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A MESSAGE FROM THE HEADTEACHER

Zoe Ramshaw

“Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.”

- Christian D. Larson

Dear Parents/Carers,

What a fabulous half term! The sun even came out!

Well done to all of the year 10 students who sat their first ever official public exams for Number and Measure. I am so impressed with the effort the students put into this exam and they should all be very proud.

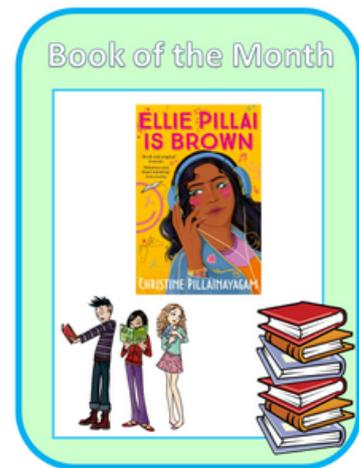
I am equally impressed with how well our year 11 students are doing with their GCSE exams. They are here bright and early and ready to go. Well done and I hope you get some rest over the half term before it all starts again on 3rd June.

I hope you all enjoy the newsletter this month and reading all the other fabulous activities we have been doing here at Orange Tree.

LITERACY AT OTS

From next half term, every form group will have their own designated reading book! Form groups will have Comfy Reading every afternoon registration to promote a love of reading, literacy skills and spoken language confidence. The below titles are each form's options.

- 8A** The List of Things that Will Not Change, Rebecca Stead
- 9A** Ink, Alice Broadway
- 10A** The Lighthouse, Alex Bell
- 10B** Lark and Kasim Start a Revolution, Kacen Callender



OTS: Tutor Program PM Comfy Reading

Time /Day	Monday	Tuesday	Wednesday	Thursday	Friday
PM Reg 13.55-14.10am	Assembly	Comfy reading	Comfy reading	Comfy reading	Comfy reading

This month, form groups chose their form time book, ready for next half term!

Top Tips for English!

- 1) Use **PETAL**.
- 2) **Bitesize** is your best friend!
- 3) When analysing a language text, think of: **form, audience, purpose**.
- 4) Use **DAFOREST**.

<https://www.bbc.co.uk/bitesize/examspecs/zcbchv4>

LUNCHTIME CLUBS: FISHKEEPING TRIP!



On Wednesday the 8th May, OTS' fishkeeping club went on our very first school trip to Pondlife Aquatics and Finchley Nurseries in Mill Hill. Our trip started at 12 o'clock, Luckily, we were blessed with beautiful weather for the day.

We started by looking around Pondlife at the hundreds of different fish they keep - our favourites were the massive Koi Karp, and the neon tetras. The students took some great pictures of the fish and had lots of questions for the wonderful Charlotte who served us.

The next task was to work together to choose some new items for our tank - within the £20 budget they had been given. The students decided on some Sea Grass and a beautiful piece of wood.

After having our lunch in the café, we had some time to look at all the beautiful plants around the garden centre - we even got some plants to bring home.

At 2 o'clock it was time to leave, and so we got into the taxi and went back to school for period 5. All in all, it was a great day out and we had lots of fun! I hope we can go back soon!

Lunchtime Clubs

Monday
Crochet Club

Tuesday
Fishkeeping Club

Wednesday
Gardening Club

Thursday
Art Club

Friday
Touch-typing Club

Activities
Every Day
13:25 - 13:55

PSHE AND SOCIAL LEARNING UPDATES

PSHE

Continuing this half term's theme of Celebrating Diversity & Equality, our Y8s are exploring discrimination, equality and disabilities.

Year 9s have been looking at contraception and STIs as well as continuing to explore discrimination and equality.

The Year 10s are exploring the theme of Relationships and Sex Education, including the laws around consent and things to consider when thinking about making a relationship sexual or having sex.

Please find below a selection link to great websites to support these topics.

- www.brook.org.uk
- <https://www.youngminds.org.uk/young-person/coping-with-life/friends/>
- lgbt.foundation (advice, support and information)
- [Equality Advisory Support Services http://www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)



SOCIAL LEARNING

May has been a busy month in our social learning groups. On the 14th May, our Year 8 students hosted a very well received popcorn sale that was enjoyed by everyone at OTS. Thank you to everyone who bought some! They planned the event, designed the advertising, bought supplies, made the popcorn and manned the stall themselves which was highly commendable. They have decided to use their profits to buy a new game for students to enjoy at lunch time.

Next up are our Year 9s, who are hosting their ice lolly sale after half term!

Our Year 10s have been planning a trip to the local café with their own individual targets to work on. These range from things like: using a strategy to remember their money, independently giving their order at the till, being able to stay and have the drink in the café etc. We've also been enjoying the warmer weather and having some of our sessions outside, and doing more movement games as part of our work on interoception and team-work.

Our Year 11's have now finished their social learning sessions for this year so that they can concentrate on their exams. We wish them the best of luck!



More Social Learning tools

Planning a family vacation with Autism - 10 tips for success

<https://wrongplanet.net/planning-family-vacation-autism-10-tips-success/>

Autism Podcasts from The Girl With The Curly Hair

<https://thegirlwiththecurlyhair.co.uk/resources/podcasts/> (not just for girls!)

Video about Growing up with Tourette's

<https://www.youtube.com/watch?v=ZUJ997gqh30&list=PL1Suwo02Q3YbkX7XYS24kbqzcPNB4xuzk&index=18%20Video%20about%20Growing%20up%20with%20Tourettes>

IMPORTANT DATES

27th to 31st May 2024

Half Term

3rd June 2024

Students come back (late start - 10:30)

11th June 2024

Year 9 ice lolly sale (lunch time)

Year 8 walk to Whetstone Brook

18th June 2024

Year 9 walk to Whetstone Brook

25th June 2024

Year 10 walk to Whetstone Brook (P3 & 4)

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: Zoe Ramshaw
DDSL KS4: Melanie Nichols
DDSL KS3: Keziah Arthur

ORANGE TREE VALUES

Optimistic
Ready to Learn
Achievement
Nice and kind
Good listening
Effort

Team work
Respectful
Engagement
Empathy and Acceptance



PICNIC AT THE PARK!

On May 23rd, a group of our students, LSAs and teachers spent a lovely, sunny afternoon at Whetstone Playground Park.

We enjoyed our lunches, played in the playground, basked in the sunshine and even played some music! Students really enjoyed themselves - we look forward to more outdoor activities next half term.

YEAR 10 AND 11 EXAMS

We are very proud of our Year 11s for the effort they are making in taking their GCSEs. Congratulations!

Two more weeks to go - good luck!

Our Year 10s have also recently completed the Edexcel Number and Measure Award - good job! Results come out in the summer holidays.

Additional resources

<https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams/>

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

USEFUL RESOURCES

Authetically Emily Blog

https://www.autheticallyemily.uk/blog/tag/Autism#google_vignette

Blog by a young woman with Autism who writes about mental health, school avoidance, anxiety, tools that have helped her, Autism and the work place and loads more.

Young minds OCD blog

<https://www.youngminds.org.uk/young-person/blog/how-i-learnt-to-live-with-ocd/>

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TasteD, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

ACTIVITIES



TENNIS AT OTS - SUMMER TERM



Next half term we will be entering in a partnership with the **Oakleigh Park Lawn Tennis & Squash Club**. Students will be able to engage in regular tennis sessions. These sessions will happen weekly for the summer term.

The tennis club is a 5-minute walk from Orange Tree School and will be taught by their esteemed **Head Coach Andy**. Under the guidance of their Head Coach, your child will have to opportunity to delve into the exciting world of tennis, working on their hand eye coordination, agility, endurance, and enjoyment of the sport.

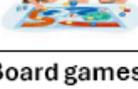
We would advise students to bring PE Kits tracksuit (bottoms, t-shirt, and trainers).

Below is a timetable of when students will attend these sessions:

Year 8	Monday (10:15am-10:50am)
Year 9	Thursday (9:20am-10am)
Year 10A	Friday (9:20am-10am)
Year 10B	Friday (10:15am-10:50am)
Year 11	Thursday (10:15am-10:50am)



DAILY ACTIVITIES

Day	8:50- 9:05		10:55-11:15		13:25 – 13:55	
	Hall	Outside	Hall	Outside	Club	Outside
Monday	Breakfast club 	Activity Box 	Board games 	Activity Box 	Arts & crafts 	Football 
Tuesday	Breakfast club 	Activity Box 	Board games 	Activity Box 	Fishkeeping 	Basketball 
Wednesday	Breakfast club 	Activity Box 	Board games 	Activity Box 	Gardening 	Volleyball 
Thursday	Breakfast club 	Activity Box 	Board games 	Activity Box 	Art 	Badminton 
Friday	Breakfast club 	Activity Box 	Board games 	Activity Box 	Touch typing 	Football 

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!

