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## **A MESSAGE FROM THE HEAD OF SCHOOL**

**Zoe Ramshaw**

“Wishing to be friends  
is quick work,  
but friendship is  
a slow ripening fruit”

Aristotle

Welcome to the Spring Term and the first newsletter of 2024.

It has been a busy but productive month so far. As you will see from the newsletter, the students are working hard in all curriculum areas. In art and around the school the students have been learning about identity which is an important subject for all of us.

The extra-curricular lunchtime programme has expanded and now offering a wellbeing club which has been very well attended.

Thank you to everyone who was able to contribute to the Macmillan Coffee afternoon and attended the therapy session and feedback session. It is really helpful to hear parent/carer perspectives and we will use any feedback to make improvements wherever possible. We hope to make it a more regular event.

We are looking forward to having our annual lifecycle project next month where we will have 10 unhatched chicken eggs to care for. We will keep you posted on their arrival.

# SUBJECT SPOTLIGHT: ART

During Art KS3 students have been working hard completing their Spring term drawing tasks using their observation skills to draw a still life composition. The theme of Identity has brought KS4 students to study the work of Frida Kahlo inspiring them to create their own personal responses and to question what makes them unique. We all continue to look forward to the weekly art club where both students and staff are making felt cushions from their own individual designs.



## LUNCHTIME CLUBS: WELLBEING

**STARTING FRIDAY 12/1/24** **1.25PM**  
**MEET IN THE HALL**

# 5 Senses WELLBEING CLUB

Join us as we explore how we can use our senses to help us feel good! We will try different creative activities each week...

- WEEK 1 - Touch  
Slime and stress ball making
- WEEK 2 - Vision  
Creating Slambooks
- WEEK 3 - Hearing  
ASMR soundscapes
- WEEK 4 - Taste  
Taste Sensations
- WEEK 5 - Smell  
Aromatherapy

This term we are very excited to start our new 5 Senses Wellbeing Club. Over the 5 week course we will be exploring how we can use our senses to promote wellbeing and help us to feel good! Each week we will focus on a different sense through a series of fun and creative activities. Our first week was all about 'touch' and we had lots of fun making slime and our very own water bead stress balls. Next up is 'vision'. Check out the Orange Tree Instagram page for more pics and videos.



### 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

## Macmillan Coffee Afternoon

Our Macmillan cake and coffee afternoon on Wednesday 17th January was a great success. We were delighted to have parents joining us for delicious treats and fantastic music, played by our very own OTS band!

We raised a fabulous £300 for Macmillan Cancer Care and plenty of cake left over to get the staff through the rest of the week!  
Thank you again to all those who joined and donated!

**MACMILLAN  
CANCER SUPPORT**



## Social Learning



This half term we have been continuing with our group games, as well as looking at drawing comic strip conversations as a problem solving tool, and practicing debating and persuasive talking.

Our Year 9s have started their functional skills cooking project and are planning a trip to the local supermarket to buy their ingredients, and to make victoria sponge mug cakes next week.

Over the next few weeks we are going to be thinking about planning activities, strategies to help us in our daily life (setting reminders on phones, using a diary etc), revision skills and strategies to help with completing activities of daily living (like self care).

## PSHE Updates

We have been exploring topics within Sex Education and Relationships, including contraception and STIs, as well as looking at what a healthy relationship looks like. The PSHE team also delivered an assembly on Aids Awareness last week. All these topics are extremely sensitive and may leave students with further questions. If you need any support in approaching these topics:

**[www.brook.org.uk](http://www.brook.org.uk)** is a fantastic website to use.

Students are welcome to leave any questions in our PSHE box in reception.



**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

**Friday, 9th of February 2024**

Last day before half-term

**Monday, 19th February 2024**

End of half-term  
(late start - 10:30am)

**Thursday, 8th of February 2024**

Orange Tree's Got Talent

## Do you know who the Safeguarding Team are at Orange Tree School?

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:

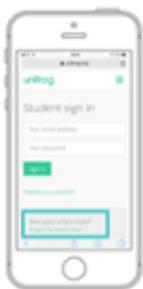
**DSL:** Adel Shirbini or Zoe Ramshaw

**DDSL:** Melanie Nichols or Keziah Arthur



The poster for Orange Tree School's 'GOT TALENT' event features a central logo with a stylized tree and the text 'Orange Tree School GOT TALENT'. Below the logo, it states 'Thursday 8th February 2024 @ 1.30pm'. The poster is surrounded by illustrations of children performing various talents: a clown, a ballerina, a guitarist, a soccer player, a magician, a pianist, a contortionist, and a boy with a girl. A note at the bottom says 'Deadline - Friday 2nd February 2024'. A small instruction reads: 'Pick up a registration form at the reception and see Anders or Ale to sign up!'.

## 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!



## UNIFROG

Thank you to those who attended our Introduction to UNIFROG presentation. 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 QR code.

## 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

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.

## WHY SHOULD I EXERCISE?

- My stamina is increased
- I sleep better
- It makes me feel fit and healthy
- It sharpens my thinking
- I tone my muscles and my bones get stronger
- It gives me more energy
- It helps me to relax
- It relieves stress in my life
- My heart becomes more efficient



## WORKOUT OF THE MONTH

<p>20 DEAD BUGS</p>	<p>30 INVISIBLE JUMP ROPES</p>	<p>30 HIGH KNEES</p>
<p>10 PLANK PRESS</p>	<p>20 BICYCLE ABS</p>	<p>20 JUMP SQUATS</p>
<p>40 SEAL JACKS</p>	<p>20 STANDING BODY CRUNCHES</p>	<p>10 PLANK JACKS</p>
<p>20 GOOD MORNINGS</p>	<p>20 GLUTE MARCHES</p>	<p><b>Good Luck</b></p>

