



INSIDE THIS ISSUE:

- Subject Spotlight
- Therapeutic Trips
- PSHE and Social Learning Updates
- Important dates
- Useful resources
- Activities at OTS

To all our Jewish Families, wishing you a Happy New Year

A MESSAGE FROM THE HEADTEACHER

Zoe Ramshaw

ORANGE TREE VALUES

Optimistic
Ready to Learn
Achievement
Nice and kind
Good listening
Effort

Team work
Respectful
Engagement
Empathy and Acceptance

Welcome to the first newsletter of the school year!

It is fantastic to see so many activities organised for the students already this term. The feedback from the students has been really positive, I only wish I could sneak out and attend some of them, especially Snowbility.

I have also been very lucky to experience some of the students' cooking skills from their Food Tech lessons. We have some very talented chefs at Orange Tree School.

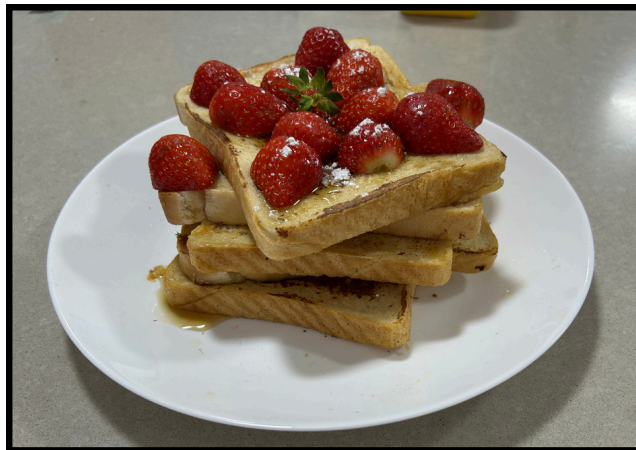
Finally, I do have to mention again the wonderful GCSE and National Number and Measure exam results from the summer. We are all so proud of the students' hard work and achievements and a big THANK YOU to all the staff who go above and beyond to support the students in their learning journeys.

Let's see what October brings...

SUBJECT SPOTLIGHT: FOOD TECH

Our new kitchen in Friary Hall has been finished and it looks lovely! Students have been really enjoying their Food Tech lessons so far.

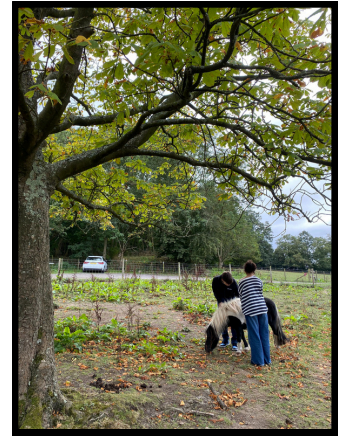
Year 7 has prepared fruit salad and couscous; Year 8 fajitas and Thai green curry; Year 9 roasted vegetables filo parcels and apple pie samosas; and Year 10 has made eggs three ways and French toast. Yummy!



OTS THERAPEUTIC TRIPS

EQUINE THERAPY

This term, our Year 11 students have had the opportunity to attend Equine Therapy sessions! This is highly beneficial to their mental health as it enhances emotional awareness, helps reduce anxiety and depression, improves their communication skills, and boosts their self esteem.



They have met and interacted with all of the horses at the stables, as well as learned to lead them and groom them. The trips will continue to take place every Monday until November!



SNOWBILITY

Every Friday during the Autumn Term, our Year 7 and Year 8 students will be offered skiing lessons at the Hemel Hempstead Snow Centre. Students gear up with the provided equipment, and get on the snow to practice their skiing alongside their LSAs and instructors.

Skiing is beneficial to students as it provides them with skills that can be taken from the slopes to enhance everyday life: Social interaction, self-confidence, concentration, motor skills, fitness levels, nutrition and diet, listening skills, motivation.

The students have been loving it so far - they are such fast learners! In just a couple of weeks, they are already going down small slopes, practicing their turns, and some even going all the way to the top!



OTS THERAPEUTIC TRIPS

WILD ABOUT OUR WOODS

Year 10 & 11 students have been working with the Company Wild about Our Woods. Being in nature and connecting with it is good for young people's emotional, social, physical well-being and cognitive development. Other benefits include:

- Physical – bodies, staying fit and healthy through outdoor pursuits.
- Emotional – feelings and how they influence our thoughts and behaviour.
- Social – how we treat each other and the quality of our relationships.

www.waowcio.org



CRUMBLE VISITS

Pets As Therapy (PAT) have kindly offered to have Crumble, a therapy dog, visit the school every other Thursday. Students love spending time reading to her, petting her, and playing around!



SUBJECT TRIPS - ENGLISH

Year 10 and 11 students went on a couple trips to Alexandra Palace to watch the play by J.B Priestley - An Inspector calls. All students who attended really enjoyed the performance and its dynamic staging. To quote one student: "that was awesome!".



PSHE AND SOCIAL LEARNING

PSHE UPDATES

In PSHE this half term our theme is **LIFE BEYOND SCHOOL**.

Our Year 7 and 8s are exploring topics on managing change such as getting to know people, transition points in your life and careers in the future. The Year 9s are thinking about what is to be proud of who they are by exploring what makes them angry, the importance of happiness and the impact on self-esteem from the media.

The Y10s are exploring essential life skills such as first aid, saving and managing money and assertiveness as well as looking at social media and online stress. Finally, our Year 11s are thinking about the future and beyond. This includes Post 16 options, exam stress, exploring a pay check as well as also thinking about social media and online stress. All year groups will be logging in to **UNIFROG**, an amazing online careers platform to explore courses and career opportunities.



The updated PSHE Learning journeys for all year groups are available to look to at on the PSHE policy on the school website.

Any questions or concerns please do get in touch via email to vicki.marer@orangetreeschool.org

SOCIAL LEARNING



We have launched the social learning programme for this academic year. Form groups have started with team building challenges to support communication and problem solving skills, such as building marshmallow towers.

Years 7 and 8 are developing use of a range of emotional regulation tools and working on the talk about programme Year 9 are looking at personal care and their well being.

Year 10 will be focusing on interoception sense, increasing awareness of our bodies and how we are feeling. Year 11 students have started the Personal Development Programme and will be setting individual goals to work on their own projects.

We are looking forward to the year ahead and continuing to develop social, communication and independent living skills through group work and activities that are student led.

We will update you on progress and hope to share photos of the different projects and activities!

IMPORTANT DATES

OCTOBER - BLACK HISTORY MONTH

October 2nd
Jewish New Year

October 4th, 2024
Teacher Appreciation Day

October 8th 2024
*The National Apprenticeship
& Education Event*

October 9th 2024
Year 11 & post-16 options meeting

October 14th - December 2nd 2024
*Every Monday - Y 10 & 11
careers meetings*

October 24th 2024
*Adaptation of Duke of Edinburgh award /
taster day years 9-11*

October 25th 2024
MacMillan coffee afternoon

October 28th - November 1st 2024
Half Term!



Orange Tree School's Safeguarding Team

If you have any concerns about a child or want to talk to a designated or deputy safeguarding lead, please speak to one of the following:

DSL: Melanie Nichols
DDSL KS4: Hayley Hunter
DDSL KS3: Keziah Arthur

SAFEGUARDING TIP: In cyber security, can you define the following: phishing, smishing, vishing and quishing? Can you give an example of one you have experienced?

Phishing is a malicious email that encourages you to click a link which could install trojan software to access your computer, email server or data. It might also leave a keylogger which would record your keystrokes, perhaps revealing your password.

Smishing is a malicious text message (SMS) that will have a link to click on your smartphone.

Vishing is a voice message or an actual caller aiming to find out your personal information, access your bank account or encourage you to make payments.

Quishing is a QR code that will take you to a malicious or fake site. There are examples where criminals have set up fake payment pages for car parking charges using their QR code stuck over the top of the legitimate QR codes on signage.

ACTIVITIES AT OTS

Barnet Sports foundation has joined us at OTS to provide fantastic activity opportunities for our students. This term, they have been enjoying archery, boxing, football, dodgeball, and many more!



Yoga is now a separate subject from Activities! This way, students will be able to fully benefit from the mindfulness and relaxation Yoga provides. Yoga sessions take place in our brand-new hall extension.