

## INSIDE THIS ISSUE:

Subject Spotlight

Pride Month

World Cup Sweep Stake

Year 10 Work Experience

Anti-Racism Workshop

Coming soon

Important Dates

## A MESSAGE FROM THE HEADTEACHER

**Zoe Ramshaw**

Dear Parents, Carers, and School Community,

As we move through another busy and rewarding month at Orange Tree School, it has been wonderful to see our students embracing every opportunity to learn, grow and celebrate together.

This edition of the newsletter highlights the incredible breadth of experiences our students have enjoyed, from developing confidence through Year 10 work experience placements and exploring wellbeing through movement and yoga, to celebrating Pride Month and taking part in thought-provoking anti-racism workshops. These experiences reflect our commitment to helping every student become confident, compassionate and prepared for life beyond the classroom.

Our World Cup sweepstake has certainly added some excitement around school! It has been fantastic to see students and staff enthusiastically supporting countries from around the world and coming together in the spirit of friendly competition. I was delighted to draw Ghana in the staff sweepstake, and I'm hopeful the Black Stars can go all the way, although I'm sure some of my colleagues may have other ideas!

As we approach the final weeks of the academic year, I would like to thank our families for your continued support. Your encouragement and partnership play an invaluable role in our students' success. I am also incredibly grateful to our dedicated staff, whose enthusiasm and commitment ensure that every day at Orange Tree is filled with opportunity, care and encouragement. I hope you enjoy reading this month's newsletter and celebrating the many achievements of our students.

"It always seems impossible until it's done."

-Nelson Mandela

# MOVEMENT AND WELLBEING



This month in Movement and Wellbeing lessons, students have taken part in various Yoga Lifeskills challenges set by ASDAN. This is an education charity and awarding organisation that offers accredited courses and qualifications to students with a view to “engage, elevate and empower learners with diverse needs”.

During Movement and Wellbeing sessions students are encouraged to practice an array of strategies to improve their wellbeing and self-regulation through movement, breathing and mind-body practices, in a non-judgemental and non-competitive environment. Guiding students to develop and maintain a self-care practice for life, the curriculum is designed to embrace individuality, develop self-confidence and build strength, flexibility and co-ordination. Encouraging creativity through self-expression and empathy through listening and teamwork skills, the course helps to create a climate of calm, community and positivity within the classroom, enhancing positive learning-related outcomes.



While classes are not assessed, ASDAN certificates acknowledge participation at different levels depending on year group and length of engagement. This year many students will be receiving certificates ranging from: Working Towards Entry Level 1 - An Introduction to Yoga, where they need to demonstrate their knowledge of some poses, breathing exercises, and ability to stay still in relaxation for a period of time; to Entry level 2 - Yoga and Health, where students are required to plan and teach some aspects of the class, as well as identify benefits of yoga for their health.

While yoga is about the journey and not the result, certificates are always lovely! Well done to everyone who took part!



# PRIDE MONTH

Throughout June, our school has been celebrating Pride Month, a time to recognise and celebrate diversity, inclusion and respect within our community and across the UK.

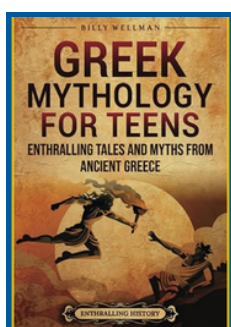
At Orange Tree, we are proud to have students from a wide range of backgrounds and experiences, including members of the LGBTQ+ community. We believe that every student should feel valued, respected and able to be themselves. By treating one another with kindness and consideration, including using people's chosen names and pronouns, we help to create a welcoming environment where everyone can thrive.

To mark Pride Month, students have been taking part in a lunchtime rock-painting activity. The activity has provided a creative opportunity for students to express themselves and celebrate the values of inclusion, acceptance and community.

The painted rocks will be combined to create a large collaborative art display, showcasing the diversity of our school and serving as a colourful reminder of the importance of respect and belonging for all.



Thank you to all students who have participated and helped make Pride Month a meaningful celebration within our school community. Happy Pride Month!



## Book of the Month

Greek Mythology for teens explores some of the most famous heroes and stories from Greek mythology. Through exciting adventures and timeless themes, it shows why these ancient myths continue to fascinate readers and offer insights into human nature thousands of years after they were first told.

# WORLD CUP SWEEP STAKE



The World Cup has brought our school community together, and we've certainly been getting into the tournament spirit!

On Thursday 11th June, we held our staff World Cup country draw in the library. Each member of staff randomly selected a country and is now cheering them on in the hope of winning the staff cash prize.

The following day, it was the students' turn to get involved! Our Year 8 LSA and student representatives visited each form class, where students drew five countries from a hat. Once every form had completed the draw, the form groups were split into two teams:

Side A: 7A, 8A, 9A, 10A and 12A

Side B: 7B, 8B, 9B, 10B and 12B

Each side will support all of the countries drawn by their team throughout the tournament. As the competition unfolds, students will be cheering on their countries and hoping their side comes out on top!

The winning side will receive a prize, which will be chosen by our students. As an added bonus, the form group that originally drew the winning country will also receive a special prize.

Good luck to all our teams—we can't wait to see who will be crowned our school World Cup champions!



# YEAR 10 WORK EXPERIENCE



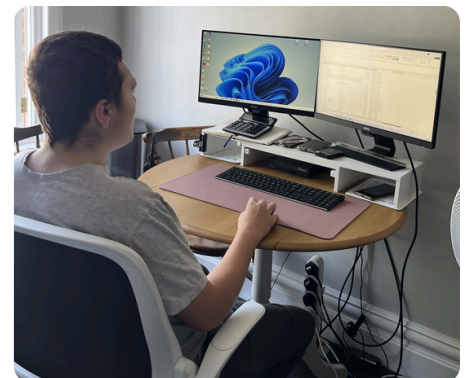
After successfully completing a week of mock exams, our Year 10 students were ready to take their next exciting step towards the professional world with their work experience placements.

In preparation for the week beginning 22nd June, our Year 10 team worked closely with students and reached out to a range of local businesses to find placements that matched their interests, strengths and future aspirations.

This month, our students have gained valuable experience in a variety of settings, including a garden centre, a mechanics' garage, retail stores, charity shops, nurseries, a local primary school, construction sites, as well as here at Orange Tree School as Learning Support Assistants.

The enthusiasm shown by our students has been fantastic. One Year 10 student working at a local primary school said, "If I could, I'd stay and work here forever!" Another student, who completed their placement in construction, shared that he's "excited to come back next week and try new methods of bricklaying" These comments reflect the confidence, enjoyment and motivation our students have gained through their placements.

Work experience is an important part of preparing our students for greater independence and life beyond school. It gives them the opportunity to develop confidence, build workplace skills, and experience the responsibilities of employment in a supportive environment.



We are incredibly proud of our Year 10 students for stepping out of their comfort zone and into the professional world and look forward hearing about the new skills, experiences and memories they have gained during this exciting week.

# SCHOLASTIC BOOKFAIR

We are excited to announce that from the 30<sup>th</sup> June – 3<sup>rd</sup> July 'Scholastic Book Fair' will be visiting Orange Tree School!



Scholastic Book Fair is a mobile bookstore which will be at OTS for one week only!

Scholastic is one of the largest providers of free books to schools via a reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure.

Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, 'Scholastic Book Fair' gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.

Books can be purchased via online payment, card and/or cash!

## Student Notice

On Tuesday 30<sup>th</sup> June and Thursday 2<sup>nd</sup> July, students will have the opportunity to visit the Book Fair during their English and Love of Literacy lessons. During these visits, students can browse the selection of books and complete a Wish List of any titles they would like to purchase. Wish Lists can then be taken home for parents and carers to review.

## Parents and Carers Notice

We are excited to invite parents and carers to attend our Book Fair on Friday 3<sup>rd</sup> July, from 8:50am–9:30am. This event will take place in the outside area, providing an opportunity to browse and purchase books while supporting reading for pleasure

## TUTOR GROUP COMPETITION



So far, over the month of June 8B has started off the new term with a win of 26 positive points! Though 7A have remained at the top of the leaderboard with 25 points on average, winning 2 weeks in a row!

A big well done to all tutor groups for their hard work this term!

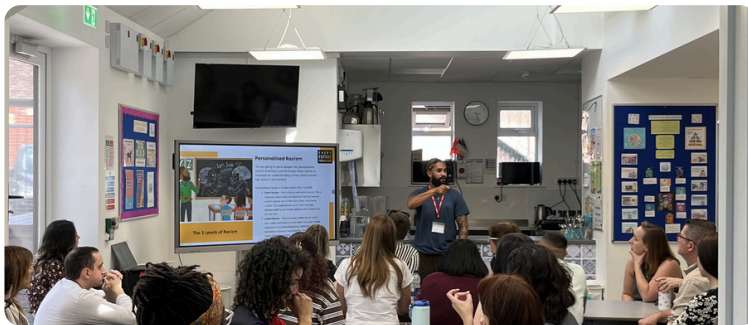
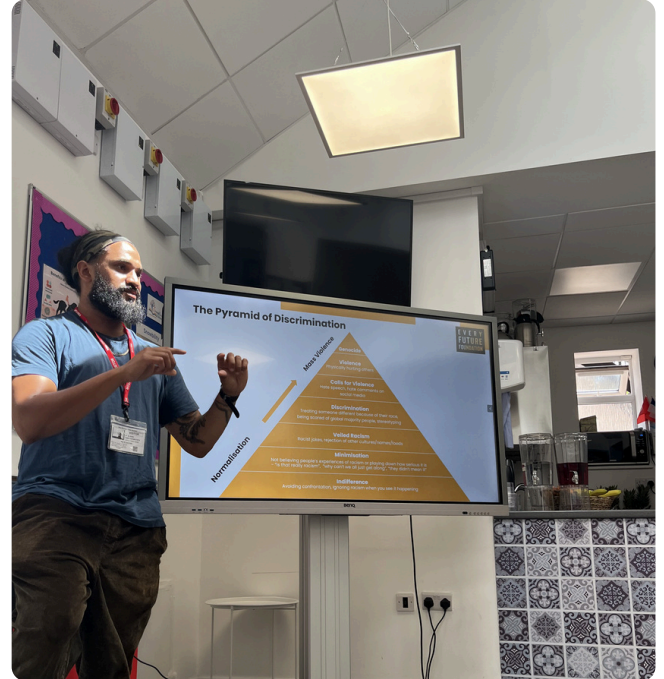
# ANTI-RACISM WORKSHOP

This June, we were pleased to welcome the Every Future Foundation to our school to deliver a series of engaging workshops for students and staff. The sessions focused on anti-racism education, helping students to develop a deeper understanding of racism, inclusion and equality.

Workshops started with Years 7 and 8 for a 50-minute session during Period 4, following with Years 9 and 10 taking part in the same session during Period 5.

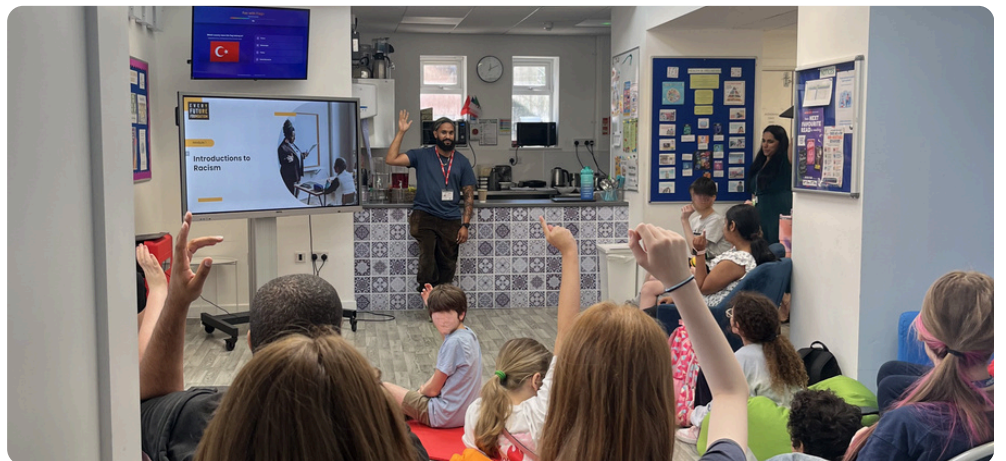
During the workshops, students explored what racism means, how it operates and how it can be identified in everyday life. The sessions focused on the theoretical framework of the three levels of racism: personal, institutional and internal.

Students also discussed internal racism and considered how negative self-talk can develop among non-white minorities as a result of growing up as a minority within society. Through a range of interactive activities, including videos, role-play scenarios and mini debates, students explored key concepts and terminology in an engaging and thought-provoking way



From 3:00pm to 4:00pm, staff attended their own dedicated training session. This provided the team with valuable insights and practical strategies to support anti-racist practice within school and to continue fostering an inclusive environment for all members of our community.

Thank you to the Every Future Foundation for delivering these informative and impactful sessions, which encouraged important discussions and understanding across our school!



# IMPORTANT DATES

## Orange Tree School 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:** Hayley Hunter  
**DDSL:** Lucy Price  
**DDSL:** Jake Beeson  
**DDSL:** Evie Waldren

**1<sup>st</sup> July**

Progress day Year 7-Year 10

**Friday 3rd July**

Solutions Not Sides Workshops (Yr9 & Yr10)

**Monday 6<sup>th</sup> July**

Anti-Racism Workshops (Whole School)

**8th-9th July**

DofE Bronze Expedition (Yr9)

**8th-10th July**

DofE Silver Expedition (Yr10 & 12)

**Monday 13th July**

7B & 9A – Thorpe Park Trip

**Tuesday 14th July**

9B, 7A & 10A – Chessington Trip

**Wednesday 15th July**

Year 8 & 10B – Thorpe Park Trip

**Thursday 16<sup>th</sup> July**

End of school year

## ORANGE TREE VALUES

Optimistic  
Ready to Learn  
Achievement  
Nice and kind  
Good listening  
Effort

Team work  
Respectful  
Engagement  
Empathy and Acceptance



**FOLLOW US!**

[@orangetreeschool](https://www.instagram.com/orangetreeschool)



[OTS - Orange Tree School](https://www.facebook.com/OTS-OrangeTreeSchool)



## APPRECIATION TREE LEAF WINNER

The appreciation tree leaf winner this month is Nadav!

Nadav's leaf said: "A sincere thank you to Nadav for your kindness and for your willingness to help other learners."

Thank you and we hope you enjoy your prize!

## Food Tech highlights

This month in Food Tech, year 7 and 8 made Tre Leche Cake and cinnamon rolls meanwhile Year 9 & 10 made Vegetarian Quesadillas and jerk chicken. And to help cool off in the hot weather all students took turns making fresh fruit smoothies and milkshakes!



# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



**HEALTHY SCHOOLS**  
CAMBRIDGESHIRE & PETERBOROUGH

**The National College**

Source: <https://www.bbc.co.uk/news/health-65809924>



[nationalcollege.com](https://nationalcollege.com)



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023