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## A MESSAGE FROM THE HEAD OF SCHOOL

**Zoe Ramshaw**

“Be the change  
that you wish to see  
in the world.”

Mahatma Gandhi

Yesterday the first chick has arrived!! Today we have 10 chicks!

On Monday we were delivered 10 eggs and staff and students were eagerly waiting for them to hatch. Yesterday, they started wiggling and the first chick hatched. This morning when I arrived at school, we had 10 perfect chicks! We have a you tube channel that you can join and watch the chicks from home.

The link is:

<https://youtube.com/@OrangeTreeSchool-en1kg?si=RuNXUv7618RAMOxz>

We will have the chicks for this week and next week where we will look after them and watch them grow.

It was really lovely to hear about the shopping trips some of the students have been on this month to support the development of their life skills. The mug cakes look absolutely delicious.

Sadly we had to postpone our talent contest a few weeks ago but I am looking forward to seeing the students sign up for the next one.

On a final but very positive note, we have the final version of the Ofsted Report. We will be sharing it with you but I am delighted to share that Ellern Mede Orange Tree was judged Outstanding in all categories. Thank you to all the parents, students and staff who contributed to the inspection!

# SUBJECT SPOTLIGHT: MUSIC

The biopic 'One Love' about the life and music of Bob Marley & The Wailers had its UK Premiere on Valentine's Day this February. The Year 9s will learn about the reggae genre and how it has been integral in celebrating peace, unity and understanding around the world. Students will have the opportunity to explore a range of instruments and learn songs from this genre of Jamaican origin that combines native styles like mento and ska with elements of rock and soul music.



The Year 10s have started their first blues style composition project using sequencing software to write and arrange music using the format of the 12-bar blues. The students are very focused and engaged, and we are looking forward to hearing their musical ideas and explore how you can compose a tune using a traditional setup with piano, guitar, bass guitar, drums and brass section.



## LUNCHTIME CLUBS: CROCHET



We started the crochet club by introducing students to the basic crochet stitches and everyone has come away from a session by making at least a chain. The crochet club have been making crochet hearts and sunflower Granny Squares.

We will join the Granny Squares together to form a bag or blanket. For the new spring project, we will be making cute keyring size frogs, penguin, and chicks.

### Lunchtime Clubs

**Monday**  
Crochet Club

**Tuesday**  
Fishkeeping Club

**Wednesday**  
Gardening Club

**Thursday**  
Art Club

**Friday**  
Wellbeing/Touch-typing Club

**Activities**  
Every Day 13:25 - 13:55

# PSHE AND SOCIAL LEARNING UPDATES

## Social Learning

This half term our students have been working on their functional and life skills. Year 9 have been having lots of fun planning shopping trips and cooking different recipes, and produced some delicious mug cakes. They practiced using strategies for planning a trip, remembering, and managing their money, organising equipment and following a recipe.

Year 10 are starting to practice form filling skills and identifying information needed for application forms and year 11 have been practicing mind maps as a revision strategy. We are looking forward to more practical sessions over the next half term with cooking and planning events being offered to all years.



## Parents & guardians, get signed up!



Scan this QR code or go to [www.unifrog.org/student](http://www.unifrog.org/student) and click 'Sign in for the first time'

You'll be asked for some details and a Sign up Code. This is what you need:

**EMOTparents**

After signing up, log into Unifrog using your email address and password via the student sign-in page!



## Careers

We are excited to see more and more of our students logging into UNIFROG at home and in school. Unifrog is a fantastic platform to explore careers and next steps after school and we hope you found it useful. If you were not able to be with us please do pick up a pack at reception or use the information below.

## PSHE

This half term our theme is Staying Safe, Online and Offline. During Assembly we talked about Safe Internet Week, identifying a range of risks associated with being online and sharing personal information. Please find below a selection link to great websites to support this topic.

- <https://www.internetmatters.org>
- <https://www.ceop.police.uk/safety-centre/> CEOP - Report Website
- [www.fearless.org](http://www.fearless.org) - Advice and a way to anonymously report crime
- <https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s>
- [www.childline.org.uk](http://www.childline.org.uk) - Support and advice for young people about a range of issues (0800 1111)
- <https://www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online>  
National Cyber Security Center



### More Social Learning tools:

**Comic Strip Conversations:** [https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations#H2\\_9](https://www.autism.org.uk/advice-and-guidance/topics/communication/communication-tools/social-stories-and-comic-strip-conversations#H2_9)

### Game to play as a family:

<https://ultimatecampresource.com/camp-videos/the-hand-game/>

# IMPORTANT DATES

**Monday, 26th of February 2024**

Welcoming the chicks!

**Wednesday, 14th of February 2024**

Pi Day

**Thursday 28th of March 2024**

End of 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:** Adel Shirbini/Zoe Ramshaw  
**DDSL:** Melanie Nichols/Keziah Arthur

### Three tips to improve your family's online wellbeing

#### 1. Screen-time savvy

Spending less time on screens is a great way to improve wellbeing both online and offline.

Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.

#### 2. Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out. Talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.

#### 3. Get chatting

Have regular chats with your child about what they like doing online and how it makes them feel.



**Fun Fact from Anders!**



**Every chick hatching today will  
officially be a LEAPLING 🐣**  
How cute is that?

### USEFUL RESOURCES

#### **Transition Blog**

<https://www.beyondautism.org.uk/blog/>

Short blog with information on how to help children transition back to school after the holidays.

#### **Autism, Identity and Me**

<https://www.ambitiousaboutautism.org.uk/information-about-autism/preparing-for-adulthood/making-friends-as-autistic-young-person>

A neuro diversity affirming work book for teens to explore what their diagnosis means to them

# ACTIVITIES

## WHY SHOULD I BE ACTIVE?

Encourages physical habits for life

Helps prevent sickness and diseases

It's an outlet for creativity and self-expression

Develops cooperation and teamwork

Builds self-confidence

Provides opportunities for personal goal-setting

Increases motor skill development

Helps reduce stress and anxiety

Strengthens relationships with others

Boosts academic learning



Activities club takes place every day in the morning (**8:50-9:05**) and afternoon (**1:25-1:55**). The students can engage in various physical activities, including running and playing football.

**10 Tips for a Healthy Lifestyle**

Brought to you by **GetSavvi** HEALTH

- EAT FRESH FOODS**  
Eat fresh rather than processed foods. Ask yourself, "Does this food come from nature?" If the answer is NO eliminate it from your diet.
- TAKE UP A SPORT**  
It doesn't have to be complicated. Simply find something that you feel comfortable doing.
- MAINTAIN A HEALTHY LIFESTYLE**  
If you're a parent always on the run, then ensure your healthy choices fit into your busy schedule.
- START A FOOD DIARY**  
Write down everything you eat. Once you can see what your eating habits are, you'll know where to change them for the good.
- AVOID FAD DIETS**  
Opt for a healthy lifestyle. Fad diets are a quick fix whereas embracing overall good health will sustain you.
- SET GOALS**  
For example, give yourself a sensible time period to cut fast food from your diet.
- GET ACTIVE**  
Use the stairs instead of the lift, park your car in the furthest parking spot or load and unload your own shopping bags.
- 5-A-DAY RULE**  
Follow the 5 fruit/veg-a-day rule. It'll put you on the right track when it comes to your daily nutrition.
- START SOCIALISING...**  
...with likeminded people living healthy lifestyles. You'll start to think like them and be inspired by them.
- BE GOOD TO YOURSELF**  
Don't become obsessed with how to maintain a healthy lifestyle. Take your time and reward yourself regularly for achieving goals.