



McMillan cake and coffee afternoon

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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

I cannot believe I am writing this at the end of October and the first half term of the school year. The first half term is always one full of anticipation and excitement but is also a long term where the season changes, it gets dark earlier, and it can be very tiring.

The students have coped exceptionally well coming into school and doing their best to take part in lessons and learning activities even when they do not always feel able to.

October has been no less full of learning opportunities at Orange Tree. We have a record high of students achieving positive points this term for our Orange Tree Values and achievements in school. I am incredibly proud of how the students are learning to persevere and overcome challenges every day. Small steps go a long way.

I hope everyone in the Orange Tree community, students and staff have a very happy and well-deserved restful half term.

SUBJECT SPOTLIGHT: YOGA

During our weekly yoga classes, we aim to provide a safe and non-judgemental space for students to build their individual tool kits for well-being. This term we have practised yoga poses, breathing techniques and relaxations around self-care and emotional regulation, stress management, focus, mental health, kindness, and confidence.

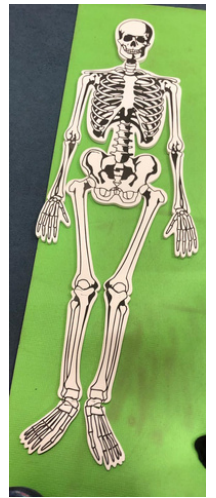
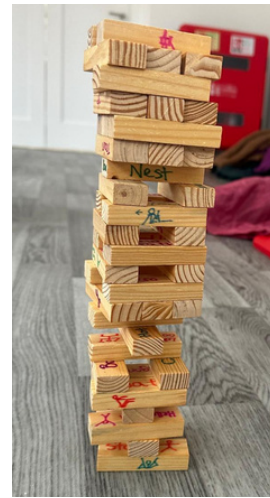
We regularly play games such as yoga Jenga, and the yoga memory game, which help to strengthen motor skills, co-ordination, and left/right brain synthesis, as well as making the practice of poses fun. Empowering students with positive affirmations and growth mindset skills, classes are themed to engage and encourage students.

Themes this term have included World Gratitude Day, International Space Week (where our wonderful new studio was transformed with black out blinds and a starry space projector), and Halloween this week. Each session builds on skills already learnt in new ways to help consolidate a yoga and mindfulness practice on and off the mat.

SOCIAL LEARNING

This month has been a busy month in social learning. Our year 11s have been identifying their own goals and making a personal development plan to work towards over the next term. We have had some lovely personal targets including: feeling more confident travelling to school independently, making a CV and practicing interview skills, making a personalised sleep routine, understanding how to apply for a bank account and how to use a debit card, and practicing asking for help and self-advocacy skills. Our Year 11's have also received a preparing for exams workshop ahead of their mock exams. This covered wellness during exams, making a revision schedule, revision techniques and more.

Our Year 8, 9 and 10s have been looking at personal hygiene, conversation skills and senses, and our year 7s have been working on group work skills and learning different strategies to help with regulation and expressing feelings. All students have also had an introduction to the new **sensory library resources** that they can borrow from the library. The warmy tiger and mini weighted blankets has been very popular so far!

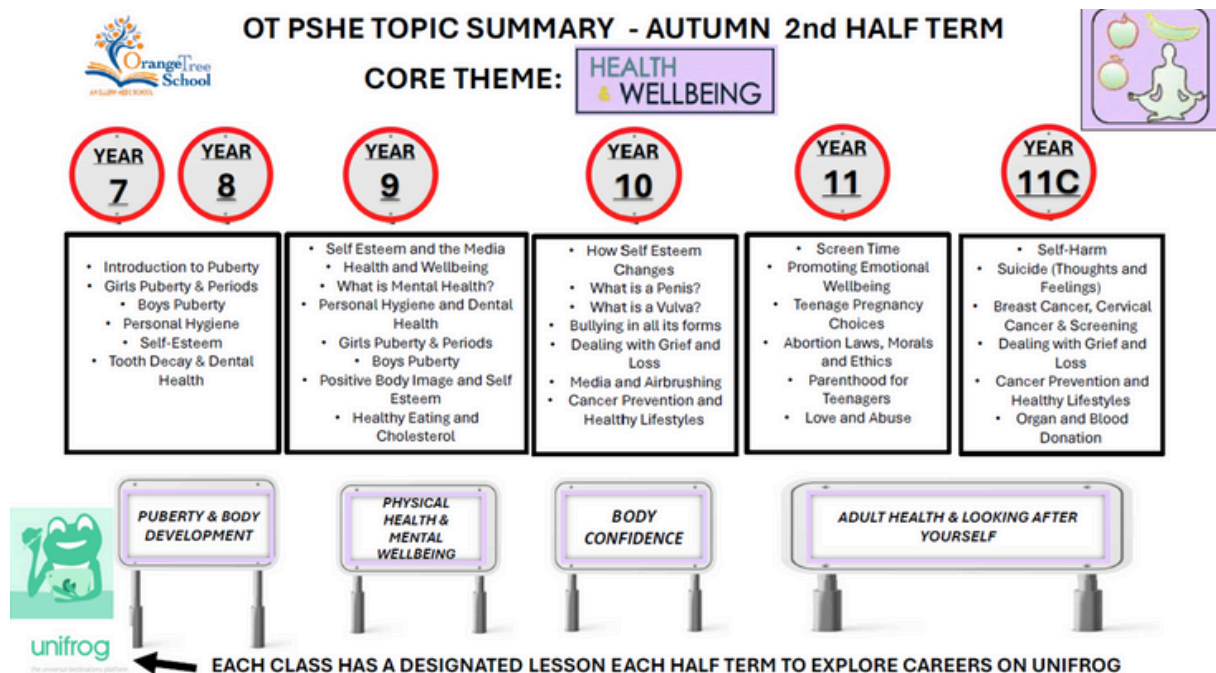


PSHE AND BLACK HISTORY MONTH

PSHE UPDATES

As we finish off the theme of 'Life Beyond School' our students have thought a little about finance, budgeting, exploring pay-checks and future careers. All the students have been introduced to **Unifrog**, our careers platform and will continue to explore this next half term. We will come back after the half term to begin our new theme of 'Health and Wellbeing'.

There will be some RSHE (Relationship, Sex and Health Education) topics beginning to be discussed in these lessons so please do look at our PSHE and RSHE policies on the school website if you have any questions or concerns or please do get in touch via email to vicki.marer@orangetreeschool.org



BLACK HISTORY MONTH

As a part of Black History Month we enjoyed a lunchtime showing of *Hidden Figures* with plenty of popcorn!

Hidden Figures



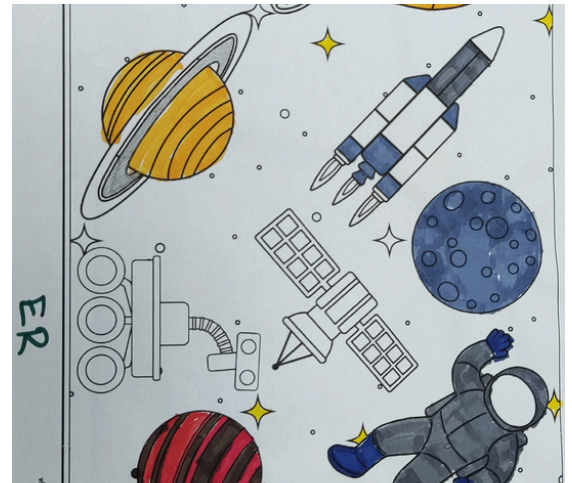
The incredible untold true story of Katherine Johnson, Dorothy Vaughan & Mary Jackson brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. This stunning achievement galvanized the world and inspired generations to dream big.



WORLD SPACE WEEK AND DUKE OF EDINBURGH TRAINING DAY

WORLD SPACE WEEK 4-10th OCTOBER 2024

We celebrated World Space Week! This year, our students explored the theme of Space and Climate Change, discovering how space research helps tackle environmental issues like deforestation and rising sea levels. Through beautiful engaging videos and thoughtful discussions led by form teachers, students learned the powerful role of satellites in monitoring our planet. They also expressed their creativity in mindful colouring activities focused on deforestation. These activities fostered both environmental awareness and a sense of responsibility, leaving our students proud of their contributions and inspired to make a positive impact.



DUKE OF EDINBURGH TRAINING DAY

Yr9, 10 & 11 students took part in a Duke of Edinburgh training day. This day was designed to provide them with a taste of what the Duke of Edinburgh award will be like. During the day students worked in teams to complete a range of tasks. Such as campcraft, problem solving, navigation and map reading, food for expeditions and how to use camping stoves. It was wonderful to see our students learning outside of the classroom and getting hands on. We look forward to enrolling as many students to join us in the Bronze expedition in July.



IMPORTANT DATES

NOVEMBER

October 28th - November 1st 2024

Half Term!

November 4th 2024

Students come back (10:30)

November 11th - 25th 2024

Year 11 Mock Exams

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



MCMILLAN CAKE AND COFFEE AFTERNOON

Our McMillan cake and coffee afternoon on Friday 25th October was a great success.

We were delighted to have parents joining us for delicious treats!

We raised a fabulous £300 for MacMillan Cancer Care and plenty of cake left over to take home for the start of half term!

Thank you again to all those who joined and donated!

If you weren't able to come but would still like to donate, please use the link below.

<https://www.justgiving.com/CM24077241>

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!



SAFEGUARDING TIP

What Parents & Educators Need to Know about PALWORLD

WHAT ARE THE RISKS?

In Palworld, players head out into an environment where they must craft items and survive alongside creatures called 'Pals'. In this sense, it's similar to Minecraft: fight monsters while maintaining a base. Palworld has sold more than six million copies and often has over two million people playing online simultaneously.

AGE RESTRICTION
PEGI
12

MATURE CONTENT

18
CENSORED

While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

VIOLENCE

Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

SUGGESTIVE WRITING

Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

ONLINE PLAY

Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

DIFFICULTY

Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

Advice for Parents & Educators

WATCH GAMEPLAY

Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

LEND A HAND

By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

SET CONTENT LIMITS

As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

ACTIVITIES AT OTS

PLAY TOGETHER

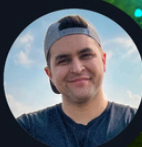
By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.

PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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