AW

📍 Lodge Road Surgery, Lodge Road, Smethwick, B67 7LU

📍 Tame Valley Medical Centre, Friar Park Road, Wednesbury, WS10 0JS

You can make an appointment by calling:

☎ 0121 203 2951 (for Linkway Medical Practice)

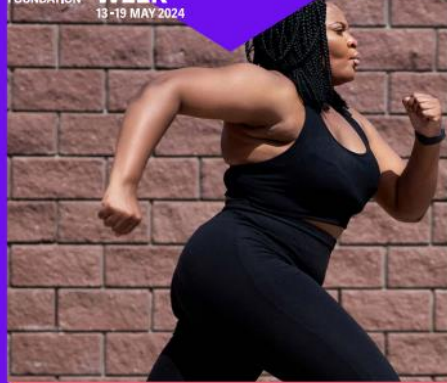
☎ 0121 558 0499 (for Lodge Road Surgery)

☎ 07535 086 912 (for Tame Valley Medical Centre)

If you are unsure that your families' immunisations are up to date, contact your GP. Walk in clients are welcome!



MENTAL HEALTH FOUNDATION  
MENTAL HEALTH AWARENESS WEEK  
13-19 MAY 2024



LET'S  
**MOVE MORE**  
FOR OUR  
**MENTAL HEALTH**

13-19 MAY 2024

This Mental Health Awareness Week find your #MomentsForMovement

[www.mentalhealth.org.uk/mhaw](http://www.mentalhealth.org.uk/mhaw) @mentalhealthfoundation @mentalhealth

FR  
REGULATOR Registered Charity No. England and Wales 801130 Scotland SC 028714 / Company Registration No. 2350846 VAT Number GB624451927 Registered with Fundraising Regulator

### Malpractice and exams

Parents, carers and students may wish to see [Students advised to play it safe this exam season - GOV.UK \(www.gov.uk\)](#) ; please note that students are reminded on multiple occasions prior to exams to ensure that they do not accidentally take their mobile phone or watch into the exam room.

### Year 8 Boys Football

The Year 8 boys team beat Q3 Great Barr last Thursday 2-1 in the Sandwell Cup. We went 1-0 down against the run of play before turning the game on its head with a fantastic performance. Charlie levelled the scores with a great run & finish, before Dylan smashed home at the near post to nudge us into the lead. We now face Wood Green Academy in the next round on Thursday 16<sup>th</sup> May.

24th -  
28th  
June  
2024

# BITE BACK WEEK

PRINCES END, TIPTON

Join us in our cause to raise awareness concerning the dangers of borrowing money from loan sharks

Highlighting safer and alternative ways to save and borrow money.

**STOP LOAN SHARKS**  
Intervention . Support . Education



## TIPS FOR MOVING MORE FOR YOUR MENTAL HEALTH

**MENTAL HEALTH FOUNDATION**  
**MENTAL HEALTH AWARENESS WEEK**  
 13-19 MAY 2024

Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem. Read our tips to help you get moving more for your mental health.



### Find moments for movement every day

When life's busy, it can be tricky finding time for wellbeing-boosting activities. Finding moments for movement might be easier than you think. Why not use the time you spend waiting to move more? When you're waiting for the kettle to boil, for your kids to come out of school, or for a bus to arrive. These moments will add up!

### Set small, achievable goals

Set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day. As you make progress, you will create positive feelings that can boost your confidence and mood.



### Take a break from sitting

Many of us sit for long periods during the day; working at desks, driving, or watching our favourite TV show. Research shows that it's unhealthy to be still for long. Set a timer to take regular breaks to stand up, walk around and stretch.

### Find the fun

Choose activities you enjoy that get you moving. Instead of thinking of movement as a chore, embrace your inner child and find the joy in movement. Fun alongside movement will increase your motivation and the psychological benefits.



### Connect with others

We can strengthen our relationships or even make new friends when we take part in moving with others. These social connections are also great for our mental health. Think about ways to make your catch-up with friends more active. Check out groups and activities happening in your area.

### Move in nature

Research suggests that moving in nature has greater positive effects on our wellbeing compared to indoors. Take your moments for movement out in the wild. Go for a walk in the countryside or try cold water swimming. Parks, gardens, nature reserves, all provide opportunities for movement and meeting new people.



### Try something new

Trying new experiences can boost our wellbeing. Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends, and having fun. Having the courage to try something new will also give your confidence a boost.

### Plan things to look forward to

Having events and plans in the diary to look forward to is great for mental health, it can give a sense of hope and excitement for the future. Add moments for movement to your diary and make plans to do fun things that you can get excited about.



### Listen to the music that gets you moving

Some songs are just made for moving. We all have favourite tunes that get us dancing. So, crank them up and have a living room disco where you can dance like no-one's watching!

Get more tips and advice at  
[MENTALHEALTH.ORG.UK/MHAW](https://www.mentalhealth.org.uk/mhaw)

**MENTAL HEALTH FOUNDATION**  
**MENTAL HEALTH AWARENESS WEEK**  
 13-19 MAY 2024





## Do you live in Great Bridge and want to make a difference to your area?



Come and share your thoughts, ideas and concerns over a cuppa and let's work together to benefit the community.

All local residents welcome. Come along to have your say.

 **Wednesday 22 May 2024**  
 Drop in anytime between 2pm - 7pm

 **New Road Methodist Church**  
 Mount Street, Great Bridge, Tipton  
 DY4 7DE (Opposite Great Bridge Primary School)

**Refreshments provided** 

We look forward to meeting you and listening to your ideas.

### Mental Health Week



To raise awareness for Mental Health Week, staff took part in a rowathon, rowing in 15-minute slots from 9.00am through to 3pm continuously.



### Wear it Green – Friday 17<sup>th</sup> May 2024

Students were invited to wear an item of green clothing in addition to their normal full school uniform, donating £1 to Birmingham Mind, a mental health charity in support of Mental Health Week.

### Exams and Mental Health

Exams can exacerbate feelings of stress; please see Ofqual's guide on [coping with exam pressure](#) and YoungMinds resources on [how to deal with exam stress](#). As always, please get in touch with the school if you need further support.

### Free School Meals

Please note that if your son/daughter is in receipt of Free School Meals, you will be emailed a food voucher on Friday 24<sup>th</sup> May in readiness for the Whitsun half term holiday. Vouchers have a value of £15 per eligible child and will be sent to the email address that you have registered with the school. If you encounter any problems with receiving your vouchers, please contact [info@gospeloakschool.co.uk](mailto:info@gospeloakschool.co.uk)

**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 following 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 7, 14 & 21 May  
Tues 4, 11, 18 & 25 June  
Tues 2 & 16 July

**Time:- 15:30 - 16.30**  
**Location:- Bistro**

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

A great turn out last week as we launched our FREE wellbeing workshops with such a positive response.

Each session introduces tools, tips and strategies to use both in school and at home.

Looking forward to seeing you all in next week's session.

Ms Rolls and Ms Bradley (The Beehive)

INTRODUCING.....

# *Fabulous* FRIDAYS

Attend every day for the whole week...



You will receive your sweets in tutor time

Attend every day for the whole week...

**£50 food voucher**

2 winner per Year Group

EVERY Friday

Third draw is 24<sup>th</sup> May 24



You've got to be here on Friday to win it



wagamama



Who wins.... You decide!

**The BEST form over  
the fortnight, will win  
a Pizza Party  
on the  
24<sup>th</sup> May 24**



**It's a team effort**

Criteria:

- Highest attendance
- Least lates to school
- Lowest minutes last to lesson
- Least behaviour sanctions
- Highest rewards

# Our Year 7 winning form



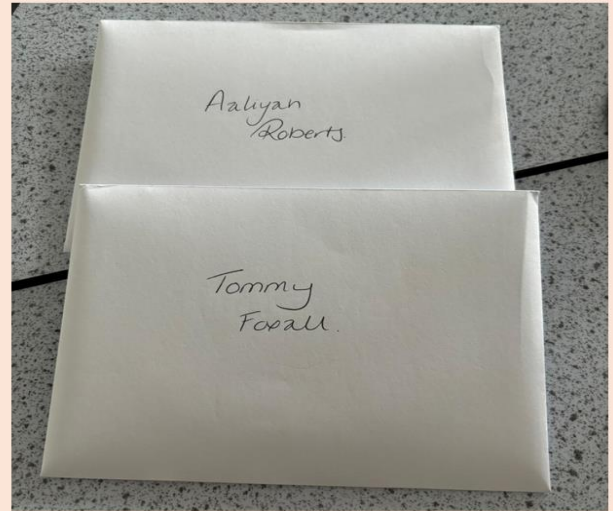
# Our Year 8 winners



# Our Year 8 winning form



## Our Year 10 winners





**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)

19<sup>th</sup> March 2024

**Our Ref:** SBO/MFA/241

**Your Ref:**

Dear Parent/Carer,

**Re: Mobile Phones in School**

As part of our ongoing commitment to providing a conducive learning environment for all students, we would like to address the issue of mobile phone usage within the school premises. Whilst we understand the convenience and utility of mobile phones in today's world, we believe that implementing restrictions on their usage during school hours is essential for several important reasons.

1. Minimising Distractions - Mobile phones can be a significant source of distraction for students, diverting their attention away from classroom. By limiting mobile phone usage, we aim to create a focused learning environment where students can fully engage with their academic studies.
2. Promoting Social Interaction - Excessive use of mobile phones can hinder face-to-face communication and social interaction among students. By encouraging students to refrain from using their phones during school hours, we hope to foster meaningful interpersonal relationships and communication skills.
3. Preventing Academic Dishonesty - Mobile phones present opportunities for academic dishonesty, such as cheating on exams or accessing unauthorised materials during assessments. By restricting mobile phone usage, we aim to uphold academic integrity and promote fair practices.
4. Ensuring Student Safety - Constant access to mobile phones can create challenges in monitoring students' online activities and ensuring their safety. By limiting mobile phone usage during school hours, we can better supervise students and mitigate potential risks associated with inappropriate online behaviour or cyberbullying.
5. Encouraging Personal Responsibility - Learning to manage distractions and prioritise tasks is an important life skill. By establishing clear guidelines regarding mobile phone usage, we empower students to develop self-discipline and personal responsibility in managing their technology usage.

We recognise that there may be instances where students require access to mobile phones for emergency purposes or specific educational activities. In such cases, we encourage parents to communicate directly with the school via reception. **From Monday 3<sup>rd</sup> June 2024, Gospel Oak will be a no phone school, what we mean by this is, we do not expect to see mobile phones. Staff will be working with students this half term, to remind them that phones should not be seen and the reasons why. From the 2<sup>nd</sup> July, if mobile phones are seen or heard, staff will be confiscating the mobile phone. It will be placed in a secure locked safe until parents have collected. We have moved this date, as we do not want to be in a position where we have to confiscate mobile phones, therefore, this gives us more time to communicate this message to students.**

Thank you for your understanding and cooperation in supporting our efforts to create a focused and conducive learning environment for all students. Together, we can ensure that our school remains a place where academic excellence thrives, and students flourish both academically and socially.

Kind Regards,



**Miss S Bott**  
**Vice Principal**

## How much education is your son/daughter missing?

| Descriptor                       | Threshold attendance | Actual attendance | Whole days absent | Learning hours lost |
|----------------------------------|----------------------|-------------------|-------------------|---------------------|
| <b>Excellent</b>                 | 100%                 | 190 days          | 0                 | 0                   |
|                                  | 99%                  | 188 days          | 2                 | 10                  |
| <b>Good</b>                      | 98%                  | 186 days          | 4                 | 20                  |
|                                  | 97%                  | 184 days          | 6                 | 30                  |
|                                  | 96%                  | 182.5 days        | 7.5               | 37.5                |
| <b>Cause for concern</b>         | 95%                  | 180.5 days        | 9.5               | 47.5                |
|                                  | 94%                  | 179 days          | 11                | 55                  |
|                                  | 93%                  | 177 days          | 13                | 65                  |
|                                  | 92%                  | 175 days          | 15                | 85                  |
|                                  | 91%                  | 173 days          | 17                |                     |
| <b>Unsatisfactory</b>            | 90%                  | 171 days          | 19                | 95                  |
|                                  | 89%                  | 169 days          | 21                | 105                 |
|                                  | 88%                  | 167 days          | 23                | 115                 |
|                                  | 87%                  | 165 days          | 25                | 125                 |
| <b>Serious cause for concern</b> | 86%                  | 163 days          | 27                | 135                 |
| <b>Critical</b>                  | 85%                  | 161.5 days        | 28.5              | 142.5               |
|                                  | 84%                  | 159.5 days        | 30.5              | 152.5               |
|                                  | 83%                  | 158 days          | 32                | 160                 |
|                                  | 82%                  | 156 days          | 34                | 170                 |
|                                  | 81%                  | 154 days          | 36                | 180                 |
|                                  | 80%                  | 152 days          | 38                | 190                 |



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To: All Parents / Carers

13<sup>th</sup> May 2024

**Our Ref:** SBO.KH.2977

**Your Ref:**

Dear Parent/Carer,

**Re: Appointments with Staff**

I hope this message finds you well. As we continue to prioritise the safety and well-being of our students, staff, and community, I am writing to inform you of an important update regarding on-site visits to our school.

Effective immediately, all visits to the school premises must be arranged in advance and scheduled through appointments. This decision has been made in accordance with our ongoing efforts to maintain a secure and organised environment for everyone involved. Therefore, parents/carers cannot turn up and expect to see a member of staff without an appointment.

While we greatly value and encourage parental involvement in our school community, implementing this appointment policy allows us to better manage the flow of visitors and ensure that our students' learning experiences remain uninterrupted.

We understand that this adjustment may cause some inconvenience, but please know that it is being done with the utmost consideration for the safety and security of our students.

Thank you for your understanding and cooperation in adhering to this new protocol. Together, we can continue to create a positive and nurturing learning environment for our students.

Kind Regards,

**Miss S Bott**  
**Vice Principal**



To: Yr 10 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)

16<sup>th</sup> May 2024

**Our Ref:** CL.KH.2979

**Your Ref:**

Dear Parent/Carer,

**Re: Yr 10 Prefectship Campaign**

We are delighted to announce that we are launching a 'Prefectship Campaign' with Year 10, ready to commence in September 2024. This will involve our students taking on leadership roles at Gospel Oak School. Their roles will be an integral part of our school's community. This campaign allows students to apply for the below roles:

- Head Boy
- Head Girl
- Deputy Head Girl
- Deputy Head Boy
- Senior Prefect
- Prefect

Prefects play a crucial role in various aspects of school life, including academic support, extracurricular activities and maintaining a positive school environment.

Throughout the campaign, candidates will have the chance to articulate their vision for the school, outlining their goals they wish to implement if elected. This will include writing a letter, completing an application, and presenting their vision via a pitch to their peers. This will then be put to a vote whereby staff and students will vote for who they think would be most appropriate for the different roles.

As parents/carers, your support and encouragement are vital during this campaign. I encourage you to engage in conversations with your son/daughter about their aspirations and ideas for the school.

Application forms will be available from the Year 10 Office as of Monday 20<sup>th</sup> May. These should be completed and returned by Friday 7<sup>th</sup> June.

Thank you for your continued support.

**Mrs C Law**  
**Assistant Principal**



To: Yr 10 Parents/Carers

17<sup>th</sup> May 2024

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**Our Ref:** CM.KH.2981

**Your Ref:**

Dear Parent/Carer,

**Re: Yr 10 Additional Opportunities**

You will be aware from previous communications with our Year 9 parents and carers that we have made a change to their curriculum from September and have increased the number of option subjects they're studying from three to four. In response to this, some of our Year 10 parents and carers have been in touch to ask about further opportunities for their son or daughter as they move into Year 11, and we have been looking into ways into which we can provide a wider range of learning activities for this year group.

We are delighted to be able to let you know that we will be creating an additional option 'block' for current Year 10 students. We will write to you again next week regarding the details; this letter will come to you prior to the issuing of the eZine on Friday 24<sup>th</sup> May, and a copy will also be included in next week's eZine. However, we wanted to update you on these plans now so that you can begin to discuss this with your son or daughter and consider together the most appropriate choice.

Your son or daughter will be asked to choose an option from one of three pathways, to supplement their learning experiences:

**Pathway 1** - Choose an additional GCSE subject which we will begin teaching in the second half of the summer term. This option will be delivered through timetabled lessons in Year 11, along with some 'drop-down' time to enable further study. Your son or daughter will also need to be prepared to commit to additional home learning over the summer holiday and during the next academic year, outside of the timetabled school day, which will be fully resourced by the school, before taking GCSE examinations in the subject at the end of Year 11.

**Pathway 2** - Choose an enrichment activity to support wider learning beyond academic qualifications to promote well-being.

**Pathway 3** - Choose a study support activity which will aid the development of study skills, additional time in an already chosen Key Stage 4 course, or an intervention to help reading skills to promote well-being during the coming months.

Your son or daughter will be asked to make a choice about what pathway they would like to follow. Further details will be provided about this in our next communication.

School staff will be working over the next coming days to pull together the final details before we write to you again on or before 7<sup>th</sup> June; these final details will include: the names of the additional GCSE subjects which can be chosen from, and they type of enrichment and study support activities. *We would request that you wait until our next letter before contacting us with any questions at this stage about this exciting opportunity for your daughter or son.*

As always, thank you for your ongoing support of the work of the school as we work together to provide the very best opportunities for your daughter or son.

Yours sincerely,



**Miss C Middlehurst**  
**Senior Vice Principal**